

THE FURPHY

ARMADALE SUB-BRANCH OFFICIAL NEWSLETTER



January 2018
Edition

The Price of Liberty is Eternal Vigilance





ARMADALE RSL SUB-BRANCH & CLUB INCORPORATED

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EXECUTIVE AND COMMITTEE 2017 / 2018

Executive	PRESIDENT	Mr Warren Campbell
Executive	VICE PRESIDENT	Miss Lynda Zappelli
Executive	HON SECRETARY	Mr Anthony Wilton (Wombat)
Executive	TREASURER	Vacant
Committee	MEMBERSHIP OFFICER	Mr John Hennah
Committee	WARDEN	Mr Bob Giles
Committee	WARDEN	Mr Paul Sottiaux (Dingo)

WELFARE AND PENSIONS

Ex Officio	WELFARE	Ms Jude Firth Ph: 0414793378
Ex Officio	WELFARE	Mr Ken Hepburn Ph: 0428 001 949

SOCIAL/ ENTERTAINMENT SUB-COMMITTEE

Social Committee	Service	Mrs Lois Davis
Social Committee	Service	Mr Glenn Mitton
Social Committee	Non-Service	Mrs Jules Campbell
Social Committee	Non-Service	Ms Melissa Hancock

VOLUNTEERS

VLТ & Bingo	Mrs Charmagne Wilton
MEMORABILIA	Mr Adam Green
NEWS LETTER	Secretary
DALE COTTAGES	Mr Ken Hepburn
MAINTENANCE	Mr Bob Giles
GARDENS	Mr Dale Higham
BOOK KEEPER	Mrs Diane Lindup
BAR MANAGER	Mrs Maria Gizzi
KITCHEN MANAGER	Mr Joshua Campbell

Committee Meetings:	First Thursday of the month at 1730 hrs
General Meetings:	Second Sunday of the month at 1030 hrs
Annual General Meeting:	Sunday 9th September 2018

Rumours from The Office

On behalf of the President and Committee of the Armadale RSL Sub-Branch I would like to welcome everyone to the New Year and hope that everyone had a good break or holiday, which ever the case may be. My wife and I had a lovely Christmas, we were invited to the Crasters house for Boxing Day, the food was superb (Thank you Irene), but Johnny was a bit was a bit scary with his new flame thrower, but all in all, it was a lovely day, thank you Irene and John.

On the Club side of things, our new Vice President, Lynda Zappelli, is starting to settle in, she is now getting her teeth set in to her new role, nothing like new blood.

On a sad note, our Treasurer, Rachel Stead, has submitted her resignation, due to her husband Barrie's Health. We wish them all the best for the Future. Rachel has done a lot of hard work as the Treasurer, with the Dissolving of Club Inc, introducing the new till system as well as dealing with the ATO regarding all the issues we had with Club Inc. once again, we thank Rachel for all her hard work.

2018 brings a few challenges, the building extensions commence in February and there will be work being done on upgrading the new car park. Let's hope that the disruptions don't interfere with the functioning of the Club activities to much.

Cheers,
Wombat

SOCIAL DART COMPETITION

If anyone is interested in participating in a social game of darts once a week, please contact me on 9497 1972 or 0415 440 150, plus I will have a list on the bar if anyone want to put their name on the list. I was thinking that we could have the game on Thursday night, that way the kitchen is open if you would like to have dinner as well.

Cheers,
Wombat

Welfare Matters

Effects of Mental Health Concerns on Veterans and their Families

The most common veteran mental health concerns can be grouped into these categories:

- Depression, including major depressive episode;
- Anxiety, including panic and social anxiety disorders;
- Trauma and stressor-related conditions, including Posttraumatic Stress Disorder (PTSD);
- Substance use and addiction, including alcohol or other drugs; and
- Somatic symptoms that are associated with distress and impairment.

How can mental health concerns affect veterans?

