



**RETURNED and SERVICES LEAGUE OF AUSTRALIA**  
**EPPING RSL SUB-BRANCH**  
**ROUTINE ORDERS**



**Vol 28 No 2**

**April-May 2025**

**President:** Brian Swan AM  
45-47 Rawson Street, Epping 2121

**Treasurer:** Les Rowe  
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**Secretary:** John Prestidge RFD ED  
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**MESSAGE FROM THE PRESIDENT**



As the war in Ukraine continues to unfold one has to wonder how it will all end as it has now been going for over three years. President Trump's tirade to the Ukrainian President did not help matters.

Andy Brayshaw has been working hard to bring a dinner engagement into being with the 8th Brigade officers and NCOs. This is an example of reaching out to nearby ADF units in an attempt to boost our membership. Please support the dinner when details are announced. In reaching out to the 8th Brigade we have invited Brigadier Hassell, their CO, to speak at our Anzac Sunday service, and his RSM has been invited to give a short address at our dawn service. In doing these two things we are hoping to gain some new members and further enhance our profile in the nearby

community. Further details will be announced as arrangements are confirmed.

It is indeed sad to see the Seniors Association lapse. Unfortunately this has happened due to the age of members and the lack of suitable members to occupy executive positions. A final luncheon was held on 4th March 2025. Those active members of that Association are, of course welcome at the Stand Easy meetings which are held monthly on the 3rd Wednesday of the month.

Anzac planning is progressing and we are expecting a big crowd at Forrest Park for the Dawn service. Parramatta Council have been very helpful throughout the whole planning process.

Brian Swan AM President

**ANZAC DAY COMMEMORATIONS**

**Anzac Sunday Service**

**Sunday 13 April 2025 at 2.00 p.m. in Epping Club Ballroom, followed by march to Boronia Park Cenotaph for wreath laying.**

**Anzac Day Dawn Service**

**Friday 25 April 2025 6.00 a.m. at Forest Park, Epping. Assemble at 0545**

## MEMBERSHIP MATTERS

### VALE

### “WE WILL REMEMBER THEM”

During the months of January-March 2025, advice has been received of the passing of the following Service Member:

NAME	RANK	SERVICE	UNIT	SERVICE NUMBER	DATE JOINED	DATE DECEASED
<b>WIGHTON</b> Kenneth Albert	GNR	ARMY	A FLD BTY BCOF Japan	NX500492	12/12/1991	30/01/2025

### *Last Luncheon.*

They say that Good Food, Good Company, and Great Memories are the essential ingredients for a successful time.

At 12:30 pm on Tuesday the 4th of March 2025 all these ingredients were present as 52 Members and Guests of the Epping RSL sub-Branch Senior Members Association met for the final time to enjoy lunch and remember the past 50 years of bus tours, lunches, and friendships. All to the accompaniment of a slide show.

Members and Guests were welcomed by President Merrill Prestidge and introduced the special Guests – Brian Swan the President of the Epping sub-Branch; David Taylor the President of The Epping Club and Peter Saez the CEO of The Epping Club. Other Guests attending included Committee Members of the sub-Branch.

As the afternoon progressed President Merrill Prestidge thanked everyone for coming and spoke of her time in The Seniors. Also, John Curdie, Snr Vice President of the sub-Branch, spoke about the relationship between the sub-Branch and The Seniors. Then Mrs Helen Martin, the longest active member of The Seniors, spoke about her recollections of the Seniors tours and lunches.

After a very delicious meal and just prior to the dessert being served, Margaret Cummins read a letter from The Seniors Tour Director and his Wife, Don and Brenda Greentree, confirming everything that had been previously said about the Executive and Committee, that they were a dedicated group and that it was a pleasure to work with them as the Tour Director.

Thanks, and appreciation were given to the Staff, the Club, and others who over the years have made our functions enjoyable.

Then we raised our glasses in a Toast to Absent Friends.

The six lucky door prizes were drawn.

A presentation to President Merrill Prestidge and Secretary Margaret Cummins of flower bouquets for their 10 – 15 years of service to The Seniors.

The afternoon concluded at around 3:30 pm.

