



NEWSLETTER SPRING EDITION OCTOBER 2022

INSIDE THIS ISSUE

PRESIDENT'S REPORT

RARA VIC NEWS

REUNIONS
VIETNAM VETERANS DAY 2022
ANNUAL DINNER 2022

ARMY NEWS

BIG CHANGES FOR BRIGADES
TIGER TRAINING A SHORE THING
HEAVY WEAPONS LIGHT UP NIGHT
96 GUN SALUTE FOR HRM

MILITARY STUFF

MUSEUM OF ARROGANT HUBRIS
THIS MANS ARMY – D & E PLATOON
HISTORY OF ARMY UNIFORMS &
CUSTOMS
OUR "SKIPPY" BADGE

VALE

EDITOR'S CORNER

VC – THE AWARDS TRIBUNAL
HEALTH & WELLBEING
SUBSCRIPTIONS/DIRECT BANKING
HUMOUR
DISCLAIMER

2022 COMMITTEE DETAILS

2022 MEMBERSHIP APPLICATION

CORRESPONDENCE

All mail to be forwarded to
The Secretary
RAR Assn (Vic) Branch
PO Box 6213
Frankston Vic 3199

PRESIDENT'S REPORT



With not a great deal happening you committee has been quite busy over recent months:

A sub-committee consisting of Shaun Hughes (2 RAR) and Dan Moren (1 RAR) has taken action regarding our social media exposure. The Association now has a Facebook page - [Royal Australian Regiment Association \(Vic\)](#) and an Instagram address - [rar_association_vic](#) Please check them out and sign-up.

- A unanimous decision was made at the 3 July open committee meeting that the RAR Association would continue to meet at Kew RSL.
- It was also decided that all RARA memorabilia would remain on display at Kew RSL.
- With the assistance of the ever-reliable long-term former association secretary, Max Farrow, all RARA property has been tagged to distinguish it from Tramways East Melbourne RSL belongings (TEM, less a proportion of RAR members, has moved from Kew RSL to Camberwell RSL).
- Rami (Abdur Rahman), President 6 RAR Association, laid the RARA wreath at the Shrine on 18 August as part of Vietnam Veterans Day.
- Vice-President Peter Fraser continues with the planning for this year's Annual Dinner. He reports some challenges regarding both venue and dates.

I will be travelling to Canberra on 12 October to attend the RAR (annual) National Council Meeting.

Duty First,
John James

RARA VIC NEWS

REUNIONS

6RAR Brisbane, 11-13 November 2022

9RAR Sunshine Coast, 10-13 November 2022

8RAR Melbourne, Anzac Day 25 April 2023

2/4RAR Townsville, 15-20 August 2023

Contact your local RAR representative or your RAR Assoc. web page for enrolment details

RARA Victoria Annual Dinner – November 2022

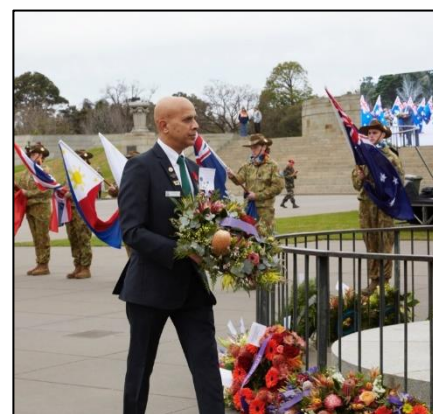
This has been held at the **William Angliss restaurant** over the past few years, we have contacted WA to see if we can book for 2022, for mid to late November. They have advised us the dates that are available, we need to determine if these dates will suit our members.

Our ticket prices have always been set at covering the cost of food and drinks, which was around \$50 per person. A decision regarding booking will be made after we have received costing from WA.

Coopers Inn and Mail Exchange Hotels are also under consideration as the site for this dinner

If you have any views on the proposed venues, please contact Peter Fraser who has organised these functions in the past.

VIETNAM VETERANS DAY 18 AUGUST 2022



Abdur "Rami" Rahman (6RAR Victorian Representative) laying wreath on behalf of RAR Association Victoria at Shrine of Remembrance.

It was a wonderful day at the Shrine to marking the 50th Anniversary of the withdrawal of the last Australian combat

elements from the South Vietnam in 1972.

Acknowledging the Vietnam ANZACS and Commemorating the 56th Anniversary of the Battle of Long Tan.

It was a privileged to represent our RARV Branch for this important Commemorative event. – **Rami Rahman**

ARMY NEWS

BIG CHANGES FOR BRIGADES, REGIMENTS AND BATTALIONS (UN-ANNOUNCED)



Australian soldiers watch a 1st Armoured Regiment, Royal Australian Armoured Corps, M1 Abrams tank drive past during a live-fire demonstration on Exercise Predators Run at Mount Bunday Training Area, NT. Photo by Corporal Jacob Joseph. Story [published in [ARMY Newspaper dated 15 September 2022](#)] and photo by Corporal Jacob Joseph.

For some, this year's exercise may be the last time they fight alongside armour in the Top End.

For what may be the last time, Adelaide-based infantry and armour travelled north to Darwin to train under the 1 Brigade banner during Exercise Predators Run, from August 18 to September 5.

7RAR and 1 Armoured Regiment are set to join 9 Brigade in the coming months while 1 Brigade transitions to its new role providing a littoral manoeuvre capability.

B Squadron, 1 Armoured Regiment, officer commanding Major Thomas Bittner joined the regiment almost a decade ago, when armour was a common sight across dusty NT training areas.

"Coming back here for the last exercise as part of 1 Brigade,

everything comes full circle," Major Bittner said.

For others like Major Bittner, it was a farewell to the familiar, but for others, like B Squadron tank commander Corporal Sam de Koning, it was his first exercise near Darwin.

Corporal de Koning travelled 14 hours a day for five days to escort the squadron's tanks, strapped to a special heavy-load trailer, across the red centre to get to Predators Run.

