

Dispatches FEB 2024

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INSIDE THIS ISSUE:

Committee 2024	2
I love Australia	3
Calendar/bowls	4
Wednesday Arvos	5
January Dinner	6
Look	7
By Dr. Judy Lan-	8
Christmas Lunch	10
Harry's award	12
Shell Shock	13
Benny got married	16
Old sayings	17
Australia Day	18

FROM THE EDITOR

2015 I began creating Dispatches

I do believe it has been good for our RSL to have a newsletter, with information/news/chat/events—although having spelling errors and grammatical issues from time to time, more often than not, however my mum used to say “a person who tries and makes mistakes is better than one who can, but won’t.

If anyone in the RSL would like to take over this job, I would be happy to stop. 8 years is a long time, new ideas are always good.

Dispatches

The Sunbury RSL sub-branch committee for 2024

3 member were missing from Photograph

Ethan was not present

Peter was outside, not well

Deb was behind the camera—her favourite position

I will add Sylvia's phone number asap



Harry finished up as secretary after 11-12? Years

Great job Harry

The RSL will miss all your efforts and all your connections in our community

I am pleased to say he is staying on in his role as welfare, and I think also Historian



'Below is the reason Australia day is celebrated on 26 January
Here are the Facts about Australia Day but don't expect the media to

educate you with these facts as it is not part of their agenda

1. Australia Day does not celebrate the arrival of the first fleet or

the invasion of anything

2. Captain Cook did not arrive in Australia on the 26th January. The

landing of Captain Cook in Sydney happened on the 28th April 1770 –not on 26th January.

3. The first fleet arrived in Botany Bay on 18th January. The 26th was chosen as Australia Day for a very different and important reason.

The 26th of January is the day Australians received their independence

from British Rule. However, Captain Cook's landing was included in Australian bi-centenary celebrations of 1988 when Sydney-siders decided Captain Cook's landing should become the focus of the Australia Day commemoration.

Sadly the importance of this date for all Australians has begun to fade and now a generation later, it is all but lost. The media as usual is happy to twist the truth for the sake of controversy.

Captain Cook didn't land on the 26th January, so changing the date of any celebration of Captain Cook's landing would not have any impact on Australia Day, but maybe it would clear the way for the truth about Australia Day.

Australians of today abhor what was done under British governance to the Aborigines, the Irish and many other cultures around the world. So after the horrors of WW11, we decided to try and fix it. We became our own people.

On 26th January 1949, the Australian nationality came into existence when the Nationality and Citizenship Act 1948 was enacted. That was the day we were first called Australians and allowed to travel with passports as Australians and NOT

British subjects.

In 1949 therefore, we all became Australian citizens under the Nationality and Citizenship Act 1948.

Before that special date, all people living in Australia, including

Aborigines, were called 'British Subjects' and forced to travel on British passports and fight in British wars.

This is why we celebrate Australia Day on the 26th January. This was the day Australians became free to make our own decisions about which wars we would fight and how our citizens would be treated. It was the day we were all declared Australians.

Until this date, Aborigines were not protected by law For the first time since Captain Cook's landing this new Act gave Aboriginal Australians the full protection of Australian Law.

This is why 26th January is the day new Australians receive their citizenship It is a day which celebrates the implementation of the Nationality of Citizenship Act of 1948 –The Act which gave freedom and protection to the first Australians and gives all Australians, old and new, the right to live under the protection of the Australian Law", united as one nation. What was achieved that day is something for which all Australians can be proud.

Isn't it time therefore that all Australians were taught the real reason we celebrate Australia Day on 26th January? In one way or another, we are ALL descendants of Australia ALL OF US.

So we should ALL be celebrating and giving thanks for the freedoms, the lifestyles and opportunities that we currently enjoy, thanks to the strengths and battles of our ancestors.'



February 2024

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			



How our Sunbury RSL bowlers are going

NW RSL BOWLS ASSOC. INC., LADDER - ROUND 15, 9th FEB., 2024.

TEAM	SHOTS				POINTS		
	FOR	AGST	UP	DOWN	RINK	GAME	TOTAL
PASCOE VALE 1	1077	725	352	0	69	130	199
KEILOR EAST BLUE	977	759	218	0	66	110	176
PASCOE VALE 2	980	776	204	0	61	110	171
ACBC	972	804	168	0	54	115	169
ESSENDON RED	961	794	167	0	48	95	143
GLENROY	858	892	0	34	44	70	114
ESSENDON BLACK	845	919	0	74	45	40	85
SUNBURY	766	945	0	179	29	50	79
KEILOR EAST GREEN	674	1121	0	447	14	20	34
KEILOR EAST RED	693	1068	0	375	20	10	30
TOTALS	8,803	8,803	1109	1109	450	750	1200
LUCKY CLUB DRAW							



NORTHWEST RSL BOWLS ASSOCIATION INC.



