

'Pass the Word'

The Davistown RSL sub-Branch Newsletter

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



Vol 4 | Iss 12 - December 2024

N.B.

NEXT GENERAL MEETING

SUNDAY 8 DEC 24

**(includes Xmas lunch for
the 49 ticketed members,
partners and guests)**

Lest We Forget!!

Edward 'Ted' Stilton – 2 Dec

Reach out!!

to a mate to see how he or she is
doing!

**Sub-Branch 'Active'
Members for 2025**

**It is that time again when you need
to let me know if you wish to remain
'Active' as a member of RSL NSW for
2025.**

You call me, tell me, or email me.



The End of Another One!!!

Hope we're all set for an awesome 2025, as it's our 75th Anniversary as a Chartered sub-Branch of The Returned and Services League of Australia (NSW). The Charter was bestowed on us on the Seventeenth Day of May Nineteen Fifty.

Let's make it a good one!!!

More slang:

Full power trial - Part of a warship's work-up following a refit.

Full set - A beard, i.e. the full set of moustache, sideburns and neatly-trimmed facial whiskers. Nothing less is permitted for Jack.

RAEME - Officially stands for Royal Australian Electrical and Mechanical Engineers, although members of the infantry claim it stands for Regularly at the Arse End of Military Engagements, referring to their success in avoiding any combat situations. Similarly, Royal Arse End of the Military Establishment. More commonly referred to as the Royal Australian Easy Money Earners for similar reasons but mainly due to their high pay scales based on their significant engineering and technical skill level.

Rong Hill - The name used to describe officers who cannot navigate.

Rum Ration - Term for the daily issue of Grog or Rum that used to be given to sailors, unfortunately they no longer issue rum and it doesn't come daily.

Rock Dropper - Air Dispatcher. Trade that throw stores and people out of service aircraft with a parachute.

Shit pit - A latrine. You'll be digging lots of these if you admit to having a motorbike licence.

SL(u)R A name for the L1A1 rifle. It was a Real Man's Weapon... but then again our ancestors lamented the passing of the boomerang & spear.

Splice The Main Brace - Order given by the King for the 'Rum Ration' to be doubled, this is only rarely done to celebrate occasions such as the birth or marriage of a member of the Royal Family.

Standard NATO - Milk and two sugars.

In Memoriam

*Ralph Ryan, Brian Williams, Stan Heares, Ken Whetton, John Mathers, Chris Jones, Clive Burt,
Dave Fergusson, Ken Lord, Ted Stilton and to all those who have gone before!!*



*They say there is a reason,
They say that time will heal,
But neither time or reason,
Will change the way we feel.*

*For no one knows the heartache,
That lies behind our smiles,
No one knows how many times,
We have broken down and cried.*

*We want to tell you something,
So there won't be any doubt,
You're so wonderful to think of,
But so hard to be without.*

*We cannot bring the old days back,
When we were all together,
The family chain is broken now,
But memories live forever.*

December {Sagittarius until 21 Dec/then Capricorn - amethyst helps find harmony, happiness, and love; **sapphire** helps reach the goals and brings success in work and business; **emerald** strengthens health and calms the nervous system.} Also known as the **Archer**, Sagittarius is represented by the symbol of a bow and arrow.



Frank Latham - 5



Frankie Miniz 1985 - Actor who became known for his starring role on the television show [Malcolm in the Middle](#), which earned him an Emmy Award nomination. He also had lead roles in films such as [Agent Cody Banks](#) and [Big Fat Liar](#). In 2018, he became host of [Dancing with the Stars: Juniors](#). **Before Fame:** He was discovered at age 8 in a local talent competition after acting in A Christmas Carol. **Trivia:** He put his acting career on hold in 2008 in order to pursue an Open Wheel Racing career. In 2015, he appeared as Lucas Stevens in the film [Sharknado 3: Oh Hell No!](#) He announced in 2023 that he'll be competing in the NASCAR ARCA Series.