Les Rowe, Vice President, Senior Members Association.

## **EPPING RSL SUB-BRANCH**

### **DATES FOR YOUR DIARY APRIL 2025 – JUNE 2025**

#### **APRIL 2025**

Monday 7	Families of Veterans Guild of NSW -War Widows	1030
<b>Sunday 13</b>	<b>ANZAC SUNDAY SERVICE, Epping Club</b>	<b>1400</b>
Monday 14	Epping RSL sub-Branch Committee Meeting	1800
Wednesday 16	Stand Easy	1300

#### **FRIDAY 18 GOOD FRIDAY**

#### **SUNDAY 20 EASTER**

#### **MONDAY 21 EASTER MONDAY**

<b>Friday 25</b>	<b>ANZAC DAY DAWN SERVICE at Forest Park</b>	<b>0600</b>
Monday 28	Epping RSL sub-Branch Monthly General Meeting	1930

#### **MAY 2025**

Monday 5	Families of Veterans Guild of NSW -War Widows	1030
Monday 12	Epping RSL sub-Branch Committee Meeting	1800
Wednesday 21	Stand Easy	1300
Monday 26	Epping RSL sub-Branch Monthly General Meeting	1930

#### **JUNE 2025**

Monday 2	Families of Veterans Guild of NSW -War Widows	1030
Monday 2	Epping RSL sub-Branch Committee Meeting	1800
<b>Monday 9</b>	<b>KING'S BIRTHDAY</b>	
Sunday 15	Epping RSL Life Members and Mid-Year Lunch	1200
Wednesday 18	Stand Easy	1300
Monday 30	Epping RSL sub-Branch Monthly General Meeting	1930

## **Stand Easy**

The Epping RSL sub-Branch stands as an example of support, camaraderie, and connection for those who have served, their families, and the wider community. As we navigate the challenges of an ever-changing world, it is more crucial than ever that we maintain the bonds that have kept us strong and united. One of the most valuable ways to nurture these connections is through our regular Stand Easy meetings, held on the third Wednesday of the month at 1300hrs for two hours at the Epping Club.

It is in these informal, relaxed gatherings that the true spirit of the Epping RSL sub-Branch is brought to life. These Stand Easy meetings are about more than just meeting up for a chat; they are about creating a space where we can check in with each other, offer support, and be reminded that we are not alone.

As we look to the future, let's remember that our sub-Branch is only as strong as the connections we build with one another. The Stand Easy meetings are a chance to strengthen those connections, to remind ourselves that we are not alone, and to reaffirm the support and friendship that defines us as a community. Let us commit to being there for one another, to attending these meetings with the intention of contributing to the collective wellbeing of our sub-Branch, and to carrying forward the legacy of camaraderie and support that has always been at the heart of the Epping RSL sub-Branch.

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### **FAMILIES OF VETERANS GUILD - WAR WIDOWS**

Coordinator: Heather Gillam 9876 3588  
Treasurer: Heather Gillam  
Meetings: First Monday in month at 10.30 a.m.  
Monday 7 April 2025  
Monday 5 May 2025  
Monday 2 June 2025

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### **WELLBEING SUPPORT OFFICER**

Andrew (Andy) Brayshaw  
Mobile: 0435 879 258  
Email: brayshaw\_andy@hotmail.comGo co

Visit Andy in the sub-Branch office on Monday mornings between 9 a.m. and noon.

WSOs can offer:

referrals for training and employment pathways, housing providers, counselling and health services, and claims and compensation advocacy

support to claims Advocates,

visits to veterans at home, and in hospital and aged-care facilities

support services, such as driving and shopping trips

support at funerals

assistance organising domestic assistance or home maintenance services

assistance with administrative duties in a volunteer capacity

support organising and conducting social, family and Sport & Recreation Program activities

non-clinical and non-advocacy support to a veteran's family during time of grief, loss, and bereavement

## DIFFICULT ENGLISH

A seamstress and a sewer fell down into a sewer line.

To help with planting, the farmer taught his sow to sow

The wind was too strong to wind the sail.

After a number of injections my jaw got number.

Upon seeing the tear in the painting I shed a tear.

