



Australian Women's
Army Service 1941–1947



Women's Royal Australian
Army Corps 1951–1984

AWAS WRAAC JOURNAL

NOVEMBER 22

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 Australia!

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

Dear Members,

This year has flown by and, as you all know, Covid has had a wide-reaching effect on our lives in many ways including the production of our journal – we were only able to produce two issues this year, so I hope you enjoy this last edition for 2022.

Like most of you I am so glad that winter is over and that the weather is warming up just a little although the rain falling down the East Coast of Australia is causing so much heartache for those living in the flood prone areas. For some this is the second time it has happened this year. You are in our thoughts and prayers.

As you know we welcomed four new committee members this year: Dexter Purcell, Lyn



Board, Sheila Vennells-Praed and Elizabeth Salmon. I am pleased to say that the new members are very knowledgeable especially regarding Army related matters and are proving to be a valuable part of the Committee. Thank you for your input, enthusiasm, support, and the many hours of laughter!

Our luncheon in March was a huge success and was enjoyed by all who attended. The Bentleigh Club was a great location with lots of

THANK YOU FOR YOUR SERVICE

parking but unfortunately it has been sold and closed its doors in July 2022. Finding a suitable venue is always difficult so after much discussion it has been decided to have our next luncheon at Melbourne Zoo. Information will be sent out in due course.

Anzac Day was a small affair but as usual it was enjoyed by those who participated. We constantly hope that perhaps a few more members might venture into the city for this very special day.

Our AWAS/WRAAC Service in May was well attended and once again the Killara Primary School Choir sang "Lest We Forget". We were delighted to welcome Rev Bill and Mrs Lesley Pugh to take part in the service. It saddens me to say that Rev Pugh cannot continue as our chaplain due to his advancing years. They will be missed by the Association but hopefully will still attend our annual luncheon. Rev Pugh thank you so very much for your years of service and for looking after the welfare of our members.

The Committee met on six occasions either via Zoom or in face-to-face meetings. Once again, the Committee worked hard to keep the Association running smoothly and I thank every member of the Committee for their friendship, laughter, commitment, and hard work.

To any members that are unwell, we hope you are up and about very soon. Stay safe and keep in touch with friends and family.

As this is my last President's report, I welcome the new President, Dexter Purcell, and wish her all the very best.

We wish you all a very Merry Christmas and a Happy New Year.

Yours in friendship,

Margaret (Lister) Brown

President



We would like to thank Jude Pinkerton-Treloar OAM, for all the work she has done for our Association. Jude resigned from our committee last year, but still had input into our Journal up until now. Jude has decided not to continue with the Journal and her input will be missed.

Jude also has performed eulogies on behalf of the WRAAC Association for our ladies that have

passed away, a very hard task at times, but Jude does them so professionally it's a credit to her.

We thank you Jude Pinkerton-Treloar OAM and wish you all the best in your retirement

*President and Committee
WRAAC Association Vic Inc*

— 2023 — Calendar of Events

FEBRUARY 2023	
Saturday 18th	Social Group Lunch TBA Contact: Liz Maclaine or Lyn Board
APRIL 2023	
Tuesday 25th	ANZAC Day Check newspapers for details
MAY 2023	
Sunday 7th	AWAS/WRAAC Shrine Service 10am Shrine of Remembrance, Melbourne
JULY 2023	
Saturday 15th	Annual Luncheon 11am Royal Melbourne Zoo

Reserve Forces Day Commemorative Service

Sunday 2nd July @ 9:30am

Shrine of Remembrance

For further details check the Shrine of Remembrance website.

Journal Article Submission Deadline

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

FRIDAY 3RD FEBRUARY 2023

**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

Association Contacts & Addresses

AWAS/WRAAC Journal



WRAAC ASSOCIATION (VIC) INCORPORATED



Certificate of Incorporation No.: A0051572X

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SECRETARY: Carol King

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Heather Hyatt: 0412 230 594
Lyn Board: 03 5989 2553
Sheila Vennells-Praed: 0407 357 987
Elizabeth Salmon: 0438 573 357

Ceremonial Officer

Elizabeth Salmon

Sub-Committee

Brenda (Ruby) Walters
Gai Cooke

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

Mrs Liz Maclaine,
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)

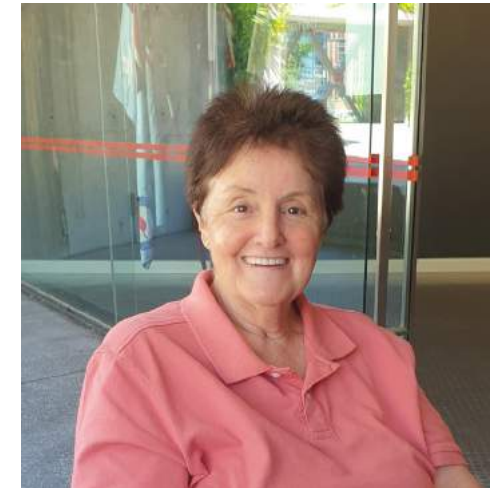
Meeting Date: Receipt No: Dated:

Annual Membership Card No: Date:

Life Membership Card Issued No: Date:

New Committee Members

We would like to welcome our 3 new committee members. We introduced 2 of the new committee members in the last issue and are introducing the other committee member and our new Ceremonial Officer in this issue. These ladies have a lot of army knowledge between them, and we are hoping they have a lot of new ideas.