Ray Bale & Bob Pollard - 7

Ellen Burstyn 1932 - Actress who won an Academy Award for Best Actress for her role in the 1974 film Alice Doesn't Live Here Anymore and an Academy Award for Best Supporting Actress for her performance in the 1971 film The Last Picture Show. She also played memorable roles in the films The Exorcist and [Requiem for a Dream](#). **Before Fame:** She was a short-order cook at a lunch counter. **Trivia:** She received a Tony Award for her performance in the 1975 Broadway production of Same Time, Next Year. She played an elder version of the character Murph in the sci-fi movie [Interstellar](#).



Brian Birchall - 14

Morey Amsterdam 1908-1996 - Comic who played the role of Buddy Sorrell on The [Dick Van Dyke Show](#) and who briefly hosted NBC's Broadway Open House, a late night variety show that opened up potential for late night shows such as The Tonight Show. **Before Fame:** He was a cellist and had worked at [Al Capone's](#) speakeasy. **Trivia:** After being caught in the middle of a gunfight in 1924, he moved to California and began writing jokes.

Beetle Bailey - 15

Jeff Chandler 1918-1961 - Silver-haired actor who portrayed Cochise in Broken Arrow. His role as Kurta in the 1949 film, Sword in the Desert, led to him accepting a long-term contract from Universal Studios. **Before Fame:** He served as an officer in the U.S. Army during WWII. He debuted in 1947's Johnny O'clock. **Trivia:** He narrated the 1950 film, Abbott and Costello in the Foreign Legion.



Ben Cordery & Kassa Halon - 18



Brad Pitt 1963 - Hollywood star who played lead roles in the films [Moneyball](#), [Fight Club](#), [The Curious Case of Benjamin Button](#), [World War Z](#), and [Inglourious Basterds](#). He also played Rusty Ryan in the [Ocean's Eleven](#) trilogy. He won an Academy Award for Best Supporting Actor for his role as Cliff Booth in the 2019 film [Once Upon a Time in Hollywood](#). **Before Fame:** He attended Kickapoo High School, where he was a member of the golf, tennis, wrestling, swimming and debate teams. His role as a hitchhiker in the 1991 film [Thelma & Louise](#) sparked his career. **Trivia:** He thanked [Chuck Palahniuk](#), the author of Fight Club, for creating the character Tyler Durden, which he said was one of the most enjoyable acting roles of his career.

Freddy Dowse - 19

Tim Reid 1944 - Comic actor featured on WKRP in Cincinnati and [Simon & Simon](#) who also played a role on the television series, [Sister, Sister](#). He directed the film Once Upon a Time When We Were Colored and created the CBS series Frank's Place. **Before Fame:** He worked at DuPont Corporation for three years after graduating from college. **Trivia:** He was part of the first interracial comedy duo, Tim and Tom.



Kevin Dagge - 24

Diedrich Bader 1966 - Actor widely known for playing Oswald Harvey on [The Drew Carey Show](#). He landed a recurring role on HBO's Veep and later starred in ABC's American Housewife. **Before Fame:** He lived in France for some part of his childhood. **Trivia:** He was a voice actor in many animated series including [The Simpsons](#) and The Penguins of Madagascar and the film Ice Age.

Noel Murphy - 27

Gerard Depardieu 1948 - French actor who played Napoleon, Jean Valjean, and [Cyrano De Bergerac](#). He has won the Cesar Award for Best Actor multiple times and he won a Golden Globe Award for his role in Green Card. **Before Fame:** He quit school at age 15 and began acting in Paris by age 16. **Trivia:** His role in the 1985 French romantic crime drama Police earned him a Venice Film Festival Award for Best Actor.