I had to subject the subject to a series of tests.

The bandage was wound around the wound.

The farm was used to produce produce.

The dump was so full that it had to refuse more refuse

We must polish the Polish furniture.

He could lead if he would get the lead out.

The soldier decided to desert his dessert in the desert.

Since there is no time like the present, he thought it was time to present the present.

A bass was painted on the head of the bass drum.

When shot at, the dove dove into the bushes.

I did not object to the object.

The insurance was invalid for the invalid.

There was a row among the oarsmen about how to row.

They were too close to the door to close it.

The buck does funny things when the does are present.

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How many beers does it take to get a bird drunk?

Toucans.

The earliest memory I have as a child is visiting the optician and getting my glasses.

Life before that was a bit of a blur.

## BOOK REVIEW

### STOP SCREAMING, I'M SCARED TOO

#### An Australian Soldier's Story

East Timor, Pakistan, PNG, Afghanistan

Rod Henderson, Big Sky Publishing,  
Newport NSW, 2024

Blurb:

'Stop screaming, I'm scared too!' is not what you'd expect to see on the back of a loadmaster's helmet in a Chinook helicopter flying over southern Afghanistan, but for Rod Henderson it sums up his 22 years of service as a soldier in the Australian Army.

During the busiest period in the Army's history, Rod was deployed to East Timor, Papua New Guinea, Pakistan and Afghanistan. In Australia, he was involved in counter terrorism operations and disaster recovery. From an infantry paratrooper to Chinook loadmaster and Black Hawk door gunner, Rod reveals an enthralling and unique perspective of service.

Whether it is 'right place wrong time' or just unlucky, he found himself in a series of life threatening and traumatic events. Each one took a toll. Accepting the physical injuries and mental health challenges from his service, Rod found healing in the hallowed halls of the Australian War Memorial.

This is not the story of a general or a special forces hero. It is the extraordinary memoir of a regular Australian soldier. Like so many others who have served their country with honour and distinction, the little-known stories of ordinary soldiers deserve to be told.

In *Stop Screaming, I'm Scared Too*, Rod reveals the depth of his soldiering experiences with humour, humility, self-reflection and honesty.

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This is a very readable book that takes the reader on a journey through service life. The impact of service life on families is also discussed.

Barry Hoschke



## VALE Kenneth Albert WIGHTON NX 500492 D o D 30th Jan 2025 aged 97



Ken was born at Gordon on 8th November 1925 to David and Amy Wighton, a brother to David Wighton who was 9 years older, into a family which in past generations were actively involved in the Australian Defence Forces.

Ken was inspired by his brother, David, who had enlisted in the army in 1940 who was serving in the New Guinea Air Warning Wireless Company (NGAWW), and at the age of 18 Ken set aside his printer apprenticeship to join the Australian Army. He was enlisted as a gunner in the *A Field Battery RAA* unit on 7th March 1946.

In August 1945, following the capitulation of Japan, ending the Second World War, the British Commonwealth Occupational Force (BCOF) became part of that multinational occupational force to restructure Japan. In early 1946 resulting from the Australian Army strength decrease, Ken was transferred to become a member of the Australian contingent of the BCOF, later transferred to Japan onboard the SS Kanimbla in October 1946. As a signaller in the BCOF, Ken was involved in many duties relating to the destruction of Japanese war material and the resettlement of its citizens. Ken upon the completing his assignment with BCOF was demobilised on 28th December 1947. Upon returning to Australia to then commence his civilian life.



Ken was actively involved with the BCOF veterans from 1947 until 2017, including his tenure as president of that Association. During this time, Ken diligently advocated for the Australian Government to grant BCOF Veterans recognition equivalent to that of World War II servicemembers, specifically in terms of eligibility for the DVA Gold Card.

In civilian life, Ken enjoyed a long involvement with the Reckitt Coleman Group, manufacturers and marketers of domestic products, where he rose through the ranks to become a production manager of that company. In his retirement, reverting to his previous printing expertise, Ken and his wife Margaret opened a small printing and stationery shop at Pennant Hills.



