



Australian Women's
Army Service 1941–1947



Women's Royal Australian
Army Corps 1951–1984

AWAS WRAAC JOURNAL

MAY 2024



Depression



Normal feelings vs. depression

We all feel sad or 'down' from time to time – it's part of being human.

For young people, it's normal to have occasional mood swings, feel irritable sometimes, and to be sensitive to rejection and criticism.

This can make it harder to tell whether you're experiencing "normal" feelings or whether you are becoming depressed.



What is depression?

Depression is one of the most common health issues for young people in Australia¹.

Depression ("major depression") is a mental illness characterised by feelings of sadness that lasts longer than usual, affect most parts of your life and stop you enjoying the things that you used to.

Symptoms of depression

You may be experiencing depression if, for more than two weeks, you've felt sad, depressed or irritable most of the time, or you've lost interest or pleasure in your usual activities. Other symptoms may include:



Loss of interest in food or eating too much, leading to weight loss or gain



Having trouble sleeping (getting to sleep and/or staying asleep), or over-sleeping and staying in bed most of the day



Feeling tired most of the time, or lacking energy and motivation



Difficulty concentrating and making decisions



Feeling worthless or guilty a lot of the time



Feeling everything has become 'too hard'



Having thoughts of death or suicide

People with depression might have other mental or physical health problems as well, such as anxiety, or using cigarettes, alcohol or illegal drugs excessively.



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From the WRAAC President



Greeting Members and Friends,

The year has started off with a Committee Meeting held at The Shrine of Remembrance on Saturday 24th February. We had a good attendance and rest assured we will be working towards our key events for the year: ANZAC Day, the AWAS/WRAAC Commemorative Shrine Service on Sunday 5th May and the annual luncheon

to be held at Greensborough RSL on Saturday 20th July.

A small group of us attended the International Women's Day presentation by Dr Kirsty Harris which was hosted by the Violet Town RSL on Saturday 2nd March. There is a wonderful mural there "Women in War" (Boer War to current day) external to the RSL



and it is well worth a detour to view it, should you be travelling up the Hume Hwy some time. Please read Liz Rouse-Salmon's article in this issue, as she also attended the official opening in February.

Two of our Committee members, Lyn Board and Sheila Vennells-Praed are looking into the design and procurement for purchase of a WRAAC polo style shirt. We will keep you informed as it can take some time to find

the right manufacturer who can provide, and at a reasonable cost.....more to follow, over.

I look forward to seeing you at the upcoming events.

Best regards,

Dexter Purcell

President



Pedestrian Side Gate WRAAC Badge - Kathleen Best Memorial Gates - WRAAC School Gates.



Many moons ago, in 1981 the WRAAC badge (fig 1) from the WRAAC School pedestrian gate was removed and repurposed as a romantic gift by the boyfriend of a recruit, the badge was later replaced with another (fig 2).

For the story, we will call the repurposed badge WRAAC badge 81 (WB81) and the

replacement badge, (Rep WB).

Quite unexpectedly in 2021 - WB81 and Rep WB found their way to Canberra into the custody of the Canberra WRAAC Association. Interestingly, neither owner knew of the existence of the badges.

Rep WB was found during a tidy-up of 21 Supply Battalion, Moorebank, in the early 90's and it was given

to an ex-WRAAC Officer, no one knew what this badge was for.

It is assumed when the WRAAC School gates were placed into storage, Rep WB did not accompany the Kathleen Best Memorial Gates when they were relocated and re-dedicated at the Commandant's House, Duntroon.

One of the badges has been presented to the Army Museum, Bandiana and the other will be returned to the Kathleen Best Memorial side pedestrian gate.

The story does not finish here, whilst the provenance is proven of WB81, documentation and a photo show there was a plaque on the pedestrian side gates when they were first dedicated and there is some memory of this plaque being there in 1974.

Investigations are continuing to identify the maker and to have the plaque remade, as well as when the plaque was removed, stolen, nicked or repurposed, or if anyone remembers it etc.

A small group of ladies attended the handover of the first plaque to the custodians of the Bandiana Museum, where it will take pride



of place in the WRAAC uniform section. Some travelled from the ACT and Vic to join with local Albury/Wodonga ladies. Lois Hore and I attended, and it was great to meet and chat with everyone at dinner that evening, especially Angela Muir, who moved to Canberra several years ago, from Victoria.

Nola Williams



Thank you, Nola and Lois, for attending on behalf of the Association and your report. Ed



— 2024 —

Calendar of Events

JULY 2024

Sunday 7th	Reserve Forces Day
	Shrine of Remembrance
Saturday 20th	WRAAC Association Annual Luncheon
	Greensborough RSL

11:30 for 12 midday.