"It's a challenging environment," Corporal de Koning said. "It's hard to do your job when the peak hours of the day are just so hot."

With the wet-bulb nearing 'widget black' by mid-morning, heat was a real obstacle to overcome during the live-fire component of the exercise.

Soldiers pitched hoochies and found shade between activities that provided experiences both familiar and new 8/12 Regiment Gunner Dylan Corbett strode through a cloud of CS gas to test the new low-burden mask.

"I found the new mask had a better seal than the one I used five years ago at Puckapunyal," Gunner Corbett said.

"As long as the seal was tight it was fine – I didn't have to purge.

"I probably don't want to go again for a while though."

At the nearby armoured fighting vehicle firing range, 93 Philippine Army soldiers from their 1 Brigade combat team watched as Abrams tanks blasted targets across the hillside.

First Lieutenant John Philip Calacat said it was his first-time training in Australia and the main difference was Philippine Army training was focused on counter-insurgency operations.

"We're happy to be here to exercise traditional warfighting capabilities," First Lieutenant Calacat said.

"Each time we practised new TTPs (tactics, techniques and procedures), our hosts explained

how they worked, and it was a smooth transition."

On the final day of the activity, infantry from Australia, Malaysia and the Philippines fired their weapons from trenches, while tanks and ASLAVs, dug in on the flanks, provided heavy firepower.

With the future of 1 Armoured Regiment and **7RAR** now in Adelaide, and **5RAR** looking towards littoral operations, for some it would be their last time fighting alongside armour.

EDITOR'S NOTE (PETER HARTIGAN – CONTACT MAG): This role and structure change for brigades, battalions and regiments is news to me. I thought I was across Plan [Beersheba](#) and Plan Keogh. Whatever this new thing is, it was not communicated to the me (or the media generally?). So please don't shoot the messenger – though I would love to hear your thoughts in comments, below.

TIGER TRAINING A SHORE THING



Soldiers from 5th Battalion, Royal Australian Regiment, on board F470 Zodiacs conducting small-boat training in the littoral environment during Exercise Tiger's Run 2022 on the Timor Sea. Story by Captain Peter March.

Photo by Cpl Rodrigo Villablanca.

These included boat handling and beach landings to develop 1st Brigade's littoral manoeuvre capability.

Commanding Officer Lieutenant Colonel Chris Gilmore said the training was a natural fit for his Top End troops.

"What our infantry soldiers – and particularly our soldiers here in Darwin – have is an inherent flexibility and an ability to operate in any weather, climate, or terrain," Lieutenant Colonel Gilmore said.

"It's the geography that we live in, it's the geography we work in, and we have a lot of water here – so with small boats it allows us to do more things in more places more often."

Exercise Tiger's Run also set the conditions for the Tiger Battalion's soldiers to be properly equipped with both the skills and mindset for 1st Brigade's Exercise Predator's Run 2022.

"The first step in that journey is us developing our skills in small boats, with that operating within littoral areas," Lieutenant Colonel Gilmore said.

"We see that work on the water is going to be integral for us, with anything we're going to be doing into the future, particularly within this region, and this just gives us the opportunity to make sure that we're as ready as we humanly can be."

Exercise Predator's Run 2022 will be a combined exercise held in the Northern Territory's Mount Bunday Training Area with capabilities and personnel from 1st Brigade units, the United States Marine Corps' Marine Force Detachment – Darwin, Malaysian Armed Forces, and the Philippines Army.

Commander of the 1st Brigade, Brigadier Nick Foxall, said the training will be pivotal for the development of the expertise required for successful littoral operations.

"This is an excellent opportunity to train with our partners from countries such as the United States, Malaysia, and the Philippines while becoming accustomed to operating in the maritime environment," Brigadier Foxall said.

Beyond Exercise Predator's Run, Brigadier Foxall said the Brigade will seek to increase training opportunities with partnering nations' littoral capabilities.

"The 1st Brigade will lead Army's thinking on the establishment of the littoral formation and play a key role in building Army's

littoral corporate knowledge," he said.

"To achieve this, we will seek increased security cooperation and international engagements such as exchanges and study tours with partner nations."

HEAVY WEAPONS LIGHT UP THE NIGHT

A range of heavy weapon and anti-armour capabilities were developed by the **6th** and **8th/9th Battalions**, the Royal Australian Regiment, during a Direct Fire Support Weapons (DFSW) course at Wide Bay Training Area in August.



Army riflemen from the 6th Battalion, the Royal Australian Regiment, fire a .50 cal machine gun during an integrated gun-line practice.

Photo by Corporal Nicole Dorrett.

Soldiers completed activities including an integrated gun-line practice, where sustained machine-gun fire was coordinated at night with 84mm illumination rounds.

Having worked hard to take part in the course, Private Joshua Simmons said it was extremely motivating.

"The training has been great, and it's provided me with new skills I can take back to the battalion," Private Simmons said.

"It's a privilege to be on the course, and I've enjoyed the strong camaraderie with the other soldiers."

Integrated gun lines are commonly used in a combined arms setting, and illumination rounds are used to increase visibility during night firing.

Both units had a strong focus on anti-armour training using a combination of Javelin missiles

and 84mm high-explosive rounds.

Lieutenant Joshua Benitez-Castellanos said participating in the course was exciting and educational.

"This has been an eye-opening experience because standard infantry rifle companies use similar weapons, but the techniques used by the DFSW platoon are highly specialised," he said.

"On this course you learn a lot more about their capabilities and how they can be used tactically."



AUSTRALIA'S 96-GUN SALUTE FOR HER MAJESTY THE QUEEN.

Members of Australia's Federation Guard fire a M2A2 howitzer ceremonial gun during a 96-gun salute held at Parliament House in Canberra to honour the passing of Her Majesty the Queen.

Photo by Corporal Cameron Pegg.

