



Dispatches 2019



Wednesday Arvo---thanks Luke

Sunbury RSL Sub-Branch

July 2019 EDITION 51





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A picture is worth a 1,00 words: many of these

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All printing of the RSL newsletter is courtesy of Josh Bull Member for Sunbury





Dinner

@

Footy Club

Dates

JULY 16TH

AUGUST 20TH

SEPTEMBER 17TH

OCTOBER 15TH

NOVEMBER 19TH



Wednesday Arvos

1-5pm

Over 80..

drinks are on

US

Sausage in bread?

Yes please

No charge



Sunbury Exhaust & Mechanical Centre





RSL NATIONAL
The RETURNED & SERVICES LEAGUE of AUSTRALIA Ltd
PATRON: His Majesty Queen Elizabeth II

**FORMER COMMANDO TAKES THE HELM OF THE NATIONAL RSL
NEW RSL PRESIDENT AND DEPUTY PRESIDENT**

A former Australian Army commando is the new National President of the Returned & Services League of Australia.
A Special General Meeting of the RSL has elected Major General Greg Melick AO RFD FANSCZ SC, as National President.
Mr John King, President of the ACT Branch of the RSL was elected Deputy National President.



General Melick has had a wide and varied career and is a Senior Counsel at the Tasmanian Bar and is currently a part time Deputy President of the Administrative Appeals Tribunal and the Chief Commissioner of the Tasmanian Integrity Commission. He was elected from a field of three candidates to the position, which had been vacant for some months.

In the business sector, Greg Melick is well known in the Tasmanian wine industry as a producer and grower.

"I am honoured to be elected to lead the RSL at this critical time in the organisation's history," Greg said.

"The RSL has stood the test of time and I intend to bring the skills I have learned from both the Army and the private sector into play to make sure we keep going forward.

"I am a team player, but I also know what is needed to lead an organisation and I am delighted that John King has been elected as Deputy President.

"My first task is to listen to our membership and prioritise what they believe are the tasks we must undertake in the short term."

General Melick enjoyed a stellar career in the Australian Defence Force rising from the ranks to the rank of Major General and holding positions including the ADF's senior Reserve role responsible for Reserves and Cadets before retiring last December after 52 years' service. He is also Colonel Commandant, 1st Commando Regiment.

He is married with three adult children and is Patron of Defence Cricket, the Army Museum of Tasmania and the Friends of the Second Battalion.

ENDS

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THE PRICE OF LIBERTY IS ETERNAL VIGILANCE



*It's always good to know what is happening in the **big world***

**Some nice words from
Hume**

— OFFICE OF THE MAYOR —



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Wednesday 5 June 2019

Mr Graeme Williams
Sunbury Sub-branch RSL
PO Box 960
SUNBURY VIC 3429

Dear Mr Williams

RE: SUNBURY ANZAC YOUTH VIGIL

Hume City Council at its meeting of Monday 13 May 2019 resolved:

"That Council writes to the organisers of the first ever ANZAC Youth Vigil held in Sunbury 24/25 of April 2019."

On behalf Council, I acknowledge the leadership of the Sunbury RSL for organising the inaugural Anzac Day Youth Vigil held in Sunbury on 24 and 25 April 2019 and congratulate the RSL for organising the Vigil.

The young people from the uniformed community and service organisations, representing Scouts, Guides, Air League Cadets, State Emergency Service, Country Fire Authority and St John Ambulance who participated in the Holding Ground Ceremony are to be commended for taking part. Participation in this ceremony would have given them an opportunity to reflect on the importance of Anzac Day as well as paying respect to those Australians who have served their country in the armed forces.

Council recognises and thanks you for your contribution to building community connection and pride by including and offering this opportunity for Hume's young people and their families.

Yours sincerely

**CR CARLY MOORE
MAYOR**

FROM THE GENERAL MEETING

11/6/19

As always our bank accounts are healthy

Thanks to John Welsh for sorting our TV it now gets the ABC and the remote has new batteries.