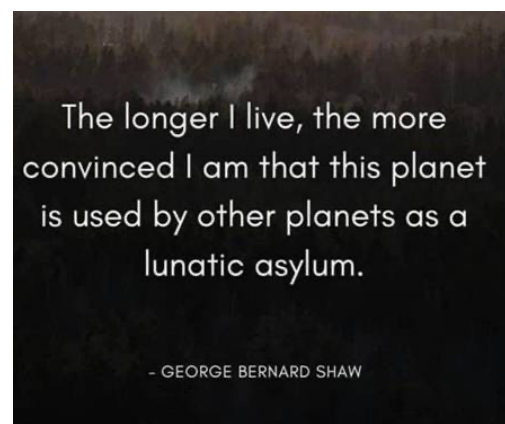


Ron Derley - 29

Mary Tyler Moore 1936-2017 - Actress best known for starring on [The Mary Tyler Moore Show](#) and for playing Laura Petrie on [The Dick Van Dyke Show](#). She also appeared in Thoroughly Modern Millie in 1967. **Before Fame:** She gained her first acting role as a dancing elf named Happy Hotpoint. **Trivia:** She played a lead role in the 1980 film Ordinary People.

January

| | | | |
|--------------------|--------------------|-------------------|------------------------|
| Don Frohmuller - 1 | Col Beveridge - 6 | Gary Audsley - 7 | Peter Fokes - 7 |
| Bryan Holborow - 7 | Rick Monck - 10 | Ramzi Jeribi - 14 | Jeff Browne - 15 |
| Stan Burman - 16 | Ian Hutchison - 17 | Merv Stuckey - 17 | George Garoufalis - 24 |
| Ron Small - 27 | Mark Colless - 29 | | |



Victoria Cross Awards:



1 Dec 1942 - HMAS *Armidale* was sunk by Japanese aircraft near Timor. As the *Armidale* sank Able Seaman Teddy Sheean fired at attacking bombers until he was lost with his ship. Teddy eventually went on to be the first RAN member to be awarded the Victoria Cross, when Sheean's 'Mentioned in Despatches' was upgraded to the Victoria Cross for Australia in 2020. He was just 18 years old when he defied orders to abandon ship as the vessel was rapidly sinking (see below). Teddy is the first junior sailor in the RAN to have a vessel named after them, being HMAS *Sheean*, a Collins Class submarine.

This Month in History:

1 Dec 1942 - HMAS *Armidale* was sunk by Japanese aircraft near Timor. As the *Armidale* sank Able Seaman Teddy Sheean fired at attacking bombers until he was lost with his ship. Teddy eventually went on to be the first RAN member to be awarded the Victoria Cross, when Sheean's 'Mentioned in Despatches' was upgraded to the Victoria Cross for Australia in 2020. He was just 18 years old when he defied orders to abandon ship as the vessel was rapidly sinking.

3 Dec 1954 - No. 77 Squadron RAAF returns from Korea. The Squadron achieved a high level of operational performance throughout the war, flying Mustangs and then Meteors.



4 Dec 1974 - The Royal Australian Navy's fleet of Grumman Tracker aircraft is destroyed by arson at HMAS *Albatross* in Nowra, New South Wales.

6 Dec 1951 - HMAS *Sydney* begins its second patrol off Korea. *Sydney*'s aircraft were used to protect South Korean-held islands on Korea's north-west coast.

7-8 Dec 1941 - Japanese aircraft attack the American Pacific Fleet at Pearl Harbor. With the Japanese attack on European possessions in Asia the Second World War was now a truly global conflict.

8 Dec 1941 - Japan invades Malaya and Thailand. This attack (which occurred virtually simultaneously with the attack on Pearl Harbor) would lead within three months to the loss of Malaya and Singapore.

9 Dec 1917 - Jerusalem occupied by the Desert Mounted Corps. The capture of Jerusalem, a city significant for Christians, Jews and Muslims, was one of the triumphs for British Empire Forces in the Middle East in 1917.

10 Dec 1941 - HM Ships *Repulse* and *Prince of Wales* sunk. The sinking of these powerful warships by Japanese torpedo bombers off Malaya came as a shock to those who had under-estimated Japan's military ability and had relied on the imagined impregnable Singapore naval base. The sinkings heralded the significance of air power in the Pacific war.

13 Dec 1915 - Light Horse fight at Um Rakham. The Light Horse was deployed against pro-Turkish Arabs of an Islamic sect known as the Senussi, in Egypt's western desert.

