



Australian Women's  
Army Service 1941-1947



Women's Royal Australian  
Army Corps 1951-1984

# **AWAS WRAAC JOURNAL**

**APR 21**

## WRAAC Association (Vic) Inc.

10 Ledbury Crescent  
BUNDOORA VIC 3083  
Telephone : 0419 371 474  
Website : [www.wraacvic.com](http://www.wraacvic.com)



State President	Margaret Brown
State Past President	Carol King
State Vice President	Liz Maclaine
State Secretary	Carol King

### More Media Group Pty Ltd

Level 2, 85 Queen St, Melbourne, Vic 3000  
GPO Box 839, Melbourne, Vic 3001  
Phone: 1300 781 580 | F: 1300 781 590  
Email: [admin@moremediagroup.com.au](mailto:admin@moremediagroup.com.au)



**DISCLAIMER:** MORE MEDIA GROUP PTY LTD ("Publisher") advises that the contents of this publication are at the sole discretion of the Women's Royal Australian Army Corps Association (Vic) Inc. and the publication is offered for information purposes only. The publication has been formulated in good faith and the Publisher believes its contents to be accurate, however, the contents do not amount to a recommendation (either expressly or by implication) and should not be relied upon in lieu of specific professional advice. The Publisher disclaims all responsibility for any loss or damage which may be incurred by any reader relying upon the information contained in the publication whether that loss or damage is caused by any fault or negligence on the part of the publisher, its directors and employees.

**COPYRIGHT:** All content appearing in this publication is subject to copyright and may not be reproduced without the consent of the author/owner, the Women's Royal Australian Army Corps Association (Vic) Inc. All advertisements appearing in this publication are subject to copyright and may not be reproduced except with the consent of the owner of the copyright. **ADVERTISING:** Advertisements in this journal are solicited from organisations and businesses on the understanding that no special considerations other than those normally accepted in respect of commercial dealings, will be given to any advertiser.

PROUDLY DESIGNED & PRINTED IN AUSTRALIA



# Table of Contents

04	From the Editor	13	Introducing The New Wraac Association Victoria President
06	Calendar of Events		
07	July 2021 Journal Deadline	15	Killara Primary School The Lost Poppies
08	From the President	18	Last Post Service at the Shrine of Remembrance
10	Associations Contacts and Addresses	19	WRAAC Last Post Service
11	Application for Membership	20	Looking Back Cowra POW Breakout

32	Wartime Cookery 1945
36	Book Review The Bird In The Bamboo Cage
38	Congratulations to Jean McAuslan
39	Officer Leaves Home To Soldier On
41	VALE
42	Travelling WRAAC



# From the Editor

Dear members,

Welcome to the first edition of the AWAS/WRAAC Journal for 2021 and we know it will be another heartbreaking period for the Veteran community as commemorative services and functions have been cancelled due to the health risk involved.

Hopefully, we will be able to resume normal activities in 2022:

In this edition we introduce our incoming President, Margaret (Lister) Brown and the WRAAC Association Committee for 2021.

We then look back to 1944 and visit Cowra and reflect on the POW outbreak from the AWAS involvement which was significant.

Our sincere thanks once again to KHAKI circa 1990 for entrusting

us with so much of your history.

Our book review takes us to Shantung Province, China where children from Europe, the United Kingdom and America attend boarding school. It all changes when War is declared, with the advancing Japanese Army creating fear and uncertainty.

We pause to say farewell to our fellow servicewomen we have recently lost and thank them for their service.

Keep safe and well.

Yours in friendship,

*Jude Pinkerton-Treloar OAM*



**Heather Hyatt**

We warmly welcome Heather Hyatt to the Committee this year.

Heather has been part of our invaluable subcommittee for several years assisting the Association every ANZAC Day through her connection with Girl Guides Victoria.

The Guides, always with great enthusiasm, carry our WRAAC and AWAS Banners, thus becoming part of our history on Australia's day of remembrance.

We sincerely thank Heather for her commitment to Guides and the WRAAC Association Victoria.

# — 2021 —

## Calendar of Events

### APRIL 2021

Sunday 25th

#### ANZAC DAY

In Victoria there will be an ANZAC Day Commemorative March in 2021 and only Veterans who served overseas will be able to march. There will be a maximum of 5000 in the march. Those wishing to march will need to register with the RSL before the day.

Other Victorians will be encouraged to pause and reflect as per last year from their homes.

Lest we forget.

### MAY 2021

Sunday 2nd

#### AWAS WRAAC SERVICE TBA

### JULY 2021

Saturday 24th

#### Reunion Luncheon The Bentleigh Club.

Due to the ever-changing COVID-19 rules members will be advised by mail or e-mail regarding bookings for Luncheon.

### ZOOM MEETINGS

Until we have permission to resume our normal meetings at the Shrine of Remembrance the Committee will continue to hold meetings via Zoom.

## June 2021 Journal Deadline

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

**FRIDAY 7TH MAY 2021**

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

Editor AWAS/WRAAC Journal

**Postal Address:**

87 Westmelton Drive,  
Melton West, VIC. 3337

**E-mail:**

[johntreoar1@bigpond.com](mailto:johntreoar1@bigpond.com)

# From the WRAAC President



Dear Members,

Welcome to the first journal for 2021. I sincerely hope you were all able to celebrate Christmas with your families and that the New Year is a big improvement on last year. We are all hoping that in 2021 we will be able to celebrate some of the events we usually enjoy but only time will tell and, of course, we must be prepared for last minute alterations to our plans.

I have taken over as President of the Association and I would like to thank our Past President, Carol King, for a job well done over the last three years and particularly in the last year under difficult circumstances. I would also like to thank the Committee for their commitment, support and hard work.

Our plans for the 70th Anniversary of the formation of the Women's Royal Australian Army Corp were

changed due to Covid but thanks to the Shrine we were able to have a Last Post Service outside on the Forecourt near the Eternal Flame on Sunday 21 February 2021 at 1645 hours. It was attended by seven ex-WRAAC ladies and quite a few members of the public were scattered around on the grassed areas. The service was livestreamed via the Shrine of Remembrance page on Facebook and also on YouTube.