Common behaviours of veterans with mental health concerns include:

- becoming emotionally detached to avoid feeling overwhelmed by symptoms;
- withdrawing into work or other activities or spending increased time alone;
- trying to control as many aspects of their life as possible and becoming frustrated or angry if this is not achievable;
- trying to control the lives of their family members or becoming overly concerned for family members' safety because of their own previous exposure to danger;
- being aggressive or having angry outbursts over small issues;
- self-medicating with alcohol or other drugs; and
- thoughts of suicide or self-harm.

Sometimes it takes many years before a veteran seeks help for their mental health concerns. This can cause further problems in areas such as relationships, work or general wellbeing.

While many veterans maintain positive relationships with their families, at times mental health concerns can impact on these relationships. Veterans' partners can:

- feel unsupported and experience a lack of emotional and/or physical intimacy;
- feel like they must take full responsibility for day-to-day family life; and
- take on the role of peace-maker if family life feels like one crisis after another.

Veterans' children can:

- feel confused and angry if a parent is physically and/or emotionally absent;
- blame themselves and feel inadequate if they are unable to meet their parents' expectations;
- struggle to become independent if a parent is overly controlling;
- care for their parent at the expense of some of their own needs; or
- feel like home is not a safe and caring place.

While support from family members can assist the recovery of a veteran with mental health concerns, family members can find that living with someone with these concerns can affect their own wellbeing.

What help is available?

VVCS offers individual, couple and family counselling, and group programs to help veterans and their families understand and address mental health concerns. VVCS also offer the family focussed services 'Family Consultation' and 'Let's talk about children' in centres. VVCS provides referrals to specialised services for families and children where appropriate.

For access to mental health videos, self-help tools, mobile apps, and advice on how to seek professional help, visit DVA's At Ease website at www.at-ease.dva.gov.au

Your GP can provide treatment or refer you to a psychologist, psychiatrist or social worker if needed.

TREVOR'S JOKE OF THE MONTH

The doctor, after an examination, sighed and said:

'I've got some bad news. You have terminal cancer and you'd best put your affairs in order.'

The woman was shocked but managed to compose herself and walk into The waiting room where her daughter had been waiting.

'Well, daughter, we women celebrate when things are good, and we Celebrate when things don't go so well. In this case, things aren't Well. I have terminal cancer. So, let's head to the club and have a Champagne.'

After 3 or 4 champagnes, the two were feeling a little less sombre.

There were some laughs and more champagnes.

They were eventually approached by some of the woman's old friends, Who were curious as to what the two were celebrating. The woman told Her friends they were drinking to her impending end:

'I've been diagnosed with AIDS.'

The friends were aghast, gave the woman their condolences and beat a Hasty retreat.

After the friends left, the woman's daughter leaned over and Whispered:

'Mum, I thought you said you were dying of cancer and you Just told your friends you were dying of AIDS! Why did you do that? "Because I don't want any of those bitches sleeping with your father After I'm gone.'

And THAT, my friends, is what is called:

'Putting Your Affairs in Order.'

THOUGHT FOR THE DAY (AND VERY MUCH A TRUISM TOO!!!)....

Women are like phones:

They like to be held, talked to and touched often.

But push the wrong button and you are disconnected.

VALE - Robert Pries 27087

I was informed yesterday (23 January) from Head Office that one of our members had passed away on 6th January 2018. Our condolences go out to Roberts's family.

MILITARY HISTORY FOR JANUARY

25th Anniversary of Australia's Peacekeeping Deployment to Somalia

“In late 1992 a catastrophic humanitarian disaster compounded by a complete breakdown in civil order plunged Somalia into chaos,” Mr McCormack said.

“In response to the crisis Australia deployed forces from all three Services with the Australian contribution to the Unified Task Force – Somalia (Unitaf) arriving in Somalia in January 1993.

“Close to 1,000 personnel with land forces centred on the Army's 1st Battalion, the Royal Australian Regiment (1RAR), with significant contributions from a number of other units. The Royal Australian Navy deployed HMAS Tobruk and HMAS Jervis Bay with both ships providing important logistical support.”

