



THE RETURNED AND SERVICES LEAGUE of AUSTRALIA
FORESTVILLE RSL SUB-BRANCH
NEWSLETTER for AUGUST 2016

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PRESIDENT'S REPORT

With six months of the year gone your sub-Branch is on the way to having another successful year. Before we know it we will be looking down the barrel towards 2017.

I would like to take this opportunity in thanking those members for their congratulatory messages and best wishes on my receiving the OAM in the 2016 Queen's Birthday Honours List. It is a great honour and many more members in our community deserve similar recognition, but you have to be nominated.

At our July General Meeting it was a great pleasure to be able to recognise two members of the committee with the presentation of the Certificate of Appreciation. To be eligible for the award the recipient must have completed at least five years outstanding service in a voluntary capacity upholding the aims and objects of the League.

Mervyn Whiting, has been around the sub-Branch for many years and as a Pensions Officer, Librarian and more recently the Newsletter Editor has been a valuable member of your committee. Mervyn is retiring next year and it was fitting that he qualified for this award. Well done.

John Scifleet has also done a great job as Vice President, Treasurer, following the passing of David Hurt and the coordinator of the "Australia My Country Competition" which provides that valuable connection through our local schools to the youth of our community. John's wife Jill also received an appreciation letter from the State Secretary on behalf of the State Council for the support provided to John during his years of service. Well done to you both.

Your Committee has always endeavoured to recognise outstanding service. Every now and then we may overlook this recognition and need to be reminded of that possible oversight. I am sure our members will remind us if that occasion arises.

Bob Connors organised another Bus Trip on 12th July to the Hunter Valley. This turned out to be another successful Christmas in July outing. There were 90 on the trip which all but filled two buses. Remember that the VP Day Luncheon this year is on the 7th August and tickets are on sale.

We still have a vacancy on the Committee and another with Mervyn retiring next year, so please give some serious thought to re-arranging your busy schedules to help us out. We do great work at Forestville and need to spread the workload.

The weather is cooling down at long last so keep warm. Check the coming events in this newsletter and on the new sub-Branch website; www.forestvillersl.org.au

Bill Hardman...President

"THE ETERNAL FLAME"



Flame represents life, and maintaining a flame continually alight represents eternal life, because a flame has no "body", it's use symbolizes the spirit of those who have died. With a flame's fluctuation the image of a living thing is maintained, yet the flame is easily extinguished, it represents also fragility of life.

Flame also represents the light and warmth of the sun, the sense, of life on this planet. In a religious sense, light represents good, darkness represents evil—hence the eternal flame represents the source of life and goodness, warding off evil spirits. From various practices of cremation—of prevention of spreading disease, when burial is not possible, the eternal flame represents the transformation of the death to life of spirit and with this purification of the body through its conversion into flame. Less directly, the cauterizing of wounds by heat or fire has a partial significance.

Images are often conjured up by camp fires in darkness at quiet times: flames may thus rekindle memories of inspiring times and people—times and people who will live forever in memory. The sacrifice of martyrs at the stake, such as Joan of Arc, lend significance to flames as symbols of great sacrifice.

"ETERNAL FLAME" locations in Australia include the Australian War Memorial (Canberra); the Shrine of Remembrance in Melbourne and the Shrine of Memories, in ANZAC Square, Brisbane. Overseas locations include Paris (the Arc de Triomphe), Washington DC USA (the Kennedy Memorial) and in Belgium, Israel, Soviet Union. Many RSL Clubs have an Eternal Flame burning.

Mervyn Whiting...editor

'BATTLE OF LONG TAN, SOUTH VIETNAM' 50 YEARS ON 18 August, 1966.



'Long Tan Action by Bruce Fletcher'

Amid a tropical downpour, 108 men of D Company, 6th Battalion, Royal Australian Regiment, supported by artillery and a timely resupply by the RAAF, fought off an attack by an enemy force of more than 2,000 in a rubber plantation near the abandoned village of Long Tan. The arrival of Armoured Personnel Carriers carrying reinforcements brought the action to an end. Seventeen Australians were killed, one died of wounds, and 24 were wounded. More than 245 enemy bodies were later counted, but many more had been taken away.