At this stage the annual luncheon has been booked for Sat 24 July 2021 at the Bentleigh Club with a few minor changes to how we are served but, of course, things may change by July. We will keep you posted on what is happening closer to the time.

There is still an element of uncertainty regarding what we can organise

but hopefully with the introduction of the vaccine things will start to improve and it will be much safer for us to arrange events.

Please keep in contact with your family and each other and take all precautions to stay safe. Hopefully things will get back to some semblance of normality.

*Yours in Friendship,*

*Margaret (Lister) Brown*

*President*

# AWAS/WRAAC Journal

## Editor

Jude (Wood) Pinkerton-Treloar O.A.M.  
C/- 87 Westmelton Drive  
Melton West VIC 3337  
Email: johntreloar1@bigpond.com

## WRAAC Association (Vic) Inc.

10 Ledbury Crescent  
BUNDOORA VIC 3083  
Telephone: 0419 371 474  
Website: www.wraacvic.com

## Patron

CAPT Iris Petrass

## Honorary Chaplain

Rev W.G. (Bill) Pugh  
Telephone: 03 9598 5841

## President

Margaret Brown  
Telephone: 0419 371 474  
Email: maggie.rat@gmail.com

## Treasurer/History Co-ordinator

Heather (Rankin) Fry  
Telephone: 03 9795 8472  
Email: hfry44@bigpond.com

## Secretary

Carol (Hamilton) King  
33 Bland Street, Kiama NSW 2533  
Telephone: 02 4233 0956

## Vice President

Liz (Stone) Maclaine  
Telephone: 03 9397 1043

## Membership Officer

Diane Sherry  
Telephone: 0408 553 412  
Email: dishe1946@yahoo.com.au

## Social/Events Sub-Committee

Liz (Stone) Maclaine  
Telephone: 03 9397 1043

## Fundraiser Co-ordinator / Journal

Margaret (Robinson) Jager  
Telephone: 0418 257 211  
Email: jager\_id@bigpond.com

## Committee

Heather Hyatt

## Sub-Committee

Brenda (Ruby) Walters  
Gai Cooke



# WRAAC ASSOCIATION (VIC) INCORPORATED



Certificate of Incorporation No.: A0051572X

PRESIDENT: Margaret Brown  
MEMBERSHIP SECRETARY: Diane Sherry

UNIT 73 / 2 GREMEL ROAD  
RESERVOIR. VIC. 3073  
Telephone: 408 553 412

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.

(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

Miss Diane Sherry,  
73/2 Gremel Road, Reservoir. Vic. 3073  
Telephone: 0408 553 412  
Email Address: dishe1946@yahoo.com.au



## 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](http://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: .....



## INTRODUCING THE NEW WRAAC ASSOCIATION VICTORIA PRESIDENT

*Margaret (Lister) Brown F32214*

My family moved from Tasmania in late 1969 and my sister Barbara and I started working at the Bank of New South Wales in early 1970. We were very close as sisters but had no friends in Victoria so when there was a big advertising campaign in the Herald Sun encouraging women to join the CMF, we jumped at the chance to learn new skills, make friends and have a little bit of extra money in our pockets.

We both enlisted on 31 May 1970 at 3 WRAAC Coy in

Highbury Grove, Kew, Vic.

I served for six years and Barbara for just on a year.

Little did I know that it would be the start of quite an interesting adventure and a lifetime of great friendships and a lot of fun.

After completing my basic training at Kew, I decided to become a training instructor and remained at 3 WRAAC Coy from 31 May 1970 until 16 January 1974. During this time, I achieved the rank of Sgt and





attended three camps at Benalla.

On 16 January 1974 I was detached to 3 Sig Regt for Signals Training. During this year I attended the annual camp at Benalla and completed the basic radio operator's course. The annual camp in March 1975 was at Sandy Point with an RAAF helicopter. We had so much fun and at this time my love of helicopters grew – I was more than happy to take any empty spots on any of the exercises!

On the 16 April 1975 I was posted to OCTU 3 Trg Gp as an officer cadet, completing and passing my first year. Unfortunately, my personal circumstances changed, and I decided not to complete my final year of training and terminated my CMF service. With hindsight and age, I do wish I had completed that final year!!

What a fabulous time I had during those six wonderful years. I have so many happy memories and the friendships have endured for over 50 years. Thank you to all those wonderful women with whom I shared this

very special time in my life.

Having retired from work in 2016, life these days is much simpler. I now spend lots of special times with my five grandchildren (4 girls and 1 boy) with the occasional trip to the UK to visit my sons living in London and Glasgow.

# KILLARA PRIMARY SCHOOL

## THE LOST POPPIES



2020 was a year like no other, but for one school in the heart of Sunbury something wonderful happened on Remembrance Day. Unable to continue their traditional Remembrance Day ceremony, the Killara Primary School staff decided to put together a virtual ceremony of footage taken from

previous ceremonies at the school. This allowed the students and their families to continue the tradition. On the Monday morning after Remembrance Day, when the teachers and students returned to school, they found something they thought they had lost - a Flanders Field poppy

plant flowering and standing strong in their Poppy Garden.

You see, back in 2018 the students had created a garden alongside their ANZAC Memorial that they had hoped would be filled with poppies on Remembrance Day each year. Packets of poppy seeds were planted in the garden and watered by the students, but unfortunately no poppies ever grew. The students and teachers were disappointed, but they decided that instead of having poppies they would plant Rosemary in the garden, as we know Rosemary is also representative of Remembrance Day.

The Rosemary flourished and, with the backdrop of painted poppies, it is a wonderful addition to the Memorial.

In 2020, to our surprise, the seeds that we thought were lost, produced the beautiful rich, red poppy plant that we had hoped for two years before.

Killara is hoping that the poppies will continue to appear each year and be part of our Remembrance Day Ceremonies for years to come.



## KILLARA PRIMARY SCHOOL BOOK PRESENTATION



Margaret Brown, Michelle Huggan & Margaret Jager at Killara Primary School

I had the honour on behalf of the Association, along with Margaret Jager, to present an additional four books, to the Killara School Library.

