



# The Fighting Fourth

April  
2018

**4 RAR, 4 RAR/NZ (ANZAC), 2/4 RAR , 4 RAR (Cdo)  
MALAYSIA, BORNEO, SOUTH VIETNAM, EAST TIMOR, IRAQ, TIMOR LESTE, AFGHANISTAN.**

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## *TRIBUTE TO A CHARACTER: JOHN "FLAGS" TOOHEY*

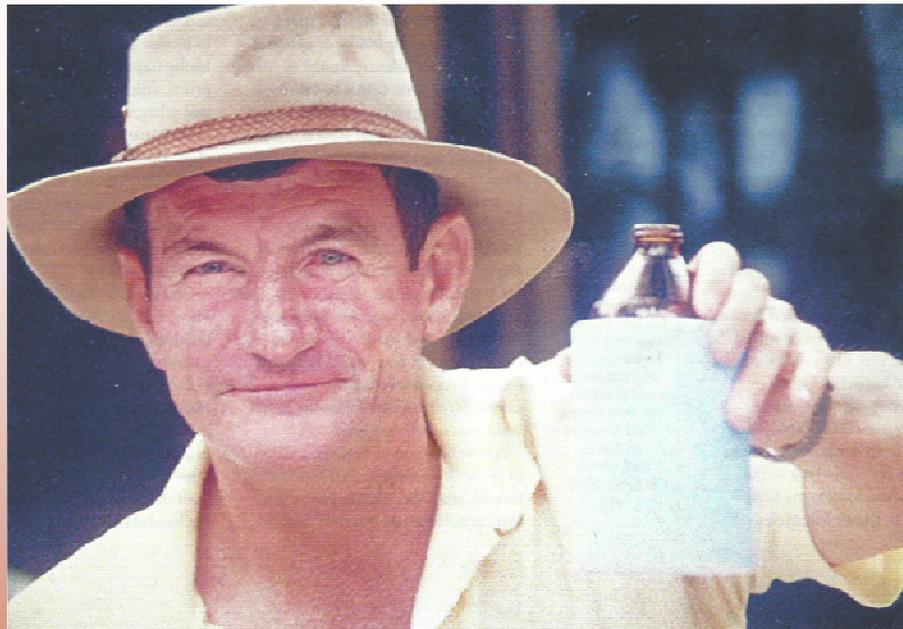
With permission of the author Wayne "Sam" Brown MM and thanks to Qld RSL News who printed the original story.

Goondiwindi RSL Sub Branch member and 4 RAR Association Qld Inc member, John "Flags" Toohey OAM, JP was awarded a Medal of the Order of Australia (OAM) in the Queen's Birthday honours List in June 2017 for service to veterans and their families and to the community of Goondiwindi. Wayne Brown pays tribute to his friend 'Flags', who served his country during the Vietnam War with the same dedication that he now serves his local community.

Like most units back in the early seventies during the Vietnam War, B Company, 4th Battalion, Royal Australian Regiment/New Zealand (ANZAC), [(4 RAR/NZ (ANZAC)] had its fair share of interesting characters. There was Lofty, Fatty, Skinny, Puddles, Sid, JC, The Duck, Shorty, Stoney, Blinky Bill, Wee Jock, several Blueys, Yogi, Speedy, Squirrel, Hoss, Von, Indian, Snoop, Gomer, Munchy and Rusty, who all had their monikers conferred on them for various reasons.

Although christened John Cornelius Toohey, John was nicknamed 'Flags' because his surname matched Toohey's Flag Ale, a brew preferred south of the border. Mind you, Flags didn't mind a beer or three himself.

Continued page 2



This newsletter is the official newsletter of the 4 RAR Association, Qld Inc, issued in April, August and December each year. Articles for publication should be directed to The Editor, 4 RAR Assoc, Qld Inc no later than one month prior to the month of publication. We welcome your stories, reminiscences and comments.

My nickname 'Sam' related to the Sam Browne officers belt, a Scheyville (the National Service Officer Training Unit, Scheyville at Scheyville NSW) offer I'd rejected at Puckapunyal as it would have landed me in the Infantry (heaven forbid). As luck would have it, I later became an Infantry medic by default. Flags later found his stars lining up for the 7th intake of national service and an Infantry unit.

Transferring from 6 RAR to 4 RAR after declining corporal's hooks, Flags became a dedicated forward scout for 4 Platoon, B Company where his mates included Fatty, Skinny, Lon as platoon sergeant and Sheeds as platoon commander.

Throughout most of 1968, Flags literally led from the front; carefully thoughtfully and skilfully breaking trail for 4 Platoon and at times, B Company. The 30kg load on his lean shoulders was not the heaviest burden he carried; the extra burden of responsibility he felt for the lives and wellbeing of the well camouflaged soldiers following in his wake was much weightier.

A true blue son of the bush, raised in outback Goondiwindi, Flags knew how to "read the bush" in Phuoc Tuy Province. He could instantly analyse the unnatural, listen for strange sounds, or lack of and was alert to movement, shapes, shine, hidden booby traps, animal snares, red soil deposits and other signs.