Ken joined the Epping RSL sub-Branch in 1991 and was soon an active participant with other veteran members in the many sub-Branch social and ceremonial activities. In 2002 Ken was elected to the sub-Branch Management Committee and his energy and enthusiasm for veterans was witnessed as he undertook welfare programs which included the visitation of veterans in their illness and in their rehabilitation, also delivering the RSL tribute for departed comrades. Ken also organised special welfare programs for sub-Branch veterans assisting with their personal needs. He was elected to the position of senior vice president and subsequently represented the sub-Branch at many community functions. In 2008 Ken was awarded Life membership of the RSL of Australia and in 2009 awarded life membership of the Epping RSL sub- Branch.

Ken was elected as a director of The Epping Club in 2001, serving as Vice President Finance and later to the position of Senior Vice President. As a director of the Epping Club Ken was able to bring his extensive corporate management experiences to the operations of the board. Ken served in this position until 2015.

Ken participated actively in lawn bowls at the Pennant Hills Sports Club, where he took part in many interclub events. His involvement in this club resulted in his election to its board as a director of the club. That club established the Ken Wighton Singles Championship Award to acknowledge his long-term involvement in lawn bowling.



Ken was a published author who wrote “Endless Dream,” a fictional story set in Papua New Guinea, inspired by his brother’s experiences during WWII.

Ken was a proud Australian, valuing our national heritage, volunteering to defend our country and its ethics of peace and liberty. Ken’s involvement in the Returned and Services League of Australia, the Epping Club and his community is an attainment marker for all together with enthusiasm for his tasks and duty is an inspiration for all. He cared deeply about the welfare and happiness of fellow citizens and was dedicated to understanding others. His dedication to veterans will continue to inspire many.

**Vale Kenneth Albert WIGHTON.**

John Curdie





**8<sup>th</sup> RAR**

**Long Hai Day**

**28<sup>th</sup> Feb 2025**





8 RAR Association members attending

**The Veterans of the Epping  
RSL sub-Branch and the  
members of  
The Epping Club remember  
the sacrifices of the  
Australians of  
8<sup>th</sup> RAR at this the  
commemoration of Long Hai  
Day 28<sup>th</sup> February 2025**

This year 8 RAR Association held their Long Hai Day Commemoration at Bankstown Sports Club as it was a national meeting for their Association. John Curdie and David Taylor attended, representing the sub-Branch and The Epping Club.

I used to have a job at a calendar factory, but I got the sack because I took a couple of days off.

I keep trying to lose weight, but it keeps finding me.

Did you hear about the restaurant on the moon? Great food, no atmosphere.

I went to buy some camouflage trousers the other day, but I couldn’t find any.

What do call a factory that sells passable products? A satisfactory.

It took me 11 puns for my wife to finally laugh ...because no pun in ten did.



# Epping RSL Seniors Association Final Luncheon 4<sup>th</sup> March 2025

Sub Branch  
Seniors Lunch



**Pictures: Irene Rowe**

**Arr. John Curdie**



Epping RSL Seniors Association Final Luncheon 4<sup>th</sup> March 2025



Pictures: Irene Rowe

Arr. John Curdie

## Letter to the Editor, Reveille

In the March issue of Reveille (Vol 111), the State President, Mick Bainbridge, wrote that “The real RSL - the veteran support not-for-profit - is about care and welfare. It’s time for Clubs to change the name they adopted 60 years ago. Frankly, it must be returned.”

Our sub-Branch Vice President, John Curdie, has written a letter to the Editor of Reveille taking issue with some of the statements expressed by the State President.

The Epping RSL sub-Branch Committee thought that it should be made available to our members, whether or not it be accepted for publication in Reveille.

11th March 2025

The Editor Reveille

RE Presidents welcome, Reveille, March 2025

Dear Sir,

The NSW State President of the RSL expressed concern in the March 2025 edition of Reveille regarding the operation of ‘RSL Clubs’ and funding availability for veterans. These clubs, often referred to as ‘RSL Clubs’, are community clubs owned by members of the local community. While returning WW1 veterans initially formed local clubs for their own use, these clubs were restructured over the years and became sub-Branches of RSL Australia, becoming part of the RSL, a registered charity.