School Principal, Michelle Huggan was thrilled to expand the Military History section of the library for the benefit of both staff and students. The books were carefully sourced to be of educational and research value.

As this was my first official duty as President it was lovely to feel so welcome by staff and students.

The Association would like to thank Kelli Brogan for arranging the visit and her ongoing commitment to strengthening the bond between Killara and WRAAC Victoria.

The books were, Roald Dahl Going Solo, Women Heroes of World War II, Unbroken by Laura Hillenbrand and The War to End All Wars WWI.

Margaret Brown

# LAST POST SERVICE AT SHRINE OF REMEMBRANCE



## Sundays at 4:45pm on the Shrine's northern forecourt.

Join us at the week's close to remember those who have served and sacrificed so that we may enjoy our lives of relative peace, comfort, and freedom.

This 15-minute service takes place every Sunday\* at 4:45pm and includes bugle calls and piper, Shrine Guard in historic uniform, a wreath-laying, recital of the Ode, and lowering of the flags.

This family-friendly event is the perfect way to end your day at the

Shrine or a day out in Melbourne.

Each service commemorates a different event from Australia's military history.

(\*No Last Post Service is conducted when Christmas Day falls on a Sunday)

How to take part

If you're a veteran or a current serving member of the Australian Defence Forces and would like to take part in a Last Post Service, please contact us to register your interest.

Lay a wreath.

Wreaths and floral tributes are encouraged. If you would like to lay a wreath during a service, please contact us.

Email: [ceremonies@shrine.org.au](mailto:ceremonies@shrine.org.au)  
Phone: 03 9661 8100

# WRAAC LAST POST SERVICE

The last post service held on the 21st of February 2021 acknowledged the 70th Anniversary of the formation of the Women's Royal Australian Army Corps.

A wreath was placed in memory of those we have lost.

Due to Covid 19 restrictions our numbers were reduced to a maximum of 17 attendees.

We hope to hold the service again in 2022.

Margaret Brown, Captain Iris Petrass, Jude Pinkerton-Treloar OAM, Margaret Jager, Bronwyn Flack, Debbie Pearce & Judy Stewart



# LOOKING BACK

## COWRA POW BREAKOUT

*5th August 1944*

Sadly, it was not until a film company decided to make a mini-series about the Cowra POW Outbreak that it came as a surprise to many, there was no official documentation of the Australian Women's Army Service (AWAS) involvement.

So, it took a film company and a group of former AWAS from Newcastle to correct this stunning oversight.

Concerned over lack of records, the War Memorial invited Nell Gould to submit a report, copies are now in the archives and Written History Collection of the Memorial for all to study.

Cowra is situated approximately 314 km west of Sydney approximately a 90minute drive from beautiful Orange.



Lt. Nell Gould O.I.C. 42 AWAS Barracks

Background:

In August 1944 approximately 1,000 members of the Australian Women's Army Service (AWAS) were stationed at 42 AWAS Barracks under the command of Lt Nell Gould.

Also stationed there were three AWAS Ambulance drivers from 2nd Australian Ambulance Car Coy.

When you read Nell's testimony it is chilling to think about the traumatic experience the AWAS endured that fateful day. It had been discussed amongst the AWAS from time to time the possibility of a breakout from 22nd Garrison Battalion POW camp but was that to them, a bridge too far.

This was to be the biggest and bloodiest mass breakout of POWs in WWII.

Thanks to KHAKI (circa 1990) we have an extract from that report that should interest all.

In part it reads,

"Whilst safety precautions were being announced at 42 AWAS barrack the morning of the 5th of August 1944, AWAS Ambulance drivers at the Camp Hospital were being called to action.

Just after 7am Driver Elva Trengrove was summoned by an Orderly and instructed to report to the 11th Camp hospital where the Ambulance was stationed. Her orders were to proceed to the 2nd Australian Recruit Training Battalion.

Accompanied by a Medical Officer from the Hospital, Dr Alan Rosenthal, and with two armed guards, she picked up a wounded Japanese prisoner who had entered the training camp and had been shot. With the wounded Japanese prisoner sitting in the back of the Ambulance, a Chevrolet, canvas back open and no door on the driver's side, she drove the to the POW Camp.

She had no difficulty entering the Camp, passing the bodies of dead Japanese which must have adversely affected her. Captain John Morris, from the Training Camp was in command of operations, and after Driver Trengrove helped the prisoner out of the Ambulance and he was quickly carried on a stretcher by two Formosan POW's, she reported back to Captain Morris.

Captain Morris then instructed her to convey the bodies of two Australian guards which she



Cowra POW Camp with group headquarters buildings in foreground

helped to place in the Ambulance to drive to the Cowra morgue.

There was general confusion in the POW Camp and Driver Trengrove was not given the names of the two dead guards who were Private B. Hardy and Private R Jones.

The two brave guards manned the No 2 Vickers machine-gun and began firing at the first wave of escapees.

They were soon overwhelmed by the Japanese who had breached the lines of barbed wire fences.

Before dying, Private Hardy managed to remove and throw away the guns firing mechanism thus rendering the gun useless.

This prevented the prisoners turning the gun against the guards.

The heroism of Private Hardy and Private Jones certainly saved countless Australian lives and the gratitude of all Corowa should go to these two brave men whose quick action kept the Japanese at bay long enough for the guards to get into action, but the Japanese kept coming in vast numbers

and the two men lost their lives in one of the bravest acts ever recorded in Australian history.

Later that morning Driver Esme Smyth drove one of the Medical officers from the Camp Hospital to the POW camp. She then picked up four stretcher cases, wounded garrison guards from the Cowra District Hospital and transported them to the Australian General Hospital at Bathurst. On the journey she was accompanied by a Sergeant armed with a machine gun.

Just before 1.30am on the morning of the 6th of August, Driver Trengrove was awakened by Captain G Gall, a Medical Officer from the 11th Camp Hospital and walked with him to the Camp Hospital. In the presence of Army Nursing Staff Sisters and staff, she assisted to load the body of Lieutenant Harry Doncaster into the Ambulance and drove his body to the Cowra Morgue.