The split systems in the meeting room will be replaced, they are 17 years old, so I think they have past their use by date

The next meeting will be 8/7/19 you are welcome.



Australia 1946

- Jan Foundation Day is re-named Australia Day
- Mar Australian National Airways DC-3 aircraft crashes near Hobart, killing 25 people.
- Apr. Weekly magazine "The Australian" becomes "the Post"
- May At least 800 Aboriginal pastoral workers walk off the job in NW Western Aust. Starting one of the longest Industrial strikes in Australia.
- June The ABC makes the first national broadcast of a federal Parliamentary debate.
- July Orange, NSW is proclaimed a city.
- Sep. Trans Australia Airlines makes its first flight.
A federal Election is held. The Aust Labor Party, and Ben Chifley are returned to power.
- Dec The United Nations grants Australia trusteeship of Territory of New Guinea and Territory of Papua.



Russia wins Melbourne Cup

WAGE BELOW 1943-4

Average weekly wage paid to men during the year ended June last was £6/9/7 - lower than the record average weekly wage of £6/12/- in the year 1943-44.

Brownlow Medallist: [Don Cordner](#) (Melbourne)

Matches played: 119

Premiers: [Essendon](#); (8th premiership)



There were 2,350,000 people in employment throughout Australia at the end of June, 1946, or 290,000 more than in June, 1939. In addition, 17,100 males and 1,900 females were doing full-time reconstruction training courses.

Aggregate weekly earnings of Australian workers in 1945-46 were £11,723,000.



Josh & Jasmine,

Baby Cleo Elizabeth will change your life in ways you never expected.

*Congratulations from all of us
@ Sunbury RSL*

HOURS
🕒 Open now 06:00 - 18:00 ▼

ADDITIONAL CONTACT DETAILS
🌐 <https://oshanassymeats.com.au>

MORE INFO
📌 About
Local family owned and operated butcher, catering to Sunbury and surrounding area. Quality Meats, great service.



Coach Tour Bendigo





Hills Hoist: The Iconic Rotary Clothesline that Shaped Suburban Australia



The device went on to become an icon of the country over the decades and is listed as a National Treasure by the [National Library of Australia](#). The [National Museum of Australia](#) also had a Hills Hoist on display for a time.



It has appeared on stamps and been [featured in an Olympic ceremony](#), inspired [works of fine art](#) and [comedic spoofs](#). This seemingly simple invention, the Hills Rotary Hoist (or simply “Hills Hoist”), is a fixture of the classic Australian Dream: a house on a quarter-acre lot with a big backyard, incomplete without a particular type of rotating clothesline.

The Hills Hoist was developed in Adelaide, South Australia by World War II veteran Lance Hill in 1945. As [the story goes](#): Hill got home from the war and realized his backyard was getting crowded, so he designed and built a rotary clothesline from some old pipe.

The line could also be hoisted up to catch breezes after being loaded with wet laundry. It wasn't the first of its kind, but it became a household name, well-timed to take off in an era of post-war growth.

**HOW WE PLAYED
"ONLINE"**



**BEFORE THE
INTERNET!**



Sunbury Railway Station Precinct

Original construction: 1859-1910: Water Towers, 1861, 1887; Station buildings, footbridge and Station Masters Residence 1910; Street Trees 1911; Station Renovation 1993, Major development of station 2004.

Statement of Significance:

The Sunbury Railway precinct is of historical significance as the scene of the grand opening of the first stage of Victoria's first government railway in 1859. Comments made by Governor Barkly at this opening provoked the Victorian labour movement to its first attempt to found its own political party. As the terminus of the first stage of the Melbourne to Echuca railway, Sunbury probably became Victoria's first country, or inland, destination for mass excursions by city dwellers. The line, which continued on to the Bendigo goldfields and then brought the Riverina wool trade to the port of Melbourne, became known as "The Main Line" of the Victoria Railways system. It was the greatest public work in Australia up to that time, and with the Geelong-Ballarat railway, was built at high cost to an engineering standard never again attempted.