For 70 years, Queen Elizabeth II reigned as Australia's Head of State. During her reign, she visited Australia 16 times and saw more of this country than most Australians, visiting every state and territory.

To mark the death of The Queen, Australia's Federation Guard conducted a 96-gun salute on the forecourt of Parliament House in Canberra on September 9.

In accordance with tradition, 96 rounds were fired at 10-second intervals to mark each year of Her Majesty's life.

Six M2A2 105mm howitzer Australian Defence Force ceremonial guns were employed for the gun salute.

His Majesty King Charles III's accession to the throne was marked in a Proclamation Ceremony at Parliament House on September 11.

The ceremony was conducted by Australia's Federation Guard and the Band of the Royal Military College, Duntroon.

A 21-gun salute was fired by 53 Battery, School of Artillery, from the Australian Army.

One thought on "Australia's 96-gun salute for Her Majesty the Queen"

Andrew Parrott

Well done to all those who took part in this once in a lifetime event, an opportunity that will never happen again. Go and be with your loved ones and rest in peace. Rule Britannia, God save the Queen.

Now the army will have to reissue brand new rising sun hat badges with the Kings crown to replace the existing badge with the Queens crown.

MILITARY STUFF

MUSEUM OF ARROGANT HUBRIS



T-Wall murals representing D Company, 5th Battalion, Royal Australian Regiment (5RAR) and 2nd Cavalry Regiment (2 Cav Regt) Sabre Squadron, 'Charlie V Snoop Troop', Camp Terendak, Ali Air Base, southern Iraq.

One of a series of photographs taken by Mike Cecil, Head of Military Heraldry and Technology, as part of The Australian War Memorial's Curators in the Field program.

Mike travelled to Iraq in May 2008 to record the early stages of withdrawal of the Overwatch Battle Group (West) (OBG-W)

Most of the images and designs in this collection were worn proudly as morale-boosting emblems on shoulder patches or PT shirts in informal settings.

They were mainly only sanctioned and/or tolerated as

informal, good-natured, internal representations of unit or even sub-unit camaraderie – otherwise known as esprit de corps.

But, these are all now **banned** in the Australian Defence Force – especially Army – yet still remain as fond memories – and treasured 'illegal contraband' – for many serving and ex-serving Australian military.

Editor: Words fail me regarding these rules.

D & E PLATOON, 1 ATF

FROM STAN SUTHERLAND'S BOOK *"IN THIS MAN'S ARMY"*

12th January. Sgt Jeffrey called the Platoon out on muster so Lt Cosgrove could give them and idea of what they're likely to be doing in the next few days. Lt Cosgrove came across and said, "Today, Sergeant Jeffrey will be organizing rations for three days for each man. We'll be going bush in a few days, and I want you all squared away and organised. We may not get much warning. Tomorrow, however, we're going to range to fire off our old ammo and zero in our weapons".

"Is that it sir?" I asked.

"Yes, that's it, I may have more tomorrow.

13th January. The following day we went to the range for what the diggers call a 'yippee' shoot. The shoot was to test fire and zero in weapons. As it happened, one of my section's machine guns broke down and when we got back to the lines the gunner went to the armourer and had it replaced with a new gun.

14th January. Lt. Cosgrove informed us that we've been placed on a fifteen-minute standby ready-reaction force, known as Hawk Force. Furthermore, we must be ready to be choppered to anywhere in the province as, in effect we're a fully mobile infantry platoon.

15th January. The platoon was reacted for a two-day operation. We'd mustered, all kitted out,

waiting for Lt. Cosgrove to come and brief us. He was over a minute late and said, "Well men, we're climbing to the top of the Warburton Mountains today, coming back tomorrow. The trucks will be here in any minute. We're going down through Baria and then up towards Bien Hoa for five or six kilometres, dismounting at a small hamlet, the name of which just escapes me for a minute. Here are the trucks now. Are we all here Stan?"

"Yeah, all except Ecclestone sir, his making sure he's got a fresh battery. Here he comes now".

An hour later we dismounted at a small hamlet. We were about two kilometres from the foot of the Warburtons. The Warburtons remind me of the Dandenong Ranges 20 miles east of Melbourne. They look similar in height and size. We sorted ourselves with Bluey's Bert's section taking the lead. My section is to bring up the rear.

Lt Cosgrove and Sergeant Jeffrey were waiting for Bluey's section to pass them before Platoon Headquarters entered the line in single file.

I went up to Lt. Cosgrove and before I could say anything he said, "Look at those civvies Stan, they're pretending to be working but they're keeping an eye on us at the same time. They'll be counting on us, observing our weapons and seeing where we're headed."

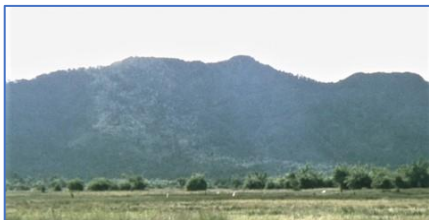


"Yeah, I'd noticed it too boss, as soon as we got off the trucks. That bloke over in the doorway of the thatched over there, he's had a real good look."

"They'll keep an eye on us as far as possible to see which way

we're headed and, no doubt, they'll let their own know up top by radio that we're on our way," Cosgrove said. We'll make good time and surprise them all the same. Right Stan, I'm away." He joined in the file. Before Sgt Jeffrey entered the file he said to me, "Have your tail end charlie keep a good lookout behind him, Stan. We don't want any villagers following us up with a rake over their shoulder pretending they're going into the fields."

The first two kilometres were relatively easy going over flat ground, mostly rice fields. Being in the middle of the dry season, the fields are now bone dry. After half a kilometre the rice paddies gave way to low scrub as we passed through a defoliated area. The area defoliated extends to Baria, in the southeast, as well as Dat Do and Long Dien in the south. The idea of the defoliant is to cut off places like Baria, Dat Do and Long Dien from the Warburtons, preventing the enemy coming and going under the cove jungle.



