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# Dispatches

EDITION 308

SUNBURY RSL SUB-BRANCH  
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## September 2023

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### Region 7 Meetings 2023

Sep 27th Charlton  
Nov 22nd Woodend



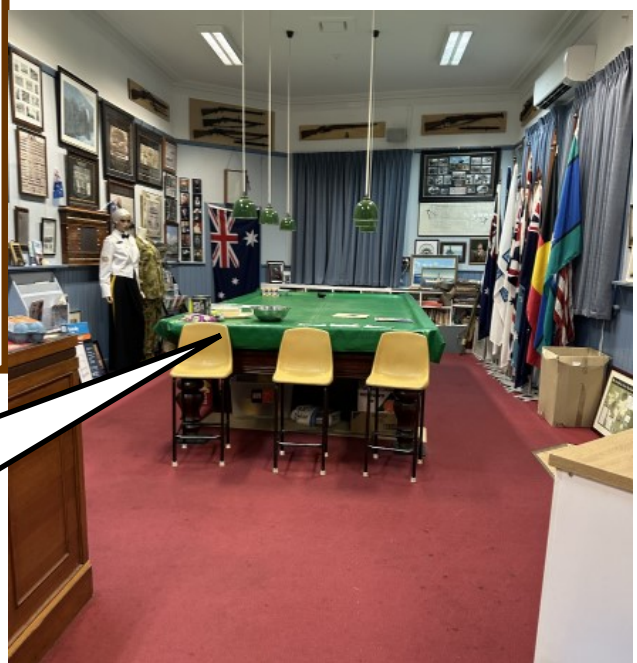
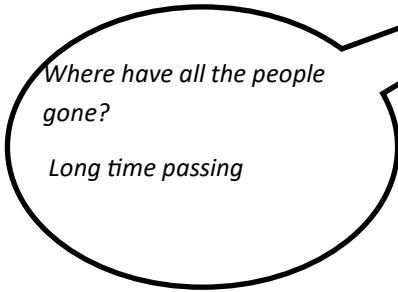
### General Meetings

Sep- 11  
Oct- 09  
Nov- 13  
Dec-  
Committee of Management meetings will be 6:30pm even months

### dinner Dates



Aug-21  
Sep-19  
Oct-17  
Nov-21



NOT THE MINUTES August 2023

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The president opened the meeting at 7:30pm

Ode was recited

There were 15 members present

Harry read previous minutes

Sunbury RSL sub-branch has 204 members of varying types of membership

Gary informed us the appeal time for Remembrance day would be from 28th Sept. until 11th November

Also suggested we use the phrases from the forums some of us went to—

“we raise money anywhere to support veterans everywhere”

“we raise money for veterans via the RSL”

Gutters are cleaned and everyone is happy

Meeting closed at 8:05

Next meeting 11th September

The Luncheon this month will be at the Gate house Rupertwood.



22nd September midday

Please phone Carol : 0402 819 863

Let her know if you are attending

Businesses need numbers food and staff are too expensive waste or have doing nothing.

Thank you

Wed Arvo	Monthly lunch	Welcome Friday	General Meeting	Monthly Dinner	COM	Reg 7
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# September 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

50TH ANIVERSARY OF THE END OF THE VIEYNAM WAR 18 AUGUST 2023

Sheryl and I drove to Canberra, stopping overnight, in Albury. Very impressed with the accommodation, cleanliness of the streets and surroundings. Lovely wide country streets.

We arrived a couple of days before the event. Booked into the City walk Quest. Very helpful staff. Did a bit of a recce on what buses we had to catch and the local area. Restaurants and Pubs.

My army mate, Ken White (President of Glenroy RSL) flew in the next day, staying at City Walk as well.

We caught up with another mate, Ian Weekes for Dinner.

We all had dinner at the Central hotel. I was surprised, while waiting for drinks, the bloke beside me was, Henry Van Demien, a mate from recruit training. Also, Charlie Company 4RAR. It was beaut to see him.

Graham Williams rang me to tell me he had arrived. He had driven straight through. Unbeknown to us he had a chocolate bar for dinner that night.