His innate ability to scout with commendable diligence helped B Company to remain fatality free during his tour of duty. As a 7th intake Nasho, his service ended prior to 4 RAR's tour of duty and sadly, B Company lost two fine men in February 1969.



Phuoc Tuy Province South Vietnam. Checking calculations on a map before moving out on Operation Innamincka is Corporal John "Lon" Chainey while Private John "Flags" Toohey provides his back as support. Looking on is Lance Corporal Michael Wade and Private Rod Barwick. AWM: BUL/68/0868/VN.

On Friday 13 September 1968, Flags led a reinforced platoon, which included me as medic, at a break-neck pace through several hundred metres of medium density jungle to assist 7 Platoon, C Company.

Their 18 man patrol became locked in a prolonged bunker fire fight with three men killed and six wounded (half the platoon). We helped clear the bunkers of the North Vietnamese Army enemy, attended the wounded and constructed bush stretchers for the non-ambulant casualties for the return trip in the dark to B Company's harbour for evacuation.

Heroic dust-off Hueys (Iroquois HU-1 helicopters) winched both the dead and wounded soldiers through the thick jungle canopy by single torchlight at around 9pm. It was only my third day with B Company and it was memorable for all the wrong reasons.

Flags had other tough times in Vietnam, no doubt, but his biggest fight began not long after discharge, when the first of many aggressive skin cancers developed.

For over forty years, general practitioners and dermatologists sliced lumps and bumps from his face and body, froze spots and grafted vulcaniser patches onto raw surfaces to restore function and shape.

In 2017, following two major facial surgeries, Flags felt an annoying lump in his left eye orbital cavity. Surgeons gave him two options, leave it alone and plan on three to six months of survival uncertainty, or have the eyeball removed and expect a longer period of grace, following a course of radium therapy.

Flags chose the second option and his ever supporting wife of 48 years, Gail and his friends help him keep these appointments 200km away in Toowoomba.

They also assist in various other ways and like most front-line veterans, Flags has the usual raft of medical ailments that require regular maintenance, overseen by the Department of Veteran Affairs (DVA).

Continued page 7



**VALE**  
**AT THE GOING DOWN OF THE SUN, AND IN THE MORNING,**  
**WE WILL REMEMBER THEM.**



Once again we honour all those who have gone before us.

In this brief moment of our time may we consider the stress and strain these men must have passed through before laying down their crosses of life. Enable us, their friends to be worthy of the trust they have imparted unto us on their passing; for theirs was an honourable and noble life. May God grant unto their families His peace.

We only hope that there are none recently which should have been reported.

We sincerely apologise if we have been remiss.

Gordon William Keith Irvin	16 March 2018
Mrs Diane Menadue (Wife of Bob)	08 March 2018
James Bertram Riddle	12 February 2018
Melvin Leonard Bann	07 February 2018
Arthur William Nicholls (RAEME)	03 February 2018
Warren Johnson	24 September 2017 (Belatedly)

To all that have passed in the service of 4 RAR, 4 RAR/NZ (ANZAC), 2/4 RAR and 4 RAR (Cdo)

Well done, thou good and noble warriors, we will never forget!

*In Memorium are displayed on the 4 RAR Associations of Australia Web site at:*

[4rarassociationsaustralia.com/passing-parade.html](http://4rarassociationsaustralia.com/passing-parade.html)



## BBC Digital - Making work flow



For over 30 years BBC Digital has been making work flow. Their strategy is to always be pro-active rather than reactive. BBC Digital are sponsors of the 4 RAR Associations, Australia newsletter, The Fighting Fourth. BBC Digital some time ago, with the assistance of a retired former 4 RAR officer donated a



Our printer and office.

large Canon printer which enables us to print The Fighting Fourth in magazine form at a reduced cost and at reduced timings. We no longer

have to take the draft newsletter to outside resources to have printed, we can do it by ourselves, professionally and quickly. Our strategy like that of BBC Digital, has always been to be proactive rather than reactive. BBC Digital has allowed us to achieve our objectives and we are so very proud and thankful to be associated with them as they offer a complete workflow solution covering the three key areas of document control: printers, copiers and scanners. If you are in business contact BBC Digital now to see how they can help you and your business to better achieve. They helped us!

What a Christmas my family had! On 23 December 2017, I was officially diagnosed with cancer of the right lung which had accessed my lymph system and invaded my right chest and neck. I took some time over Christmas to tell my family because only one month earlier we discovered that my eldest daughter also had cancer. What a mess.

I took some time off 4 RAR business for a month or more getting to know doctors, oncologist, physiologists and others involved with the treatment of cancer and I am glad to say that I am receiving first class care from the Cyril Gilbert Cancer Centre at the Greenslopes Private Hospital in Brisbane as an outpatient and receiving chemotherapy under oncologist, Dr David Grimes.