Journal Article Submission Deadline



*The deadline for all articles to be
included in the next Journal is*

FRIDAY 21ST JUNE 2024

**Articles can be
posted or e-mailed to:**

Editor AWAS/WRAAC Journal

Postal Address:

**C/- 87 Westmelton Drive,
Melton West, VIC. 3337**

E-mail:

jager_id@bigpond.com

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Ceremonial Officer

Elizabeth Salmon

Sub-Committee

Brenda (Ruby) Walters
Gai Cooke





WRAAC ASSOCIATION (VIC) INCORPORATED



Certificate of Incorporation No.: A0051572X

PRESIDENT: Dexter Purcell
SECRETARY: Carol King

16 RICHARD STREET
WILLIAMSTOWN. VIC. 3016
Telephone: 03 9397 1043

Website: www.wraacvic.com

APPLICATION FOR MEMBERSHIP

I:
(Mrs, Miss, Ms, Rank) (Surname) (Given Names)

Maiden Name (If Applicable): Date of Birth:

Address:

..... Postcode:

Telephone (Home): (Mobile): (Work):

Email Address:

Apply to become a Member of the Women's Royal Australian Army Corps Association (Victoria) Incorporated. In the event of my admission as a Member, I agree to be bound by the Rules of the Association for the time being in force.

Cost of Membership: Annual Membership (\$8.00 per year) Life Membership (\$80.00)

(Circle Type of Membership required) Payment Enclosed: Cheque. Cash. Other.

If paying by EFT; For Bank Details, contact Liz Maclaime

(Please Circle) - Branch of Service. ARA. CMF. ARES. AWAS. OTHER:

Regt No. WRAAC or Unit/s Served/Serving with Approx. Dates

.....
.....
.....

Nominated By.

Name: Membership No:

PLEASE RETURN FORM TO

Mrs Liz Maclaime,

16 Richard Street, Williamstown, Vic. 3016

Telephone: 03 9397 1043 | Email Address: lizardmac@hotmail.com



CONSENT FORM

I consent to the following details relating to myself and my service history being published in the Association Newsletter/Journal and Association website www.wraacvic.com

I understand that this information is for the purpose of advising other members of my joining the Association and with a view to renewing old friendships.

DETAILS TO BE PUBLISHED

Service Number:

Given Names:

Surname:

Maiden Name (If Applicable):

Units Served with Approximate Years Served (Dates)

.....
.....
.....
.....
.....

Signed: Date:

ONLY THOSE DETAILS FILLED IN BY THE APPLICANT WILL BE PUBLISHED

DO NOT COMPLETE THE ABOVE FORM if you do not wish to have your details published. Your decision to publish or not will be respected without question

FOR COMMITTEE USE ONLY: Application Accepted. Yes / No. (Please Circle)

Meeting Date: Receipt No: Dated:

Annual Membership Card No: Date:

Life Membership Card Issued No: Date:

WRAAC MEMBERSHIP

We would like **YOU** to contact any ladies whom you may know who were in the Army (ARA, CMF/ARes) regarding joining the Association.

Please contact our Membership Officer Liz Maclaine on 03 9397 1043 or email ***lizardmac@hotmail.com*** and she will post out the appropriate form.

Contact Details Update

Vice-President Liz Maclaine wishes to thank all for taking the time to return their contact details update forms.

If you have not yet been able to return the form, please do so at your earliest convenience.

If you do not have or have misplaced the green form, we have included the membership contact details here.

Could you please update the following?

Name: _____

Address: _____

Reg. Number: _____

Phone Number: _____

Mobile: _____

Email: _____

Return to: - Liz Maclaine

16 Richard Street Williamstown Victoria 3016

Or: email: lizardmac@hotmail.com



'WOMEN IN WAR'

During January 2024 I became aware that a mural, 'Women In War', was being installed at the Violet Town RSL. As I was passing through on 20th January, I looked out for the mural, and nearly missed it. That is a bit hard to do when it is so long. So, I stopped and took some photos.

On 16 February, the mural was unveiled and dedicated to those women who have volunteered, left home and family and served in the Australian Armed Forces since the Boer War. Several ladies made speeches and one of them was Kirsty Harris PhD, who has a degree in History from the University of Melbourne. Another lady was the current (12th) Regimental Sergeant Major of the Army, RSM-A, WO Kim Felmingham, NSC OAM. It was a bit unusual to see an RSM in a skirt and court shoes with a Sam Brown and carrying a Pace Stick! She really looked the part.

Both ladies spoke very well, and it was an interesting hour as every



lady spoke, including the Federal Member for Indi, Dr Helen Haines.

The mural is 17metres long and is painted from photographs in shades of black and white. It starts at the Boer War, which is the time from which we have records. In those days the women were all nurses and were unpaid - true volunteers.

The Women in War project was conceived in 2019 by Violet Town RSL member, Jenni Kennedy





(Ramage), as a way of honouring local women who had served during time of war. The scope of the project widened to reflect the diverse and extensive range of roles that women performed. Despite this, the aim of honouring local women first, has remained the RSL's focus.

The mural commences from the right with the Anglo-Boer War and concludes on the far left with a panel depicting the role of women

in war in contemporary times. The mural is 17 metres long and almost two metres high. Information boards are placed along the length of the mural to enable visitors to interpret the mural.

It was unveiled on the 82nd Anniversary of the massacre of the Nurses at Bangka Island. The only survivor of which, was Captain Vivian Bullwinkle.