Free shuttle buses were provided to transport people from the city to the Vietnam Memorial. There was a lot of seating, undercover and in the open. We arrived early so we were sheltered from the intermittent rain. A lot of people were handing out free plastic ponchos for those who came late. So, no-one got really wet except the band, the dignitaries were allowed to use umbrellas, we weren't.

Peter Bennett walked past with a few of his unit. After a bit of chat said, we would catch up later. And we did.

Playing of the didgeridoo by L/Cpl Carl Murkun Guyula of the North West Mobile Force opened the service. He was excellent.

The Catafalque Party and the Colour Party mounted the memorial. The Federation Guard marched to the front of the memorial. The drill was excellent. The rifles were SLRs with chrome bayonets.

Senior Officers and dignitaries began to arrive. Each time receiving "Present arms" as they arrived and took their seats. After the last one, the speeches commenced. There was quite a few and well received.

Sir Peter Cosgrove was one of the dignitaries. We were a bit disappointed that he didn't speak.

After the laying of the wreaths. The dignitaries left, Catafalque and Colour parties dismounted, the guard marched off and they followed. It was a very good service and appreciated by all.

I saw Doug Bishop, a SRAR bloke from Sunbury, and one of our members. He told me the Mercure was where to go after the service. It is a large hotel not far from the Australian War Memorial.

Asking for directions, we were then led astray by several bus drivers, locals, and finally found a lovely lass that literally led us in the right direction to the Mercure. Being crowded made it hard to try and find anyone that you know.

So here we are, Whitey, Graeme, Ian Weekes, Shez and I having a drink. Peter Bennett arrived a bit later.

Met Bob Wilks (President Shepparton RSL) and Graeme Bayley, both 4 RAR members. Bob second tour, Graeme Charlie with us.

It was good day all round.

However, it was disappointing that there were no organised Regimental reunion. Not in our case anyway. Somewhere to join up for a get together.

Graeme drove home the next day.

Shez, Whitey and I did the tourist bit, visiting the War Memorial. It was undergoing renovations, so there was not the usual number of displays. What was there was very good. We were only allowed two hours for safety reasons.

Whitey flew home the next day.

We did a bit more sightseeing. The National Museum wasn't very interesting. The National Dinosaur Museum was. Lots of displays and information.

The rest of the time was spent walking the footpaths of Canberra. They were almost empty, so were the streets. Lots of buses.

They all had something attached to the front. I wondered about this until I saw a bicycle in one of them. They were bike racks.

We stayed at the Quest Canberra Walk Hotel, very handy to restaurants, shops and pubs. Would highly recommended. The Central hotel is and a great for a feed and a drink.

Shez drove home, once again stopping overnight in Albury. It was a beaut week away.

Chesty AKA Phil Morgan



*Thanks Phil as always a great read.*

## Poppy Appeal Update – Sep 2023

Greetings all and welcome to the September Update

Planning is well advanced for the 2023 Poppy Appeal being conducted Sat 28 Oct – Fri 10 Nov. Our orders have been submitted and we are just awaiting deliveries.

### Winter Appeal Forums

We had several teams attend the Winter Appeal Forums; Sylvia and Phil to the Anzac House session, and Deb and Gary to the Benalla session.

Both sessions proved to be informative and a great chance to catch up and interact with other sub-branches.

Major points discussed were:

#### **Our mission is to look after our veterans and their families**

We do not raise money for the RSL – **we raise money to Support Veterans, through the RSL**

#### **We raise funds Anywhere to Support Veterans Everywhere**

Aide-memoire are a useful tool (*we will continue to develop our folders*)

EFTPOS Machines (see more details below)

Badges (see more details below)

Goal setting was encouraged – be it a target \$\$ collected or other specific to location (eg 2/table as we have done)

Planning, Preparation and Activation for the ANZAC and Remembrance Day appeals should include:

- Permissions and permits for sites

- Stock levels and distribution

- Volunteer briefings

- Timely remittance of stock, monies and EFTPOS machines.

Volunteers can be hard to find

- can be sourced from local organisations, sporting clubs or the public as options

- look after them before and afterwards.

