

'Pass the Word'

The Davistown RSL sub-Branch Newsletter

<http://www.davistownrslsb.org.au>

Vol 4 | Iss 2 - February 2024



N.B.

NEXT MEETING IS

TUESDAY
13 FEBRUARY

**Do you want to stay an
'Active' Member for 2024?**

**You need to let me know if
you haven't already done so.**

Our AGM for 2024

The 2024 AGM will be held on Sunday 10 Mar in conjunction with the March General Meeting. There will be no elections, as the current tenure expires in Mar 2026.

'The Davo' Club Ltd Elections

Just a heads-up that several of our sub-Branch members may be nominating for positions on 'The Davo' Club Ltd board in various capacities.

Voting is scheduled for 2-8 Apr 24. If you're able to do so, please ensure you attend the Club during that period and support our sub-Branch members in their efforts.

'The Davo' Club Ltd AGM is scheduled for Wed 14 Apr @ 1900.



Did you know? Coronary heart disease ...

- is the leading cause of death in Australia
- 79 people die in Australia every single day
- every 80 seconds someone is hospitalised with it
- 580,000 Australians aged 18 and over have it

February is *Heart Health Month* with 'Wear Red Day' being the 7th. This is a timely reminder of the importance of a healthy heart and what you can do about it.

A Heart Health Check is a 20-minute health assessment of your heart and associated risk factors. It measures your risk of heart attack over the next few years and how you can reduce this risk. Your doctor can do this quickly and simply.

An annual Heart Health Check is recommended by the Heart Foundation for everyone 45 years and older.

The sad reason is because coronary heart disease is the leading cause of death for people aged between 45 and 64 (yeah I know, most of us are outside that bracket!). More than 2,000 people die from coronary heart disease every year in this age group alone.

Overall men are twice as likely to suffer a heart attack as women. First Nation Australian descendants die at 50% the rate of others. Coronary heart disease can hit any one of any age of any background.

Heart Health Month (cont.)

There are six steps you can take to help reduce the risk of coronary heart disease:

1. Quit smoking
2. Follow a healthy balanced diet
3. Be active
4. Maintain a healthy weight
5. Limit alcohol intake
6. See a GP and do a Heart Health Check (if recommended)

You can discuss with a GP other risk factors including high blood pressure, cholesterol, diabetes, and family medical history.

The good news is you can take positive steps to reduce the risk with the help of your doctor. And there is no better time to take your first step than during *Heart Health Month*. Make it a belated New Year's Resolution!!

February {Aquarius until 18 Feb/then Pisces} – **Key characteristics:** Detached, progressive, humane, intellectual, flamboyant, sympathetic, and unpredictable **Birthstone:** Blue Sapphire, Amethyst, Green Emerald, Green Tourmaline, Diamond, and Lapis Lazuli. **Lucky days:** Wednesdays, Fridays and Saturdays. **Zodiac Totem:** The Water bearer

Independent and enigmatical, Aquarians are unique. There is no one quite like an Aquarius, and because each is so incredibly individual, it can be tough to describe them as a group. Aquarians don't like labels, and may shy away from any adjective—even the good ones you might bestow upon them.



George Jackson - 8



Gypsy Rose Lee 1911-1970 - American burlesque dancer, actress, and writer whose famous memoir was adapted into the Broadway musical *Gypsy*. Her mystery novel, *The G-String Murders*, served as the basis for the Barbara Stanwyck film *Lady of Burlesque*. **Before Fame:** Beginning at the age of seven, she performed with her younger sister, June, in a vaudeville act entitled "*Baby June and Her Farmboys*." **Trivia:** She acted in a 1937 film entitled *You Can't Have Everything*.

John Mathers - 9

Joe Pesci 1943 - Iconic tough-guy actor who starred in the Martin Scorsese films *Goodfellas* (Oscar winner), *Raging Bull* and *Casino*. His performance in *Raging Bull* earned him an Academy Award nomination for Best Supporting Actor. He also played the title character in 1992's *My Cousin Vinny* and the dimwitted burglar in the *Home Alone* films. **Before Fame:** He began acting at age five and landed a role on the television variety show *Startime Kids* when he was ten years old. **Trivia:** He played the character Leo Getz in the *Lethal Weapon* film series.