After clearing the low scrub, we picked up a well-worn and quite wide track headed directly towards the Warburtons. Lt Cosgrove has us follow this, as a subterfuge, until we were near the base of the Warburtons, then we diverged for about half an hour through the light jungle at the base of the mountains. We stopped for fifteen minutes for a very quick lunch and a breather. The day is very hot, and we've had little shade up until now. After something to eat and a brew, we started to climb. The first part of the climb was not too bad, but the climb got steeper the further up we went. Everybody is doing it hard, and the gunners are swapping over from time to time

with their number two. The gunners have their work cut out carrying twenty-three kilos of gun and ammunition plus their pack and working their way up steep inclines through jungle. At times we're pulling up the bloke behind us using toggle ropes to help along the way. Sergeant Jeffrey stops from time to time and checks on everybody as they pass, asking them if they're OK. Their shirts were wet, which is always a good sign.



We stopped on the climb up for one five-minute breather. Lt Cosgrove is anxious to get us to the top, find an ambush site and be under good cover before the enemy has a chance to act on the information, we expect them to have by now. We got to the top at 1500 hrs and there we had another spell until the tail-end charlie, this time Ken Earney, reached the top.

After a ten-minute spell we headed along a saddle and travelled about four hundred metres, coming across a fairly well used track. The primary growth is quite thick and the secondary growth, also thick, affords us plenty of cover. We investigated the track to find a good stretch suitable for an ambush. The part of the track Lt. Cosgrove picked for the ambush runs east and west. He gave his instructions for the ambush to Sergeant Jeffrey who then passed them on to the three Section Commanders.

Next issue "Contact with VC"

HISTORY OF ARMY UNIFORMS & CUSTOMS

The Sam Browne belt

Browne began his service in India in April 1849 as Second in Command of the 2nd Regiment of Punjab Cavalry, the unit which also later took his name (22nd Sam Browne's Cavalry).

On 31 August 1858, at Seerporah, Browne silenced a field gun, single handed, which blocked the advance but during the fighting he received two sword cuts, one on the knee, and the other on the left shoulder which cut off his arm.



The Sam Browne belt is named after Sir Samuel James Browne, VC.

The dress regulations for British Officers of the 2nd Punjabis required members to wear their waist belts under their tunics. Browne found this ungainly with his left arm missing, and devised an external belt, supported on the left-hand (sword) side by a shoulder strap. The belt had two shoulder pieces when a pistol was added.

In the Australian Army a brown leather Sam Browne is worn on ceremonial occasions by officers and Warrant Officers Class One of all corps, except those who wear silver dress embellishments (Armoured, Aviation and Nursing Corps); these members wear a black Sam Browne.

The Slouch Hat

The slouch hat is an object strongly associated with Australian identity.

The Army refers to the slouch hat by its official designation; Hat khaki fur felt (KFF) - to everyone else it is a 'Slouch Hat'.

The word 'slouch' refers to the sloping brim. The brim is made from rabbit-fur felt or wool felt and is always worn with a puggaree.

History has it that the origins of the Slouch Hat began with the Victorian Mounted Rifles; a hat of similar design had been worn in South Africa by the Cape Mounted Rifles for many years before 1885. The design of the Victorian Mounted Rifle hat originated from headgear of native police in Burma where Lieutenant-Colonel Tom Price had recognised its value.



The Victorian hat was an ordinary bush felt hat turned up on the right side. The intention of turning up the right side of the hat was to ensure it would not be caught during the drill movement of "shoulder arms" from "order arms".

By 1890, State military commandants had agreed that all Australian forces, except the artillery corps, should wear a looped-up hat of uniform pattern that was turned up on the right side in Victoria and Tasmania, and on the left side in all other States to allow for different drill movements.

The Slouch Hat became standard issue headgear in 1903 and its brim position was mostly standardised. The slouch hat became a famous symbol of the Australian fighting man during World War One and continued to

be worn throughout World War Two. Its use since that time has made it a national symbol.

General Bridges, the first commander of the 1st Australian Imperial Force, was found wearing his slouch hat back to front when he was fatally wounded at Gallipoli. As a mark of respect and remembrance for Bridges, when the slouch hat is worn at Royal Military College - Duntroon, it has become traditional to wear the chinstrap buckle on the right side of the face and the brim down.

This tradition commenced at the Royal Military College in 1932. However, when the slouch hat is worn ceremonially, for example on ANZAC Day, it is worn in accordance with the wider Army custom - brim up and chinstrap buckle on the left hand side.

Today, Army members wear the slouch hat with the brim down to provide additional protection from the sun when not performing ceremonial duties.

The Salute



Saluting is a military custom by which a soldier signals acknowledgement of the due respect to a superior rank.

Salutes are reciprocated at the highest levels up to and including Heads of State and are indicative of a feeling of mutual trust and respect.

The exact origin of the military salute has been lost in time, but it is believed that it originated by showing that the right hand (the fighting hand) was not concealing a weapon.

Another explanation is that when men-at-arms took to wearing armour, the approaching generals or king would ride forward and, holding the reins of the

horse with the left hand, they would raise the visor with the right to identify each other.

By the beginning of the nineteenth century, the salute with the hand palm to the front was firmly established.

Editor: I recall when I did recruit training at Pucka, the Lance Cpl used to say to us, you are not saluting the uniform in front of you, you are saluting the Queen. Hmmm.

Our 'Skippy' Badge

Courtesy of 1RAR



Upon the establishment of the Australian Regiment a regimental badge and motto were required. Despite the badge being created for the Regiment, much of its inspiration came from the vision of soldiers and officers of the 1st Battalion.

Suggestions for a regimental badge were tendered to the then Director of Infantry, Brigadier I.R. Campbell, in early 1949.

The favoured design was drawn up by Sergeant E.J. O'Sullivan of Intelligence Section 1 RAR and was originally intended solely for 1 RAR.