Ensure signage and logos are appropriate to Anzac or Poppy Appeal

RSL Stock Audits – spot stock audits of sub-branches are conducted as the badges remain an RSL Asset and are included in annual audits.

Lunch was served after the sessions during which time we met and conversed with members from other sub-branches, and looked at advertising and merchandising material available. Phil introduced Sylvia to various office bearers of ANZAC house. Deb and Gary were shown through the Benalla memorabilia and display room which was great.



## EFTPOS Machines

10 EFTPOS machines have been requested, which includes two spares for back-up, additional sites, use at the hall, etc. Intro/ Training on EFTPOS machines can be conducted as required when they arrive. RSL HQ admitted that the software on the EFTPOS machines had changed last time and the instructions may not have been correct. RSL HQ hire the machines from the bank and have no control over what they get. We wait with anticipation for more surprises.

After the 2023 Anzac Appeal, RSL HQ requested feedback on the performance of the EFTPOS machines due to reports from users that the batteries were failing. As a result of this feedback, they have sourced a suitable Power Pack (*example shown below*) to assist with the battery issues. The Battery Pack will provide an extra full charge to the fitted EFTPOS battery (as well as most phones if required) and will require recharge after each use (eg daily). The Battery Pack will be RSL branded for easy ID and we will be purchasing 10 (1 for each EFTPOS). The battery Packs will be retained for future use.

*Device Specs: 2600 mAh*

*Universal Leads – iPhone, USB-C, Android Micro-USB*



*EFTPOS Power Pack (example)*

## 2023 Poppy Badges

For the collectors, there are four new badges for 2023 Poppy Appeal; **\$10 Poppy Bunch**, **\$20 Aus/NZ Flags with Poppy**, **\$30 Anniversary (Vietnam)** and **\$50 Poppy Tri-Service**.



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Sylvia raised the point of no \$1 badges on the catalogue as they are popular with the schools. It was identified that the warehouse did have some in stock and we have requested a quantity with our order.

The full range of badges for 2023 is shown below.



### Appeal Roster

The roster will be put on the board in Oct for everyone to claim their favourite spots and times. Our aim again is to have 2 people per table (3 between Big W/Woolies). We will also trial flex table times specific to site. *For example, Rosenthal is quiet early morning but busy from 2-4pm, so they will start and finish later.* We will also be looking for emergencies to sit on the bench and get called in at late notice. *Don't forget that Melb Cup Day is Tue 7 Nov.*

Thank you to those volunteers who have already booked their permanent sites.

You can give Gary (0411 111 630) or Phil (0408 994 594) a call to discuss the roster or any other appeal issues.

See you all soon.

Regards

Phil and Gary

# Wednesday Arvo



*More pics from the great Wednesday afternoons at the RSL. Members just being happy to share time and conversation with each other.  
Open from 1pm-5pm*





There was absolutely no problem with noise or children or getting in or out from tables.....but.....completely unable to have a conversation with anyone but the person next to you.

A bit like a wedding reception, a communication breakdown. Nola will fix it.





# Bunnings BBQ

Thank you to everyone who helped with the BBQ.

\$1,200 was raised after costs.

Remember this money is for Sunbury RSL

There is another 1st October

If you can help plz let Harry know there will be a roster up at the RSL.

Thanks in advance for your help





**Vietnam Veterans Dinner Melton**



*Who is she talking about?*

*And look what she won!*

## A MEDAL GOES HOME. (THE STORY BEHIND THE MEDAL)



Some years ago VX 112575 Spr Henry Stevens (2/24 Inf Bn and a long time Sunbury RSL member, since passed away) donated a Boer War campaign medal to our RSL, via our then Treasurer Phil Morgan.

The medal came with 3 campaign clasps, but without a ribbon. Phil was successful in sourcing the required ribbon from a metro medals dealer.

At a later time it found it's way into the Display cabinets at our club rooms. There is no written record of when it arrived there.

Recently, Goff Cossum became aware of it and began researching its original history. He and Neville Secombe eventually managed to thread the medal's story together.