Sheila Vennells - Praed (nee Vennells) F38205

I was 17 working as a stock clerk at Emily McPherson College in Melbourne when I received a letter from my female cousin in England. It read I have joined the British Army. I thought that would be interesting and made enquires I was so excited it sounded just great. I was first interested in the RAAF, but you signed on for 6 years so then I enquired about the Navy, but you

had to be able to type so I went to evening classes and learnt how to type. However, I then for some reason decided to join the ARMY, so glad I made that decision.

I enlisted at Queens Road Melbourne on the 13th of January 1966, we went to Watsonia for the night and on the train up to Sydney the next morning, what a long trip all dressed in my best outfit not really fit for the train.



We arrived in Sydney and were bused to WRAAC School for our Initial Training course, 103/66 we all lined up on the footpath outside the Q Store, were allocated our rooms, 4 to a room with ladies from another state. We were also issued with our recruit uniforms (wow they were great and so hard to starch and iron). There were 64 of us so we were divided into 2 platoons of 32, I was in No 2 Pl.

On completion of my initial training, I was posted to 31 WRAAC Bks for general duties which was cleaning the barracks and mess stewardessing in the Sergeants and Officers mess, awaiting my clerical course.

I finished my Clerical course at Puckapunyal and was posted to CARO in June 1966. It was a great posting, and I learnt a great deal about the Army. It was during the Vietnam conflict, and I became very attached to the units and soldiers of the records that I was administering,

(Infantry during that period).

I was detached to the 7th Quadripartite Infantry Conference at Watsonia where there were representatives from the USA, UK, Canada, and Australia. I enjoyed that enormously and it was great experience.

I was promoted to Cpl in December 1966 and did my Jnr NCO course in Jan/Mar 1968.

I was promoted to Sgt in July 1968 and did my Snr NCO course in Feb/Mar 1969.

I completed my Advanced Clerical course at Puckapunyal in Nov 1969 and was promoted to SSgt in Apr 1970.

I was then posted to 2 WRAAC Coy Sydney in February 1971 as the Admin ARA Warrant Officer, it was a great posting and made some lifelong friends, I attended the annual camp in March at Singleton.

In June 1971 I was posted to

HQ N Comd (now HQ 1 MD) Brisbane as the Chief Clerk.

During my time in the Regular Army, I enjoyed being part of many WRAAC Corps Day Parades and witnessing Her Majesty Princess Margaret inspect the Parade in Sydney.

I also enjoyed being part of the interservice swimming and softball teams, taking part in the WRAAC Olympics at Enoggera, QLD in 1974.

I was discharged from the Regular Army in January 1975, when I transferred the next day to the Army Reserve.

I was posted to HQ 1 Div. for duty at HQ 1 MD from January 1975 full time duty, until a replacement was posted in.

I was then posted to 1 RAAPC Det as the Admin WO and promoted to Warrant Officer class 2.

As I was now a civilian, I started working for ANSETT Airlines in Brisbane and in April 1977 was transferred to Sydney

Airport, so I then transferred to 2 RAAPC Det Randwick.

In October 1979 I transferred to HQ 2 Div. (ORPAC- the A Res equivalent of CARO). Then in November 1980 ANSETT, transferred me to Melbourne, where I then joined 3 ARRLS.

What a great time I had in the Army Reserve attending many camps and meeting so many great people.

On the 1st of January 1985 I was appointed a Captain (PSO) and posted to 3MD RAAOC (not happy that I had to leave my WRAAC) for duty with ORPAC 3 MD.

In February 1993 I was posted to MON UR, as an Admin Officer. What an eye opener that was as I had never been in an arms unit before. What great fun being with the cadets and going on their training weekends, I learnt so much. The whole staff at MON UR were just great and helped me out so much with the infantry active stuff that as WRAAC I had not been trained in,



such as being allowed to fire a rifle.

In January 1995, I was posted as a student to 3 Trg Gp Command and Staff College, Watsonia to train in the intermediate phase 1 course.

Gosh that was a learning curve and I enjoyed so much. I completed the requirements of Sub-Unit Command, Military Management and Unit Tactical Operations, in August 1995, and was posted to 3 Trg Gp. Then in July 1996 was posted to 4 BASB, as the recruiting officer.

Due to personal/family problems I then went inactive in October 1996 and finally retired in June 2005.

What a great time I enjoyed in the ARMY. I am so pleased I made that decision all those years ago, but do enjoy my time getting together when we can with my friends, I made many years ago and listening to the stories of the ladies

when they were in the ARMY.