I believe however, that my treatment for cancer, unbeknown to me, may have actually commenced some time earlier in retaining my fitness levels.

I had been going to a gym for at least 3 years at the insistence of my GP who arranged for me to be supervised by accredited exercise physiologist, Marc Roetteler the resident exercise physiologist from Body Smart Health at my local gym.

*Entitled Department of Veterans Affairs (DVA) clients may be referred by a GP for clinically necessary exercise physiology treatment and DVA pays for the treatment.*

**Gold Card** holders are entitled to necessary treatment covered by DVA's health care arrangements for all health conditions.

**White Card** holders are entitled to necessary treatment for an accepted disability accepted as service related.

When it was discovered that I had cancer, the whole team from Body Smart Health at my gym and at their head office in Paddington, Brisbane, swung into action.

I was appointed a personal accredited exercise physiologist and cancer care specialist, Anne Peters from Body Smart Health who assists people who are diagnosed with cancer to thrive from pre-treatment and into survivorship. She studied my health records, studied my gym progress and set me up with a personalised gym programme designed to increase my ability to combat the effects of cancer. See page 5.

Anne explained in fine detail the benefits of exercise therapy programs that are designed to improve the effectiveness of oncology treatments including chemotherapy and radiotherapy by strengthening the lungs, heart, bones and muscles. This service was additional to the training and supervision that I was already receiving from Marc.

Anne further explained that there is no one size fits all exercise therapy program and Anne with Marc, developed a program that suits me.



Marc keeping check on Alan

I can only assume at this stage that the support, training and supervision that I receive from Marc, Anne, and their fellow exercise physiologists Patrick and Stephanie who also look after me and other veterans, contributes to the fact that I have no symptoms of cancer and no side effects from the chemotherapy treatment. Marc and Anne watch me carefully and continually monitor me and Marc has even visited me at home.

Marc, Patrick and Stephanie look after me at the gym on a daily basis and I report to Anne every month.

Anne raises the bar for me from time to time and I sweat a lot doing the exercises but it is all for my good and I appreciate it.

If you are not feeling well, lethargic, perhaps overweight and feeling your age as we all do from time to time and that includes our younger veterans as well, pop along to your GP, remind your doctor of the DVA veterans' exercise program and seek entry to the program on a D904 referral form. It is worth gold, really.

Please request an x-ray or scan of your chest and any other area of your body that you may be concerned about. Cancer hides and most times cannot be found by routine medical examinations. Mine however, was discovered by a routine chest x-ray requested by my GP.



Rob Roberts RAN, Alan Price ARA and Jon Fitzpatrick RAAF hard at work

The participating Body Smart Health gyms all over Brisbane, have a social benefit as well; veterans meeting other veterans from Navy, Army and Air Force from all campaigns and veterans can perform at their own rate, but with supervision and understanding.

The program is free, courtesy of DVA and is intended to assist in extending our lives with a quality of life that will keep us out of hospitals and nursing homes in the future.

**That can only be good a result!**





## About Body Smart Health

Body Smart is a rehabilitation clinic proudly committed to providing the best exercise and rehabilitation services available.

Every staff member is a registered allied health professional. This means they have completed 4 years of university training and are specialised health professionals registered with Medicare Australia and Private Health insurance providers.

At Body Smart we work with your Doctor, Medical Specialists, physiotherapists and other health professionals to ensure you receive the best treatment available. Working as a team our accredited exercise physiologists implement comprehensive rehabilitation and exercise programs individualized to your goals, helping you to achieve your goals and get the best out of your body.

**"no single intervention has greater promise than exercise to reduce the risk of virtually all chronic diseases simultaneously..." Booth et al. Journal Applied Physiology 2000.**

### Making a positive impact on chronic diseases

Chronic conditions include any injury or illness that has been present for longer than six months, including **cardiovascular disease, diabetes, arthritis, obesity, pulmonary conditions, multiple sclerosis or cancer**. Exercise and diet applied correctly can make a difference to managing and preventing these chronic conditions.



Our **CDM (Chronic Disease Management) Group Training** enables all our patients to continue their metabolic, cardiac and musculoskeletal conditioning treatment under the direct supervision of our accredited exercise physiologists.

Our program specifically caters for the ongoing needs of individual patients following completion of their chronic disease treatment under care plan. Each client is instructed, coached and progressed through individually tailored exercise therapy specific to their needs, enabling patients with complex issues to improve their function, health status and capacity for activities of daily living.

### Getting started

Talk to your GP or health professional to arrange a referral to one of Body Smart's specialised Exercise Physiology team members. See page 4 of this issue of The Fighting Fourth to determine your eligibility to join the free programs sponsored by DVA. At the initial contact with your Body Smart Exercise Physiologist quote Code: ADF4

### CDM (Chronic Disease Management) Lifestrong Program

Our CDM LIFESTRONG program enables all our patients to continue their metabolic, cardiac and musculoskeletal treatment under the direct supervision of our accredited Exercise Physiologists.