It was awarded to (Regimental number 101) William Thomas Buchanan of Beaufort, Victoria for his service as a Farrier in South Africa with the Beaufort detachment, 'D' Coy, Rangers, Victorian Volunteer Rifles during the battles of .Belfast, Orange Free State, and the Cape Colony.

His Obituary in the local Beaufort newspaper reads;

13th May 1905

We deeply regret having to record the death of Mr. William Thomas Buchanan, the eldest son of Mr. William Buchanan, Blacksmith of Beaufort.

The deceased who was 27 years and 11 months was a native of Beaufort and followed the occupation of Blacksmith for some years.

He was a cricketer and footballer in the town, and as a member of the Beaufort detachment of D Company, Rangers, was selected as a farrier to accompany the first contingent to South Africa in 1899.

He saw about 12 months service in the Boer War and returned to his native town broken down in health and beyond, however continued working at his trade but suffered from increasing ill health, suffering from several fits and being affected by paralysis.

He gradually became weaker, and on Tuesday morning last passed away. His cause of death being of paralysis and exhaustion.

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His funeral took place on Wednesday afternoon, a large number of friends including some 20 fellow brother Rechabites members following the remains to the Beaufort Cemetery.

The coffin was covered with beautiful floral tributes of sympathy, and was borne to the grave by Brothers DD Cameron, J Pearce, and A and W Holdsworth, while Brothers J Cameron, G Pringle, JP Rogers, and John Day acted as pallbearers.

The Presbyterian burial service was conducted by the Reverend R McGowan, while the Rechabites service was conducted by the Reverend Brother R Yeo

The Death Notice reads;

Buchanan - On Tuesday 9th May 1905 William Thomas oldest son of Mr William Buchanan of Beaufort aged 27yrs and 11 mths.

Deeply regretted

Both Geoff and Neville were of the firm opinion that the medal should go home to the Beaufort RSL and descendants of William T Buchanan.

Our RSL committee agreed to the request. The Beaufort RSL committee was contacted, and they agreed to take custody of the medal in perpetuity whilst endeavouring to trace W.Ts descendants with a view to presenting a replica of the medal to the nominated descendant.

So on a typical Autumn day, Nola Williams and Geoff Cossum accompanied Dieter on a country drive over to the Beaufort RSL. We were warmly welcomed by their committee in their historic weatherboard club rooms. Apparently the club room building was part of the local RAAF complex during the war years. The memorabilia includes a Japanese mountain gun while a couple of trench mortars act as gate

Guardians We enjoyed a good yarn with the locals, and then did the official handover of the medal after sharing their refreshments. Then it was over to the cemetery to the unmarked grave of Williams. It seems a sad reflection on society that William's grave is unmarked, however, some of us will attempt to raise enough funds for a headstone as a mark of respect to those fellas who began the legend of the Australian Digger.



LEST WE FORGET



Probably the first medal issued with King Charles on the face. To be issued to those who took part in the British nuclear tests  
In the 1950s - early 60s . A final recognition for the harm and danger to those who took part finally won some 60 plus years later. Will be issued later this year to those that served on those trials, and also to those who apply on behalf of a deceased direct relative. Long time In comming

*Thanks Roy*

Via Pete Mac we/our RSL have been invited to the monthly dinner at East Keilor RSL. They have offered to send a bus to transport veterans. Probably looking at October. If you would be interested please send sms or phone me [0404020525](tel:0404020525) so we have an idea of numbers some of us non veterans will be hoping to participate but will provide our own transport.

Please give this some thought as all veterans deserve as much support as we can give. I look forward to hearing from you.



I met Barb at the Maldon Region 7 meeting, she is the secretary of Castlemaine RSL.

Castlemaine RSL are holding a fundraiser book sale in September so we took up a boot full of books, Barb and the president were pleased to receive them.

I also ask Barb if she would let us know when the sale is, and if they have other events they would like advertised then I would be happy to include them in our newsletter.

I believe we should be supporting each other anyway we can.