The mural then follows through the wars throughout the 20th Century in which Australian Women have served in the Forces and in the Land Army. World War 1; 1914-1918, World War 2; 1939-1945, Korea, Malaya, Vietnam, East Timor, Kuwait, Afghanistan, and Iraq.

Women are also part of United Nations Peacekeepers around the world. The mural has the photos of the RSM-A and Major General Susan Coyle. The two most senior women in the Army, today.

On 2nd March, I again visited Violet Town and in the Community Hall, Kirsty Harris gave a wonderful talk about the history of women who went to war. They were known to have been part of the 'Baggage Train' during the Napoleonic Wars. They were at the Crimea, in the 1850's. And it is suspected they may well have been in the Sudan, in the 1880's.

Women were not always in uniform but formed part of the



support services to the soldiers in the field for centuries, as cooks, washerwomen, nurses, and various other duties. Some even pretended to be men and fought in the front line. Just as well they didn't have to undergo a thorough medical!

Since 2013, all restrictions on the employment of servicewomen have been lifted. You can be a tank driver, fighter pilot, Commando, gunner, ship's commander, be a submariner. All you have to do is be able to do the job. So

different from when I joined the Citizens' Military Forces in 1968.

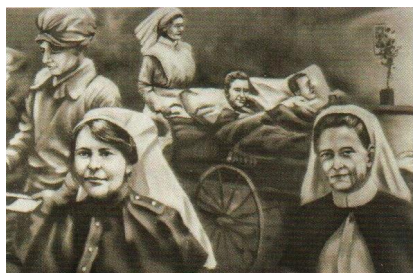
I wish all our Soldiers, Sailors and Airmen and Airwomen all the very best in their chosen careers. I was just born 50 years too early.

Kirsty Harris has written a book, 'More than Bombs and Bandages'. I haven't read it but intend getting a copy.

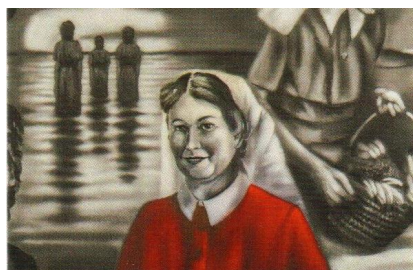
Elizabeth J.A Rouse Salmon



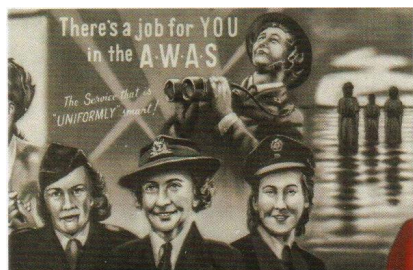
PANELS FROM THE MURAL



Sister Frances Mackay (left), born in Violet Town, served in World War I. She was one of five Violet Town women who, as trained nurses, worked overseas in the Australian Army Nursing Service (AANS).



A group of 22 army nurses, captured by the Japanese on Bangka Island, Indonesia, were killed on 16 February 1942. Only one - Vivian Bullwinkel (pictured) - survived, and she became one of 38 army nurse prisoners of war, both in Indonesia and in Japan.



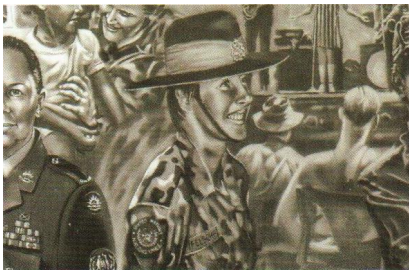
Pictured are three local women: Alicia Lindrum (nee Hoskin) who served as a driver to US General Douglas MacArthur in Melbourne in 1942 (left), Sister Beryl Swallow who nursed in Royal Australian Naval Nursing Service (centre), and Aircraftwoman Beryl Ramage who served with the Women's Australian Auxiliary Air Force (right).



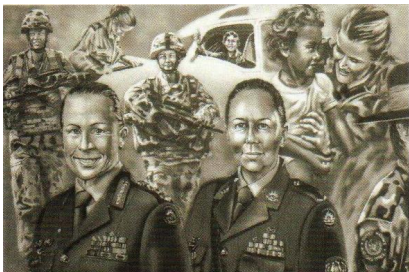
In June 1950, forces from communist North Korea invaded South Korea. Australian army nurses served in forward medical areas where they prepared soldiers for evacuation to hospitals in Japan. The soldiers were cared for by RAAF nurses on evacuation flights.



In 1955 Australian troops accompanied by Army nurses deployed to Malaya in support of Commonwealth Forces. These nurses (rear right) are boarding their ship for the Malayan Emergency. Australian women had a variety of roles in the Vietnam War in South Vietnam, Lieutenant Margaret Ahern nurses a Vietnamese child in 1969.



Since the Vietnam War, ADF women have been engaged in a variety of roles in wars, and on peacekeeping and peace monitoring operations. Army Major Susan Felsche (right), a doctor, became the first Australian service woman to die on an overseas military operation since World War II. Captain Angela Devlin (rear) nurses a child in the Solomon Islands.