The key structures of the station precinct are also of architectural and engineering significance. The station building (1910), one of the best examples of its style, featuring several distinctive design details, most notably the internal and external pressed metal. It is enhanced by associated structures, especially the footbridge and the down passenger buildings, and also the van goods shed, an early bluestone platform, and other contemporary structures. The two prominent water-towers (1861) and 1887) are also significant in their own right. This is the only instance in Victoria in which the two major nineteenth century styles of water-tower design are located together at a station. They demonstrate the development of architecture over several decades, and the position of Sunbury at the start of the climb over the Great Dividing Range.

To the north, the original Macedon Road Bridge, one of the earliest roads over rail bridges in Victoria, ter-

minates the view from the station. The precinct is also of local significance as a key historical precinct in the Sunbury town centre. Its streetscape orientation emphasises the place of the railway at the core of the town's social

And economic history. The station architecture provides a dignified terminus to the Brook Street vista. This impression is reinforced by the impressive avenue of Brook Street elm tree, specifically planted to complement the station, and the former station master's residence which flanks it. It is further strengthened by the concentration of the town facilities including the post office, and shops, at the station precinct.



Sunbury Railway Station C. 1889
Photograph from the Eric Boardman Collection

Description:

The Sunbury Railway Station Precinct, comprising:- main station buildings, (up and down platforms); platforms and platform outbuildings; footbridge; station master's residence in (Brook Street); Brook Street plantation; hand-operated points; and semaphore signals at the Melbourne end.

It also includes structures of individual significance which have also been identified separately, they include, the two water towers; Macedon Road Bridge and the station master's residence. ation precinct.





Photograph from the Eric Boardman Collection



Photograph of the 1887 Water Tower also in the foreground of the photograph are the livestock yard, wheat trucks on the left and semaphore signals indicating that a train is coming.

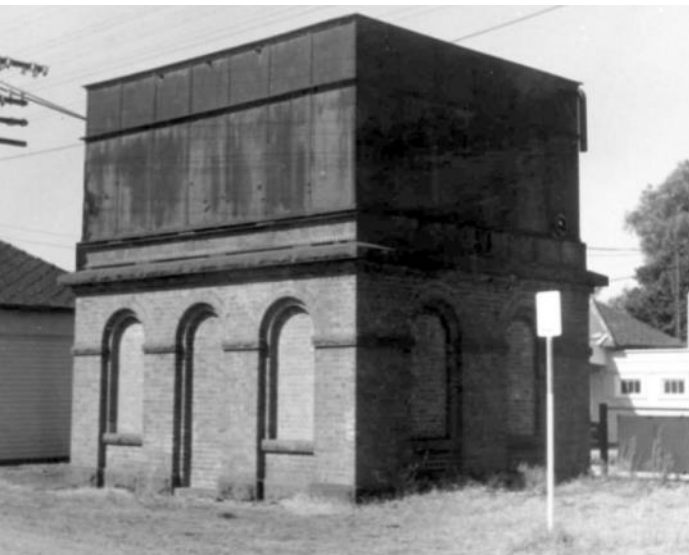
Photograph taken in 1982 by Norm Bray



Macedon Road (Street) bridge and semaphore signals, 1987
Photograph from the Peter Free Collection

A 1988 railway heritage survey reiterated that the Sunbury station is an earlier and more richly detailed version of the Gisborne style, comparing with Macedon, Golden Point, and Ripponlea. It is the biggest, best and most complete example of an Edwardian timber station in country Victoria. The report recommended that both the Sunbury station and foot-bridge be added to the state Register of Government Buildings. Toilets, the roof and chimneys, and some internal forms and detailing of the main station have been lost as a result of recent refurbishment. However most of the significant elements of the complex have been retained, and painting and landscaping have lifted and restored its image. The water towers, major contributory elements of the complex, had their inclusion in the Register confirmed. The precinct extends to the original Macedon Road Bridge in the north, one of the earliest road-rail bridges in Victoria, which terminates the view from the station.