Lieutenant Doncaster, from one of the training Battalions was with a party of Recruits,

ambushed by the Japanese.

These AWAS drivers continued their duties throughout the breakout always accompanied by an armed guard and one wonders if, at some time they were in a state of shock, so great was their ordeal".

### **Conclusion:**

As you read on, you gain an insight into the character of Lt Gould, a Leader you would have great faith in as her concern for those under her command is the key to their ability to cope with the situation.

Lt Gould draws attention to the trauma AWAS were subjected to as they witnessed the suicide of recaptured Japanese prisoners.

She was also sympathetic toward the AWAS Ambulance drivers who had the task of transporting wounded and dead soldiers and prisoners.

As Cowra was declared an official theatre of war it should also be noted that members of the AWAS were denied benefits afforded to the men who served during the outbreak.

It was only when in 1983, Lt Nell Gould applied to DVA for a Service Pension, amazingly there was no official record of AWAS involvement.

It took many years of persistent work for the women to receive their rightful benefits. How does this happen!

Well, read the report and judge for yourself and give thanks to the young women who served Australia and paved the way for future generations of women following in their footsteps.

Privates Hardy and Jones were posthumously awarded the George Cross for bravery as a result of their action.

For more information go to [www.awm.gov.au](http://www.awm.gov.au)

Or Visit Cowra site <https://visitcowra.com.au/pow-the-breakout>

There is so much information available to help with your research into this significant event as the censorship surrounding the breakout has been finally lifted.

We owe it to the AWAS to never forget their contribution and the subsequent recognition of their role on that day.

# AN AMBULANCE DRIVER'S VIEW THE COWRA OUTBREAK

*NF 450487 Driver Elva Trengrove  
2nd Australian Ambulance Car Company*

Our thanks to KHAKEI for this article.

My transfer from the Headquarters of the 2nd Australian Ambulance Car Company at Kingsford to Cowra because of recurrent bronchitis was a move closer to my home and an area that I knew.

On the morning of 5th August 1944, I was called for at the A.A.M.W.S. quarters by an orderly to report to the 11th Camp hospital for duty as an Ambulance driver.

My expectations were of a normal day. My duties consisted of doing the rounds of the Regimental Aid Posts at the training battalions, perhaps to take patients to the Camp Hospital or the Cowra District hospital. I often had to pick up ill servicemen within the area or transport officers to Dundry League, Orange, for convalescence or patients to the Bathurst Camp Hospital. The necessary maintenance

of my vehicle was another duty which could not be neglected.

Dawn had broken, it was light, but I was still in the dark regarding my duties for the coming day.

I reported to one of the training battalions where an escaped Japanese prisoner with a bullet in his back awaited transport to the Number 12 Prisoner of War Camp.

Accompanied by a Medical Officer, two armed guards and the prisoner, I drove through the town wondering how many prisoners had sought the sanctuary of "Billy Goat Hill" and what danger lurked behind the boulders. We travelled through open countryside now graced by lovely homes and where the beauty of the Japanese Gardens attracts so many visitors. Was this the quiet, friendly, country town where I had hitched a ride on the mail lorry from the



Lt. Nell Gould (left) & Sgt. Joan Kennedy enjoy a cup of tea the morning after the breakout

Railway Station on my way to Cowra High School; where I had walked to sports grounds scattered over the town to play hockey, basketball or vigoro? I had visited friends and collected flowers from some of the lovely gardens for a florist and even ridden my bicycle over the quiet, picturesque countryside.

I was fully aware of the Japanese prisoner seated in the rear of the canvas backed ambulance. The scene at the P.O.W. Camp was one of horror. Bodies of Japanese prisoners of war lay where they had fallen, no longer to call out "Missie" to me. Huts had been destroyed by fire and chaos reigned.

The prisoner from my ambulance was placed on a stretcher and taken away by two Korean or Formosan orderlies. My last memory of him was seeing him bouncing on the stretcher as they ran.

I was shocked to hear that three Australian guards from the 22nd Garrison Battalion had been killed and it was to be my duty to transport two of the bodies to the morgue at the Cowra District Hospital.

The wounded Australian Guards were transported to hospital at Bathurst by Driver Esme Smyth [now Neal]. Our other driver, Jean Kelman [now Patterson] [now deceased], was on leave

arriving back after the breakout.

Normal duties continued for me during the day and in the very early hours of the following morning a Medical Officer came to my quarters and awakened me. I walked with him some distance to the hospital. I drove once again to the morgue, this time with the body of Lieutenant Doncaster. That same day I drove to Orange and Bathurst with patients, accompanied by an armed guard. Shortly afterwards, following an incident which involved soldiers on bivouac, I was to become known as the Mortician's Mate.

In March 1945, I returned to Headquarters at Kingsford and eventually met the first prisoners of war to be flown back to Australia. This time I accompanied another driver and sensed the disappointment of the people lining the streets to welcome them home to see two AWAS in the front of the ambulance and not to be able to obtain a good view of the returned men.

Later I met ships with returning prisoners of war and was able to compare those men and women, some civilians, with the Japanese prisoners at Cowra. Noting the conditions of the returning prisoners,

there was no doubt in my mind that the prisoners at Cowra had received the better treatment.

Some years later I met the daughter and other members of the family of Private Shepherd, one of the guards who had been killed at Cowra. He left young children. As a result of his premature death his family suffered many problems.

On the 45th Anniversary of the breakout, with Keith McGuinness, I laid a wreath at the Memorial Gates of the former POW Camp. Keith was a guard with the 22nd Battalion and was wounded during the breakout.

Over the years I have attended some of the Cowra breakout Anniversaries and have met several of the servicemen and heard of their involvement. I have had the pleasure of meeting Nell Gould, the Lieutenant in charge of 42 AWAS, and some of the girls of her command. I have walked on my own through the two cemeteries and the Japanese Gardens where there is so much beauty, but the memory of the action is long.