# GREEN

## THE ONLY COLOUR THAT MATTERED

*Speech by Robert (Bob) Elworthy AM*

*Vietnam Veterans Day Commemoration 2023*

**Before we went to Vietnam** there was division within the nation about why we were there.

**While we were there** there was division within the nation about our on going involvement and national service.

**On our return** there was division within the nation as to how we should be treated.

There were tribes for and against the war, for and against us.

There was no division within our Vietnam war forces, despite our land force being as diverse as it comes, there were no tribes.

We were made up of first nation members, others born here, others born in at least 37 other countries in such far away places as Russia, Poland, South America, The Falkland Islands to name a few, and even two born in German concentration camps. Links to their homelands ran deep, for some English was their second language.

Our soldiers were from all walks of life. Off the land, city slickers, skilled and unskilled, tradies and professionals, early school leavers, highly educated, wise in the ways of the world and the naïve.

They followed different religious beliefs and had different political leanings, differing skin colours, and different accents, some had strange-sounding names that reflected their heritage. They were either conscripted and went happily or begrudgingly to do their duty, or they were professional soldiers wedded to the military. Some were very young, some older.

But it mattered not to all of them, the only thing that mattered was the green of their uniform, worn by all from the private soldier to the generals. In Vietnam we were one tribe. One tribe in purpose, one tribe depending on each other, a one nation tribe, and all of one colour, green.

50 years on, we remain undivided, still drawn together not by race, or heritage but by the green of our uniforms and our shared war experiences.

Vietnam veterans, drawn together by our service in green, the only colour that mattered then, and the only colour that matters now.



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# Voyages to Vietnam

## HMAS Sydney

May 1965 to November 1972

Voyage Number	Operation Designation	Outward Mission	Depart Australia	At Vung Tau Return mission	End of Voyage	Escorts	Comments
1 HMAS Sydney	Operation Trimdon	Transport 338 men of 1RAR to Vietnam	Depart Sydney 27 May 1965	At Vung Tau 8–11 June 1965	Arrive at Fremantle 26 June 1965 #	HMA Ships <i>Duchess</i> , <i>Parramatta</i> , <i>Melbourne</i> and <i>Vampire</i>	# Port-to-Port regulations stipulate that 'allotted time' for the RAN starts from the last port of call in Australia and ends upon arrival at the first port of call in Australia upon return
2 HMAS Sydney	Operation Tanton	Transport 350 reinforcements and equipment to Vietnam	Depart Brisbane 14 September 1965	At Vung Tau 28–30 September 1965	Arrive at Sydney 20 October 1965	HMA Ships <i>Duchess</i> and <i>Vendetta</i>	
3 HMAS Sydney	Operation Hardihood One	Transport 337 men of 5RAR to Vietnam	Depart Sydney 22 April 1966	At Vung Tau 04–06 May 1966	Arrive at Sydney 18 May 1966	HMA Ships <i>Vampire</i> , <i>Yarra</i> and <i>Melbourne</i>	
4 HMAS Sydney	Operation Hardihood Two	Transport 9 Squadron RAAF Helicopters to Vietnam	Depart Sydney 25 May 1966	At Vung Tau 06–08 June 1966	Arrive Hong Kong 11 June 1966 – voyage ends. ##	HMA Ships <i>Yarra</i> , <i>Melbourne</i> , <i>Derwent</i> and <i>Vendetta</i>	## Port-to-Port regulations also stipulate that 'allotted time' for the RAN ends upon arrival at Hong Kong, Singapore, on the return journey to Australia, or as otherwise stipulated
5 HMAS Sydney	Operation Rumbling One	Transport 538 men of 7RAR to Vietnam	Depart Sydney 08 April 1967	At Vung Tau 20 April 1967 – depart for Singapore	Arrive at Singapore 22 April 1967 – voyage ends. ##	HMAS <i>Vampire</i>	## See previous regulation. Departed with 4 Wessex ASW helicopters on board
6 HMAS Sydney	Operation Rumbling One continues	Continuation of operation commenced on Voyage 5	Depart Singapore 28 April 1967	At Vung Tau 30 April 1967 – embark 538 men of 5RAR	Arrive at Sydney 12 May 1967 – disembark 5RAR	HMAS <i>Vampire</i>	Departed with 4 Wessex ASW helicopters on board