Women are now fighter pilots and commanders of ships, drive tanks and serve in infantry battalions. Women have also risen to the highest levels of command and rank. Pictured are Major General Susan Coyle, AM, CSC, DSM (left) who was appointed as Commander Forces Command in 2022 and Warrant Officer Kim Felmingham, NSC, OAM (right), appointed the 12th Regimental Sergeant Major - Army in 2022.



ACKNOWLEDGEMENTS

The President of the Violet Town RSL Sub-branch, James Howden, wishes to thank and acknowledge the following groups and individuals for their contribution. The mural backing was fabricated and painted in the Violet Town Men's Shed and erected by RSL members with the help of members of the Violet Town Football Netball Club.

Benalla-based artist Tim Bowcell and his son Sam painted the mural based on photographs drawn from various historical and other sources.

Funding for the installation has

come from the State Government, Shire of Strathbogie, Violet Town Action Group, Violet Town Lions Club, Violet Town Op Shop, Violet Town RSL, and local individuals.

Assistance came from Greg Kirk, Violet Town History Group, Brian Garrett, and the relatives of those memorialised.

The Violet Town RSL club members are justifiably proud of what we have achieved in completing this project. We feel that by honouring these women, we are providing a lasting legacy.



The principal members of the Violet Town RSL Sub-Branch responsible for the mural, honour board and sign research, writing, construction, preparation, and presentation are Jenni Kennedy, Neil Garrett, Joan Brown, Ron McIntosh, Joe Martin, Kirsty Harris, Brian Crook and Garry Faux.



A group from our Association joined with Dexter and Liz in Violet Town for the Women in War event.

They are Trish Anderson, Dexter

Purcell, Liz Salmon, Dr. Kirsty Harris; from Violet Town RSL, Judy Wright & Mary Kelly.

Ed.





THREE ARMY SERVICEWOMEN CURRENTLY HOLD THE ROLES OF SENIOR POSITIONS IN THE AUSTRALIAN DEFENCE FORCE

DEPUTY CHIEF OF ARMY

MAJOR GENERAL CHERYL PEARCE, AM, CSC

Major General Cheryl Pearce was appointed Deputy Chief of Army on 5th June 2023.

Major General Cheryl Pearce graduated from the Officer Cadet School Portsea in December 1985 and commissioned into the Royal Australian Corps of Military Police. Major General Pearce has extensive



experience both in and out of Defence. She has been employed in a range of regimental command positions within the domestic and operational environments, as well as various staff appointments at the tactical, operational, and strategic levels of Defence.

Major General Pearce commanded the Defence Police Training Centre and 1st Military Police Battalion over the period 2003 to 2006 and in recognition of her exceptional service during her four-year command tenure, she was appointed a Member of the Order of Australia. Following numerous staff positions across Headquarters 1st Division, Army Headquarters, Australian Defence College, Joint Capabilities and Special Operations, in 2017, she was appointed as the Commandant of the Australian Defence Force Academy.

Major General Pearce's operational experience includes deploying as part of the United Nations in East Timor in 2002 where she was awarded a Chief of Defence Force Commendation for Bravery, and in 2016 as the Commander Task Group Afghanistan where

she received a Commendation for Distinguished Service. More recently, from 2019 – 2021, Major General Pearce was assigned as the Force Commander, United Nations Forces in Cyprus. Here, she received a Conspicuous Service Cross for her outstanding achievements.

Upon returning from Cyprus, Major General Pearce served as the Deputy Commissioner Australian Border Force with the Department of Home Affairs from 2022 – 2023.

Major General Pearce attended the Australian Command and Staff College in 2001 and Higher Defence College in 2013. Her post-graduate qualifications include a Graduate Diploma of Management in Defence Studies from the University of Canberra, Masters of Intelligence, Policing and Counter Terrorism from Macquarie University and a Master of Arts (Defence Studies) from Deakin University.

Major General Pearce has a partner, Paul, two daughters, and remains an enthusiastic (albeit slow) participant in long distance running and triathlons.



**FORCES
COMMANDER**
**MAJOR GENERAL
SUSAN COYLE, AM,
CSC, DSM**



Susan Coyle completed a Bachelor of Science degree at the Australian Defence Force Academy before graduating from the Royal Military College in 1992 into the Royal Australian Corps of Signals. She assumed her current appointment as Commander Forces Command in November 2022.

Major General Coyle has worked at the tactical, operational, and

strategic level in a variety of command and staff appointments. She has commanded at every rank, including Commander Joint Task Force 633 (2020), Commander 6th Brigade (June 2017 - 2019), inaugural Commander Task Group Afghanistan (2015), and Commanding Officer 17th Signal Regiment (2009-10). She has seen operational service as the J6 Communications on Operation

CITADEL in East Timor (2002), Officer Commanding 104th Signal Squadron on Operation ANODE in Solomon Islands (2004), Deputy Commander – Afghanistan, transitioning into Deputy Commander JTF 636 on Operation SLIPPER before raising Task Group Afghanistan on Operation HIGHROAD (2014-2015), and Commander Joint Task Force 633 on Operation ACCORDION (2020). Key staff appointments include Head Information Warfare, Chief of Staff / Director Workforce and Behaviours within the First Principles Review, Director Soldier Career Management – Army, Directing Staff / Director of Studies Land at the Australian Command and Staff College,

Military Assistant to the Deputy Chief of Army and Aide-de-camp to Commander Australian Theatre.

