

THE GAZETTE

MANLY LOTA R.S.L. SUB BRANCH NEWS



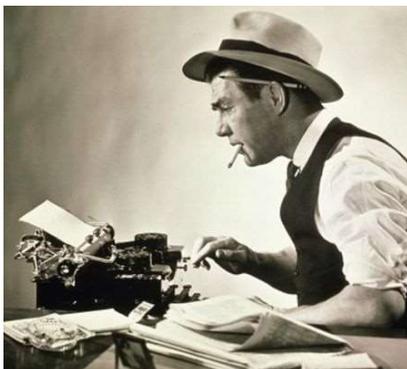
CONTRIBUTIONS NEEDED

The Gazette is a newsletter produced by Manly Lota RSL Sub Branch to keep members up to date with current news, events and information. If you have any interesting stories or moments that you would love to share and would like to contribute to this newsletter, please send them to manlylotarsl@bigpond.com

We would love to hear from you!



SHOULDER TO SHOULDER IN SUPPORT OF VETERANS



A Legacy of looking after families. Supporting the Defence community isn't a responsibility that RSL Queensland shoulders alone. There are numerous ex-service organisations who work alongside us, including Legacy, which helps 52,000 widows, widowers, children and families nationally. Legacy was established in the early 1920s by WWI veterans of and delivers upon a legendary promise made by one Digger to his dying mate at the Battle of Pozieres 100 years ago, to "look after the missus and kids".

While COVID-19 has impacted some of Legacy's programs, the organisation was recently able to restart its Backyard Assist program. The initiative helps families, especially those who are elderly and isolated, by providing a safe, accessible and easily maintained yard environment.

On Friday 28 August, Australian Defence Force members from the 6th Battalion, Royal Australian Regiment and volunteers from a local property and construction group helped a Brisbane widow transform her yard.

MATILDA DRAY

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ADVOCATE

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FOUR REASONS TO USE AN ADVOCATE

BY ANITA JAENSCH 11 SEPTEMBER 2020

RSL Queensland's free advocacy service can help you navigate the DVA claims process and ensure you get the best possible outcome.

Making a DVA claim for a condition or injury received during service can be confusing and time-consuming, but the advice and support of a qualified advocate can take the guesswork out of it.

RSL Queensland Head of Veteran Services Graeme Alley says there are four main benefits of working with an advocate.

1. A GUIDING HAND

“RSL’s team of advocates liaises with the DVA daily on behalf of their clients,” Graeme says. “They’ll ensure you’ve got all the documentation and evidence you need to prove your claim, and support you through the process. Claims can take some time to be assessed and approved, but our advocates will keep you informed at every stage.”

He says having the support of an advocate can be particularly helpful for veterans who are suffering from PTSD or mental health issues.

“Our advocates will take the time needed to ensure veterans fully understand what is happening and why, or to reassure them if their claim is delayed.

2. SPECIALIST KNOWLEDGE

RSL Queensland advocates are all knowledgeable about the Acts governing veteran compensation and the claims process. But they can also draw on a bank of knowledge and expertise from their colleagues across the organisation, some of whom have decades of experience in compensation and advocacy.

Graeme – a veteran himself – points out that many RSL advocates are also ex-Defence members. “That means they share with their clients a unique understanding of what it means to have served and to have transitioned back into civilian life,” he says. “This gives them the ability to empathise with their clients in a very different way.”

3. A HOLISTIC APPROACH

While RSL advocates work to ensure veterans receive any compensation they’re entitled to, they are also able to link them with other programs and services that will result in a better overall outcome. “Above all, we’re focussed on wellness,” Graeme says. “We want to improve our clients’ quality of life and that’s often best achieved through a combination of factors – compensation certainly, but also things like rehabilitation services, social connection and support in finding civilian employment” RSL advocates understand the full range of services and programs available to veterans – both from DVA and from ex-service organisations like RSL Queensland and Mates4Mates. They work with veterans to develop a wellness plan that incorporates all the elements that will result in the best possible outcome. “Sometimes if veterans are too focussed on compensation above all else, they may begin defining themselves according to their level of disability. We want them to focus on being well again,” Graeme says.

4. ADVOCATES ARE ON YOUR SIDE

“Ultimately, our advocates are only there to help veterans. Our advocacy services are provided completely free of charge, and you don’t have to be an RSL member to get assistance,” Graeme says.

He encourages veterans to have a chat with RSL Queensland’s Veteran Services team to see what their options are.

“Take the time to find out how we can help,” Graeme says. “Having an advocate by your side can make the claims process simpler and less stressful.”

RSL Queensland’s advocates can work with you face-to-face, via telephone or online, including lodging your claim online.