**Therapeutic exercise has proven to be one of the most effective means of improving functional capacity and cardiac health of the following conditions;** Cardiovascular disease, Coronary heart/artery disease, Angina, Cardiac stent, Coronary bypass surgery, Myocardial infarction/heart attack, Stroke, Hypertension and Hypercholesterolemia

You can find more information and answers to more questions on our web page: <http://bodysmarthealth.com.au>

**102 Lower Cairns Terrace, Paddington, Queensland 4064 Tel:1300 630204**

**and also at Beenleigh, Bray Park, Caboolture, Carina, Cleveland, Ipswich, Redcliffe, Sandgate, Sherwood, Sunnybank Hills and Zillmere.**

## PROFILE

**Thomas Anthony Waghorn  
(Waggers)  
RA Inf  
Web Site Manager  
4 RAR Association, Qld Inc**



*From an interview by Nicole  
Mountney*

Tony Waghorn better known as Tony or Waggers, was born in 1946 in Junee in rural NSW. Whilst at school he developed an appreciation for Engineering, Military, Science, and Government, all of which he pursued in later life. His life however was drastically interrupted when the government decided to enlist him in the Army for a period of two years.

Thus Waggers continued his vent for the military but under conditions not elected by him.....National Service as 2787645 Private Thomas Anthony Waghorn at the age of nineteen.

After completing his recruit training at the 1st Recruit Training Battalion in Wagga Wagga NSW he was allotted to the Infantry Corps, and then completed his Initial Employment Training (IET) as an Infantryman at the Infantry Centre at Singleton NSW. He was then posted to the 4th Battalion, Royal Australian Regiment (4 RAR ) at Enoggera, Qld where he was posted to 10 Platoon, D Company as a forward scout, training Training for war

There, Waggers met the members of the Battalion who had recently returned from active service in Malaysia and Borneo and in a short few months he would be going with them to South Vietnam as part of the 1st Australian Task Force based at Nui Dat in Phuoc Tuy Province.

He says that the Army sponsored him on a sea voyage aboard HMAS Sydney from Brisbane to Vung Tau and he spent the ensuing twelve months as a paid guest of the Australian Government sometimes living for short periods in the not so salubrious surroundings of Nui Dat and more often than not taking extended hiking excursions throughout Phuoc Tuy province as stated by Forrest Gump, "Looking for Charlie." He was employed mainly as a forward scout with 10 Platoon D Company, sometimes relinquishing his scout duties to carry the machine gun, just for a change. His section earned the motto of "Always Up The Front"

The bonds that were established with his fellow soldiers in D Company continue to this day, especially with his best mate "Mousy" Bunker who was Wounded In Action (WIA). After completing his National Service which he describes as the best time of his life, I thought I saw his tongue in his cheek when he told me this, he subsequently worked with national and international companies in mechanical engineering but was not very interested in discussing his civilian employment as he described it as mundane compared to his Army experiences.

When asked what he did in his life, his reply is, "I was a soldier," with no reference to his civilian career. He relates that he was contacted by his former section commander in Vietnam after a gap of some twenty years and was asked how he was. One thing led to another and his old mate asked what Waggers was doing for a hobby now that he had retired.

Waggers replied that he was trying his hand at designing web site pages as a hobby. He said that the research required helped to keep his mind active. His old section commander jumped at this news and asked if Tony could design a web page for the 4 RAR Associations of Australia. The Association had no web page at this stage. When asked how much it would cost, Waggers threw some frightening figures at his old boss nearly causing "conniptions and a stroke".

Then Waggers very quietly and sincerely stated that he was joking and because he owed his fellow soldiers so much, he would design and maintain the web site for free. That offer was accepted on the spot and so the history of the 4 RAR Associations of Australia web site was developed and Waggers was elected to the committee shortly after.

I had a look at the web site and found that it contains a documentary history of his old 4 RAR and of the Army in general. Some of the anecdotes are classical Army and I had never heard of Staff Sergeant Frank N. Stein except when he was just referred to by 4 RAR veterans as "Frank". Now I know who he is thanks to Waggers and the web site.

Waggers has quite often jumped on a plane to visit his old boss and to discuss and recommend changes or improvements to the 4 RAR web site.

In September 2015, Tony was admitted as Life Member of the 4 RAR Association, Qld Inc for the work that he has done and continues to be done for the 4 RAR Association, Qld Incorporated as the web manager.

Tony continues to study warfare, his favourite warrior is Hannibal and he still studies the engineering feats of Leonardo da Vinci.



When asked what he does in his spare time, he recited an impressive list of activities in and around his home town of 'Gundy', without bragging or bluster. Flags is a real doer; a Justice of the Peace, a long term legatee, captain and life member of the Diggers' Swimming Club, life member of the Basketball Association (State titles in 1976), life member of the Football Association, Lions Club member, Freshwater Fish Restocking Association member and 2004 Citizen of the Year.

He also conducts golf clinics for juniors and is the only Life Vice President of the RSL Western District (Qld) Branch comprising 38 sub-branches.