Elva Siegert [nee Trengove]  
Driver NF 450487

2nd Australian Ambulance  
Car Company



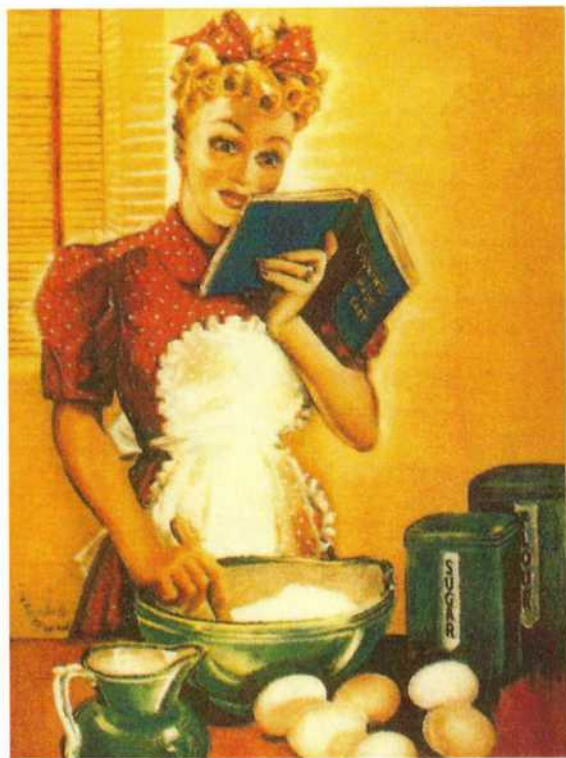
# WARTIME COOKERY 1945

*Published by the Herald Melbourne*

*I love my Mum's Wartime Cookery book not for the recipes but for the joyful words of encouragement and descriptive advice.*

*Price 1/-*

**NO COUPONS REQUIRED**



Let me offer a word of advice; never introduce a meatless dish with an apology.

It only gives the poor thing an inferiority complex.

Sending it in with an air! Call it: Dutch or American, Chinese, or African; but never breathe the words "meat substitute".

## **VITAMIN B2**

A diet well supplied with 'Vitamins A and B1 will also supply vitamin B2.

## **VITAMIN C**

Buy fresh fruit and vegetables- especially paw paw {when in season), oranges, lemons, all berry fruit, and pineapple. To this add such familiar vegetables as tomato, potato, swede, turnip, silverbeet and cabbage. Grow mustard and cress and do not forget parsley.

## **VITAMIN D**

This is the sunshine vitamin, but you can also supply it through fish liver oils, egg yolk, liver, and milk,

## **TWO MINERALS**

Do not forget calcium and iron! For calcium buy milk and cheese. For iron use liver, eggs, wholemeal bread, dried haricot beans, potatoes and your friend, parsley.

## **Don't Force Issues**

Keep your housewifely wits well sharpened: a little guile will often achieve results when direct methods would fail.

If for instance your family look askance at a wholemeal loaf, or wholegrain cereals, educate them by stealth! Give them a crisp wholemeal pastry tart with a brown liver or kidney stew inside. surprise them with a pineapple upsidedown cake made with wholemeal flour. Give them thin wholemeal sandwiches with a mock oyster or mock chicken filling. Use wholemeal crumbs in your meat loaves or diced wholemeal bread in your stuffings. Do interesting things with barley kernels, oatmeal, wheatgrain cereal or rolled wheat.

## Tempting the Appetite

To tempt an invalid, or a delicate child, to take more milk and eggs, try some bewitching puddings; make unusual soups with gay vegetables and a white sauce base enriched with egg yolk; think out novel milk drinks, and if you have a refrigerator make some creamless ice creams.

Here is a novel egg dish as an example: Whisk the white of an egg very stiffly. Pile it into a well buttered small mould. Make a depression in the centre with the bowl of a spoon, Slip the egg yolk into this hollow so that it looks like the heart of a flower. Put into a fairly quick oven until the yolk is lightly set, and the white is stiffened. scatter a little parsley over the white. Serve with bread and butter and a teaspoon.

If an invalid refuses to drink beaten egg and milk, just whisk the egg as if for a sponge cake. When thick as custard, add sugar and flavoring. Serve in a small bowl.

## Tests for Freshness

Having learnt our vitamin guide, let us memorise the tests for freshness. If food is stale it is better left unbought,

### EGGS -

If submerged in a basin of water a fresh egg will lie quietly on the bottom. A not-so-fresh egg will tilt upon end. When a fresh egg is broken there is no unpleasant odor. The white will be clear and hold together, whereas when stale it tends to spread. The yolk in a fresh egg will be firm looking and rounded. A stale yolk flattens out and its color is poor.

### FISH

The eyes should be bright and moist-looking and have a clear, firm appearance. The gills should be red, and the skin color bright and glistening.

The flesh should be firm and elastic when touched (this test is not viable if fish has been in the refrigerator). and the scales should be firm and glitter.

All fish has a typical sea smell, but there should be no disagreeable odor. The essential points to notice are sunken or dull eyes and dull poor skin color.

## POULTRY

Young chicken should have smooth fine textured skin, smooth legs without scales or spurs. limp claws and plump breast.

If the end of the breastbone (farthest from the head) is pressed with the finger it should be pliable (move from side to side).

Old birds show coarse skin- especially noticeable at the neck, long, bony bodies and legs that look as if they had walked far!

Much the same tests apply to turkeys: The feet in a young turkey are black and smooth. In an old bird they are a greyish tint. Also note the eyes -whether black and firm, or dull and sunken,

Young geese and ducks have nice yellow bills and legs.