FOR THE BRAIN

Sea Otter Facts

Clever creatures, they'll use rocks to crack open the clams. They carry rocks and store food in their pockets (the loose skin under their armpits).

Sea otters are called a keystone species, because they are so important to the ocean's food chain.

Sea otters have a thick, dense, and waterproof coat. Their coat has almost a million hairs per square inch! Because of this, they do not need a layer of blubber to stay warm.

A group of resting otters is called a raft. To keep from drifting away from each other, sea otters will wrap themselves up in seaweed, forming something that resembles a raft.



Brain Teaser

One of the four words does not belong with the other three. Which word does not belong? What is it that the others have in common?

1. Green, yellow, red, blue.
2. April, December, November, June.
3. Cirrus, calculus, cumulus, stratus.
4. Carrots, radishes, potatoes, cabbages.
5. Fork, comb, rake, shovel.

Riddle Me This

What has thirteen hearts, but no other organs?

The sun bakes them,
The hand breaks them,
The foot treads on them,
The mouth tastes them,
What are they?

What can fill a room but takes up no space?

What is so fragile that saying its name breaks it?

What word is pronounced the same if you take away four of its five letters?

What is the end of everything?

Funnies

Why do seagulls fly over the sea?
Because if they flew over the bay they would be called bagels.

Why can't you hear a Pterodactyl going to the bathroom?
Because the 'P' is silent.

What's the difference between an otter and a navy aircrewman?
At least the otter knows he's not a seal.

Two gold fish are in a tank.
One looks at the other and says, "You know how to drive this thing?!"

Two soldiers are in a tank.
One looks at the other and says, "BLUBLUBBLUBLUBBLUB."



Answers last page

FROM THE BACK ROOM

In a Nutshell



They say everyone has a story to tell – do you?

In partnership with the Vietnam Veterans Association of Australia, AVCAT will award the inaugural AVCAT Essay Prize for an essay that promotes recognition of the impact of the Vietnam War on families.

Entries must be submitted by 16 October 2020, and the prize will be presented on Remembrance Day. The AVCAT Essay Prize is open to all entrants over 18.

Enter at avcat.org.au/essay



October

Bill Borg
 Fred Davis
 George Englert
 Maureen Gibson
 Greg Jones
 John Kricker
 Lenise Matheson
 Jimmy Meerton
 John Spiteri
 Louis Sultan
 Trish Thomas

RECIPE

Prawn Fettuccine

INGREDIENTS

450 g fettuccine
 3 tbsp. butter
 450 g prawns, peeled and deveined, tails removed
 salt
 Freshly ground black pepper
 2 cloves garlic, crushed
 2 tbsp. plain flour
 240 ml double cream
 120 ml whole milk
 1 egg yolk
 100 g freshly grated Parmesan, plus more for garnish
 1 tbsp. Chopped parsley, for garnish

DIRECTIONS

Cook fettuccine according to the instructions on box, reserving a cup of pasta water to thicken the sauce, if needed.
 In a large skillet over medium heat, heat 1 tablespoon butter until melted. Add prawns, season with salt and pepper and cook until pink and completely opaque, 2 to 3 minutes per side. Remove prawns from skillet and set aside.
 Into the pan, add remaining 2 tablespoons butter and garlic. Cook until the garlic becomes fragrant, about 1 minute. Whisk in flour and cook until no longer raw, 2 minutes. Stir in double cream and milk, then whisk in egg yolk.

Bring to a low simmer and whisk in parmesan. When cheese is melted and sauce has thickened slightly, add cooked pasta and prawns, tossing to combine. Season with salt and pepper. Garnish with more parmesan and parsley



BY KYLIE HATFIELD 24 AUGUST 2020

REMEMBERING DERAPET

A decade has passed since the Battle of Derapet, one of the largest engagements of Australian regular forces since the Vietnam War.

Twenty Australian soldiers and the Afghan National Army (ANA) members they were mentoring approached the village of Derapet in Afghanistan's Oruzgan Province on the morning of 24 August 2010. It was a follow-up to a patrol carried out days earlier which had experienced contact with Taliban fighters, so the soldiers approached with the understanding that there was potential for another contact on that day.

What occurred was one of the largest engagements of Australian regular forces since the Vietnam War. Lance Corporal Jared 'Crash' MacKinney lost his life, and five Australian soldiers were awarded for their actions during the battle.

Private Paul Langer was one of them. Having joined the Australian Army as an 18-year-old three years earlier, Paul was on deployment in Afghanistan with 6RAR when, a month or so before returning home, he was at the front of the patrol.

On the tenth anniversary, Paul recalled the battle and how, for him, it will always be about the men he fought with, rather than their individual efforts.