Bob Gaze - 16



Lisa Loring 1958 - Achieved fame playing Wednesday Addams on the TV show *The Addams Family*. She also worked as a makeup artist in 1987. **Before Fame:** She grew up in Hawaii and then moved to Los Angeles. She began modeling at age three and appeared in an episode of *Dr. Kildare* in 1964. **Trivia:** She starred as Cricket Montgomery on *As the World Turns* from 1981 to 1983.

Don Molloy - 21

Jennifer Love Hewitt 1979 - *Party of Five* actress who won a 2007 Saturn Award for Best Actress for her role as Melinda Gordon in *Ghost Whisperer*. In 1997, she had a major role in the highly successful horror film *I Know What You Did Last Summer*. She now has a role in *9-1-1*. **Before Fame:** She became a member of the Texas Show Team at the age of nine and began her career on the Disney Channel show *Kids Incorporated*. **Trivia:** In 2008, Maxim named her the sexiest woman on TV.



Roy Alexander - 22

James Blunt 1974 - British singer whose debut album featured the hit song "*You're Beautiful*." He has been nominated for five Grammy Awards. **Before Fame:** He served in the military and attended the University of Bristol. **Trivia:** He would display the documentary *An Inconvenient Truth* during his concerts to inform his audiences of the threat of climate change.



Mike Byrne - 28



Charles Durning 1923-2012 - Dramatic actor who appeared as Detective Eugene Moretti in *Dog Day Afternoon*. His role as Al Green in *Queen of the Stardust Ballroom* earned him a nomination for a Primetime Emmy Award for Outstanding Lead Actor in a Miniseries or Movie. **Before Fame:** He earned a Silver Star and multiple Purple Hearts while serving in WWII. **Trivia:** He was acclaimed for playing hardboiled policemen roles in the 1970s.

March Birthdays

Vic Morrow - 1

David Munckton - 13

Toby Cook - 16

Clive Burt - 23

Kerry Hutchison - 29

Troy Klinar - 31

Awards



5 Feb 1917 - Lieutenant Colonel Henry 'Harry' William Murray, VC, CMG, DSO (and Bar), DCM (1880-1966) - Captain H.W. Murray, 4th Division, originally from Launceston, Tasmania, received the Victoria Cross at Stormy Trench north-east of Gueudecourt, France. He described his occupation as a "bushman" when he joined the 16th Battalion AIF in 1914, but Harry was already a mature and independent leader of men. He worked at Manjimup, Western Australia, employing sleeper cutters and had earlier been an armed escort for a mining company north of Kalgoorlie. It was soon evident that he was also a natural soldier. On Gallipoli he was promoted, awarded the Distinguished Conduct Medal, then commissioned as an officer in the 13th Battalion.

The following year, in France, Murray's reputation grew, and he was awarded the Distinguished Service Order (DSO) for his work at Mouquet Farm. Later, in Jan 1917, near Gueudecourt, in a night attack at Stormy Trench, he won the Victoria Cross. There, in fierce fighting, he fought off enemy counterattacks and led a "brilliant charge". At Bullecourt in Apr, leading his troops with the cry, "come on men, the 16th are getting hell", he got a second DSO.

Murray was not a reckless hero, but rather a quiet and charismatic leader who believed in training and discipline and who possessed sound tactical skills. In May 1918 he was promoted lieutenant colonel to command the 4th Machine Gun Battalion.

Further honours came; he was awarded the French Croix de Guerre and appointed Companion in the Order of St. Michael and St. George. Charles Bean described him as "the most distinguished fighting officer of the AIF".

Following the war Murray became a grazier; eventually, in 1928, he bought a property, "Glenlyon", at Richmond, in Queensland. In the Second World War he commanded first a militia battalion then a Volunteer Defence Corps home-guard unit until he retired in 1944. He died following a car accident on 7 January 1966.