To cap it all off, Flags has been President of the Goondiwindi RSL Sub Branch since 1975. Asked if he had any post nominal letters he replied, "PHF - Poor Harassed Fellow". It is great to see that his sense of humour remains intact.

His gravel voice stemmed from a long term career as a stock and station agent with a penchant for auctioneering live stock. Ranging from Wodonga in Victoria up to Nebo in Central Queensland, Flags covered a large swathe of the outback.

Asked if he indulged in sunbaking as a youngster, he responded, "Not much surf around Gundy". He wore broad brimmed hats all his life and was fully aware of the sun's damaging rays.

He recalled being misted by overflying defoliation missions on a couple of occasions in Vietnam and having only a measly litre of water daily to shave, drink or wash; he had no means available to rinse the poison off.

Now both in our senior years, Flags joins me in urging veterans to be more aware of their bodies, their physical and mental health, to seek help earlier rather than later, get second opinions, specialist referrals

and to look after your mates by sharing information and genuinely caring.

Mateship can do a power of good. Along with his wife, Gail, who is equally active in the local community, Flags takes a keen interest in his three grandsons, both academically and in the sporting arena.

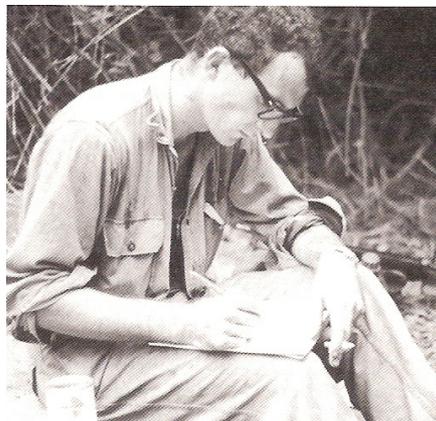
Imbued with an indomitable spirit and positive outlook, Flags will continue to fight this current battle and remain stoic. Family, friends and Digger mates offer support to this character, a fine citizen who has gone above and beyond the call of duty many times. Good on you mate and good luck.

Well done!

**But that is not the whole story.**

Corporal Wayne 'Sam' Lawrence Brown who, as a National Serviceman was enlisted on 20 April 1967 and was allotted to the Royal Australian Army Medical Corps. He was posted to the 4th Battalion, Royal Australian Regiment on 02 February 1968, as a Medical Assistant and arrived with the Battalion in South Vietnam on 01 June 1968.

On 16 February 1969 during Operation Goodwood, B Company was heavily engaged by small arms, machine gun and rocket fire from an enemy concealed in bunkers.



Corporal "Sam" Brown RAAMC maintaining treatment records in the field.

Two soldiers of B Company were killed and a number of others wounded. A supporting troop of tanks was called forward and they immediately came under heavy RPG rocket fire and machine gun fire.

Corporal Brown moved forward from a relatively safe position to the area closest to the enemy where the B Company casualties lay. This area was being swept by intense enemy rocket and machine gun fire. Corporal Brown was blown to the ground by one rocket burst but continued to move forward and rescued the wounded.

At this time, the left forward tank of the troop was heavily damaged and all crew members were wounded. Corporal Brown assisted in the evacuation and treatment of these casualties and escorted them back to a helicopter site in the rear of the company position. At this location, he continued to tend to the wounded until they were ready for evacuation. He then returned to the company headquarters, which was still under small arms fire, to see if he could be of further assistance.

During the whole period of his tour in Vietnam, Corporal Brown displayed professional skill and compassion in his treatment of wounded soldiers. His unflinching devotion to duty and personal courage have brought great credit to himself and The Royal Australian Army Medical Corps. For this action Sam was awarded the Military Medal for gallantry under fire.

Well done!



## The 4 RAR ASSOCIATION QLD REPORTS

### The 4 RAR Associations Australia Web Site

*Tony "Waggers" Waghorn*  
www.4rarassociationsaustralia.com

The web site was originally dedicated and available to all 4 RAR state Associations thus the name. Other state associations however have decided not to use the site and so despite the name, the site is now completely dedicated to the 4 RAR Association, Qld Incorporated. This is indeed a sad state of affairs but accepted by us.

Although I live in Sydney, I was one of the original association members and responsible for first of all designing the site and now managing it for the last I think, 15 years or so.

The site is routinely accessed by former 4 RAR, 2/4 RAR and 4 RAR (Cdo) serving members, members of all state 4 RAR associations, serving members, associate members, ex-service organisations schools, the general public and interestingly, foreign armies. It is interesting to note the statistics for the previous two months, the number of times the site has been accessed and the number of pages visited. We do keep score!!!

Alan and I are working hard to bring the site up to date and to include new stories facts and historical notes. We do need your stories and memories, especially those stories able to be told from East Timor, Afghanistan and Iraq, but no secrets, please!