Voyage Number	Operation Designation	Outward Mission	Depart Australia	At Vung Tau Return Mission	End of Voyage	Escorts	Comments
7 HMAS Sydney	Operation Rumbling Two	Transport 472 men of 2RAR to Vietnam	Depart Brisbane 19 May 1967	At Vung Tau 30 May 1967 – embark 533 men of 6RAR	Arrive at Brisbane 14 June 1966 – disembark 6RAR #	HMAS <i>Stuart</i>	# See previous regulation Departed with 4 Wessex ASW helicopters on board
8 HMAS Sydney	Operation Rover One	Transport 515 men of 3RAR to Vietnam	Depart Fremantle 20 December 1967	At Vung Tau 27 December 1967 – no troops returning	Arrive at Fremantle 03 January 1968 #	HMAS <i>Yarra</i>	# See previous regulation Departed with 4 Wessex ASW helicopters on board
9 HMAS Sydney	Operation Rover 2/3	Transport 331 Army personnel Sattahip / Vung Tau	Depart Sydney 17 January 1968	At Vung Tau 3 February 1968 – disembark 131 Army	Arrive at Sydney 16 February 1968	HMAS <i>Stuart</i>	At Sattahip 31 January 1968 – disembark 200 Army Departed with 4 Wessex ASW helicopters on board
10 HMAS Sydney	Operation Rover Four	Transport 516 men of 1RAR to Vietnam	Depart Sydney 27 March 1968	At Vung Tau 9 April 1968 – embark 500 men of 7RAR	Arrive at Sydney 26 April 1968 – disembark 7RAR	HMAS <i>Parramatta</i>	Departed with 4 Wessex ASW helicopters on board
Operation Rover Five Cancelled by Army.							
11 HMAS Sydney	Operation Rover Six	Transport 500 men of 4RAR to Vietnam	Depart Brisbane 21 May 1968	At Vung Tau 1 June 1968 – embark 500 men of 2RAR	Arrive at Brisbane 13 June 1968 – disembark 2RAR #	HMAS <i>Anzac</i>	# See previous regulation Departed with 4 Wessex ASW helicopters on board
12 HMAS Sydney	Operation Trudge One	Transport 500 men of 9RAR to Vietnam	Depart Fremantle 13 November 1968	At Vung Tau 20 November 1968 – embark 500 men of 3RAR	Arrive at Fremantle 28 November 1968 #	HMAS <i>Duchess</i>	# See previous regulation Departed with 2 Wessex ASW helicopters on board
13 HMAS Sydney	Operation Trudge Two	Transport 500 men of 5RAR to Vietnam	Depart Fremantle 08 February 1969	At Vung Tau 15 February 1969 – embark 500 men	Arrive at Sydney 28 February 1969 – disembark 1RAR	HMAS <i>Derwent</i>	



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Voyage Number	Operation Designation	Outward Mission	Depart Australia	At Vung Tau Return Mission	End of Voyage	Escorts	Comments
14 HMAS Sydney	Operation Trudge Three	Transport 500 men of 6RAR to Vietnam	Depart Townsville 08 May 1969	At Vung Tau 19 May 1969 – embark 440 men of 4RAR	Arrive at Brisbane 30 May 1969 – disembark 4RAR #	HMAS Vampire	
15 HMAS Sydney	Operation Rising Fast	Transport 500 men of 8RAR to Vietnam	Depart Brisbane 17 November 1969	At Vung Tau 28 November 1969 – embark 500 men of 9RAR	Arrive at Fremantle 05 December 1969 – first port of call #	HMAS Duchess	#* Voyage 15, 9RAR disembarked in Sydney on 09 December 1969
16 HMAS Sydney	Undesignated Voyage	Transport 500 men of 7RAR to Vietnam	Depart Sydney 16 February 1970	At Vung Tau 27 February 1970 – embark 500 men of 5RAR	Arrive at Fremantle 05 March 1970 – first port of call #*	HMAS Yarra	#* Voyage 16, 5RAR disembarked in Sydney on 10 March 1970
17 HMAS Sydney	Operation Uniform Beat (no troops)	Transport military cargo to Vietnam	Depart Fremantle 21 October 1970	At Vung Tau 31 October – 01 November 1970 – embark 453 men of 8RAR	Arrive at Brisbane 12 November 1970 – disembark 8RAR #	HMAS Vendetta	# See previous regulation
18 HMAS Sydney	Operation Round Barrel	Transport 521 men of 3RAR to Vietnam	Depart Port Adelaide 15 February 1971	At Vung Tau 25 February 1971 – embark 506 men of 7RAR	Arrive at Fremantle 04 March 1971 – first port of call #*	HMAS Yarra	#* Voyage 18, 7RAR disembarked in Sydney on 10 March 1971
19 HMAS Sydney	Undesignated voyage	Transport trucks and spares to Vietnam as aid to Cambodia	Depart Port Adelaide 26 March 1971	At Vung Tau 05 April 1971	Arrive at Hong Kong 08 April 1971 – voyage ends. ##	HMAS Duchess	## See previous regulation