The design featured a kangaroo, which gave the badge its affectionate moniker, the 'Skippy Badge'. It also featured a wattle wreath creating a distinctly Australian character, coupled with the boomerang, which had been used in the tactical symbology of the 2nd AIF from which the original units of the 34th Brigade (which comprised if the 65th Bn

(1 RAR), 66th Bn (2 RAR) and 67th Bn (3 RAR)). were raised. The crossed rifles were chosen to signify the personal weapon of the infantryman. Finally, the badge was surmounted with a crown because of the Royal title bestowed upon the Regiment.

Three Badges were then made by pioneer platoon, 3 RAR.

They were presented to the original battalions of the Regiment in 1952 (1,2 & 3 RAR). This original, 'Skippy Badge' which is surmounting 1 RAR's gates shows its longevity by featuring the King's crown rather than the Queen's as the current regimental badge now displays.

Aside from graphic adornments, the badge is emblazoned with the simple yet highly appropriate motto, 'Duty First'. The motto was suggested by Major K.B. Thomas MC, who was also serving within 1 RAR. The badge did not begin to be issued in place of the rising sun badge until 1954, however it was appearing on regimental Christmas cards as early as 1949 (Horner).

In early 1949, the Director of Infantry, Brigadier I.R. Campbell DSO wrote to the battalions of the Regiment asking for suggested designs for a Regimental Badge. Several designs were submitted and the one eventually accepted was that submitted by 1RAR, then serving at Ingleburn, NSW. In the early stages of the preparation of a design, it was intended to be the badge for the 1st Battalion only, but subsequently it was decided that one badge would be worn by all battalions of the Regiment.

On the 10 Mar 49 it was announced that "His Majesty King George VI had been graciously pleased to give his approval to the prefix "Royal" being appended to the title of the Australian Regiment".

In the final form of the badge was the combination of many suggestions put forward by several persons.

Those involved in 1RAR's design were LTCOL J.K.A. Kelly DSO Commanding Officer of 1RAR, MAJ T.E. Archer, MAJ K.B. Thomas MC, and SGT E.J. O'Sullivan, the Intelligence Sergeant. The Intelligence Section of the Battalion prepared sketches and assisted in the design. In deciding upon the various heraldic devices for inclusion in the motif of the badge, an early intention was to incorporate the identification signs of the AIF Divisions, which contributed personnel to the 34th Australian Infantry Brigade for the occupation forces in Japan. This proved impracticable because the Sixth Division had a kangaroo, the Seventh Division a kookaburra, and the Ninth Division a platypus, all surmounting a boomerang. At this stage it was decided that it should be a regimental and not a battalion badge, so it was decided to adopt an animal typically Australian but differing somewhat from those of the Divisional Signs. A kangaroo was selected, and the heraldic posture of the beast was to be standing (the Sixth Division kangaroo was leaping) to prevent a direct connection with a divisional tactical sign.

The devices in the badge have the following meaning: the kangaroo, uniquely native fauna and universally accepted as an Australian symbol. The original sketch showed the kangaroo with its forepaws relaxed, but in the badge its forepaws are outstretched. This occurred because the die casters could not achieve proper definition with the paws hanging. The boomerang, a weapon closely associated with our Aboriginal peoples and also related to the tactical signs of the 2nd AIF from which the 34th Australian Infantry Brigade was formed. The wattle wreath, a symbolic Australian flora in bloom, and variation of the laurel wreath which is part of many British and Australian Badges. The Crossed Rifles, this was to

signify the personal weapon of the Infantryman. The rifle was the .303-inch, Short Magazine, Lee Enfield, Number 1, Mark 3. The Royal Crown, it is a representation of the Saint Edward's or King Edward the Confessor's Crown and has been used in the Regimental Badge since new issues became available following the accession of Her Majesty the Queen. Previously a representation of The Imperial Crown was used. A motto for the Regiment was called for and it had to be original, short, and in English. "Duty First" seemed appropriate and was selected because, "The unhesitating and unquestioning performance of his duty is the fundamental requirement of a soldier".

The Regimental Badge was reproduced on Christmas Cards in 1949, but was not issued as a hat badge until early 1954 when the new badges were issued to 2 RAR in Korea, replacing the Rising Sun.

In June 1950, 3 RAR then serving in Japan, had four large badges cast out of spent brass shell cases by members of the Assault Pioneer Platoon. One of these badges was sent to each of the three battalions and the fourth to 1 Infantry Brigade Headquarters. The 1st Battalion's Badge is situated in front of the Guard Room

VALE



**AT THE GOING
DOWN OF THE
SUN, WE WILL RE-
MEMBER THEM
"LEST WE FOR-
GET" OUR
FALLEN AND DE-
PARTED COM-
RADES**

1RAR

ALLEN ERROL MIRANDA
SVN 1965/66, also **8RAR**, C
Coy Malaysia
Passed away 2022

2RAR**WO FRANK MITCHELL MOFFITT**

SVN 1967/68, 10 PI D Coy, also 2 tours SVN with **AATTV** and served with **1RAR**, **3RAR** in Korea, Malaya, and World War 2. Passed away 12 June 2022

WO2 MARCO RAYMOND GIBBONS MID

SVN 2 tours, 1967/68 & 1970/71
Passed away 6 April 2022

JOHN WILLIAM SMITH

Served with **2/4RAR** from 1985 until delinked and then stayed with 2RAR.

Passed away 18 February 2022

DARRYL COOPER

SVN 2 tours, 1967/68 & 1970/71, also served with **4RAR** in Malaya, Borneo
Passed away February 2022

MALCOLM WILLIAM GOULD

SVN 1967/69, C Coy
Passed away 13 February 2022

4RAR**SGT JAMES ANTHONY MORRIS**

SVN 1968/69, also Malaya, Borneo, also **9RAR** 1971
Passed away 20 August 2022

5RAR**DONALD LEO KENNEDY**

SVN 1965/66, 6 PI, B Coy
Passed away 20 Sept 2022

LTCOL CLAUDE (KLAUS?)**HENRY DUCKER (Rtd) MC MID**

SVN 1969/70, OC, C Coy, also Malaya 1957/58 **3RAR**, OC Tracker Team.