23 Feb 1967 - Major Peter John Badcoe (1934-1967), Australian Army Training Team Vietnam, originally of Adelaide, South Australia, leads an attack against Viet Cong troops - it was the first of three acts of bravery between Feb and Apr 1967 for which he was awarded the Victoria Cross. Peter Badcoe grew up in Adelaide. Always wanting to join the army, he entered the Officer Cadet School at Portsea, Victoria, in 1952. Major Peter Badcoe was commissioned as a Second Lieutenant in the Australian Staff Corps in Dec 1952.

He was allotted to the Royal Regiment of Australian Artillery in which he served in a number of Regimental and Staff postings until Aug 1965. He then transferred to the Royal Australian Infantry Corps and joined the Australian Army Training Team Vietnam in Aug 1966. He was posted as Sector Operations Officer in THUA

THIEN Province, South Vietnam. Dubbed "the Galloping Major", he was "always on the go".

Between 23 Feb to 7 Apr 1967, Badcoe repeatedly performed extraordinary feats. While under fire he attacked across open ground; he rescued an American adviser; he captured a machine-gun; he led attacks; and he provided leadership and an example to wavering troops. He was eventually killed by a burst of enemy fire as he rose to throw a grenade. "His valour and leadership were in the highest traditions of the military profession and the Australian Regular Army." He was buried at Terendak Cemetery, Malaysia.

Badcoe was awarded the Victoria Cross, service medals for the Vietnam War, the United States Silver Star, the South Vietnamese Cross of Gallantry, and the South Vietnamese Wound Medal.

This Month in History:

10 Feb 1964 - HMAS *Voyager* collides with HMAS *Melbourne* and sinks south-east of Jervis Bay, killing 82. Rogers Park in Woy Woy (adjacent to Everglades BC) was named after Chief Petty Officer Jonathan Rogers. A new memorial recognising Chief Petty Officer Jonathan Rogers and the HMAS *Voyager* was unveiled on 11 Feb 23 with a large number of ex Naval, RSL and National Service personnel in attendance. The unveiling was conducted by Central Coast Naval Sub Section President Colin Ward.

CPO Rogers was posthumously awarded the George Cross as a result of his actions in helping many of the crew escape through a porthole as the HMAS *Voyager* sank. Unfortunately, CPO Rogers and a number of the crew were unable to use this method of escape and perished with the ship.

When last seen, CPO Rogers had linked arms with those remaining to sing the Naval Hymn as the ship sank below the surface.



1 Feb 1943 - Last Australian forces sail for home from the Middle East. Japan's entry into the war forced the Australian Government to decline British requests to concentrate on the war in North Africa and Europe. Australia began to 'look to America' for support and concentrated the bulk of her forces against the Japanese.

13 Feb 1946 - Main Australian contingent of BCOF sailed for Japan from Morotai. Australian personnel played a prominent role in the British Commonwealth Occupation Force in Japan at the conclusion of the Second World War in the Pacific. They were allotted the devastated Hiroshima Prefecture on the island of Honshu. The British Commonwealth Occupation Force (BCOF) was the British Commonwealth taskforce consisting of Australian, British, Indian and New Zealand military forces in occupied Japan, from '46 until the end of occupation in '52. Both Wes Weir and Ralph Ryan were part of the BCOF deployment in the first couple of years.



At its peak, the BCOF committed about 40,000 personnel, that comprised 25% of the occupation force, which was equal to about a third of the number of US military personnel in Japan.

Left: Commander Yuzo Tanno hands over the keys of the Yokosuka Naval Base to Captain H. J. Buchanan, RAN on 30 Aug 45.

19 Feb 1943 - First Japanese air raid on Darwin. The city was bombed 64 times between Feb 1942 and Nov 1943. The Bombing of Darwin, also known as the *Battle of Darwin*, on 19 Feb 1942 was the largest single attack ever mounted by a foreign power in Australia. On that day, 242 Japanese aircraft, in two separate raids, attacked the town, ships in Darwin's harbour and the town's two airfields in an attempt to prevent the Allies from using them as bases to contest the invasion of Timor and Java during World War II. Right: This 4" gun was salvaged from the USS *Peary* in the 50's and was restored by the RAN for the NT's 1992 War Service Memorial. The gun now pints towards the *Peary's* grave. In her last action she sank with her guns still blazing and represents the USN's greatest loss of life in Australian waters. The two Japanese air raids were the first, and largest, of more than 100 air raids against Australia during 1942-1943.