15 Dec 1900 - Australia's first Governor General arrives. HMS *Royal Arthur*, bringing the first Governor General of Australia, the Earl of Hopetoun, arrives in Sydney.

16 Dec 1948 - HMAS *Sydney (III)*, the first aircraft carrier of the Royal Australian Navy, is commissioned. She was built for the Royal Navy and was launched as HMS *Terrible* (93) in 1944. In 1965, she sailed on the first voyage to Vũng Tàu, transporting soldiers and equipment to serve in the Vietnam War. 25 voyages to Vietnam were made between 1965 and 1972, earning the ship the nickname "Vung Tau Ferry". *Sydney* was decommissioned on 12 Nov 1973 and was not replaced.

18 Dec 1944 - 'Arty Hill', as it was known, was captured by the Queensland 9th Battalion, and was a major Japanese position on the Numa Numa Trail leading across Bougainville.

19 Dec 1951 - HMAS *Sydney* completes a tour of operations off Korea's west coast. Aircraft from *Sydney* left no operable railway lines in its area of operations, significantly disrupting enemy supply routes.



December Phacts:

December in other Languages: French - [décembre](#), Greek - [Δεκέμβριος](#) [Dekémvrios], Maori - [Hakihea](#), Spanish - [diciembre](#), Polish - [grudzień](#)

The name is derived from decem, meaning “ten” in Latin, because in the ancient Roman calendar, December was the tenth month of the year. At the time, the calendar only had ten months and began with March. This is why the name December no longer corresponds with the placement in the Julian and Gregorian calendars.

10 Dec 1896 - Swedish chemist Alfred Nobel died at San Remo, Italy. His will stipulated that income from his \$9 million estate be used for awards recognizing persons who have made valuable contributions to humanity. Nobel recipients are chosen by a committee of the Norwegian parliament. Prizes for Peace, Physics, Chemistry, Medicine, Literature and Economics are presented annually in a ceremony in Stockholm, Sweden, on the anniversary of his death. Each prize is valued at about \$1 million.

15 Dec 1939 - *Gone with the Wind* had its world premiere in Atlanta, introduced by producer David O. Selznick and featuring appearances by Vivien Leigh and Clark Gable.



17 Dec 1903 - After three years of experimentation, Orville and Wilbur Wright achieved the first powered, controlled airplane flights. They made four flights near Kitty Hawk, North Carolina, the longest lasting about a minute.

18 Dec 1966 - Dr. Seuss' "How the Grinch Stole Christmas" airs for the first time.

20 Dec 1970 - Elvis Presley receives his draft notice.

22 Dec 1777 - The U.S. Navy is formed with 7 ships.

25 Dec 0000?? - Christmas Day, commemorating the birth of Jesus of Nazareth. Although the exact date of his birth is not known, it has been celebrated on December 25th by the Western (Roman Catholic) Church since 336 A.D.

28 Dec 1869 - William F. Semple patented chewing gum.

31 Dec 1879 - Thomas Edison provided the first public demonstration of his electric incandescent lamp at his laboratory in Menlo Park, New Jersey.

A young girl watches her mother prepare a meal!

One day a little girl was watching her mother make a roast beef. She cut off the ends, wrapped it in string, seasoned it and set it in the roasting pan.

The little girl asked her mother why she cut the ends of the roast off. The mother replied, after some thought, that it was the way that her mother had done it.

That night the little girl's grandma came to dinner and so she went to her and asked why she had cut the ends of the roast off before cooking. After some thought, the grandma replied that that was the way her mother had done it.