Due to State Government regulations preventing charities from holding licenses necessary to operate commercial premises while enjoying tax exemptions, sub-Branches rationalised to create company arrangements, separating sub-Branch responsibilities as a charity from the commercial operations. This change led to the development of community clubs owned by local community members, including veterans. These clubs expanded their lawful commercial undertakings to provide facilities to the local population. The term RSL is often included in the name of these community clubs due to their origins, although the RSL charity is not an owner of these clubs.

Many community clubs previously identified as ‘RSL Clubs’ are now rebranding and removing RSL from their trading names. The ‘Club Grants’ mentioned by the President refer to a communal fund fed from all community clubs, including sports clubs. Such funds are derived from the concessional relief from part of the club’s State Gaming Taxes, conditional upon being available to charities within the local community. Such funds are administered by an independent body within the LGA. RSL sub-Branches and other interested charities can apply for assistance from Club Grants through this body. There is no exclusivity for a sub-Branch over another recognised charity.

Many community clubs continue to honour their origins to the RSL and its veterans by granting privileges to veteran groups, particularly RSL sub-Branches. These benefits often include accommodation for offices, memorial museums, and recognition and benefits pertaining to significant events like ANZAC Day, Remembrance Day, and VP Day. Such benefits are outside the ‘Club Grants’ program and are specifically identified and voted on by community club members at their Annual General Meetings (AGMs).

Yours faithfully,

John Curdie OAM ,

Epping RSL sub-Branch

Senior vice President

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Did you hear about the guy who had a personalised number plate BAA BAA? He had a black Jeep.

The purpose of the aeroplane propeller is to keep the pilot cool. If you don’t believe me, stop the propeller and watch the pilot sweat.

I’m moving with the times, embracing new technology. Instead of going into a room and forgetting what I was looking for, I now log on to Google and forget what I was searching for.

At any given moment the urge to sing “The Lion Sleeps Tonight” is just a whim away, a whim away, a whim away.

With great power comes a great electricity bill.



## Anzac Day on Operation Lilia – Solomon Islands 2024

*In April 2024, Epping RSL sub-Branch member Lieutenant Colonel (LTCOL) Andrew Lam deployed to the Solomon Islands as part of the ADF support to the Solomon Islands as part of Operation Lilia. Whilst deployed, LTCOL Lam experienced his second Anzac Day whilst deployed, the first being in Iraq in 2015. This is his account of the Australian involvement in the Solomon Islands between 2021 to 2024 and Anzac Day whilst on deployment.*

Operation Lilia was the ADF contribution to supporting the Whole-of-Australian Government (WoAG) response to assist the Solomon Islands Government to stabilise public unrest.

The Solomon Islands suffered severe civil unrest in November 2021. Protests broke out in Honiara near parliament after Prime Minister Manasseh Sogavare's government withdrew Solomon Islands' recognition of Taiwan in 2019 and established diplomatic ties with China. Riots broke out with police attempted to disperse the crowds by firing tear gas while the government imposed a 36-hour lockdown in the capital. Demonstrators defied the curfew and took to Honiara's Chinatown where numerous businesses and a police station were burnt down. Once the rioting ceased, military personnel and police from Australia, Fiji, New Zealand and Papua New Guinea were deployed to help restore order under Operation Lilia.

In March 2022, the government of the Solomon Islands signed a security pact with China, which permits Solomon Islands to request the deployment of Chinese military personnel to assist the Royal Solomon Islands Police Force in restoring order in the event of a similar incident to the 2021 protests and riots. In such a scenario, Chinese personnel would also protect Chinese-owned businesses, nationals and diplomats.

With relations with China already fraught, this security pact further shone the spotlight on the Solomon Islands and suddenly it's importance in the geo-political stage became even more apparent setting alarm bells across the Pacific region. It seemed like a case of history repeating with the Solomon Islands and in particular the main island of Guadalcanal being pivotal in any potential conflict in the Pacific.

The Solomon Islands have had a chequered history with elections, the worst being 2006 when moments after the lawfully elected Prime Minister was announced, a coup took place and rioting resulted in the deployment of the Australian led Regional Assistance Mission Solomon Islands (RAMSI) took place. Initially planned for 2023, parliament voted in 2022 to delay the elections with the reason being the country could not afford to have an election in the same year the Solomon Islands were hosting the Pacific Games.