28 Feb 1991 - Gulf War ends. With Iraqi forces having been driven from Kuwait and defeated in the field the coalition forces called a halt to the fighting. Over 1800 Australian Defence Force personnel served in the Gulf War. The Australian naval contribution comprised 3 frigates, a guided-missile destroyer, 2 supply ships and a team of Naval Clearance Divers. The Australian Army and the Royal Australia Air Force (RAAF) made smaller contributions. The Royal Australian Navy (RAN) selected for deployment: the frigates HMAS *Adelaide* and HMAS *Darwin*, each with 2 helicopters, the supply ship HMAS *Success* with one helicopter (replaced by HMAS *Westralia*), and two 10-person surgical teams to serve aboard the

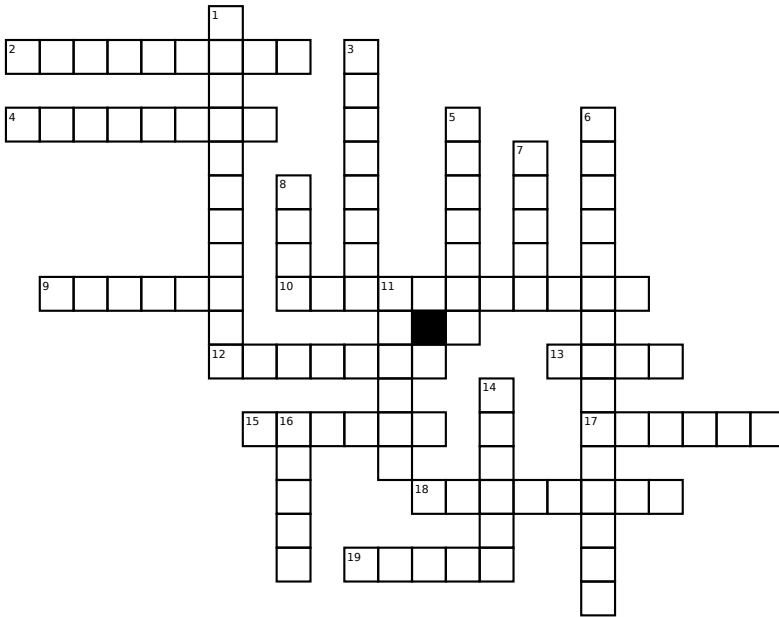
US hospital ship USNS *Comfort*.

HMA Ships *Adelaide* and *Darwin* remained in the region until early December 1990. The 2 ships were replaced by: guided-missile frigate HMAS *Sydney*, and guided-missile destroyer HMAS *Brisbane*.

The Australian ships became part of a multinational fleet of some 90 warships and more than 100 logistic, amphibious, and smaller craft. It was the largest concentration of warships since the end of World War II. An Australian officer who served on USS *Blue Ridge* recalled: "it was just huge ... an amazing collection of ships and firepower ... impressive to look at ... amazingly complex to coordinate."



Crossword Puzzle Feb 2024



Down:

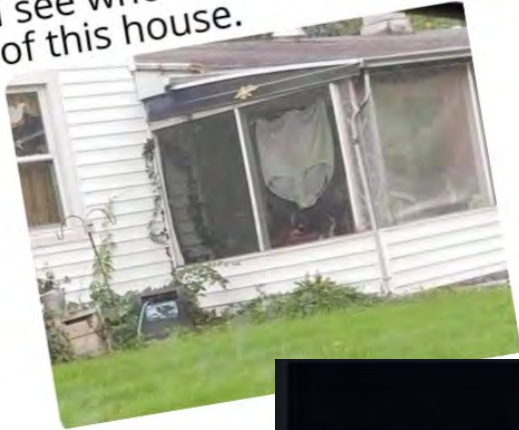
1. Where did Mitch Blyton go to recently? (2 words)
3. What RAN vessel was recently sunk off Avoca?
5. What plane was on loan to the RAAF before the F-111?
6. Who is the Commander-in-Chief of the ADF? (2 words)
7. Our display curator?
8. The acronym for our intelligence agency?
11. What is the name of the AFB near Katherine NT?
14. Who was our only 5-star General?
16. Our President?