Passed away 18 Sept 2022

GUY HAMILTON ANSELL

SVN 1969/70, HQ C Coy,
Passed away 28 August 2022

DONALD BRUCE GIBSON

SVN 1969/70, 12 PI, D Coy
Passed away 26 August 2022

CLIFFORD MALCOLM HINDMARSH

SVN 1969/70, 4 PI, B Coy also **7RAR** 1970

Passed away 22 August 2022

JOHN BAILLE STUBBS

SVN 1966/67, CHQ, C Coy, also Singapore & Thailand
Passed away 26 July 2022

KEVIN JOHN SMEE

SVN 1969/70, CHQ, B Coy and Admin Coy, then **7RAR** 1970 and also **5/7RAR**
Passed away 5 August 2022

EVILLE THOMAS RHODES

SVN 1969/70, 11 PI, D Coy, also **8RAR** 1970
Passed away 19 July 2022

BARRY MAXWELL PEMBERTON

SVN 1966/67, Adm Coy, B Coy
Passed away 19 July 2022

KENNETH GEORGE YOUNG

SVN 1969, Spt Coy, also **1RAR** 1968/69
Passed away 22 June 2022

OLUF BROCKENHAUS-SCHACK

SVN 1969/70. 4 PI & CHQ, B Coy, also **5/7RAR** and **2/4RAR** after SVN.
Passed away 25 May 2022

MAJ JOHN FREDERICK MILLER

SVN 1966/67, OC Admin Coy and OC C Coy
Passed away 21 April 2022

6RAR**WILLIAM JOSEPH WINTERFORD MM**

SVN 1966
Passed away 24 August 2022

NEVILLE DENIS LEHFELDT

SVN 1969
Passed away 12 August 2022

KENNETH RAYMOND ENDERS

SVN 1966/67
Passed away 11 August 2022

MERVYN JOHN JAMES

SVN 1969/70
Passed away 10 August 2022

RICHARD JOHN IRONS

SVN 1969
Passed away 10 August 2022

DENNIS ALLAN SPENCER

SVN 1966

Passed away 6 August 2022

DOUGLAS WILLIAM SULLIVAN

SVN 1969/70

Passed away 29 July 2022

ERIC KENNETH BLAND

SVN 1969/70

Passed away 27 June 2022

BEVEN AUBREY LINGWOODOCK

SVN 1966/67

Passed away 14 June 2022

SGT JOHN ERNEST BEERE

SVN 1966/67 & 1969/70

Passed away 17 May 2022

7RAR**PHILLIP JOHN MCLEAN**

SVN 1970, Pioneers, Spt Coy
Passed away 1 May 2022

SGT ROY SAVAGE OAM MM

SVN 2 tours, 1967/68 & 1970/71
Passed away 7 April 2022

DARYL WAYNE KENNEDY

SVN 1967

Passed away April 2022

JOHN RAYMOND HOWARD

SVN 1967/68

Passed away 3 March 2022

8RAR**CLARENCE JOHN MASON**

SVN 1970

Passed away 22 August 2022

KARL HEINZ ROMICH

SVN 1969/70

Passed away 7 August 2022

DAVID ANTHONY STAFFORD

SVN 1969/70, C Coy

Passed away 11 May 2022

BOSCHO BARLIC

Malaysia, D Coy

Passed away May 2022

CHARLES EDWARD PEARCEY

SVN 1969/70, 8 PI, C Coy

Passed away 6 April 2022

WAYNE GONINNION

Malaysia, 8 PI, Coy

Passed away April 2022

WILLIAM DAVID PATTERSON

SVN 1970

Passed away 27 February 2022

WILLIAM FRANK GLOVER

SVN 1969/70, B Coy

Passed away 26 January 2022

WO2 PETER LAURENCE HEALY

SVN 1968/79, CSM, C Coy,

also **SAS 3rd Sqd**, SVN 1966/67.

Passed away 12 January 2022

**WILHELM JOSEPHUS VAL-
DKAMP**

SVN 1969/70, 10 Pl, D Coy

Passed away 11 January 2022

PAUL STANLEY WILSON

SVN 1969/70

Passed away 2022

GEORGE ALBERT BEAN

SVN 1969/70, and Spt Coy Ma-
laysia

Passed away 2022

**PATRICK JOSEPH PETER
FALLON**

SVN 1969/70, Admin Coy

Passed away 2022

GREGORY RAYMOND FYSH

SVN 1970/71, Signalman

Passed away 2022

DAVID LOUIE JOHNSON

SVN 1969/70, 11 Pl, D Coy and
Malaysia

Passed away 2022

9RAR

KEITH DALE EVANS

SVN 1968/69, Anti Tank.Track-
ers, Spt Coy

Passed away 25 Sept 2022

**BRIG LAURENCE JOHN
LEWIS AM MID**

SVN 1968/69 , OC Coy, also

3RAR

Passed away 12 Sept 2022

RICHARD JOHN LANCASTER

SVN 1968/69, also **1RAR** 1969.