Voyage Number	Operation Designation	Outward Mission	Depart Australia	At Vung Tau Return Mission	End of Voyage	Escorts	Comments
20 HMAS Sydney	Undesignated voyage	Transport 500 men of 4RAR, and 114 trucks to Vietnam as aid to Cambodia	Depart Townsville 13 May 1971	At Vung Tau 22–23 May 1971 – embark 500 men of 2RAR	Arrive at Townsville 01 June 1971 – disembark 2RAR #	HMA Ships Duchess and Parramatta	# See previous regulation
21 HMAS Sydney	Operation Interfuse One	Transport 154 vehicles for ANZUK (Singapore)	Depart Sydney 20 September 1971	At Vung Tau 06–07 October 1971 – embark 500 men of 3RAR	Arrive at Port Adelaide 16 October 1971 – disembark 3RAR #	HMAS Swan	# See previous regulation
22 HMAS Sydney	Operation Interfuse Two	Transport defence aid for Vietnam	Depart Sydney 26 October 1971	At Vung Tau 06–07 November 1971 – embark 410 troops	Arrive at Sydney 18 November 1971 – disembark troops	HMAS Derwent	
23 HMAS Sydney	Operation Interfuse Three	Transport stores for ANZUK (Singapore)	Depart Sydney 24 November 1971	At Vung Tau 08–09 December 1971 – embark 4RAR/9 Squadron RAAF	Arrive Townsville 17 December 1971 – disembark troops and 9 Squadron #	HMAS Swan	# See previous regulation
24 HMAS Sydney	Operation Interfuse Four	Transport munitions for ANZUK (Singapore)	Depart Sydney 14 February 1972	At Vung Tau 28–29 February 1972 – embark 459 troops	Arrive at Townsville 09 March 1972 – disembark troops. #	HMAS Torrens	# See previous regulation
25 HMAS Sydney	Undesignated voyage	Transport defence aid for Cambodia via Vietnam	Depart Sydney 01 November 1972	At Vung Tau 23–24 November 1972	Arrive at Hong Kong 30 November 1970 – voyage ends ##	HMAS Vampire	## See previous regulation



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As part of Safewill's mission to help every Australian make a will, we're proud to partner with RSL Australia to offer supporters bespoke Wills for free (normally \$160).

Until September 10th 2023

Get your will for free

No catch

Safewill each year offers 1 week of free wills

Ph: 1800 103 310

Ex-servicewoman & Sunbury RSL member, Judy Landau, has been researching Sunbury & District WWI fallen as well as returned service personnel. She has been working on this project since the lead up to the Centenary of ANZAC.

Individual videos for each fallen serviceman have been made to honour their memories. They have been uploaded to her YouTube channel (Judy L530) under the playlist "Sunbury & District WWI Fallen".

You can contact Judy by email: [hypersonic530@gmail.com](mailto:hypersonic530@gmail.com)

Sunbury & District WWI Fallen

Judy L530

102 videos. © Public

Honouring the men who fell  
All gave some, some gave all

5701 Sapper  
George Alcorn

EDITION 308 SEPTEMBER

Flight Attendants posing on airplane in the 60's..