Mervyn Whiting...editor



VIETNAM VETERANS (NORTHERN)

2/4 Darley St. Mona Vale NSW 2103
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Honorary Secretary: Lynette Ferguson

Phone: 0457 402 118, eMail: lynette.ferguson8@bigpond.com

Treasurer: Sue Everitt

Phone: 0407 069 076, eMail: susaneveritt@optusnet.com.au

PATRONS: Hon Bronwyn Bishop MP, Hon Rob Stokes MP.

Please be advised that the date for Vietnam Veterans (Northern) march, meet and greet and luncheon will be held on Sunday August 14th 2016. This year marks the 50th anniversary of the Battle of Long Tan.

If you are unable to march because of health reasons but would like to participate we will organize Club Palm Beach's courtesy bus to transport you from the club to the wharf and back to the club for the service. It would be appreciated that you advise us, in advance, with regards to this.

Also, any assistance by way of monetary donations or raffle prizes would be helpful in making the day a success. Looking forward to seeing you there for another memorable day. Invitations regarding costs will be sent.

Thanking you, in advance, for your continual support of this day.

Kind regards,
Lynette Ferguson.



VICTORY IN THE PACIFIC



Victory over Japan Day (also known as Victory in the Pacific Day, V-J Day, or V-P Day) is the day on which Japan surrendered in World War II, in effect ending the war. The term has been applied to both of the days on which the initial announcement of Japan's surrender was made—to the afternoon of August 15, 1945, in Japan, and because of time zone differences, to August 14, 1945 (when it was announced in the United States and the rest of the Americas and Eastern Pacific Islands) - as well as to September 2, 1945, when the signing of the surrender document occurred, officially ending World War II.

August 15 is the official V-J Day for the UK, while the official U.S. commemoration is September 2. The name V-J Day, had been selected by the Allies after they named V-E Day for the victory in Europe.

On September 2, 1945, a formal surrender ceremony was performed in Tokyo Bay, Japan, aboard the battleship USS Missouri. In Japan, August 15 usually is known as the "memorial day for the end of war" (Shūsen-kinebi?); the official name for the day, however, is "the day for mourning of war dead and praying for peace" (Senbotsusha o tsuitōshi heiwa o kinensuru hi?). This official name was adopted in 1982 by an ordinance issued by the Japanese government.

Mervyn Whiting...editor

309.81 Post-traumatic Stress Disorder History

The information elicited from the interview with the patient must satisfy certain diagnostic criteria to make the formal diagnosis. As with many diagnoses, PTSD can be subclinical, in which the criteria are almost, but not fully, met. Diagnosis is based on criteria from the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5).

DSM-5 Diagnostic Criteria

Currently, diagnosis of PTSD is based on 8 criteria from the DSM-5.

The first DSM criterion has 4 components, as follows:

- ◆ Directly experiencing the traumatic event
- ◆ Witnessing, in person, the event as it occurred to others
- ◆ Learning that the traumatic event occurred to a close family member or friend
- ◆ Experiencing repeated or extreme exposure to aversive details of the traumatic event; this does not apply to exposure through media such as television, movies, or pictures.

The second criterion involves the persistent re-experiencing of the event in 1 of several ways:

- ◆ Thoughts or perception
- ◆ Images
- ◆ Dreams
- ◆ Illusions or hallucinations
- ◆ Dissociative flashback episodes
- ◆ Intense psychological distress or reactivity to cues that symbolise some aspect of the event.

Unlike adults, children re-experience the event through repetitive play rather than through perception.