Major General Coyle holds post-graduate qualifications in a Master of Strategic Studies from the United States Army War College, a Master in Organisational Development and Strategic Human Resource Management from the University of New England, and a Master of Management in Defence Studies from the University of Canberra. She is a graduate of the Australian Institute of Company Directors, the Australian Command and Staff College, the United States Army War College as a Distinguished Graduate, the United States Combined Joint Force



Land Component Commander Course, the Senior Executives in National and International Security at Harvard Business School and Australian Joint Task Force Commanders Course.

Major General Coyle has been appointed a Member of the Order of Australia for Commander Joint Task Force 633, a Distinguished Service Medal as the Deputy Commander JTF 636 / Commander Task Group Afghanistan on Operation SLIPPER / HIGHROAD, and a Conspicuous Service Cross as the Commanding Officer 17th Signal Regiment. She has also received a Chief of Joint Operations Command Commendation as Officer Commanding 104th Signal

Squadron on Operation ANODE, and a Commander Australian Theatre Commendation as Staff Officer to the Commander Australian Theatre Joint Intelligence Centre. Whilst posted to the United States she received the U.S. Army Commendation Medal as the 11th Signal Brigade Satellite Engineer.

She is married to Mark, an Engineer in the Army, and together have three wonderful and mostly charming millennials – Jessica, Susie, and Jack. Her hobbies include attending musical theatre, reading anything and travelling anywhere.



REGIMENTAL SERGEANT MAJOR - ARMY

WARRANT OFFICER KIM FELMINGHAM, NSC, OAM



On 01 July 2022, Warrant Officer Kim Felmingham commenced her appointment as the 12th Regimental Sergeant Major - Army.

Warrant Officer Felmingham enlisted in the Australian Regular Army in July 1986 and became a Medical Attendant in 1990. She has had a balance of trade,

instructional, regimental, and operational appointments throughout her career. Her first appointment as a Regimental Sergeant Major (RSM) was in 2006. Her subsequent appointments have provided her the opportunity to gain extensive experience from the tactical to strategic levels of command. She has extensive



all-corps training experience due to instructing at each level of Army's All Corps Soldier Training Continuum from the Recruit to the Regimental Sergeant Majors Course, and the United States Army Sergeants Major Course. Warrant Officer Felmingham has deployed on operations at every rank level from Junior Non-Commissioned Officer to Warrant Officer.

Warrant Officer Felmingham has had significant professional development opportunities across combat and combat service support environments. These opportunities include attendance at the United States Army Sergeants Major Academy in 2007, Faculty Advisor, Military Operations Division in 2008, RSM JTF 633 in 2013 and attendance at multiple international seminars

and leadership conferences in the United Kingdom, Canada, South Korea, and the United States of America. In 2018, Warrant Officer Felmingham attended KEYSTONE at the National Defence University, Washington DC which provided her development in current United States of America strategic interests, Department of Defence capability, foreign policy and military strategy.

Warrant Officer Felmingham has been awarded the Nursing Service Cross in 2000, the United States of America Meritorious Service Medal in 2010 and the Medal of the Order of Australia in 2018. On 14 June 2023, Warrant Officer Felmingham was inducted into the International Military Student Hall of Fame at the United States Army Non-Commissioned Officer

Leadership Centre of Excellence Sergeants Major Academy, for her proven leadership and significant contribution to Australia's Defence Force.

A career highlight for Warrant Officer Felmingham was her appointment as the Regimental Sergeant Major, 2nd Division. This appointment provided her the opportunity to be an ambassador for reform and change due to

the division's unique, integrated, diverse, and dispersed workforce.

Warrant Officer Felmingham is a Director on the Board of the Army Amenities Fund which provides amenities and related services to Army members and their families.

Biographies reproduced from the Official Australian Army website:

<https://www.army.gov.au/about-us/leadership>



WRAAC SOCIAL GROUPS



What a wonderful day was held at Seaford RSL when 36 ex WRAAC gather for the Feb function of the WRAAC Social Group. Included in the group were; Lorraine McDougall, Vera Duane, Deborah Pearce, Jodi Sinclair, Bronwyn Rowleson, Pam Phillips, Margaret Jager, Sheila Vennells-Praed, Judy Stewart, Jenny Hayes, Kate Burgess, Bev Kummerlowe and her daughter, Margaret Handte, Ursula, Liz Maclaine, Dexter Purcell, Carol (from WA), Mary Kelly, Lyn Board, Gay Markey, Bronwyn Flack, Melissa Bell, Susan Sayers-Phillips, Denise Warren, Nola Williams, Karen Martin, Ruth Ogden, Daniela O'Brien, Judy Landau, & Iris Petrass.