Mr McCormack said elements of the Royal Australian Air Force (RAAF) were used to move the Australian Forces to and from the conflict area and conducted regular resupply missions.

“RAAF personnel also served in Somalia as air traffic controllers and in airfield management roles and members of the Australian Army were deployed to the town of Baidoa about 240km north-west of Mogadishu in January 1993 where banditry and warlord intimidation were rife,” Mr McCormack said.

“Australians were successful at fostering and protecting humanitarian relief efforts and won international praise for their efforts in trying to restore law and order and re-establishing functional legal, social and economic systems.

“The lessons learnt from working with non-government organisations, building local security infrastructure and enabling local community governance continue to inform the Australian Defence Forces' humanitarian and counter-insurgency operations today.”

Mr McCormack said more than 1,500 Australians served in Somalia from 1992–94, four were wounded or injured—and one Australian soldier—infantryman Lance Corporal Shannon McAliney was accidentally killed on 2 April 1993.

“We remember him especially today and pay tribute to his service and sacrifice. His efforts are particularly significant as Forbes, his birthplace, is in my Riverina electorate and has given mightily to the military efforts of this nation right back to the Second Boer War,” Mr McCormack said.

“I am pleased the Coalition Government has provided nearly \$29,000 to assist 1RAR and the Australian Naval Association to commemorate this anniversary, Australia has a proud history of peacekeeping having participated in

multinational peacekeeping operations since the first intervention in the Dutch East Indies in 1947.

“Our Defence Force has made a significant contribution to worldwide peace operations and today we recognise the peacekeepers who served in Somalia and those who continue to serve in countries around the world.”

In 2011 Somalia was ranked as the world’s most troubled state. Over twenty years of war between clan-based militia have led to chronic levels of refugees and internally displaced people, widespread lawlessness due to the virtual non-existence of either the rule of law or legitimate security apparatus, and the progressive deterioration of public services and economic infrastructure. Twenty years ago, what began as a United Nations mission to monitor a ceasefire between warring militias, soon became a desperate battle to prevent an imminent humanitarian disaster—the Australian Army’s 1st Battalion Royal Australian Regiment found itself part of this battle.

The Australian Army’s 1st Battalion Royal Australian Regiment (1 RAR) were deployed to the town of Baidoa about 240 km north-west of Mogadishu in January 1993. As the centre of non-government organisation (NGO) operations for the area, banditry and warlord intimidation were rife, with the area becoming known as the ‘city of death’. The lessons the Australian Army learnt from its successful experience in working with NGOs, building local security infrastructure and enabling local community governance to continue to inform humanitarian and counterinsurgency operations today.

The deployment of a battalion was a massive undertaking that required the ability and cooperation of all Services—Army, Navy and Air Force. As current Chief of Defence Force, Lieutenant General David Hurley, then 1st Battalion’s commanding officer, explains: ‘It was the first time we’d put a battalion offshore since Vietnam so there were a lot of lessons there we learnt about our ability to sustain it.’

What is today known as Somalia was once divided into British Somaliland and Italian Somaliland. In 1960 these areas combined to become the independent Somalia. In 1969 Major General Siad Barre seized control in a military coup and instituted a socialist state in 1970. Towards the end of Barre’s period of control, several resistance groups sprang up and eventually Barre was ousted. He fled the country in January 1991 leaving a power vacuum that led to civil war and the split of rival factions along clan lines.

Civil war and drought coincided—the pressures of thousands of internally displaced peoples exacerbated the already catastrophic effects of poor harvests and food shortages. But after the unsuccessful distribution of international aid airlifted by the United Nations, it quickly became clear that the international community would need to intervene in a more direct way to prevent a

humanitarian disaster. Forming the United Nations Operations in Somalia (UNOSOM), the first UN personnel deployed to Somalia's capital of Mogadishu in July 1992. In October 1992 the Australian Government sent a 30-person Movement Control Unit commanded by Major Greg Jackson and made up of members of the three Services to coordinate air traffic control other services.