RESULTS SHEET

ROUND : 15

DATE : 9th FEBRUARY 2024

TEAM	POINTS	RESULT	TEAM	POINTS	SHOTS	SHOTS UP
ESSENDON BLACK	2 49	LOST TO	PASCOE VALE 2	14 71	22	
KEILOR EAST RED	2 51	LOST TO	A.C.B.C.	14 75	24	
GLENROY	2 57	LOST TO	SUNBURY	14 62	5	
KEILOR EAST BLUE	4 53	LOST TO	PASCOE VALE 1	12 65	12	
ESSENDON RED	16 97	DEFEATED	KEILOR EAST GREEN	0 32	65	

BANKERS RESULTS

LEAD	
2ND	
3RD	
SKIP	

LUCKY CLUB DRAW - A.C.B.C.

Dispatches Feb 2024



From 1pm every Wednesday



Wednesday Arvos

@ RSL





January dinner @ bowling club



*28 members enjoyed a great evening at the bowling club (Club sunbury)
Meal was good although some had a bit of a wait.*

Pres were had in the Dome, and afters were had in the dome. Great fun, we went home when they closed.

Thanks Nola



PROOF She does cook



*I have no words for this picture—
please make up your own*

SHOULD WE PUT OUR HANDS OVER OUR HEARTS? NO!

BY DR JUDY LANDAU

Why do veterans put their hands over their hearts at Memorial Services or after laying a wreath? The simple answer is that they don't. What the veterans are actually doing, is the "Veterans' Salute" to their Fallen Comrades, by covering their MEDALS with their hand. Even Victoria Cross recipients cover their medals, because no matter how brave a serviceman or woman has been, the one who made the supreme sacrifice gave their all. There is nothing higher than that.

So how come you see so many of the general public putting their hands over their hearts after laying a wreath or doing something that they perceive to be ceremonial? They believe they are doing the right thing by copying what they see veterans (or currently serving personnel in civilian dress with medals on) doing.

The origin of the Veteran's Salute began at the unveiling of the Whitehall Cenotaph in London on Remembrance Day 1920. The funeral procession for the Unknown Soldier halted at the new Cenotaph as part of the dedication service, then continued on to Westminster Abbey for interment. The ceremony was to conclude with a march past and the Regimental Sergeant Major was confronted with a gathering all wearing rows of medals, many who had been awarded the Victoria Cross and many high ranking military personnel. It was decided that everyone would march past and salute the Cenotaph by placing their hand over their medals, signifying that:

No matter what honours we may have been awarded, they are nothing compared with the honour due to those who paid the supreme sacrifice!

Americans do it differently. Everyone puts their hand over their heart whether it be for saying the Pledge, wreath laying, saluting their flag, playing their National Anthem or sounding *Taps*.

A few years ago, congress passed a bill which allows prior service personnel who are wearing civilian clothes, the option of putting their hand



NATIONAL ANTHEM OR LAST POST
AMERICAN - HAND OVER HEART
AUSTRALIAN NO UNIFORM - STAND TO ATTENTION
AUSTRALIAN IN UNIFORM - SALUTE

over their heart or a military salute when the Colours pass and during the playing of the National Anthem. This is permitted both inside and outdoors. They have other protocols about facing the flag, the same as we do.

Their procedures are a topic on its own.

The photo above shows some of the different protocols when *Last Post* is sounded at an Australian Service.

If you find yourself at a Commemoration Service outside of Australia, it is usual to follow the Australian traditions unless it is known that to do so would cause offence.

If you now realise that you have made mistakes in the past, at least you did your best to honour the sacrifice of our Fallen and are now aware of correct protocol.

A final word: if you're not sure, come and ask. We're here to help.



**THE CORRECT WAY OF
PAYING TRIBUTE AFTER WREATH LAYING**





**Christmas Lunch @
Footy Club 2023**





I received a lovely bunch of flowers for my efforts— thank you



And I'm not sure what happened, but it looks like Harry & I thought it was funny





RSL STATE PRESIDENT ROB WEBSTER AWARDED OUR HARRY BECKWITH THE RSL'S AUSTRALIA DAY AWARD TO COMMEMORATE HARRY'S ON-GOING DEDICATION AND PARTICIPATION RELATING TO REGION 7 MATTERS, AND THE ANZAC YOUTH VIGIL WHICH HAS INCREASED THE AWARENESS AMONGST OUR YOUTH OF THE LEGACY OF OUR PAST GENERATIONS FOR A BETTER FUTURE.

Harry has also earned himself much gratitude within Sunbury RSL sub branch for his years of dedication to the role of secretary, taking on much of the responsibility for the Anzac and Remembrance Day services.

He is leaving very large shoes to be filled



SHELL SHOCK.



Following on from my previous articles which centred on my Military tattoos, I have another one for you.

This tattoo (SHELL SHOCK) was done around 2015 and was my biggest and with the 'darkest' theme.

It represents a man in a trench, the original is actually a mockup at the Bovington Tank Museum.

So what is Shell Shock and what did the Military do to help those afflicted?

First let's spare a thought for those blokes who were seen as cowards for their inability to fight, some deserted and others would just curl up into a ball.

As if it was not bad enough to be classed as a coward, in the British Forces you were likely to be the subject of a firing squad!

It is hard for us today to even imagine such a scenario but that was what happened.