### The 4 RAR Qld Museum Bob Meehan OAM

The 4 RAR Qld Museum is going great guns. Bob Meehan OAM and Wally Grieco have united to become the custodians of the museum and at the same time the curators. They are ably assisted when needed by volunteer tour guides who ensure that schools, community groups, ex service organisations and other groups are told the history successes and achievements of 4 RAR, 2/4 RAR and 4 RAR Cdo.

The museum also contains the history of Special Forces, the RAR battalions from all campaigns, all other Army corps and units, The RAN and the RAAF. Foreign armies weapons, equipment, artefacts and uniforms etc but let's face it, If you can imagine a weapon, equipment or facet of military history, it is on display in the 4 RAR Qld Museum one of the most comprehensive museum displays, certainly in Queensland. Visitors may have noticed the large 'Huey' helicopter in the middle of the display on loan from Bob Meehan OAM.

But that is not the whole story. Some 5 schools have visited the museum so far this year and students are requested by their schools to present a report on the museum and displays to complement their command of the English language, and their reporting skills

### The 4 RAR Assoc, Qld Welfare Team

*Ken Carter*

Hospital visits have been down over the past few months but we believe that that is because we have not been notified of hospitalisation. We have a team standing by for visits with a bucket full of colouring in books, pencils and get well cards so please give them something to do.

Over the next few months I will be grey nomadding all over Australia but Deslie and I will be back by early September. In the meantime please report your illness or hospitalisation to Alan who will find someone to visit you. .

### The 4 RAR and RAR Qld Membership Programme

*Alan Price*

Please keep in mind that when you join the 4 RAR Assoc, Qld as a financial member that you also automatically become a financial member of the RAR Assoc, Qld and our nominal roll is identified within the RAR Assoc, Qld. All Qld resident RAR Battalions pay an annual fee of \$500 and all battalion associations pay an annual fee of \$250 to the RAR Assoc, Qld to help sustain the RAR Assoc, Qld. That gives the RAR Assoc an overall membership base of some 50, 000 veterans, serving members and their families. Many more than the RSL!



### Monthly Website Statistics

Final date	Wednesday, 31 January 2018	Wednesday, 28 February 2018
Number of 'hits'	29253	29004
Number of visits	2471	2307
Number of pages viewed	5410	5431
Number of new visitors	1623	1418
Most downloaded page	<b>Confrontation</b>	<b>Confrontation</b>
2nd most downloaded page	Fighting Fourth - April 2017	Fighting Fourth - August 2017
3rd most downloaded page	Fighting Fourth - April 2012	Jerry Taylor
4th most downloaded page	Fighting Fourth - August 2017	Fighting Fourth - April 2017
Most viewed page	<b>Trackers</b>	<b>Passing Parade</b>
2nd most viewed page	Passing Parade	Battle Efficiency Course
3rd most viewed page	Site Index	Vietnam Roll
4th most viewed page	Battle Efficiency Course	Final Resting Place

## LOUD AND CLEAR, OVER



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- Does the *slightest* background noise make it *impossible to enjoy a conversation*?
- Perhaps you've experienced *misunderstandings* in work and everyday situations?
- Or maybe you're feeling *isolated from your family, kids or grand kids*, as you can't hear what they say?
- If you're looking to *regain your hearing* and enjoy life again, then you've come to the right place.

### **How We Help with Hearing Loss**

**Hearing Tests** Your hearing test at 'Health & Hearing' is conducted by a qualified Audiologist. For maximum privacy and concentration, you sit comfortably in a modern sound-proof booth. There is no rush – your Audiologist will guide you at your own pace to ensure your Baseline Hearing Result is **accurate**.

**Advice About Hearing Loss** If you feel that your hearing is not what it used to be, or are concerned that a loved one may be experiencing hearing loss – we provide assessments designed to determine the nature of the hearing loss and provide **advice on steps** on what to do next.

**Audiometrist: Hearing Aid Calibration & Tune Ups** Have a hearing aid that needs a tune up? Our **friendly** Audiometrist will personally refit your device to make sure you make best use of your aid.

**Hearing Aids (Recommendations and Free Test Drives)** Looking for a new device? Come to a clinic and **try one on**. We stock all types of hearing aids and are respected specialists in the invisible hearing aid field. The **latest 'invisible' technology** is so small it allows you to regain clear, confident hearing and fullness of life without anybody knowing you're wearing a hearing aid.

**Rebates: Fully Accredited For Government and Insurance Funding** We are **accredited as Qualified Practitioners** to provide generous rebates to Australians under the Australian Government Hearing Services Program, Private Health Insurance and Department of Veteran Affairs programs. Rebates are also available for people who have suffered hearing loss as a result of workplace noise (as administered by WorkCover Queensland).

**BOOK A FREE CONSULTATION TODAY (07) 3366 9355 QUOTE: ADF4**

### The New Committee

As previously notified and if we are still in the chair, Maureen and I will not stand for re-election at the Annual General Meeting of September 2019. 19 years has been a long time and it is time for a rest.