The group meets twice a year, last in October we travelled to Altona RSL (for those who live that side of the city, and Seaford is for the other who live down the Peninsula area. There was lots of noise with laughter and talking, even more so when we had the photo of us all taken. If you are able, we will be meeting again in October the Altona RSL.



**For Details and to attend contact
Liz Maclaine on 03 9397 1043 or
Lyn Board on 03 5989 2553**



Western Suburbs Morning Tea / Lunch Group



NOLA WILLIAMS, BRONWYN FLACK,
JAN DEWITTE, LIZ MACLAINE,
MARGARET JAGER, RUTH OGDEN,
JUDY LANDAU, DEBORAH PEARCE,
JUDY STEWART



DANIELLA O'BRIEN, DEBORAH PEARCE,
BRONWYN FLACK, MARGARET JAGER,
NOLA WILLIAMS, JUDY STEWART, SHEILA
FREEMAN

MEET THE SECOND THURSDAY IN EACH MONTH AT THE MELTON COUNTRY CLUB.

28 – 30 RESERVE RD MELTON 3337
FOR DETAILS AND TO ATTEND,
CONTACT BRONWYN FLACK 0425 261 806 OR
MARGARET JAGER 0418 257 211



Peninsula Ex-Service Ladies Went to the Blue Lotus Gardens in February, then lunch at Frankston RSL.

If you are in the
peninsula area and wish
to know more please
contact:
Sheila Vennells-Praed
0407 357 987

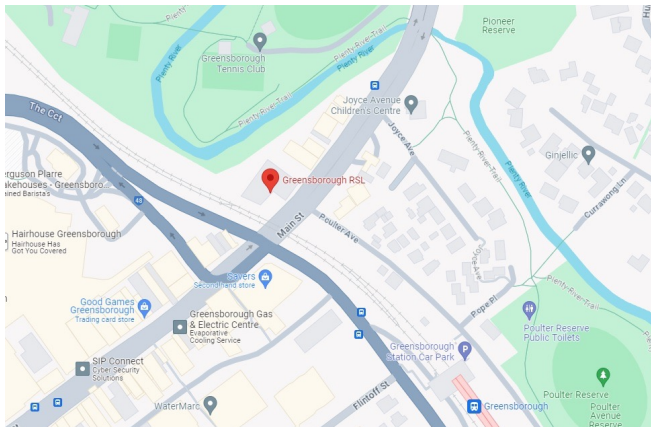


SHEILA VENNELLS-PRAED

WRAAC Annual Luncheon

20th July 2024

**WILL BE HELD AT GREENSBOROUGH RSL
111 MAIN STREET GREENSBOROUGH 3088.
LUNCH COMMENCES AT 1200 NOON.
THE COST WILL BE \$45.00 PER HEAD.
BOOKING FORMS WILL BE AVAILABLE SOON AND
BOOKINGS WILL OPEN THEN.**



VALE

JOY MARGARET FOLEY MCLAREN F32094

8/9/1948 – 21/8/2023

Joy enlisted in the Citizen Military Forces at 3 WRAAC Coy, Highbury Grove Kew Victoria on 5 July 1967.

Joy and I completed our recruit training at 3 WRAAC together and attended our first camp at the Trials and Proving Wing at Monegeetta in February 1968.

It was hot, dusty, and dirty ... the billets had hessian bags to separate them and no curtains on the showers!! A complete shock to most of us!

The flies were atrocious, but we managed to enjoy ourselves, have a laugh and forge friendships that would last many years.

After completing recruit training, Joy was posted to 103 WRAAC Coy RAASC on 20 April 1968.

She returned to 3 WRAAC in



January 1969 and took her discharge as a Temporary Sergeant in October 1969.

We caught up over the years at dinners, lunches and ANZAC Day parades and Joy called in to see me and say hello not long before she passed.



She always talked about how special her time in the CMF meant to her.

Her familiar face will be sorely missed.

Vale Joy.

(Brenda Walters)



LORRAINE ATKINSON F32652

30/7/1954 – 24/12/2023

About 350 people went to say farewell to Lorraine at Croydon Hills Baptist Church on 10 January 2024.

Lorraine was a member of our Association for many years, she was always bright and bubbly, in for a sing a-long and a good yarn.

Attended many ANZAC Day parades, Reserve Forces Day and was an avid Carlton supporter.

There were about 20 Defence personnel including 8 WRAAC who formed a Guard of Honour as Lorraine left on her final journey.