*just remembering....*

Who remembers when you could get a car like this



For \$500?

your Grandma wore mini skirts, hot pants go go boots bell bottoms

Listened to:

- The Beatles
- Bob Dylan Janis Joplin
- The Rolling Stones
- Led Zeppelin

Drove:

- Mustang GT Shelby
- Prolyly smoked weed

And you will never be as cool as she was

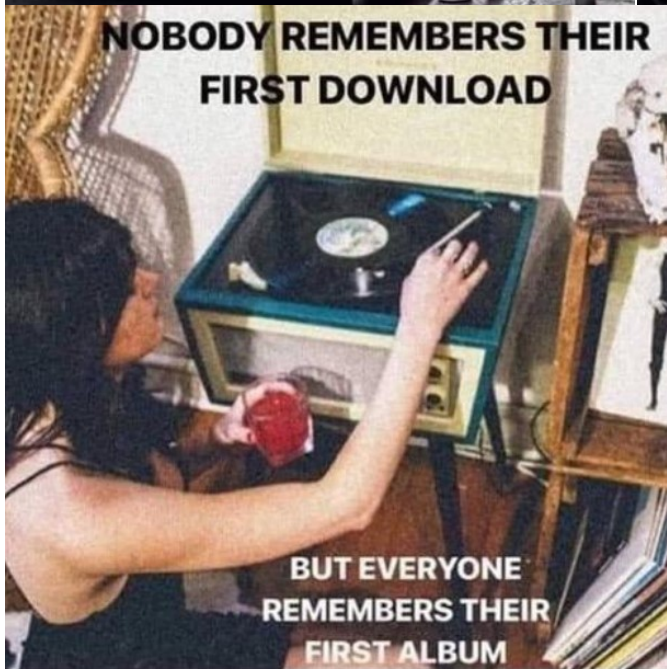


*Who remembers...*

WAITING TO CALL LONG DISTANCE AFTER 7PM BECAUSE IT WAS CHEAPER



NOBODY REMEMBERS THEIR FIRST DOWNLOAD



BUT EVERYONE REMEMBERS THEIR FIRST ALBUM

The best reason to drive a car with a bench seat! 🍷 Future generations cannot relate.





**OMG You must try this**

## 13 Ingredients

- ⊕ 500g butternut **pumpkin**, peeled, deseeded, cut into 1.5cm pieces
- ⊕ 1 large red capsicum, deseeded, cut into 1.5cm pieces
- ⊕ 1 large red onion, cut into thin wedges
- ⊕ 1 bunch asparagus, trimmed, cut into 1cm lengths
- ⊕ 150g (1 cup) frozen green peas
- ⊕ 75g soft goat's cheese, crumbled
- ⊕ 8 eggs
- ⊕ 2 tbsp milk
- ⊕ 1/4 cup chopped fresh basil leaves, plus extra baby leaves, to serve
- ⊕ 150g mixed cherry tomatoes, halved
- ⊕ 1 tbsp sunflower seeds
- ⊕ 1 tbsp pumpkin seeds
- ⊕ Salad leaves, to serve

## 4 Method Steps

### Step 1

Preheat oven to 200C/180C fan forced. Line a large baking tray with baking paper. Place pumpkin, capsicum and onion on prepared tray. Spray lightly with olive oil. Roast for 25-30 minutes or until golden and tender. Set aside to cool.

### Step 2

Meanwhile, place asparagus and peas in a steamer basket over a saucepan of boiling water. Cover and steam until just tender. Refresh under cold running water. Drain well.

### Step 3

Reserve 1 tbs goat's cheese. Place remaining goat's cheese in a large bowl with eggs, milk and basil. Whisk to combine. Season. Add all the roast vegetables and stir to combine.

### Step 4

Reduce oven to 180°C/160°C fan forced. Line base and side of 20cm round cake pan with baking paper. Pour mixture into prepared pan, evenly distributing veg. Top with tomato, cut-side up, and seeds. Bake for 45 minutes or until puffed and firm. Set aside for 10 minutes to cool. Top with extra basil and reserved cheese. Serve with salad.