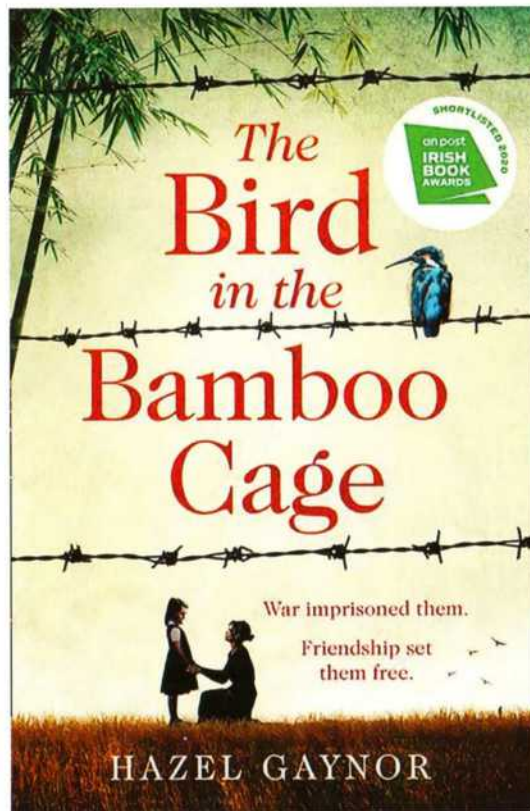
Their beaks will bend and if their windpipes are pressed, they will yield. whereas in old birds they are hard. Old birds also have longer, more lanky necks.

BOOK REVIEW

# THE BIRD IN THE BAMBOO CAGE

*AUTHOR: Hazel Gaynor*

*Harper Collins Publishers*



The author takes us to an Inland China Mission school where children and their teachers are held captive by the Japanese for many years in horrendous conditions, all the time thinking they will never be rescued or see their loved ones again. The discipline and skills acquired as a Brownie/Guide and Scout play a huge role in the survival of the children. It will be of great interest to all former members of the Guides.

From the book dustcover.

China, 1941. With Japan's declaration of war on the Allies, Elspeth Kent's future changes forever. When soldiers take control of the missionary school where she teaches, comfortable security is replaced by rationing, uncertainty and fear.

Ten-year-old Nancy Plummer has always felt safe at Chefoo School.

Now they are the enemy, and, separated indefinitely from anxious parents the children must turn to their teachers - to Miss Kent and her new Girl Guide patrol especially

- for help. But worse is to come when the pupil and teachers are sent to a distant internment camp. Unimaginable hardship, impossible choices and danger lie ahead.

Inspired by true events, this is the unforgettable story of the life-changing bonds formed between a young girl and her teacher, in a remote corner of a terrible war.

*It is a story of hope over adversity.*

*I could not put this book down. Ed.*

*Available at BIG W and Target.*

*Price, \$ 16.00*

## CONGRATULATIONS



**INNOVATOR:** Jean McAuslan was honoured for her work at the Shrine of Remembrance. Photo courtesy Shrine of Remembrance.

Well done and congratulations to Jean McAuslan who was recently honoured for her work at the Shrine of Remembrance.

Jean was one of four people to receive the Victorian Lifetime Achievement Award from Australian Museums and Galleries Association Incorporated (AMaGA)

Many of us would remember Jean and her work with the exhibition titled "Australian Servicewomen from Boer

War to Present" held at the Shrine of Remembrance 2006-2007. During the Exhibition former members of each Service acted as Volunteers to assist the many visitors to the Shrine.

It was a great experience for all involved.

Jean was gallery development manager during construction of the shrine's visitor centre and helped establish it as a hub of education and learning where veterans could share stories with the wider community.

She curated innovative exhibitions exploring art, women's roles, peace and Indigenous participation in the services.

"Through talking to people in veterans' and community groups, including ADF veterans from recent conflicts and refugees who have come here because of war, we collected some amazing material," she said.

*Thank you to one of our members for alerting us to this article from The Senior-Vic Sunday 03 January 2021. Ed.*

## OFFICER LEAVES HOME TO SOLDIER ON

A FORMER army officer has left the proceeds from the sale of her Tweed Heads home to a charity that supports returned war veterans.

According to her friend and executor of her will, Sally Tynan, Margarita Aarts never married or had children.

"She was born Elisabeth Margarita Willy Aarts in Holland and lived through the German occupation; her father was in the resistance and hid Jews in the house and was honoured by the Americans after the war," Sally told The Weekly.

"She immigrated to Western Australia with her parents when she was 17 and went into the women's army in 1961.

"She was a captain in the army, promoted to honorary Major when she was discharged; she

worked in army intelligence during the Vietnam War.

"Margarita was very unlucky and got hit by drunk drivers twice and was invalided out in 1976."

Margarita moved to Tweed Heads in 1987 and bought the house at 49 Charles Street which looked out over the Tweed River to the ocean and lived there the rest of her life.

"She was involved in ten pin bowling and was a level two coach in Wharf Street," Sally said.

"She asked me to be her executor because she had a terminal illness and wasn't going to get any treatment.

"Because of her connection with the army she always had an affinity for returned service personnel.

"She always felt the RSL didn't



The home boasts incredible views of the river

do enough with soldiers from the Iraq War onwards and that's why she found Soldier On.

"There is a lot of PTSD and domestic violence and Soldier On works with the whole family, they are a really, really good organisation.

LJ Hooker Tweed Heads Coolangatta Sales Agent Kristy Thatcher was in charge of the sale and was helped out by Sales Agent Lee-Anne Klaus.

"They did a great job and Kristy has been absolutely incredible," Sally said.

"She has gone over and beyond to get the best outcome.

"I am honouring Margarita's wishes and trying to do the best for her and I think she would be very happy."

Kristy told The Weekly the house was almost a knock down.

"They were paying for a block of land and a view; you can see over the Tweed River out to Cook Island and the sea," Kristy said.

"We did our first appraisal over 12 months ago and the market has just gone nuts, especially in the last three months.

"The new buyer has asked we don't disclose what they paid for it, but the charity will end up with a very substantial amount in their pocket.

"Knowing that it has gone to charity leaves a nice taste in your mouth."

*Rest in peace Major Aarts from your fellow WRAAC.*

*We acknowledge Tweed Valley Weekly for this article.*

*Thank you to Margaret Jager for alerting us to this article. Ed.*



## VALE

**VF 516530 GWEN (FITZPATRICK) WEBB  
OAM**

**ARMY EDUCATION**

Gwen passed away on the 25th of November 2020 aged 98.

Our sincere condolences to Gwen's family and friends.