Rest in Peace Lorraine



LORNA ALLEN F38105

PASSED AWAY 14 FEBRUARY 2024

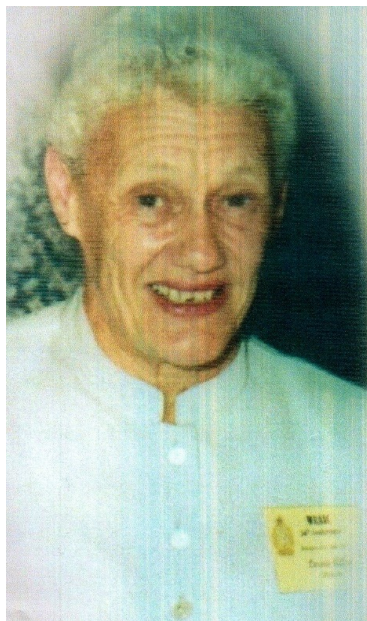
Lorna was a serving member of the WRAAC at the WRAAC

school, Mosman as an Army Driver in 1964 when she met a young Sapper Peter Allen prior to his embarkation to North Borneo (Sabah) with 7 FD SQN RAE, supporting him throughout his military career of 35 years in the Corps and beyond.

Peter and Lorna married on the 8th of January 1966, and were together for nearly 60 years which included over 58 years of marriage. She will be sadly missed by Peter, and, the Allen, and Dickson families.

We offer our condolences to both the families, with the knowledge that Lorna will be there watching over them.

Her funeral was held on Monday 26 February 2024, at 11.00 am in St Christopher's Catholic Church, Heathcote Road, Holsworthy.



Rest in Peace Lorna

PAT COOPER

12/03/1932 – 7/01/2024

REST IN PEACE PAT

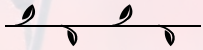




Lest We Forget

**WHEN SOMEONE YOU LOVE
BECOMES A MEMORY,**

**OUR MEMORY BECOMES A
TREASURE**



Sick Parade

To all our members who are not feeling well, our thoughts and prayers are with you. If you wish to have a chat, please do not hesitate to contact a committee member





RA Signals 100 Years

**FOR THOSE MEMBERS OF WRAAC WHO
SERVED WITH RASIGS,**

**THE CORPS IS CELEBRATING 100
YEARS IN NOVEMBER 2025.**

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Travelling WRAAC HellFire Pass by Lois Hore



On the 21st April - 27th April 2023, I set out on a journey for a Special Anzac Day to Thailand to learn about the harrowing events that occurred during the building of the Thai/Burma Railroad in WWII.

This was known as the 'Death

Railway'. Thousands of POW's from several Allied Nations and local civilians paid the ultimate sacrifice with the construction of this railway.

We travelled up to Kanchanaburi, then onto to see 'The Bridge' on the River Kwai. This bridge now





serves as a reminder of the atrocities suffered here during the war. My trip began with me wanting to find out more about the history of this railway and I found the best places to find all this information was at the Kanchanaburi War Museum and the Hell Fire Pass Museum. Many hours were spent in these places learning of all the horrors that had happened during the war. A very emotional experience visiting these two museums. The HellFire Pass Museum commemorates the Allied losses and the story of the railroad construction.



Kanchanaburi is a place of lasting memory, we visited the War Cemetery here and spent many hours visiting every grave, shedding a tear and reflecting on the circumstances as to





why these men had suffered and died. I had no family connections to the Thai/Burma Railway but did visit graves for some other family members that had relatives buried here. Some of

these graves have had no one from Australia come visit their grave site and it gave me some peace to know that these lost



soldiers have not been forgotten. Kanchanaburi War Cemetery is the final resting place of 6,982 allied prisoners who died during the construction of the railway.

We travelled on a train for a few kilometres on this railroad and our thought with the souls that had actually built it. Looking at the terrain it was very hard to imagine how in the world the men had coped in the conditions, jungle, and heat. We visited



areas of Australian POW Camps in the Sangkhlaburi district.

After visiting Mon Bridge which had nothing to do with the Thai/Burma Railway but an interesting bridge to see as it is the largest wooden bridge in Thailand and second largest wooden bridge in the world. It was built in 1986. Following this little diversion, we headed for Three Pagodas Pass up on the Thai/Burma border. This is where the railway crossed into Burma (Myanmar).

We were standing right on the border line of Burma and being watched by the border guard who were fully armed, and I am sure not afraid to fire their weapons, these guards were very young and not at all friendly. I was watching them as closely as they were watching



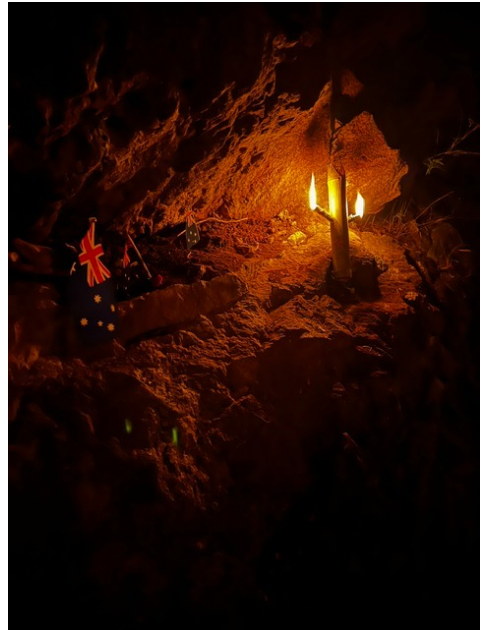


On Anzac Day we left our Hin Tok River Camp site at 0230hrs for long drive ahead to Konya Cutting, HellFire Pass. The gates of the Thai Army base opened at 0300hrs to let the public in for the Anzac Service. First in best dressed for the seating arrangements. We

us. We had one woman on the trip who wanted to cross over the border to touch the railway line as her father had been on that side of the border. It took a lot of convincing and showing her the guards with their weapons and big savage dogs and letting her know they would not hesitate to set the dogs on her. She eventually listened to us to our greatest relief.