UNOSOM had few resources to ensure the security of humanitarian aid and after the death of over 300,000 people due to starvation, the United Nations Security Council authorised the creation of the Unified Task Force–Somalia (UNITAF), led by the United States. US troops began arriving in Mogadishu on 9 December.

The United States Marine Corps' 15th Marine Expeditionary Unit arrived in Baidoa on 16 December 1992 and had secured the area by 22 December. 950 troops of the 1st Battalion Royal Australian Regiment (1 RAR), under battalion

commander (commanding officer) Lieutenant Colonel David Hurley, took formal control over the Baidoa Humanitarian Relief Sector on 19 January 1993 (Operation SOLACE).

In addition to 1 RAR, the Australian contingent also members from the following units, B Squadron 3rd /4th Cavalry Regiment, 107th Field Battery, engineers from the 17th Field Troop of the 3rd Combat Engineering Regiment, signallers from the 103rd Signals Squadron, intelligence personnel, the 7th Electronic Warfare Squadron, a support unit based on the 3rd Brigade Administrative Support Battalion and an Australian Headquarters with public relations and support staff. The contingent commander

(Commander Australian Forces Somalia), Colonel William Mellor, was located in Mogadishu and worked directly with UNITAF's American Commander.

Australian soldiers faced challenges in Somalia that developed many of the capabilities that the Australian Army still values today. Australian troops not only provided security for NGO food convoys, compounds and food distribution points, they also became involved in formative nation-building exercises among the people. By supporting the development of a committee of elders respected within the community, contributing to the re-establishment of a viable police force (the Auxiliary Security Force), and restoring the judiciary and the rule of pre-civil war law they encouraged Somali participation in their own regional political process once they felt secure.



The last of the Fuzzy Wuzzy Angels: Final hero Papua New Guinean tribesman who came to Australian soldiers' aid during WWII dies aged 92



Havala Laula died on Christmas Eve aged 92 in the remote village of Kagi on the Kokoda Track, where some of the war's bloodiest battles were fought. The tribesman was just 15 when Japanese troops landed in Papua New Guinea in 1942 and tried to fight their way south along the track towards the capital Port Moresby to attack Australia.

Havala Laula, 92, the last Fuzzy Wuzzy Angel died in his remote village on the Kokoda Track in Papua New Guinea, 75 years after he ferried wounded Australian soldiers to safety in WWII.

Later in life Mr Laula became a tour guide for Australians making the pilgrimage along the track

After his brother Sabana was killed and his village destroyed, he joined hundreds of others helping the Australians repel the rampaging invaders.

Mr Laula carried sick and wounded servicemen on his back or stretchers away from the battlefield, often under fire, to where they could be evacuated home. He remembered wrapping leaves around their wounds along with other bush remedies, and shading them from the harsh sun with banana leaves.

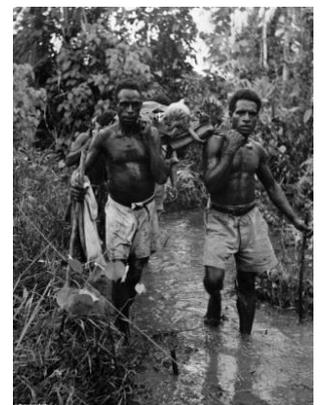
They also brought food, water, and ammunition along the track to the front lines. Mr Laula visited Australia for the first time in February for the campaign's 75th anniversary and met Kokoda veteran Alan 'Kanga' Moore.

In an emotional reunion, Lieutenant Moore said he believed Mr Laula carried him out after he contracted malaria, dengue fever, hookworm, dysentery, and hepatitis.

'I am old, you are old — we meet for the last time,' Mr Laula told the **ABC** after the then-21-year-old credited Papua New Guinea natives with his survival.

He also spoke of witnessing one of the last massacres of the war, as Japanese soldiers slaughtered many Papua New Guinea people who helped the enemy.