The third criterion involves avoidance of stimuli that are associated with the trauma and numbing of general responsiveness, as determined by the presence of 1 or both of the following:

- ◆ Avoidance of thoughts, feelings, or conversations associated with the event
- ◆ Avoidance of people, places, or activities that may trigger recollections of the event

The fourth criterion is 2 or more of the following symptoms of negative alterations in cognitions and mood associated with the traumatic event:

- ◆ Inability to remember an important aspect of the event
- ◆ Persistent, distorted cognitions about oneself, others, or the world
- ◆ Persistent negative emotional state
- ◆ Markedly diminished interest or participation in significant activities
- ◆ Feelings of detachment or estrangement from others
- ◆ Persistent inability to experience positive emotions.

The fifth criterion is marked alterations in arousal and reactivity, as evidenced by 2 or more of the following:

- ◆ Irritable behaviour and angry outbursts
- ◆ Reckless or self-destructive behaviour
- ◆ Hypervigilance
- ◆ Exaggerated startle response

- ◆ Concentration problems
- ◆ Sleep disturbance

The remaining 3 criteria are as follows:

- ◆ The duration of symptoms is more than 1 month
- ◆ The disturbance causes clinically significant distress or impairment in functioning
- ◆ The disturbance is not attributable to the psychological effects of a substance or other medical condition First DSM diagnostic criterion.

Mervyn Whiting...Psychotherapist/Counsellor

FROM THE EDITOR

As you would have read in the President's Message, two of your Committee Members, namely; Vice-President John Scifleet and Pensions Officer and Newsletter Editor Mervyn Whiting, were presented from The Returned and Services League of Australia (New South Wales Branch) the "Certificate of Appreciation".

Our President and State Treasurer Mr Bill Hardman OAM presented these awards on behalf of The Returned and Services League of Australia (New South Wales Branch), and Forestville RSL sub-Branch. Bill read the citation for both recipients and added some personal comments, which were most touching. Both John and I were invited to make a short reply after receiving our award.

Whilst I personally thanked those present for their support and expressed pleasure at being able to serve you. I neglected to mention the friends that I have made and those lost. It is those whom I have lost during my tenure in office, namely; David Hurt, Graeme Bartlett, Eric Ralphs and Michael Falconer-Flint. This is sad for me as I loved each one of them. Graeme, Eric and Michael were all pension officers and David our long serving Treasurer. May I say that I feel John would echo my feelings.

Once again thank you all for allowing us to serve and to Bill I choose to say that it has been a pleasure to serve under your leadership as our President.

"CAPTAIN BRAVO"



Long ago lived a seaman named Captain Bravo; he was a manly man who showed no fear in facing his enemies.

One day, while sailing the seven seas, a lookout spotted a pirate ship and the crew became frantic. Captain Bravo bellowed, "Bring me my red shirt!" The first mate quickly retrieved the captain's shirt and whilst wearing the bright red frock Bravo led his men into battle and defeated the pirates. Later on that day, the lookout spotted not one, but two pirate ships. The captain again called for his red shirt and once again, though the fighting was fierce, they were victorious over the two ships.

That evening, all the men sat around on the deck recounting the day's triumphs and one of them asked the captain, "Sir, why do you call for your red shirt before battle?" The captain replied, "If I am wounded in the attack, the shirt will not show my blood and thus, you men will continue to fight, unafraid." All of the men sat in silence and marvelled at the courage of such a manly man as Captain Bravo.

As dawn came the next morning, the lookout spotted not one, not two, but TEN pirate ships approaching from the horizon. The first mate asked, "Shall I bring your red shirt?" **"No.** Captain Bravo calmly replied, **Get me my brown pants."**

WOMEN'S AUXILIARY



Our **July BBQ** held on the **4th July, 2016** was a great Success! It was good to have a catch up, and of course our thanks to our **MANPOWER CHEFS** who are pictured below:

'The MANPOWER CHEFS'



The Women's Auxiliary would also like to congratulate Bill Hardman on receiving the **Medal of the Order of Australia** for service to veterans and their families and for continued service to the sub-Branch.