"We came into [the patrol], I guess, prepared in the sense that we'd seen it two days prior. And taking the ANA in gave us a little bit more of a role there; that was to teach them about how to move through what we knew was going to be a contact," says Paul.

"Myself and Sergeant Lanigan were partnered up and we had our designated ANA that we were partnered up and patrolling with. We were scouts at the lead of the patrol; designated to pathfind and put the patrol plan into action. We get a designated route and we obviously try and change our routes and approaches because of the IED threats. So [we were] leading that patrol with the partnered ANA and Australian element through that. "We also had other Australian units in support of our patrol. That included some light armoured vehicles and some other infantry units that were Delta Company as well, I believe. We got quite a long way into the patrol before it actually kicked off.

"It was a much larger contact than we'd been exposed to prior. We'd had some exposure prior in the month leading up, that was a slow build-up. Then this was just a significantly larger enemy force that we'd bumped into and disrupted. They dug us in there for a few hours."

The patrol engaged an estimated 100 Taliban fighters for up to four hours from initial contact through to breaking contact and returning to a patrol base a short distance away. Lance Corporal MacKinney was shot 33 minutes into the contact and evacuated by a Black Hawk helicopter. It is this, says Paul, that should be the focus of reflections on the battle.

"For me, it's always an emphasis on Crash and his family and that loss; it always has to be remembered above and beyond anything anyone else did. The emphasis [should be] not so much on us boys and individual efforts, but the loss of life," says Paul.

For Paul, the battle is something he says comes up on occasion and is something he will never forget.

"With the implications it had on so many lives and the loss of life as well, I think it's definitely a hard one to forget. Remembering that lives were changed, and lives were ended on that day, it definitely doesn't get away from you," says Paul.

Ten years on, Paul says that the anniversary of the battle each year provides an opportunity to reconnect with those he served with on that day.

"It's always a bit of an opportunity to call around and say 'G'day' to one or two of the boys and catch up. Nothing too formal, but it's always something that comes up. It's mainly just about keeping in touch with some of the guys."

Five Australian soldiers were awarded for their actions during the Battle of Derapet:

Corporal Daniel Keighran, Victoria Cross for Australia
Lieutenant James Fanning, Distinguished Service Medal
Sergeant Sean Lanigan, Medal of Gallantry
Private Paul Langer, Medal of Gallantry
Private Sean Parker, Commendation for Gallantry

RSL Queensland stands ready to support all veterans who are experiencing the impacts of operational service. If you need assistance, please contact us on 134 RSL.

RUN WALK OR WHEEL FOR REMEMBRANCE 2020

In the lead up to Remembrance Day, pause to honour our brave service personnel - past and present - and then get moving to support veterans into the future! Taking inspiration from the discipline and dedication shown by our veterans, the Gallipoli Medical Research Foundation strives to discover innovative solutions to major health issues affecting our veteran community. By supporting GMRF's research, you will be fighting the impact of serious illness right now and creating the brighter, healthier futures our veterans and their families deserve.

The Run, Walk or Wheel for Remembrance 2020 is a virtual event open to everyone – and we mean everyone! You can be part of Remembrance through Research no matter your age, ability level or where you live.

Every dollar you fundraise will help the Gallipoli Medical Research Foundation progress life-changing medical research.



RUN, WALK OR WHEEL for Remembrance 2020



GETTING INVOLVED IS EASY!

Register Today! Complete your online registration runwalkorwheelforremembrance2020.gofundraise.com.au

Set up your Fundraising page! Go the extra step and inspire your friends and family to support Remembrance through Research.

Get going! Walk, Run or Wheel at your own pace and location! Choose your preferred distance – 2km, 5km or 10km or set your own goal. You can go the distance in one go or break it up over the weekend – it's up to you!

REGISTRATION COSTS

Adult	\$25
Child (up to 16 yrs) & Pensioner.....	\$15
Family (2 adults + children).....	\$60
Team of 8-10 people	\$175

** Thanks to our generous sponsors, 100% of your registration goes to Gallipoli Medical Research Foundation!

Riddles 1. Deck of Cards 2. Grapes. 3. Light. 4. Silence. 5. Queue. 6. The letter G
 12 Differences - 1. End of golf club in bag is missing. 2. Pencil in bag pocket is missing. 3. Grass beside flagpole is missing. 4. Bag strap is coloured in. 5. Flag in distance is coloured in. 6. Line on hubcap has moved. 7. Bush in background has moved. 8. Ball behind player has moved. 9. Fender on golf cart is longer. 10. Flag is lower on pole. 11. Man's hat is wider. 12. Cart roof is wider.