**VF 516959 DOROTHY (DUSHER)  
JENKINS**

**AUST VEH PARK BANDIANA**

Rest in Peace Dorothy, so many happy memories of Swan Hill Reunions.

**NF 451337 FLORENCE (GREENWOOD)  
MCHUGH**

Our sincere condolences to Florence's family and friends.

**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 or our Chaplain Rev. William (Bill) Pugh – Editor*

# TRAVELLING WRAAC

## EXCURSIONS TO BATTLEFIELDS OF THE WORLD.

*Carol & Grant King*

Grant and I have been very lucky to have had several overseas trips, many of which included well know battlefields. Grant is ex-military, and I have nearly every generation with a member in the military.

In this installment we take you with us on some more of our excursions (in no special order) which we've seen together; Grant has obviously seen a few more having been deployed to Bosnia, Iraq, Afghanistan and East Timor but he was 'flying solo' at the time so we haven't counted them. Please note, the historical information contained was sourced from a number of sites, mostly 'Wikipedia', 'Britannica' and various other WWW sites.



## Gallipoli/Troy

I think it's fair to say for most Australians a pilgrimage to Gallipoli is high on their list and for us this is the battlefield we needed to visit for personal reasons, and we've been lucky enough to go twice. Carol's grandfather fought there as did Grant's grandfather. Like all the WW1 battlefields, and despite seeing photos and grainy film footage, it is impossible to have a good understanding of what the Diggers endured - the freezing cold in winter that chilled their bodies to the bone, then the searing heat of summer and the incessant flies, the cries of the wounded, the sickness, the stench of death, unless you've endured those privations yourself then we'd argue it's impossible to comprehend. Lone Pine, The Nek, Shrapnel Gully, Quinn's Post, ANZAC Cove and more, placenames we all know. The whole Gallipoli operation cost 26,111 Australian casualties, including 8,141 deaths. We were going to do a tour of the battlefields on the 18th of March but were advised not to as this is a significant day in Turkish history as they managed to sink the English ships HMS *'Irresistible'* and *'Ocean'*

also the French ship *'Bouve'* in the Dardanelles. We did a full day tour including the Turkish side and was organised by RSL Tours Boronia. A great tour and for the morning we had the tour guide to ourselves. All highly informative and moving.

Troy (also known as Troia) and the Trojan War were, for a long time, consigned to the realms of legend however, the true location of ancient Troy had from classical times remained the subject of interest and speculation. In Homer's Iliad, the Achaeans set up their camp near the mouth of the River Scamander (presumably modern Karamenderes) where they beached their ships. The city of Troy itself stood on a hill, across the plain of Scamander, where the battles of the Trojan War took place. The site of the ancient city is some 5 km from the coast today, but 3,000 years ago the mouths of Scamander were much closer to the city discharging into a large bay that formed a natural harbour, which has since been filled with alluvial material. Recent geological findings have permitted the identification of the ancient Trojan coastline, and the results largely confirm the accuracy of the



Turkey - Trojan Horse

Homeric geography of Troy. We've all heard the story of the Trojan Horse, so, fact or fiction? After a fruitless 10-year siege, the Greeks pretended to sail away, and the Trojans pulled the horse into their city as a victory trophy. That night the Greek force crept out of the horse and opened the gates for the rest of the Greek army, which had sailed back under cover of night. The Greeks entered and destroyed the city of Troy, ending the war.

The number of troops in the Trojan

horse's belly was initially listed at 30, later numbers however, suggest it was 40. This is where the saying - in various forms - originated, "Beware Greeks bearing gifts".

If you are planning a pilgrimage to Gallipoli, include Troy, it's only about an hour's travel by tourist bus from Çanakkale. The tour we did was an organised and our guide was great fun using lots of Aussie slang, but also give us lots of info. We decided not to climb into the horse, but others did.



The Somme - Le Hamel



The Somme

**The Somme/Ypres/Amiens/Menin Gate - The Western Front - France**

The Western Front, which ran across the industrial regions of France and Belgium, was one of the most important battlegrounds during the First World War. It is where more than 295,000 Australians served between March 1916 and November 1918.

For a nation of our size population-wise, Australia lost so many men on the Western Front; as an example, the 5th Division, was the first to see action during the Battle of Fromelles on 19 July 1916, suffered a staggering 5,533 casualties in a single day.

You often hear how the French have so much respect for Australians because of their actions during WW1, it is still true today. If you mention you are Australian (definitely NOT English) they smile and immediately you are their friend. After attending the Dawn Service at Villers Bretonneux all Australians at the service were invited by the Mayor to breakfast in the town centre and treated like royalty. On one visit to the Victoria school in Villers Bretonneux, many of the children heard our voices and were looking around corners to see "The Australians". There are signs around the school - N'oublions jamais l'Australie ["Let us never forget





Menin Gate Ceremony

Australia "] and the museum that is in the upper floor of the school is well done and brings you closer to the Diggers. On other tours and driving along country roads you find, on most days, piles of old WWI munitions waiting to be collected by the police. The local farmers still risk their lives ploughing the fields. The cemeteries around the Somme are managed by the Commonwealth War Graves Commission and are kept beautifully, it looks like they have been mowed every day, clean

white headstones and small flowers growing at most sites. I must say in contrast; the German cemetery was very 'dark' and not very inviting, but we were told that was deliberate, essentially because the Germans lost the war. The site that moved me the most was the British Thiepval Memorial to the Missing of the Somme Battlefields and bears the names of 72,194 officers and men of the United Kingdom and South African forces. Over 90 percent of those commemorated on the