Some members have already notified their intention to stand for the new executive and sub committee positions that will become vacant as a result of the 2019 AGM but all will require help to maintain and improve the responsibility to current and new members. They will need chairmen and assistants for treasurer, 4 RAR Qld Museum, museum tour guides, membership, IT, newsletter, associate members, welfare, home and hospital visiting, fund raising, event coordinators and a host of other inclusive and relative responsibilities that may be reduced to simple individual tasks by helpers willing to give of a little time and energy. It won't be hard or difficult but it will be rewarding. Please consider and contact Alan 07-3273 7973.

### Travel Concession for White Card Holders

White Card holders, with Qld DVA file reference numbers only, are now entitled to concession fares at 50% discount on public transport across the state. If a veteran has had a card issued to them when living interstate and haven't bothered to ask for a new card with a Qld file reference they'll have to contact DVA to make sure they get a new card.

Queensland residents are eligible for a concession fare if they hold either a gold DVA Health Card – All Conditions; or a white DVA Health Card - Specific Conditions.

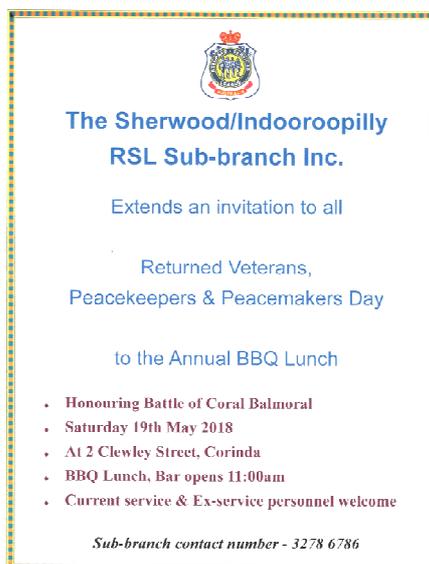
The DVA Health Card must have the prefix 'Q' as proof of Queensland residency.

DVA Gold and White Cards are issued by the Department of Veterans' Affairs. Cards issued interstate are not accepted and dependents listed on the card do not receive a concession fare.

For more information the WWW address is: <https://translink.com.au/tickets-and-fares/concessions/pensioners-and-veterans> or ring DVA: 1800 555 254

### Invitation

The Sherwood/Indooroopilly RSL Sub Branch has again invited all 4 RAR Assoc Members to their Returned Veterans, Peacekeeper and Peacemakers Day annual BBQ. This is a delightful day, open to all veterans and although specifically commemorating the battles of Coral and Balmoral, also remembers and pays due respects to all services from all campaigns. Many 4 RAR members are members of the RSL Sub Branch including Kevin Alcock who is senior Vice president and who served with us an original member, in Borneo and after that backed up and served with 2 RAR in South Vietnam. Please see the ad below and we will see you there. Medals are optional.



  
**The Sherwood/Indooroopilly  
RSL Sub-branch Inc.**

Extends an invitation to all  
Returned Veterans,  
Peacekeepers & Peacemakers Day  
to the Annual BBQ Lunch

- Honouring Battle of Coral Balmoral
- Saturday 19th May 2018
- At 2 Clewley Street, Corinda
- BBQ Lunch, Bar opens 11:00am
- Current service & Ex-service personnel welcome

*Sub-branch contact number - 3278 6786*

### Membership

Membership raises its ugly head again but we cannot survive nor serve our members the way we wish to and should, without the financial support offered by financial membership.

All known and unknown members of 4 RAR, 2/4 RAR and 4 RAR (Cdo) are considered Associate Members and entitled to all that the Association has to offer but unless financial, have no voting rights, that is highlighted in the Constitution. They may however have a say in the conduct of the Association and so they should.

You will find an application to join inside this issue but if you have a Membership Card with an expiry date of 30 July 2018 or more, then please ignore it or place it in File 13.

If you do not have a current Membership Card or your membership has expired then complete the form and send it back to us. We are not chasing arrears or expired membership but renewed membership and new membership. It matters to us that we should serve you properly.

### Thank You

It would be impossible to gracefully thank all those who passed on get well wishes over my sudden illness and that of my daughter, Sharna. I am absolutely humbled by the words and actions of support that Maureen and I received. Offers including flying from interstate to help, driving to the hospital, shopping, even just sharing a beer with me, just good wishes and offered kindness. I will never be able to repay you.

I no doubt deserve my enemies but I don't believe that I deserve my friends. Thank You.

I have had as at 15 March, 4 doses of chemo with 2 more to go before I have a second PET/CT scan to see what the little baddies are doing and what happens next. I am exercising and following a nutrition based diet and so far have experienced no ill effects and no symptoms whatsoever. Can't wait for ANZAC Day.

Continued page 11

### The 4 RAR Assoc, Qld Inc

The Association is travelling quite well what with some of our committee members and their wives having some major and minor medical problems but suffering with a smile. Others are visiting overseas and some will be travelling as grey nomads but we can still provide for our members. I am pleased to say that the team is working well together aiming at achieving results.

Some time was lost over Christmas and some plans and administration fell to the wayside for a while but we are catching up.