Passed away 11 Sept 2022

COLIN HAMMOND MM

SVN 1968/69, 1 Pl, A Coy

Passed away 9 Sept 2022

SGT ALLAN DENNIS BYRNES

SVN 1968/69, 12 Pl, D Coy,

Passed away 5 Sept 2022

TREVOR RONALD CHAPMAN

SVN 1968/69, 1 Pl, A Coy

Passed away 4 Sept 2022

ROBERT EDMUND CAMERON

SVN 1969, Craftsman, Royal

Corp of Australian Mechanical

Engineers, also **HQ ATF** 1969

Passed away 17 July 2022

**MICHAEL WILLIAM FRANK-
LIN**

SVN 1968/69

Passed away 13 July 2022

JOHN RICHARD WATSON

SVN 1968/69, C Coy

Passed away 13 July 2022

JOHN HAROLD KEEFE

SVN 1968/69, 9 Pl, C Coy, also

HQ ALS 1969

Passed away 7 June 2022

**WO2 THOMAS HENRY
CROSS MID**

SVN 1968/60, 4 Pl, B Coy, also

1RAR 1965/66 SVN

COLIN LESLIE KEAST WIA

SVN 1969, 12 Pl, D Coy, also ,

4RAR 1969

Passed away 20 February 2022

**ANDREW SCOTT MAUNSELL
TURNER**

SVN 1969/70, Assault Pnr, Spt

Coy, also 1969/70, **HQ AFV**

Passed away 13 February 2022

JOHN HENRY PARCELL

SVN 1966/69, Tracker Pl, Spt

Coy

Passed away January 2021

EDITOR'S CORNER

**Victoria Cross: The
Awards Tribunal suggests
the following draft citation**
August 26, 2022

**RICHARD LESLIE NORDEN
DCM**

Private Norden enlisted in the Australian Army on 27 April 1966 and was discharged three years later, having completed his three-year period of service.10 Relevant to this application, he arrived in Vietnam on 5 December 1967, on posting to 1 Australian Reinforcement Unit. On 31

January 1968, he was posted to the 7th Battalion, the Royal Australian Regiment, and on 10 April 1968 was posted to the 1st Battalion, the Royal Australian Regiment (1 RAR).



He left Vietnam on 13 August 1968 after being wounded in action on 5 August 1968. For his service, Private Norden would be eligible for the following: a) Distinguished Conduct Medal; b) Unit Citation for Gallantry; c) Australian Active Service Medal 1945-75 with Clasp 'VIETNAM'; d) Vietnam Medal; e) Australian Defence Medal; and f) Republic of Vietnam Campaign Medal.

Upon discharge, Private Norden served with the Australian Capital Territory Police when, on 26 October 1972, he was involved in a traffic collision while on duty. Whilst there are conflicting dates (30 and 31 October 1972), Private Norden succumbed to his injuries.



The Richard Norden DCM Club within the Duntroon Garrison is named in his honour.

Draft Citation.

Having concluded that Private Norden met the eligibility criteria for the Victoria Cross for Australia and that there is no countervailing reason to not award that honour, the Tribunal suggests that the following draft citation would be appropriate to accompany the conferral of that honour:

For most conspicuous acts of gallantry, for pre-eminent acts of valour and self-sacrifice, and for extreme devotion to duty in the 'AO Surfers' Area of Operations in the Bien Hoa province, Vietnam, on 14 May 1968 during the Battle of Fire Support Base Coral. Private Richard Norden enlisted in the Australian Army on 27 April 1966 and discharged three years later, having completed his three-year period of service.

He arrived in Vietnam on 5 December 1967, on posting to 1 Australian Reinforcement Unit. On 31 January 1968, he was posted to the 7th Battalion, the Royal Australian Regiment, and on 10 April 1968 was posted to the 1st Battalion, the Royal Australian Regiment.

He left Vietnam on 13 August 1968 after being wounded in action on 5 August 1968. On 14 May 1968 during Operation Toan Thang, 5th Platoon, B Company, 1RAR, were ambushed and came under heavy fire from an estimated squad of 7-10 North Vietnamese Army regular soldiers in established positions dug into the ground or in trees, each armed with an automatic weapon. In the initial contact both the forward scout and the section commander were wounded some twenty to thirty metres in front of the remainder of the leading section, which was in turn isolated from the remainder of the platoon due to heavy and accurate enemy fire. Aware that the scout and section

commander had been incapacitated and entirely of his own initiative Private Norden, a member of the leading section, asked for covering fire and ran forward to the wounded section commander across ground that provided him little or no effective cover under heavy enemy fire. He killed one NVA soldier whilst moving forward and having expended his ammunition, recovered that enemy's automatic weapon which he used against further NVA soldiers. He then half-carried, half-dragged the severely wounded section commander back to the section. Due to this initial action the life of the section commander was saved under intense enemy fire. Although himself relatively seriously wounded in his initial move forward, Private Norden again advanced to the forward scout. He was fired on by an enemy soldier but pressed forward and reached the scout, killing the NVA soldier who had been using the scout as a shield. Private Norden, having determined that the scout was dead, then returned to the section, collected grenades and, moving forward for a third time, cleared the area so that the body of the scout could be recovered. His three attacks into the enemy position on his own resulted in the enemy position being secured and likely saved the lives of other members of the platoon. Private Norden showed a complete disregard for his own personal safety, and by his courage, selfless acts and devotion to duty ensured the evacuation and saved the life of a severely wounded man, allowed the recovery of the body of the forward scout, and avoided the potential for further deaths of platoon members. Private Norden personally killed at least three NVA soldiers in this action.

HEALTH & WELLBEING

Setting Boundaries at Work

When we're intentional about setting boundaries, we set ourselves up to do our best work overtime, without burning out

To start, be clear with yourself about the boundaries that help you do your best work – and help you make time for what matters most outside of work. Here are 8 Microsteps to help you set boundaries:

1. Declare an end to the day, even if you haven't completed your to-do list.

As long as you have completed the essential priorities, acknowledge that you can't finish everything in one day. Take time to recharge – your to-do list will be waiting for you in the morning!

2. Let your team know when you'll be offline.

A quick note or away message will make your boundaries visible to others.

3. Block off time for focused work, ideally at the start of your day.

Set a calendar reminder and let colleagues know so they'll be less likely to interrupt you.