Later in life Mr Laula became a tour guide for Australians making the pilgrimage along the track. 'Friendship between Australians and Papua New Guinea must



live on in all generations to come,' he said in a PNG Tourism Board video earlier this year.

'When we die, our children and their children's children must keep that bond forever, until the end of time.

Mr Laula visited Australia for the first time in February for the campaign's 75th anniversary and met Kokoda veteran Alan 'Kanga' Moore whose life he likely saved when the young officer became sick in the jungle. Tribesmen like Mr Laula transformed into the unexpected heroes of the Pacific War of 1942 after saving hundreds of wounded troops as the rampaging Japanese army fought their way through the jungle

Tributes from Australian veterans and tour operators poured into social media upon news of Mr Laula's death, saying Australia owed him a great debt.

'This inspirational man will be missed by so many in Papua New Guinea and Australia. His legacy will be remembered by all that walked the Kokoda Track,' his former employer No Roads Expeditions said.

The service of Mr Laula and his fellow tribesmen was captured in extraordinary black-and-white photos from the war. The indigenous saviours nursed and carried soldiers to safety, and in one iconic case a villager was even photographed leading a blinded Australian man away from danger. Their compassion and care of the casualties earned them admiration and respect from the Australian troops, who nicknamed these men their 'Fuzzy Wuzzy' angels. The native islanders offered soldiers a brief,



shining ray of humanity in an otherwise cruel and barbaric war zone. One Australian soldier described what the sympathetic locals did for his country's troops. 'They carried stretchers over seemingly impassable barriers, with the patient reasonably comfortable. The care they give to the patient is magnificent,' he said.



'If night finds the stretcher still on the track, they will find a level spot and build a shelter over the patient. They will make him as comfortable as possible fetch him water and feed him if food is available, regardless of their own needs.'

Moving black-and-white pictures show the kind Guineans heaving severely wounded men through rough terrain, using their local knowledge to get the allied soldiers to safety. Their compassion and care of the casualties earned them admiration and respect from the Australian troops, who nicknamed these men their 'Fuzzy Wuzzy' angels.

The native islanders offered soldiers a brief, shining ray of humanity in an otherwise cruel and barbaric war zone.

One Australian soldier described what the sympathetic locals did for his country's troops. He said: 'They carried stretchers over seemingly impassable barriers, with the patient reasonably comfortable. The care they give to the patient is magnificent'

'They sleep four each side of the stretcher and if the patient moves or requires any attention during the night, this is given instantly. These were the deeds of the "Fuzzy Wuzzy Angels" - for us!'

One particular image from the conflict, shot by war photographer George Silk, is immortalised in history.

It is the sight of a Guinean villager kindly leading a blinded Australian soldier to safety, both of them barefoot.

Raphael Oimbari was a local labourer, not part of the medical team. He found 23-year-old Private George Whittington lying blinded in the terrain during fighting around Buna in December of 1942.



A Japanese sniper had shot Whittington just above his left eye, leaving him temporarily blind.

One particular image from the conflict, shot by war photographer George Silk, is immortalised in history - it is the sight of a Guinean villager kindly leading a blinded Australian soldier to safety, both of them barefoot (pictured). Indigenous Papua New Guineans sheltered, nursed and carried wounded Australians soldiers to safety after the brutal Japanese army overwhelmed them. The native islanders offered kindness and help to the troops who worked to defend Port Moresby from the Japanese army.

The Japanese made massive gains on the Pacific Island but ran out of supplies before capturing Port Moresby

Oimbari led the soldier back to safety, in a selfless act. Touchingly, the two families stayed in contact, even after Whittington died of disease several months later.

The fighting in Papua New Guinea in the latter half of 1942 was an attempt by the Japanese to capture Port Moresby, the Guinan capital. It was part of a campaign to cut Australia off from its allies in World War.

The Japanese made massive gains on the Pacific Island but ran out of supplies before capturing Port Moresby.

However, the Australians were still unable to defeat the Japanese who were far better equipped for the ensuing fight in them thick jungles of New Guinea.