All notifications of the unfortunate deaths of our some of our members have been recorded both within the newsletter and on our website. I am still waiting on two returns from the ADF to complete the In Memorium that records the service history of those who have recently joined the passing parade on our web site.

May I take this opportunity to thank all those again, that have passed their best wishes to me as a result of my illness. I am thankful and even humbled by some of the expressions of concern but will remain here as long as the members want me. Please keep in mind that Maureen and I have expressed our intentions to not stand for election in 2019. As a result, I would expect an avalanche of nominations for the positions vacant and available to ensure that we remain ahead of the pack as an Association.

### ANZAC Day School Visits

On the days immediately prior to ANZAC day this year, either on Monday 23 or Tuesday 24 April, the Association is invited to attend school ANZAC Day activities at both the Helensvale Primary School on the Gold Coast and at the Mitchelton High School in Brisbane.

### ANZAC DAY BRISBANE 2018

0450hr Dawn Service RAR Memorial Walk, Gallipoli Barracks. Easy entry, simply drive in and follow directions for parking. Alan will be laying a wreath for 4 RAR.

1000hr City March. FUP Mary St facing George St. Look for the Banner

Order of March 3 RAR, 4 RAR, 5 RAR etc. Afterwards Grand Central Hotel Anne St. (In 2019 4 RAR will once more lead the Regiment on ANZAC Day)

At both schools we may be invited to deliver the ANZAC Day address. We have delivered the address at the Helensvale Primary School for the past 15 years or so and at the Mitchelton High School, a total of five times. All members are invited to attend to see what pleasant and memorable events are presented by the students of both schools. The Association lays a wreath at both schools. Details will be issued closer to the day but all are invited to attend to see just what efforts and respect the schools do to commemorate ANZAC Day and if we think about it, us. We should attend.

### ANZAC Day

#### Dawn Service, The RAR National Memorial Walk

Entry to Gallipoli Barracks will be smooth and unhindered for the Dawn Service but will return to full security arrangements shortly after, which will restrict entry procedures.

#### Brisbane City March

The RAR forming up place is in Mary Street facing George St and we should step off at about but not later than 1055 hrs. Look for the big red 4 RAR banner. 4 RAR is second in the order of march behind 3 RAR who lead the Royal Australian Regiment contingent this year.

Next year it is our turn so in 2019 as we lead the RAR contingent of 12 Battalion associations may I ask for a large if not very large, contingent.



Sorting and packing the latest consignment of greeting cards from the 4 RAR Assoc, Qld Inc Craft Ladies and the knitted woollens from the ladies of the NMBVAA for forwarding to our troops in Afghanistan and below, away they go, thanks to 8/9 RAR.



At rear in the top picture are some 3,000 Coles docketts for the Coles Sports for Schools programme that will be passed to the Helensvale State Primary School. The school needs your Coles docketts to support its wide sports programme for our children. Please pass your docketts to the school or send to the 4 RAR Association address prior to 03 April. Check out the Coles Sports for Schools website and shop.



# ***THE 4 RAR LADIES' LUNCHEON 2018***

## **LADIES IN DIRECT SUPPORT (LIDS)**

The President and Members of the 4 RAR Association, Qld Inc invite all the ladies of our Association and their female family and friends to a luncheon to be held at the Southbank Institute of Technology on Monday 18 June 2018 at 11.30 AM. The main purpose of the day will be to entertain our ladies especially our 4 RAR widows, and to share a day together. Gentlemen are not invited to the ladies table but may drop and pick up their ladies and perhaps enjoy a meal in another part of the restaurant with the other LOBs (Left Out of Battle).

**Where:** The 66 ON ERNEST restaurant, Southbank Institute of Technology, Level 2 (the ground floor is level 1), C Block, 66 Ernest St, South Brisbane. (just a short walk from Southbank rail and bus stations.)

**When:** Monday 18 June 2018. 11.30AM to 3.00 PM

**Type:** Sit down, two course silver service luncheon with drinks. Cost: \$45 per head.

**(OUR WIDOWS ARE INVITED AT NO COST WITH THE COMPLIMENTS OF THE PRESIDENT AND MEMBERS)**

**Timings.** Meet at 11.30 at the Restaurant. Dining from 12.00 to 3.00pm. Take the lift to Level 2.

Note: The **66 ON ERNEST** Restaurant is a training restaurant for students of hospitality at the Institute, meals are of an outstanding quality and the silver service is excellent.

RSVP: Maureen Price **no later than Monday 04 June 2018** on (07) 3273 7973 or [apriced4@bigpond.net.au](mailto:apriced4@bigpond.net.au)

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### ***I will be attending the Ladies' Luncheon 2018***

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel/Email: \_\_\_\_\_

I will be bringing \_\_\_\_\_ guests

Guest's full names: \_\_\_\_\_

(Attach list if required). Please indicate any dietary restrictions. So that the ladies may conduct secret women's business, please add the name of any male guest that will be dining with the other men. The menu and silver service are the same for the men.