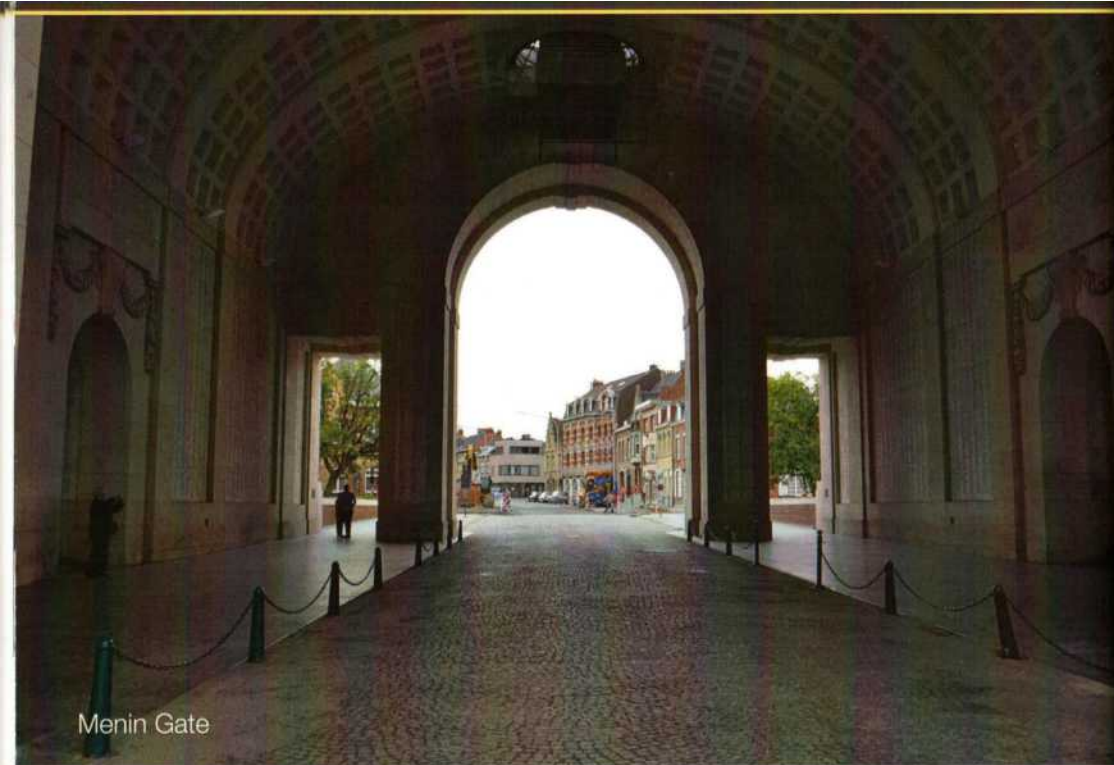
Thiepval Memorial died in the 1916 Battles of the Somme between July and November 1916. The saddest part is obvious when you remember that in England most towns or cities raised their own units and if a unit was wiped out, the town effectively lost almost all its male members.

All the monuments and statues in the area are beautiful and very moving like the "Don't Forget Me Cobber" at Fromelles, The Tower (words of Paul Keating inscribed on the inner wall) and walls of Villers Bretonneux all

built on what seems like the only hill in the area. The area is now farmland and is so quiet, mostly you only hear the wind. The contrast from then to now is profound. The original monument at Le Hamel depicted Sir John Monash and scenes of his victorious combined arms battle. Strangely enough the depiction of Sir Monash bore a striking resemblance to Hitler - a shame. The monument was built in black granite and did not stand up to the weather in France and had to be replaced by a new monument, I must say not as good. The pic is of the original.

Menin Gate/Ypres a beautiful old town, as with the French towns rebuilt exactly the same as they were before bombing. They have a ceremony every night at 8.00 o'clock with four buglers from the Last Post Association playing this haunting, emotional piece of music with, often, an honour guard of visiting or local military associations (ex and current) present. Their promise is that they will have a ceremony every night until they have one for every soldier that died on the Somme. The Gate/entrance to the city has engraved on it 54,896 names of soldiers with unknown graves.

French inscription mentions the citizens of Ypres: "Erigé par les nations de l'Empire Britannique



Menin Gate

en l'honneur de leurs morts ce monument est offert aux citoyens d'Ypres pour l'ornement de leur cité et en commémoration des jours où l'Armée Britannique l'a défendue contre l'envahisseur", which translated into English means: "Erected by the nations of the British Empire in honour of their dead this monument is offered to the citizens of Ypres for the ornament of their city and in commemoration of the days where the British Army defended it against the invader."

Except for the occupation by the Germans in World War II when

the daily ceremony was conducted at Brookwood Military Cemetery, in Surrey, England, this ceremony has been carried on uninterrupted since 2 July 1928. On the evening that Polish forces liberated Ypres in the Second World War, the ceremony was resumed at the Menin Gate despite the fact that heavy fighting was still taking place in other parts of the town.

If you ever in the region, attending a service is a must. The town is lovely, and the museum is also a must to see (I could have spent another day there).



Normandy

## Normandy

During one of our visits to France we stayed in the northern city of Rouen (trying to immerse ourselves in the French language) and played tourist to a number of locations, Honnflour, Mont-Saint Michel, Monet's House and Garden, Giverny and Normandy, in particular Omaha Beach. As this area was so significant for U.S. forces on D-Day, there is a lovely memorial on the beach but also a wonderful museum with an extensive collection of military paraphernalia (almost all American) and quite a number of dioramas which 'paint' a

vivid picture. Like all museums we've visited over the years, there never seems to be enough time to see it all!

The Normandy landings on Tuesday, 6 June 1944 of the Allied invasion of Normandy in Operation Overlord during World War II was Codenamed Operation 'Neptune' and often referred to as D-Day, and was the largest seaborne invasion in history. The operation began the liberation of German-occupied France (and later western

Europe) from Nazi control, and laid the foundations of the Allied victory on the Western Front.

The Normandy invasion began with overnight parachute and glider landings, massive air attacks and naval bombardments. In the early morning, amphibious landings commenced on five beaches codenamed Sword, Juno, Gold, Omaha and Utah, with troops from the United States landing on Omaha and Utah, Britain landing on Gold and Sword, and Canada landing on Juno. During the evening, the remaining elements of the airborne divisions landed. Over 425,000 Allied and German troops were killed, wounded, or went missing during the Battle of Normandy. This figure includes over 209,000 Allied casualties, with nearly 37,000 dead amongst the ground forces and a further 16,714 deaths amongst the Allied air forces.