With the security pact with China firmly in the mind of governments on both sides of the Pacific, when the request for assistance by the government of the Solomon Islands was received, a whole of Australian Government effort support commenced through the investment in logistics, operations and training, Australian election observers and the deployment of additional police and defence personnel.

For the ADF this meant an additional 400 personnel assisting in security, logistics and other support roles. The AFP and ADF personnel worked under the leadership of the Royal Solomon Islands Police Force (RSIPF) alongside partners from Papua New Guinea, Fiji and New Zealand, to support a safe and secure election.

In April 2024, I was fortunate to deploy as the Contracts and Financial Advisor to the 400 ADF surge force to ensure a safe and secure National General Election across the numerous islands that make up the Solomon Islands. The AFP and ADF personnel worked under the leadership of the Royal Solomon Islands Police Force (RSIPF) alongside partners from Papua New Guinea, Fiji and New Zealand, to support a safe and secure election.

The election was ultimately conducted peacefully and successfully with a change in government conducted without incident.

The support from home was again strong with messages from Australia sent to troops deployed on Anzac Day and care packages from the RSL Armed Forces Overseas Fund was a nice reminder that we may have been far from home, we were not far from people's thoughts.

A total of 1157 ADF personnel deployed on Op Lilia since it began in 2021. These members worked alongside international partners under the Solomon International Assistance Force to

maintain peace and security.

The ADF completed its commitment to Op Lilia on 31 August 2024.

### Anzac Day 2024



*LTCOL Lam and two colleagues from Joint Task Group 637.3 at Anzac Day 2024 at the Australian Memorial at Camp Clark, Guadalcanal, Solomon Islands*

One of the greatest honours a soldier can experience is an Anzac Day on operations. This was my second away and one I will never forget.

It was a very warm Dawn Service at Camp Clark (29 degrees at 4am). We had our New Zealand and Fijian brothers and sisters in arms with us.

The catafalque party came from the near the beach in a tribute to the history of the location, metres from where the US Marines landed to the memorial. Camp Clark is named for Pte Jamie Clark who died on Operation Anode in 2006 as part of the RAMSI force which I was deployed with in 2010.

The silence of the morning was broken by the waves gently breaking on the shore as prayers were said, the anthems of Australia and New Zealand were played. The hairs on the back of one's neck were standing when the Last Post were played with the backdrop of the now tranquil Ironbottom Sound behind us, a place where some of the biggest sea battles of WW2 occurred with 56 ships US, Australian, NZ and Japanese ships lying on the bottom of the ocean with thousands of sailors lives taken as a result and is viewed by sailors as sacred waters.

Not long after that one of our RAAF aircraft took off from the famous Henderson Field behind us in support of the local Solomon Islands police, one of the main reasons we are in the Solomons. Henderson Field was the primary reason for the bloody Guadalcanal campaign of 1942 and still key ground in the geo-political stakes in the Pacific. There are lots of reminders here of the sacrifices made here and that the land we are standing on here is hallowed ground.

The Fijians with voices of angels sang beautiful hymns including a ballad about the story of CPL Sefanaia Sukanaivalu VC, a Fijian soldier and a posthumous recipient of the Victoria Cross and still the only Fijian to be awarded the VC. He died under Japanese fire on 23 June 1944, at Mawaraka in the Solomon Islands, during an attempt to rescue comrades. Despite being wounded and after rescuing two wounded men with the greatest heroism and being gravely wounded himself, deliberately sacrificed his own life because he knew that it was the only way in which the remainder of his platoon could be induced to retire from a situation in which they must have been annihilated had they not withdrawn.

CPL Sukanaivalu's body was recovered later by a combined force of Australian and Fijian military, which exemplified the partnership of the two nations.

After the Dawn Service, there was the time honoured traditions of two-up and crown and anchor. A little later in the day, I managed to dial into Skype the Sydney regimental reunion I would have been at had I not been deployed.... Everyone looked great and jovial. Unfortunately the Solomon Islands was entering it's second week of a national alcohol ban because of the elections, so I looked with envy on the team in Sydney toasting us with their cold schooners of beer.