Across:

2. What is the name of our oldest AFB? (2 words)
4. What is a bunch of planes called?
9. The Davo Administrator?
10. About how many soldiers make up a battalion? (2 words)
12. What is an Army toilet called?
13. From what service is our current CDF?
15. What did pirates use to wipe their bottom? (2 words)
17. How many display cabinets do we have?
18. Who is our current CDF?
19. Our sub-Branch started in 19?

More Funnies....??

I'm not leaving until
I see who walks out
of this house.



There's a fine line between
a numerator and a
denominator.

Only a fraction of people will find this funny.

#analbumcover

If you read this the same way I did,
then the internet has ruined you too.

Fun Days:

2nd is **Work Naked Day**. Created by author and home office expert, Lisa Kanare, the holiday is not about working without clothes (though you certainly can, if you would like to), but is about working from the comfortable confines of your home.

Working from home not an option? In April, you can wear your pajamas to work.

Did You Know...that research has shown that those who work from home offices tend to be more productive and happier than those who are forced to come to work every day?



16th is **Do a Grouch a Favour Day** -

- If you see someone who is grumpy, do something nice for them. Something as simple as a cheerful greeting and a smile can make someone's day.
- If you know of someone who is having a hard time, make their day by taking them out for lunch or treat them to their favorite dessert.
- Be cheerful, remember happiness is contagious and your cheer may just rub off.

Did You Know...that Sesame Street, a children's TV show, has a number of characters called grouches? Grouches are always grouchy and unhappy, and usually live where there is trash.

February Phacts:

February comes from the Latin word *februa*, which means "to cleanse." The month was named after the Roman *Februalia*, which was a month-long festival of purification and atonement that took place this time of year.

1 Feb 1981 - Cricketer Trevor Chappell bowls an underarm ball against New Zealand causing outrage with officials and fans.

3 Feb 1983 - Bob Hawke becomes leader of the Australian Labor Party.

10 Feb 1942 - The first Medal of Honor during World War II was awarded to 2nd Lt. Alexander Nininger (posthumously) for heroism during the Battle of Bataan.

13 Feb 1954 - Mawson Station in the Australian Antarctic Territory is established.

15 Feb 1933 - An assassination attempt on newly elected U.S. President Franklin D. Roosevelt occurred in Miami, Florida. A spectator deflected the gunman's aim. As a result, Chicago Mayor Anton Cermak was shot and killed instead. The gunman, an Italian immigrant, was captured and later sentenced to death.

18 Feb 1882 - The first Test match at the Sydney Cricket Ground, Australia took place from 17 to 21 Feb, England and Australia battled at the SCG, then known as the Association Cricket Ground. Australia won the first Test match ever held in Sydney by five wickets.

21 Feb 1906 - The Bondi Beach surf lifesaving club is established, becoming the first club of its type in the world.

22 Feb 1962 - Steve Irwin, the Crocodile Hunter, is born.

23 Feb 1987 - First mobile phone call made in Australia.



24 Feb 1875 - SS *Gothenburg* was wrecked in a storm on Old Reef off Ayr Queensland. 22 people survived in three lifeboats. Between 98 and 112 people were killed, including a number of civil servants and dignitaries.

25 Feb 2001 - Cricketer Don Bradman dies in Adelaide aged 92.

29 Feb 2004 - Malcolm Turnbull begins his political career by winning pre-selection for Sydney seat of Wentworth.

Welfare Contacts

Club Ltd - 4363 0199 (ask them to contact the sub-Branch for you), or

Welfare Support Officer:

Paul Osborn - 0418 645 715

Secretary:

Pete Grothen - 0412 702 700

The History Behind Chipped Beef on Toast

It seems evident that homemakers invented chipped beef on toast during the depression era, but we actually have our WWII vets to thank for this one. This meal was a traditional army recipe that was super easy to make, cheap, and incredibly filling.