Our **August Meeting** is on **Monday 1st at 1.00 pm**. Our Guest Speaker is Peter Scope who will be advising us on how to keep up our driving skills as we get older. Peter will be there to answer any questions and also he said if anyone wants a driving lesson after the meeting he is available as he has kept the afternoon free.

All are Welcome to come along.

We will be also taking names for our **Birthday Lunch to be held on Monday 5th September, 2016** with our Meeting starting at 12.00 pm and lunch to follow at 1.00pm, so if you haven't put your name down please ring one of the Committee if you wish to attend.

Please keep in mind our **Big Fund Raiser** of the year **The October Fashion Parade** will be held on **Monday 10th October, 2016**. More information in the next newsletter about how to purchase your tickets.

For those on the sick list, we hope to see you soon.

President Annie

One of our Seniors on his way home?



MEMBERSHIP

Sadly, we report the passing of our dear members during the last month; **BACKHOUSE, Alan Lindsay RAAF, HARDING, Francis Clifford ARMY, JOHNSON, Harold Bruce ARMY.**

Our sincere condolences are extended to family and friends.

We welcome one new Affiliate member to our sub-Branch; **HURT, Mark Leon**

Current membership total: **474**

Introductions from our members, family and mates for new membership are always welcome.

CHANGES TO YOUR MEMBERSHIP DETAILS. THIS IS VERY IMPORTANT!!!

To ensure that our records are maintained up to date we would appreciate your advices of any **change** as soon as possible including new address, phone number, e-Mail address, **next of kin and any other personal information**

NB. Our sub-Branch MEMBERSHIP e-mail address is; membership@forestvillersl.org.au

Geoff Brown, Membership Officer.

OUR CENOTAPH and MEMORIAL WALKWAY

We still work with a three man crew (normally four) and with myself on holidays (again) from 15 July to 16 August, Jim and Norm will be working without support. We are still looking for another volunteer.

MEMORIAL PAVERS;

Paver orders will close on **Friday 30th September, 2016.**

Cost of pavers for sub-Branch Members is **\$35.**

Geoff Brown, Cenotaph & Memorial Walkway Coordinator.



'SPECIAL REQUEST TO MEMBERS'

For those of us who are interested in receiving this Newsletter each month, we are able to send it to you electronically (via e-Mail)!

If you would like to provide your e-Mail address we can send the newsletter to you via e-Mail. This would save us the rising cost of postage and time spent with the preparation of envelopes and use of other resources.

To provide your details please contact; membership@forestvillersl.org.au

Mervyn Whiting...editor

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(All non-urgent enquiries should be directed to the Office during normal office hours.)

OFFICE HOURS

Monday.....0900 to 1200 and 1245 to 1400
Friday.....0900 to 1200

(Except for public holidays and special occasions, or by special appointment.)



DATES TO REMEMBER 2016

Wednesday 3 August ... 1930 Monthly General Meeting.
Sunday 7 August ... 1200 VP Day Luncheon.
Wednesday 7 September ... 1930 Monthly General Meeting.
Wednesday 5 October ... 1930 Monthly General Meeting.
Monday 17 October ... 1200 Sub-Branch Widow's Luncheon.
Wednesday 2 November ... 1930 Monthly General Meeting.
Friday 11 November ... 1030 Remembrance Day Service.
Wednesday 16 Nov. ... 1200 Narrabeen War Vets Luncheon.
Sunday 4 December ... 1800 Sub-Branch Christmas Dinner.
Wednesday 7 December ... 1930 Monthly General Meeting.

'And the world is a little poorer, for a soldier died today'.



A Prayer for the Australian Defence Force

Eternal God, the only source of peace,
We pray for all who serve in the defence force of this land,
Give them courage and comfort in danger,
Patience in waiting and discipline in the just use of force,
Help us to seek for all people,
The freedom to serve you and each other in compassion and
peace,
We ask this through Jesus Christ our Lord...Amen