4. Put mealtimes on your calendar to hold yourself accountable, and for others to see.

Scheduling consistent mealtimes will help you block time to prepare and enjoy your food. By making it public, you'll send a signal to your co-workers that you're away from your desk and email for a little while.

5. Schedule time off in the next three months.

Often, we neglect to take time away from work until we feel overwhelmed. Proactively setting aside time, even a long weekend, gives us something to look forward to and helps prevent burnout.

6. Twice a day, take a stretch break.

Frequent movement throughout the day can help get your blood flowing and find your focus.

7. Block off time on your calendar for "no meeting" time.

By setting **boundaries** around your hours of peak productivity, you'll create space to focus and address your top priorities.

8. Tell your manager about your most important boundaries.

Start the conversation with compassionate directness. When your manager knows what matters most to you and how you work best, they're better able to support you.

Above provided by EapAssist



Editor: It might be a good idea if you copied the eight points onto a sheet of paper and keep it on your desk at work. Look at it from time to time to let the messages sink in.

SUBSCRIPTIONS 2022

DIRECT BANKING DETAILS

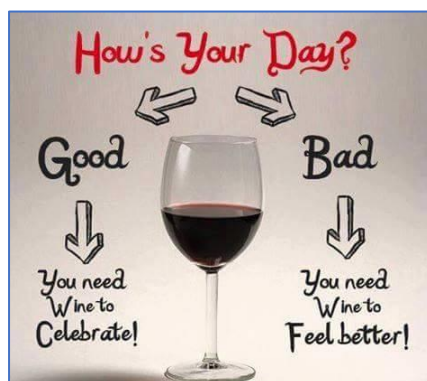
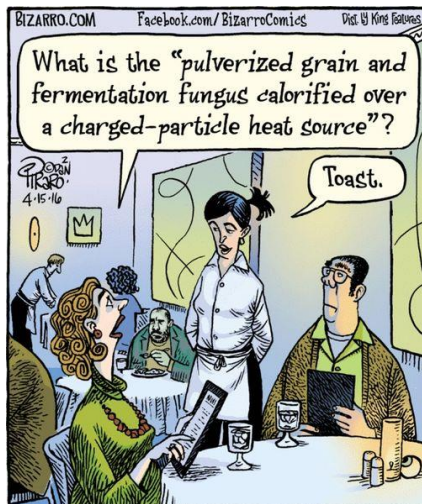
Bendigo Bank
The Royal Australian Regiment Assoc Victoria Branch Inc.
BSB 633-000
A/C No. 154956494

It is still not too late to pay your 2022 subscription. Non-financial members may not be eligible for a Newsletter in the 2023 year. It's only \$30.00, that's a lunch and two pots of beer at an RSL..

HUMOUR

WARNING

When you drink Vodka over ice, it can give you kidney failure.
When you drink Rum over ice, it can give you liver failure.
When you drink Whisky over ice, it can give you heart problems.
When you drink Gin over ice, it can give you brain problems.
Apparently, ice is really bad for you;
warn all your friends!!!



HANGOVER FINALIST WINNER

DISCLAIMER

Information and articles printed in this newsletter is either reprinted from other publications or is derived from verbal or other notes received by the editor. While all efforts are made to verify the information, the opinions expressed by the Editor,

or any other contributors are not necessarily those of the Committee of RARA Victoria Branch. No responsibility or guarantee is given or implied for any action taken by individuals or groups because of information contained within this publication and no liability will be accepted for any loss from such use.

VICTORIA

EXECUTIVE COMMITTEE – 2022

PRESIDENT: John James

alljames@bigpond.net.au
0412 922 042

VICE PRESIDENT: Peter Fraser

3411526f@icloud.com
0429 173 477

SECRETARY, TREASURER & EDITOR: Klaus Cimdins OAM

kcimdins@bigpond.com
0407 525 147

VICTORIAN PADRE: Rev Richard Wilson

richard@thewilsons-s.com
0407 014 595

BATTALION ASSOCIATION REPRESENTATIVES

1RAR: Daniel.Moren@auspost.com.au
0439 819 682

2RAR: Shaun Hughes
shaun.hughes18@yahoo.com
0421 546 494

3RAR: Peter Fraser
3411526f@icloud.com
0429 173 477

5RAR: Doug Bishop
doug.bishop@internode.on.net
0437 653 577

6RAR: Abdur "Rami" Rahman
rahman6rar@gmail.com
0408 009 938

7RAR: Bill Anderson
lastwill@hotkey.net.au
03 9336 1317

8RAR: Bruce Lankford
brucelankford@live.com.au

9RAR: Allan Tonkin
allantonkin150@gmail.com
03 9366 1153

THE ROYAL AUSTRALIAN REGIMENT ASSOCIATION VICTORIA

APPLICATION FOR MEMBERSHIP – 1st January to 31st December 2022

I, (Given Names) (Surname)
wish to apply for membership of the Victoria Branch of the Royal Australian Regiment Association.
If accepted, I agree to abide by Association Constitution and the Rules and By-Laws of the Branch.

Date of Birth On first name terms, I prefer to be called.....

Details of my service with the Regiment are:

Regimental Number Rank Units and dates served

.....(If insufficient room use back of form)

Honours, Awards and/or Post Nominals

Full Residential or Postal Address

..... Postcode

Telephone (Private) (Bus/Fax)

Present Occupation or Retired Yes No (Circle)

Next of Kin Relationship

Address of NOK (if not As Above)

..... Postcode

Enclosed is my subscription for one year's membership

REMITTANCE:

Annual Subscription @ \$30.00 \$

Donation (Optional) \$

TOTAL: \$

Date:

Signed:

..... Direct Payment to **BSB 633-000, Account No. 154956494 with your name included.**

Please make cheques/Money Order's payable to 'RAR Association Victoria Branch'.

Please do not send cash in mail

Send to Secretary, PO Box 6213, FRANKSTON VIC 3199. **For a receipt by return mail, please enclose a stamped, self-addressed envelope.**