Then it was back to work.... As special as Anzac Day is, it's just another day on operations.



*Dawn Service, Anzac Day 2024 at the Australian Memorial at Camp Clark, Guadalcanal, Solomon Islands*

LTCOL Lam returned to Australia in June 2024.

### Author:

*Lieutenant Colonel (LTCOL) Andrew Lam was born in Sydney in 1978 and grew up in the small town of Moruya on the south coast of NSW. Lieutenant Colonel Lam enlisted in the Australian Army Reserve in 1996 at the Sydney University Regiment whilst*



*studying accounting at Macquarie University. In January 2005, he was commissioned into the Royal Australian Army Pay Corps.*

*LTCOL Lam served in finance roles at the Army Financial Services Unit, 8th Brigade, Special Operations Command, Joint Operations Command and 17th Sustainment Brigade.*

*LTCOL Lam has deployed on peace-keeping, combat and humanitarian operations at home and abroad, reflecting the operational tempo of the Australian Defence Force has been engaged in recent times. LTCOL Lam has deployed overseas to the Solomon Islands (2010 and 2024), Timor Leste (2011-12), Iraq (2015) and domestically within Australia during ADF response to the 2019-20 national bushfire emergency and COVID 19 pandemic.*

*LTCOL Lam is currently posted as the SOI Contract Management at Headquarters 17th Sustainment Brigade.*

*In his civilian life, LTCOL Lam is a criminal investigator with the NSW Police Force since 2000 holding the rank of Detective Sergeant and is currently posted as the Cyber Dependent Specialist Investigations Team Leader within the Cybercrime Squad, State Crime Command.*

*LTCOL Lam is married to Stefanie, who is an IT system specialist at the Sydney Opera House and are parents to a daughter, Alexandra (5) and a son, Nicholas (3).*

*LTCOL Lam has been a member of the Epping RSL sub-Branch since 2003 who have supported him and his family throughout his deployments.*



## His Beret

*by Clive Saunders*

He still has his old Army beret,

And many a tale it can tell.

He wore it for years while in service,  
With pride it would make his heart swell.

He wore it in rain and in sunshine,

He wore it perched high on his head.

He touched it to honour his sovereign,

And clutched it to stand over the dead.

He threw it to show celebration,

He sat on it if seats were all wet.

It polished his windscreen when dirty,

He drank through it to settle a bet.

His cap badge was something he'd fight for,

Surrounded by friends he could trust.

That cap badge was something he'd die for,

For honour was always a must.

It now stands on top of his wardrobe,

Its cap badge polished to a high sheen.

He smiles as he glances up at it,

And nods when he sees it's still clean.

It reminds him of days spent together,

With comrades who he thought the best.

And still it makes his heart swell with honour,

And with medals worn proud on his chest.

*Contributed by Andy Brayshaw*

## **NAVY BOLSTERS ON-BOARD CARE**

### **DEFENCE NEWS 13 MARCH 2025**

Navy has undertaken the most comprehensive upgrade of its first response medical training in more than a quarter of a century.

From February, Navy medics undergoing higher learning will now complete the Extended Care Medics Course. With this qualification, medics will be able to manage a critically ill patient or casualty for up to 72 hours in maritime, remote and austere environments in the absence of a medical officer.

The new course is the latest evolution of the Clinical Managers Course, which has been operating since 2008, and before that, as the Leading Seaman Medical Course, founded in 2001.

Commander Australian Fleet Rear Admiral Christopher Smith was on hand at the Clinical Managers Course final graduation in February, celebrating the end of an era.

“The Clinical Managers Course has provided Navy medics with the necessary skills and knowledge to provide competent, routine, primary and emergency clinical care in remote and isolated maritime and ADF environments for 25 years,” Rear Admiral Smith said.

“Improvements in the field of medicine and emergency care are continually evolving. Enhancing our advanced medics training to incorporate the latest in medical science ensures our people are receiving the best support to deliver the best possible medical care.”