Shell shock was initially known as Nostalgia (1600's Swiss), Combat Hysteria, Battle Hypnosis, Soldier's Heart, War Neuroses (Honigman 1907), it went on to be known as Battle Fatigue and PTSD (1980). The French called it Nevrose de guerre. Another French term was 'idiotism'.

The kind of trauma experienced that led to Shell Shock can be seen in battles throughout history, even as far back as being mentioned in the King James Bible.

My short write up here shall for the most part concentrate on World War One, which was the subject of my tattoo. (the man in the trench)

The term Shell Shock was first put forward by a Mr Charles Myers, a doctor with the Royal Army Medical Corps. (1915)

What were its symptoms?

They included Uncontrollable weeping, blindness, retrograde amnesia, contractures, tremors,

tics, hysterical paralysis, nightmares, mutism, loss of taste & smell.

Amazingly nightmares of this kind were recorded by Hippocrates in 4607-377bc.

One would have expected frontline troops to suffer exclusively due to the large number of shells landing on their trenches, 'shocking' the brains of the soldiers. However it was not just these men that were to exhibit symptoms of Shell Shock.

Non Combat troops were also suffering in a similar fashion.

This is not surprising as prior to WW1 people who were involved in Railway accidents were noted to have suffered similar mental health problems as those in the War. As we will see in the War-time examples, a person did not have to be injured by a train crash to suffer. They just had to be there.

In the early years of WW1 it was thought that Shell Shock was the result of the nerves being exposed to constant bombardment. Initially that made sense.

By 1916 over 40% of casualties had Shell Shock.

What did the Military do about it?

At first many cases were sent to special wards for the Paralyzed & Epileptic (UK)

Next men were sent to their home country to recover; this however was only in the initial years of the war. Understandably, men who were sent to their homeland to spend time in the Countryside among the peaceful rolling hills had no real desire to return to the fighting, this was a problem for the Military of course.

It was soon decided to treat sufferers closer to the front where they could still hear the guns, somehow this would have the men wanting to return to their Unit and their mates.

In 1916 electrotherapy was tried.

At home the civilian population saw these men in 2 ways. Some pitied them and offered food & money, where as others offered little sympathy for these 'cowards'. (Remember that white feather article?)

Sadly many were charged with cowardice and desertion.

In many cases the punishment for them was the firing squad.

It was said that 346 British & Commonwealth soldiers were executed for desertion or cowardice; many would have been Shell Shock sufferers.

One did not have to be wounded physically to suffer Shell Shock, seeing a mate killed and/or witnessing the horrors of War did the trick for those afflicted.

There were around 80,000 cases of shell shock in the British Army by the end of WW1.

It was reported that some 20,000 men were still suffering shell shock at the end of the fighting.

Treatment included solitary confinement, electric shock (as mentioned), shaming and emotional deprivation.

Fortunately it was not all bad news for these men.

An Army Major named Arthur Hurst treated patients by having them work on a farm and doing activities such as basket weaving.

He also recreated battlefields and had soldiers relive their experiences. They then would write about them.

After all that these men had suffered this was at last a more humane treatment.

So there you have it, unfortunately as we will always have wars, so shall we have the mental health of soldiers affected, sometime for life.

There is a huge cost associated, today in Australia the DVA processes many claims relating to PTSD from their time serving. Remember, one does not have to be wounded; one just has to be serving to find themselves with PTSD.

Thank you for reading; I hope you found this report of some interest.

<https://wellcomecollection.org/works/p5993re4> (video of sufferers)

Thanks Dave





A Wedding

The best Christmas present ever—

*All from Sunbury RSL wish Benny
& Dorothy many many years of
wedded bliss*



People used to use urine to tan animal skins, so families used to all pee in a pot & then once a day it was taken & sold to the tannery.....if you had to do this to survive you were "Piss Poor"

But worse than that were the really poor folk who couldn't even afford to buy a pot.....they "didn't have a pot to piss in" & were the lowest of the low

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be.

Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May, and they still smelled pretty good by June.. However, since they were starting to smell Brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting Married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it.. Hence the saying, "Don't throw the baby out with the Bath water!"

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof... Hence the saying "It's raining cats and dogs."

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, "Dirt poor." The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance-way. Hence: a thresh hold.

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire.. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old. Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, "bring home the bacon." They would cut off a little to share with guests and would all sit around and chew the fat.

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the upper crust.

Lead cups were used to drink ale or whisky. The combination would Sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial.. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a wake.

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive... So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift.) to listen for the bell; thus, someone could be, saved by the bell or was considered a dead ringer.

And that's the truth....Now, whoever said History was boring?



Thanks Richard

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Shower stool
Under mattress bar lifter
Over riser toilet seat
Toilet seat riser and arms
Wheel chair
All come from a good clean home
If interested please phone: 0400 218 050

A U S T R A L I A D A Y @ R S L 2 0 2 4



With all the hate around atm for Australia Day it is so good the RSL in Sunbury is standing up to celebrate our only day for our wonderful country. Let us make 2024 Australia Day celebrations be one of many many more.

If you have ideas for next year write them down, don't loose them or forget them, we will start talking about ways of celebrating early—be prepared.