Interesting to note that Riddell Road started at Horne Street and Macedon Street started at Evans Street, leaving the road between Horne and Evans Street in no man's land. This land was owned by the Victorian Railways.



Photograph of the 1861 Water Tower
Photograph taken in 1982 by Norm Bray



Goods Shed Sunbury 1982

(Photographs taken by Norm Bray)



Trolley Shed Sunbury 1982





Sisters & Misters are Back!

Sisters and Misters is a Melbourne based vocal group that provides opportunities for people of all ages to sing songs to the wider community...



Dusted Off at the National Vietnam Veterans Museum

The National Vietnam Veterans Museum is proud to present the show, Dusted Off which is as much about Vietnam as it is about family. It is as...

Long Tan Dinner Dance Friday 16th August 2019 at the Melton Country Club.

We will be conducting a service for Vietnam Veterans Remembrance day on Saturday the 17th August 2019 at 10 a.m. at the Memorial Precinct on High Street.



Vietnam Veterans Remembrance Day Sunday 18th August 2019. We will be going into the Shrine of Remembrance for this day. A bus will be provided. Contact your Secretary if you wish to attend. More details later.

Children's Xmas party Sunday 1st December 2019

Lunch at Galli Restaurant Thursday 17th October 2019.

Xmas Dinner Dance Saturday 7th December 2019 at the Melton County Club.

Melbourne Cup Day 5th November 2019 at the Vietnam Veterans House. \$5 entry fee.

Contact your Secretary or Treasurer to make a booking to attend any of these events

Remembrance Day Monday 11th November 2019 10.30 a.m. at the Memorial precinct High Street Melton.

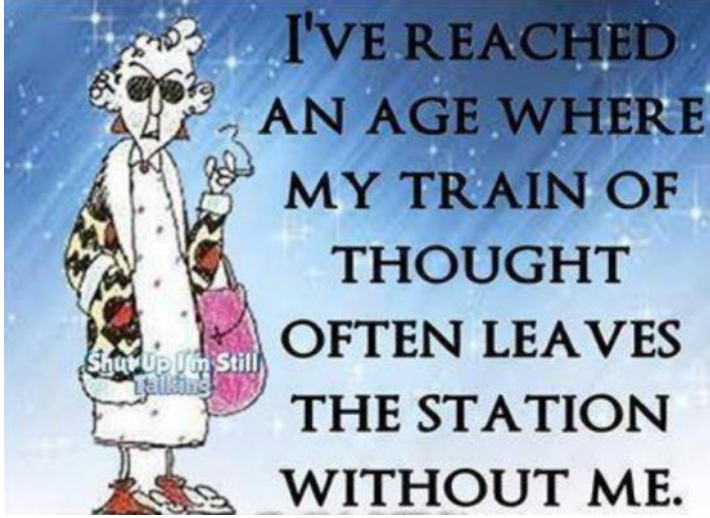




Some people just need a sympathetic pat...
 On the head...
 With a hammer.



"Should I get you a shopping cart?"



When I die I want my last words to be, "I left a million dollars under the....."



Valentine's Day: Just booked a table for Valentine's Day for me and the wife. Bound to end in tears though; she's lousy at snooker.

Got a new Jack Russell pup today. He's mainly black and brown with just a small white area. I've called him England.

WINTER WORD SEARCH

Winter Word Search



WORDS TO FIND:

BLIZZARD	BOOTS	CHILLY
COLD	FIREPLACE	FROSTY
FROZEN	GIVING	GLOVES
HAT	HOLIDAYS	HOTCHOCOLATE
ICE	ICESKATE	ICICLE
MITTENS	PINETREE	SCARF
SNOW	SNOWBALL	SNOWFLAKE
SNOWMAN	SNOWSUIT	WIND
WINTER		

chilly
fireplace
frost
hibernate
hot chocolate
migrate



penguin
polar bear
snowflake
snowman
white
winter



☎ 03 9744 1300



Winter Word Search

Circle each word from the list in the puzzle. The words can go in any direction.