Royal Australian Navy Medical School officer in charge, Lieutenant Commander Penny Stone, reaffirmed that graduates of the Clinical Managers Course and emerging Extended Care Medics Course received comprehensive emergency medical training, leaving the sailors just four units shy of a civilian Bachelor of Paramedicine.

“By delivering world-class medical training we are not just investing in our sailors now, but also in their future,” Lieutenant Commander Stone said.

“The upskilling and qualifications you receive from the Royal Australian Navy will stay with you for the rest of your life.”

‘Improvements in the field of medicine and emergency care are continually evolving.’

Also present at the graduation was Director General Navy Health, Commodore Katherine Tindall, who congratulated the final cohort to complete the 35th and final Clinical Managers Course.

RAN Medical Clinical Manager Instructor Chief Petty Officer Ashley Rhodes acknowledged the efforts of the exemplary group of sailors.

“Your dedication, professionalism and compassion have been nothing short of inspiring,” Chief Petty Officer Rhodes said.

“You have worked tirelessly to ensure our naval personnel receive the best possible care, no matter the circumstances or location.”

Class 35 graduate Leading Seaman Kimberley Griffin said the Clinical Managers Course she completed in partnership with the University of Tasmania had equipped her with the specialised training, education and resources to assist in enhancing fleet capability.

“It is such a worthwhile qualification, as it does not just allow me to better serve Navy, but has provided me with the transferrable skills that are applicable with civilian healthcare, ensuring operational readiness and professional development,” she said.

Graduates of the Clinical Managers and emerging Extended Care Medics Courses are provided with career-enhancing qualifications, as they are specialised sailors desired for smaller, independent ships that do not crew senior medical staff.

This will further enhance Navy’s ability to provide the best possible medical care to its sailors on all current and future vessels, including the new offshore patrol vessels and submarines.



# Beyond **the** Uniform

## Coffee & Well-being Club

Epping Club  
Rawson Street,  
Epping NSW

Meet every  
Wed & Sat  
9:30am-10:00am



Come meet with members of the Epping  
RSL sub-Branch to find connection,  
support and resources. We discuss time in  
service, reintegrating to civilian life,  
benefits, events and more.



**RSL**  
**NSW**

All ADF Service Members,  
Veterans & their families welcome

**SPORTS & RECREATION  
PROGRAM**



## WARS AND PEACEKEEPING MISSIONS INVOLVING AUSTRALIA

<https://anzacportal.dva.gov.au/wars-and-missions>

As time passes, fewer and fewer Australians have experienced war, with all its horrors and loss. Or the sense of fellowship and achievement during military operations. We gather stories of those who have served so we can recognise their service and sacrifice and remember those who have died.

Australia's experience of war

Australia's involvement with war began in the Colonial period:

- maintaining civil order, as in the Castle Hill and Eureka rebellions
- suppressing the resistance of Aboriginal and Torres Strait Islander peoples to British settlement
- serving in New Zealand, the Sudan, the South African (Second Boer) War and China (Boxer Rebellion)

After Federation, Australia's experience of war helped shape our sense of ourselves as a new nation. As a community with a distinct ethos and way of life. Praise for Australian service personnel during World War I helped Australia to gain international recognition as an independent nation.

- World War I 1914 to 1918
- World War II 1939 to 1945
- Korean War 1950 to 1953
- Malayan Emergency 1948 to 1960
- Indonesian Confrontation 1963 to 1966
- Vietnam War 1962 to 1975
- Gulf War 1990-1991
- War in Afghanistan 2001-2021
- Iraq War 2003-2013
- Peacekeeping since 1947

We help new generations to understand, investigate and value these wartime experiences. Telling the stories of Australian veterans helps us to:

- recognise those who served
- remember those who made the ultimate sacrifice for our nation

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Contributions for inclusion in ROUTINE ORDERS, such as forward activities, interesting personal notes etc. are always welcome. Items for the next issue on Monday 26 May 2025 are required before Wednesday 14 May 2025.

Earlier would be appreciated. Electronic copy preferred if possible. *Routine Orders* editor Barry Hoshke [bhoshke@tpg.com.au](mailto:bhoshke@tpg.com.au).