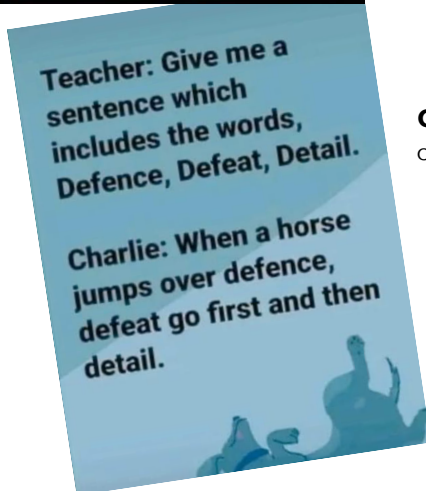
The little girl's great grandmother was quite old and in a nursing home. So the little girl went with her mother and grandma to see her and again asked the question.

The great grandmother looked at them a bit annoyed and said: "So it would fit in the pan, of course."

Funnies....??



The older you get
the more you
appreciate
cancelled plans,
early nights,
thunderstorms
and alcohol that
is on sale.



Welfare Contacts

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

Welfare Officer(s):

Paul Osborn - 0418 645 715

Secretary:

Pete Grothen - 0412 702 700



Fun November Days:

13th is **Lost and Found Day** - Losing things is part of life and if what we have lost is not very important, most people tend to stop looking for it after trying for a while. In fact, lost and found offices all around the world are full of things that people lost and have forgotten about.

Celebrated first in 2012, Official Lost and Found Day is an unofficial holiday that reminds people to not give up on the things they have lost and to increase their efforts to find them.

How to Celebrate?

- If you have lost something or if you forgot an item somewhere, make an effort to track it down. If it is a personal object, chances are that someone is holding it for the owner to claim it.
- Though not technically lost, items sold at thrift stores and flea markets are certainly forgotten. Take this day to visit your local thrift store and find something that will be loved in your home.
- If you are prone to losing things, perhaps today is the day to figure out a way to make sure you don't lose things frequently. Some ideas include putting a name tag and contact information on your belongings and creating a process to check if you have all your things with you when leaving the home, getting off public transport and leaving any public area.

Did You Know...

...that the lost and found system in Japan today dates back to a code written in 718?



I don't remember if I sent this before or not!!

There are many causes of dementia—loneliness may be one of them. Find out what you need to do if you or a loved one feels lonely to lower your dementia risk.

This Surprising Factor Could Increase Your Dementia Risk by 31%, According to New Research

Dementia and brain disorders are getting a lot of attention these days. And for good reason. About [1 in 10](#) Americans (yeah I know, it's not us!) over 65 have dementia. And it's estimated that the number of people 65 and older living with some form of dementia—the loss of cognitive functioning and the ability to think, remember or reason—could double to 88 million by 2050.

It's important to understand that the changes in the brain that lead to dementia begin decades before [symptoms](#) show up.

And there are many [things you can do to help prevent dementia](#).

[The #1 Activity to Limit to Reduce Your Risk of Dementia, According to Dietitians](#)

For example, the [MIND diet](#), a fusion of the Mediterranean and DASH diets, is loaded with foods to help keep your brain young and sharp. And there is evidence that [regular physical activity](#) helps reduce your risk of dementia, including Alzheimer's disease, a type of dementia. Not [getting enough quality sleep](#) can also increase your risk of dementia.

All of these habits also influence factors that can raise dementia risk, like [high blood pressure](#), [high cholesterol](#) and [diabetes](#).

But there's another factor that increases the risk of dementia that might surprise you—loneliness. A new meta-analysis led by researchers at Florida State University College of Medicine and published on October 9 in *Nature Mental Health* takes a closer look at this connection. Here's what they found.

How Was This Study Conducted & What Did It Find?

This study was a meta-analysis, which reviews studies previously done on the topic of loneliness and dementia. The researchers looked for certain criteria, so not all studies on loneliness and dementia were included. In this case, they examined ongoing, long-term studies on aging that assess loneliness and cognition over time, as well as previously published studies.

The studies that made the cut for this meta-analysis focused on the association between loneliness and all-cause dementia, as well as the risk for two specific types of dementia—Alzheimer's disease and vascular dementia. They also examined the association between loneliness and cognitive impairment that's not dementia or non-specific impairments in one or more cognitive functions—thinking, memory and reasoning—that may precede dementia.