After we left Three Pagoda Pass, we headed to Shimo Songkuri POW Camp area where the location of the old cemetery and Cholera Hill had been. Cholera Hill was an isolation area for members of the 'F Force' suffering from Cholera at Shimo Songkurai No 1 Camp.

had to be seated by 0500hrs for the Service to begin at 0530hrs.





the rock every few metres. I was ushered up into a little vehicle which the guide said was one of the vehicles that would take me to the golf buggies. To my dismay



Upon arriving at HellFire Pass we had the option of walking down hundreds of steps to the Pass or to take the easy way by Golf Buggy as it was pitch black and the only lights were lamps/candles stuck in



the vehicle was full of police, I was hauled up into the wrong vehicle. The Police were very nice and did not mind taking me to where I had to go. My thoughts at the time "Oh God been here five minutes now being carted off by Police".





It did make a lighter moment for the sadness that was felt here.

Travelling through the Pass at that hour was very eerie and beautiful at the same time. We had to travel about 800 metres, and I was overwhelmed and in awe of the sight before me. Temperature was well into the 30's at this hour, the candles, poppies strewn along the walk, Australian flags and memorials and photos pinned to the rocks. I think I cried all the way reflecting on this beautiful and peaceful sight at this hour of the morning still

pitch black and birds beginning to stir and sing in the trees.

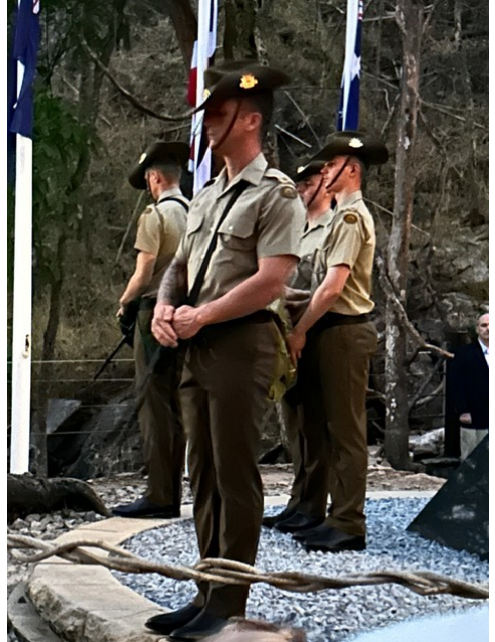
The Anzac Service is one that will stay etched in my memory forever. About a thousand attend the service, mainly from Australia. A very large representative from Thai Armed forces, dignitaries from other countries. The Australian Army Catafalque Party which did an amazing job marching down about 100 steps in darkness with only lamp light. It was a very touching service, a co-traveller Wendy Farnham from Canberra and I laid a wreath on behalf of Matt McLachlan Battlefield Tours.

After the service we attended a Gunfire Breakfast where a pipe band from Bangkok entertained the crowd. HellFire Pass is located in the Sai Yok District, Kanchanaburi Province approximately 3.5 hours from Bangkok.

This is a journey that will stay with me forever and the memory of walking in the footsteps of all those brave young men who paid with their lives to help keep us and Australia safe.

Lest We Forget

Lois Hore





Anxiety



What is anxiety?

Anxiety is like 'worry'. It's an unpleasant emotion that most people feel when something might be risky, frightening or worrying. Everyone experiences mild anxiety when faced with stressful situations, like just before a sporting match or an exam. This kind of anxiety is normal and is our body's way of preparing us to act in difficult situations. Anxiety can actually help us perform better by revving us up and helping us feel alert.



Anxiety can become a problem when it is very intense, happens a lot of the time, feels overwhelming or it interferes with your daily living.

What are the symptoms of anxiety?

Physical feelings of anxiety include an increased heart rate, faster breathing, muscle tension, sweating, shaking and 'butterflies in the stomach'. People with anxiety disorders experience these physical symptoms a lot more often. They might also experience:



- Persistent worrying and excessive fears
- Being unable to relax
- Avoiding challenging situations
- Being socially isolated or withdrawn
- Trouble concentrating and paying attention
- Poor sleep
- Problems with work, social or family life.

What are panic attacks?

Panic attacks can occur as part of any anxiety disorder, but not everyone with anxiety problems will experience them.

Panic attacks are when you are suddenly overcome by strong fear and experience physical symptoms of anxiety, like a pounding heart, difficulty breathing, shaking, feeling dizzy or feeling sick. Panic attacks are short (about 10 minutes) and usually feel frightening and intense. Someone having a panic attack might feel like they're having a heart attack or an asthma attack, or they might fear they're losing control.



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