BLIZZARD FREEZING ICICLES SLED
 CHILLY FROST MITTENS SNOW
 COLD ICE SKATES WINTER

Winter Olympics Word Search



alpine
 biathlon
 bobsleigh
 curling
 hockey
 luge
 nordic



olympics
 skating
 skeleton
 skiing
 snowboard
 torch
 winter



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And a good evening was
 had by all



It's good to be informed

What is dementia?

This Help Sheet describes dementia, who gets it and some of its most common forms. It describes some early signs of dementia and emphasises the importance of a timely medical diagnosis.

Dementia describes a collection of symptoms that are caused by disorders affecting the brain. It is not one specific disease.

Dementia affects thinking, behaviour and the ability to perform everyday tasks. Brain function is affected enough to interfere with the person's normal social or working life. The hallmark of dementia is the inability to carry out everyday activities as a consequence of diminished cognitive ability.

Doctors diagnose dementia if two or more cognitive functions are significantly impaired. The cognitive functions affected can include memory, language skills, understanding information, spatial skills, judgement and attention. People with dementia may have difficulty solving problems and controlling their emotions. They may also experience personality changes. The exact symptoms experienced by a person with dementia depend on the areas of the brain that are damaged by the disease causing the dementia.

With many types of dementia, some of the nerve cells in the brain stop functioning, lose connections with other cells, and die. Dementia is usually progressive. This means that the disease gradually spreads through the brain and the person's symptoms get worse over time.

Who gets dementia?

Dementia can happen to anybody, but the risk increases with age. Most people with dementia are older, but it is important to remember that most older people do not get dementia. It is not a normal part of ageing, but is caused by brain disease. Less commonly, people under the age of 65 years develop dementia and this is called 'younger onset dementia'.

There are a few very rare forms of inherited dementia, where a specific gene mutation is known to cause the disease. In most cases of dementia however, these genes are not involved, but people with a family history of dementia do have an increased risk. For more information see the Help Sheet **About Dementia 10: Genetics of dementia**.

Certain health and lifestyle factors also appear to play a role in a person's risk of dementia. People with

untreated vascular risk factors including high blood pressure have an increased risk, as do those who are less physically and mentally active. Detailed information about dementia risk factors is available at yourbrainmatters.org.au.

What causes dementia?

There are many different diseases that cause dementia. In most cases, why people develop these diseases is unknown. Some of the most common forms of dementia are:

Alzheimer's disease

Alzheimer's disease is the most common form of dementia, accounting for around two-thirds of cases. It causes a gradual decline in cognitive abilities, often beginning with memory loss.

Alzheimer's disease is characterised by two abnormalities in the brain – amyloid plaques and neurofibrillary tangles. The plaques are abnormal clumps of a protein called beta amyloid. The tangles are bundles of twisted filaments made up of a protein called tau. Plaques and tangles stop communication between nerve cells and cause them to die. For more information see the Help Sheet on **About Dementia 13: Alzheimer's disease**.

Vascular dementia


Vascular dementia is cognitive impairment caused by damage to the blood vessels in the brain. It can be caused by a single stroke, or by several strokes occurring over time.

Vascular dementia is diagnosed when there is evidence of blood vessel disease in the brain and impaired cognitive function that interferes with daily living. The symptoms of vascular dementia can begin suddenly after a stroke, or may begin gradually as blood vessel disease worsens. The symptoms vary depending on the location and size of brain damage. It may affect just one or a few specific cognitive functions. Vascular dementia may appear similar to Alzheimer's disease, and a mixture of Alzheimer's disease and vascular dementia is fairly common. For more information see the Help Sheet on **About Dementia 16: Vascular dementia**.

National Dementia Helpline 1800 100 500

dementia.org.au

This help sheet is funded by the Australian Government

 dementia australia



It's good to be informed

Lewy body disease

Lewy body disease is characterised by the presence of Lewy bodies in the brain. Lewy bodies are abnormal clumps of the protein alpha-synuclein that develop inside nerve cells. These abnormalities occur in specific areas of the brain, causing changes in movement, thinking and behaviour. People with Lewy body disease may experience large fluctuations in attention and thinking. They can go from almost normal performance to severe confusion within short periods. Visual hallucinations are also a common symptom.