According to the researchers, this resulted in the largest meta-analysis on the association between loneliness and dementia that's been done to date. In the end, 21 studies were included, adding up to over 600,000 participants.

The results were clear: Loneliness increases the risk of developing dementia by 31%.

How Does This Apply to Real Life?

"These results are not surprising given the mounting evidence that links loneliness to poor health," says lead study author Martina Luchetti, Ph.D., in a [media release](#).

Luchetti explains that dementia is a spectrum, meaning that there is a range of levels and types of dementia. And the neuropathological changes in the brain start decades before symptoms show up.

"It's important to continue studying the link of loneliness with different cognitive outcomes or symptoms across this spectrum," says Luchetti. "Loneliness—the dissatisfaction with social relationships—may impact how you are functioning cognitively and in daily life."

It's also important to understand what loneliness is. It's not the same as being alone. Some people enjoy their alone time and don't feel lonely. On the other hand, you can be in a house or room filled with people and feel lonely. The Centers for Disease Control and Prevention defines loneliness as feeling like you don't have meaningful or close relationships or a sense of belonging. Centers for Disease Control and Prevention. **Loneliness**.

And having a sense of belonging is a basic human need.

According to the National Institute on Aging, there are certain risk factors for loneliness.⁴ These include things like vision, hearing and mobility problems; lack of transportation; living alone; death of a loved one or retirement; caring for a loved one who is unwell; and language barriers.

If you are feeling lonely, there are things you can do to help yourself.

- **Reach out to family and friends.** People get busy with life, but this doesn't mean they don't care about you. Sometimes you need to be the first to reach out. And maybe there is something you can do to help them.

- **Join a group.** Whether it's an exercise class or learning a new skill, like taking a pottery class, there are always groups to join. If you have no transportation, call your church, local senior center or hospital and ask about community transportation options. Or join an online group that aligns with your values and goals. Many communities have senior centers that offer meals and activities for older adults. Check yours out if you're in that age group.

N.B. You are already a member of our group, make it work for you!!

- **Volunteer.** Whether you reach out to your place of worship, local senior center, hospital or an organization like Meals on Wheels, there's always a helpful organization looking for volunteers. And since feeling a lack of purpose is another risk factor for loneliness, making time to help others can also be a great way to help yourself. If you're not mobile, ask if there's something you can do from home to help. They might have letters you can fold and stuff into envelopes for an upcoming event or need hats and mittens knitted for families in need.
- **Engage in healthy habits.** Taking good care of yourself will help you feel better and stronger and improve your health—physically and mentally. Eat plenty of fruits, veggies, whole grains, nuts and lean proteins, including fatty fish like salmon. Get regular exercise according to your abilities, as well as enough quality sleep. And manage your stressors. Loneliness in and of itself can be stressful, so it's important to do something about it.

[You Just Started the MIND Diet—Here Are 20 Recipes to Make First](#)

If you're not lonely but know of someone who is, reach out to them regularly. While we all get busy and think we can't possibly fit in one more thing, try to schedule a regular phone call, video chat or in-person visit with that person. It might be the motivation they need to do more for themselves.

The Bottom Line

This meta-analysis found that loneliness is associated with a 31% increase in dementia. One of the best things you can do to prevent loneliness is to nurture strong, healthy relationships. If you feel you don't have that in your life already, find ways to make connections. And if you know someone who appears to be lonely, reach out to them—you just might play a role in helping to keep their brain healthy and helping them feel loved.

sub-Branch Event Calendar:

| | | | | |
|-----------------|---------|----|-----------------------|------|
| December | Tuesday | 3 | Committee Meeting | 1100 |
| | Sunday | 8 | General Meeting | 1100 |
| | | | and Veterans Luncheon | O/C |
| January (2025) | Tuesday | 7 | Committee Meeting | 1100 |
| | Tuesday | 14 | General Meeting | 1100 |
| February (2025) | Tuesday | 4 | Committee Meeting | 1100 |
| | Tuesday | 11 | General Meeting | 1100 |

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