Chipped beef on toast – otherwise known by soldiers as S.O.S, which stood for “Save Our Stomachs,” “Same Ole Stuff,” or another acronym we’d rather leave out...(see recipe page)

Chipped beef on toast often got a bad rap by soldiers as it was a bit bland and eaten practically every day. In its original version, ingredients typically involved beef stock, evaporated milk, flour, toast, butter, and dried beef.



The idea was to toast some bread and combine all of the other ingredients together to create a gravy with meat – resembling what we know today as “biscuits and gravy.” Even after the war ended, vets returned home, longing for comfort food like S.O.S.

Although the meal started to become well known in America, it didn’t become a staple food until the Great Depression. Notorious for being inexpensive and filling, women were encouraged to adopt this recipe into their weekly meal planning.

Even though many Great Depression-era children probably weren’t picky eaters, this “next to nothing” recipe just downright wasn’t very appetizing. Many mothers would reinvent this recipe to make it taste better with various spices. They also added vegetables as a way to make it more nutritious.

Had this so many times in Mess Halls on US Naval Bases during my time with the grey funnel line!! Absolutely delectable!! If anyone wants the recipe send me an S.O.S. Sorry, just had to!

Calendar:

February	Tuesday	6	Committee Meeting	1400
	Tuesday	13	General Meeting	1100
March	Tuesday	5	Committee Meeting	1400
	Sunday	10	General Meeting (incl AGM)	1100
April	Tuesday	2	Committee Meeting	1000
	Sunday	14	General Meeting	1100
	Friday	19	ANZAC Day Appeal	0900-1500
	Thursday	25	ANZAC Day	0555

DVA Pension Advocacy

It seems there are many members (one of whom we spoke to at the last meeting) who might be working on the belief that they are not entitled to any DVA benefits. Believe me, I was the same until I saw someone during my working days, who seemed saner and healthier than me, and he was on a Gold card.

If you are one of these, please ensure you seek some assistance, even if you have been told ‘no’ in past or you may have some misconceptions, e.g. I can only claim if I did ‘overseas’ or ‘operational service’. This is not the case, you only need to have done one (1) day continuous full time service (CFTS). If you have something wrong with you, and many of us do, then please reach out again. If you have an entitlement, then please ensure you access it.

Many of you will be eligible under both VEA and DRCA, with more recent people in the near future being forced to claim under MRCA.

Some Military Slang:

'Banjo' - Refers to a bacon and egg breakfast roll wrapped in tin foil and delivered in hot boxes typically to troops staying overnight at the range. Egg banjos were also very popular at Moe's in Sembawang (Singapore)!

'Bean counter' - Refers to anyone that knows the cost of everything and the value of nothing. Can also refer to military accountants and unit resource managers.

'Bird gunner' - Air Defence Regiment (Surface-Air Missiles) member, division of the Royal Australian Artillery.

'Blowie' - Mean have a break, originally from submarines when surfacing.

'Blue orchids' - Derogatory term for Air Force personnel (used by soldiers and sailors in reference to their preciousness and scarceness). Also a non-derogatory term used to describe RAAF personnel during WW2 due to their Service Dress Uniform appearing more glamorous than that of other Commonwealth Air Forces.

'Bucket' - As in bucket of shit. An M113 Armoured Personnel Carrier.

'Buffer' - The NCO who runs the seamanship department aboard a ship.

'Bug' - Someone with poor personal hygiene

'Bug-mariner' - A collegial term for submariners. Refers to their austere hygiene conditions.



Editor's Note: Any comments, complaints, or if you would like to provide any items or information for inclusion in future issues of 'Pass the Word', please send an email to: davistownsb@rslnsw.org.au

I am especially keen for members to provide any interesting facts/stories of a military nature which can be included

Disclaimer: While every care is taken to check spelling, dates, facts, information, etcetera, errors will undoubtedly occur. Please accept my apologies in advance, and when errors do occur rest assured that no offence is intended, and I trust none will be taken.

Yours aye, Pete G