Three overlapping disorders can be included with Lewy body disease:

- Dementia with Lewy bodies
- Parkinson's disease
- Parkinson's disease dementia

When movement symptoms appear first, Parkinson's disease is often diagnosed. As Parkinson's disease progresses most people develop dementia. When cognitive symptoms appear first, this is diagnosed as dementia with Lewy bodies.

Lewy body disease sometimes co-occurs with Alzheimer's disease and/or vascular dementia. For more information, see the Help Sheets on Lewy body disease.

Frontotemporal dementia

Frontotemporal dementia involves progressive damage to the frontal and/or temporal lobes of the brain. Symptoms often begin when people are in their 50s or 60s and sometimes earlier. There are two main presentations of frontotemporal dementia – frontal (involving behavioural symptoms and personality changes) and temporal (involving language impairments). However, the two often overlap.

Because the frontal lobes of the brain control judgement and social behaviour, people with frontotemporal dementia often have problems maintaining socially appropriate behaviour. They may be rude, neglect normal responsibilities, be compulsive or repetitive, be aggressive, show a lack of inhibition or act impulsively.

There are two main forms of the temporal or language variant of frontotemporal dementia. Semantic dementia involves a gradual loss of the meaning of words, problems finding words and remembering people's names, and difficulties understanding language. Progressive non-fluent aphasia is less common and affects the ability to speak fluently.

Frontotemporal dementia is sometimes called frontotemporal lobar degeneration (FTLD) or Pick's disease. For more information, see the Help Sheet on **About Dementia 17: Frontotemporal dementia**, or visit the Frontier research group website neura.edu.au

Is it dementia?

There are a number of conditions that produce symptoms similar to dementia. These can often be treated. They include some vitamin and hormone deficiencies, depression, medication effects, infections and brain tumours.

It is essential that a medical diagnosis is obtained at an early stage when symptoms first appear to ensure that a person who has a treatable condition is diagnosed and treated correctly. If the symptoms are caused by dementia, an early diagnosis will mean early access to support, information and medication should it be available.

What are the early signs of dementia?

The early signs of dementia can be very subtle, vague and may not be immediately obvious. Some common symptoms may include:

- Progressive and frequent memory loss
- Confusion
- Personality change
- Apathy and withdrawal
- Loss of ability to perform everyday tasks

What can be done to help?

At present there is no cure for most forms of dementia. However, some medications have been found to reduce some symptoms. Support is vital for people with dementia and the help of families, friends and carers can make a positive difference to managing the condition.

FURTHER INFORMATION

Dementia Australia offers support, information, education and counselling. Contact the National Dementia Helpline on **1800 100 500**, or visit our website at dementia.org.au



For language assistance phone the Translating and Interpreting Service on **131 450**

This publication provides a general summary only of the subject matter covered. People should seek professional advice about their specific case. Dementia Australia is not liable for any error or omission in this publication.

Dementia Australia ©1999
Reviewed 2017



IT IS VERY IMPORTANT THE SUNBURY RSL HAS UP-TO-DATE INFORMATION ABOUT YOU

There have been instances in the past when members are recouping from matters but not knowing their whereabouts, we the RSL are unable to contact them.

Please complete the following details and return to the Secretary

Thank you.

MEMBER

Name	_____	Spouse	_____
Address	_____	Suburb	_____
Postcode	_____	Phone	_____
Mobile	_____	Email	_____

Type of membership (circle one) Service Affiliate Associate Social

Armed Forces (circle) Army Navy Airforce

Theatre _____

Time Frame _____

Date Joined R.S.L. __/__/__

NEXT OF KIN

Name	_____	Spouse	_____
Address	_____	Suburb	_____
Postcode	_____	Phone	_____
Mobile	_____	Email	_____



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