After leaving Ansett airlines I then joined the City of Frankston as the payroll officer in 1981 until 1999, during that time I went to university to study Industrial Relations and Employment Law. In 1996 I then went to Frankston TAFE and became an instructor of employment law and Human Resources. I retired in 2013. The Army taught me a great deal about people and training and about myself.

ENLISTED		
	ARA	Jan 1966
	31 WRAAC Bks	Feb 66 – Jun 66
	CARO	Jun 66 – Feb 71
	2 WRAAC Coy	Feb 71 – Jun 71
	HQ N Cmd	Jun 71 – Nov 74
	DSU Brisbane	Nov 74 – Jan 75
	Ares	Jan 75
	HQ 1 Div	Jan 75 – Feb 75
	1 RAAPC	Feb 75 – Apr 77
	2 PAAPC	Apr 77 – Oct 79
	HQ 2 Div FF Gp	Oct 79 – Nov 80
	3ARRLS	Nov 80 – Jan 85
PSO CAPT		Jan 85
	HQ 3 MD (ORPAC)	Jan 85 – Feb 93
	MON UR	Feb 93 – Jan 95
	Staff College	Jan 95 – Sep 96
	3 TRG GP	Sep 95 – Jul 96
RETIRED		Jun 05





**Elizabeth Jane Antonia Rouse,
F32157 I 8235976**

Enlisted: 20 Nov 1968, 3 WRAAC
Coy, Highbury Grove Kew, VIC

Recruit Camp: 1-14 Mar 69, Site
6 Scrub Hill, Puckapunyal

Posted: 1 Oct 69 to 3 Div Int Unit

Promoted: Corporal: 1 Oct 70

Promoted: Temp Sgt: 1 Jun 71

Promoted: Substantive Sgt: 1 Oct 71

Joined Victoria Police: 14 Aug 72.

Posted: 1 Jan 74, HQ CRAEME,
3 Div, Sgt Clerk Adm

Posted: 1 Jan 76, 3 MP
Coy, Sgt Clerk Adm

Posted: 1 Jan 78, OR Trg Wing, 3
Trg Gp, Puckapunyal, Instructor

Promoted: Warrant Officer
Class 2: 13 Apr 78.

Posted: 1 Jan 83(?) SSM, Trg Sqn,
6 Engr Gp, Batman Ave, Melbourne

Posted: 1 Jul 89(?), Monash
University Regiment
(MonUR), CSM HQ Coy

Posted: 1 Jan 94, HQ 3 Div, Sup
Sgt, Queens Rd, Melbourne

Posted: 1 Jan 95, CSM, 4
Fd Sup Coy, Oakleigh

(became part of 4 Brigade
Administrative Support
Battalion, 4 BASB)

Posted: 1 Jul 97, Career
Manager, RAAOC, Army
Personnel Agency (APA)

Victoria Barracks, Melbourne.

Promoted: Oct 97, Warrant
Officer Class One

Posted: 1 Jul 2000, Admin
Support, 4 BASB, became 4
Combat Services Support Battalion,
4 CSSB, Wangaratta Det.

Posted: 1 Jul 02, Placed
on Standby Reserve.

During 2003 and 2004 performed
Admin Duties at Melbourne University
Regiment, Puckapunyal and Carlton.

August 2002 Joined the Australian
Army Cadets, 33 Army Cadet
Unit, (33 ACU), Wangaratta
as an Instructor of Cadets.

19 Feb 09, admin Comd and
later OC, 33 ACU, Wangaratta.
August 2013, Promoted: Captain
(Australian Army Cadets (AAC))

9 Apr 2014, Discharged from the
Army Reserve having reached
Compulsory Retirement Age.

1 Jul 2020, Retired from the
Australian Army Cadets.

Total Service, or wearing the Queen's
Uniform, 51 years and 7 months.



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



LOST MEMBERS

The Association has lost contact with some of our members.

If anybody can help with current contact details (phone number, email address or street address) of the members listed below, please contact the Membership secretary.

Liz Maclaine

16 Richard Street Williamstown Victoria 3016

Or: email: lizardmac@hotmail.com

MAJ JAN ALLEN Nee MILNE

CPL DOROTHY BERRY

MS SHIRLEY BROWN

MS MARILYN DELL

MISS JOANNE DOOLAN

MS PAMELA HUNT Nee WALSH

MS ANGELA JONES

MS CARLA DE KOUSEMAKER

MRS LOIS MORRISON Nee McLEAN

MRS JOYCE PAYNE

MRS WENDY RUNDELL

MS DEBBIE UMPLEBY

MS SALLYANN WELTON



ANZAC DAY 2022



The only information we were given prior to the march was to line up on Swanston Street on the Flinders Street Station side and amazingly we did manage to meet up around that location.

After speaking to 3 different ANZAC Day Marshall's, in 3 different locations and being told 3 different places, we eventually walked up to Collins Street and then marched

down Swanston street where we formed up behind the AWAS banner. To say it was well organised is a complete understatement!!

The WRAAC Ladies proudly Marched down Swanston Street behind our banner carried by a Girl Guide called Maddy.

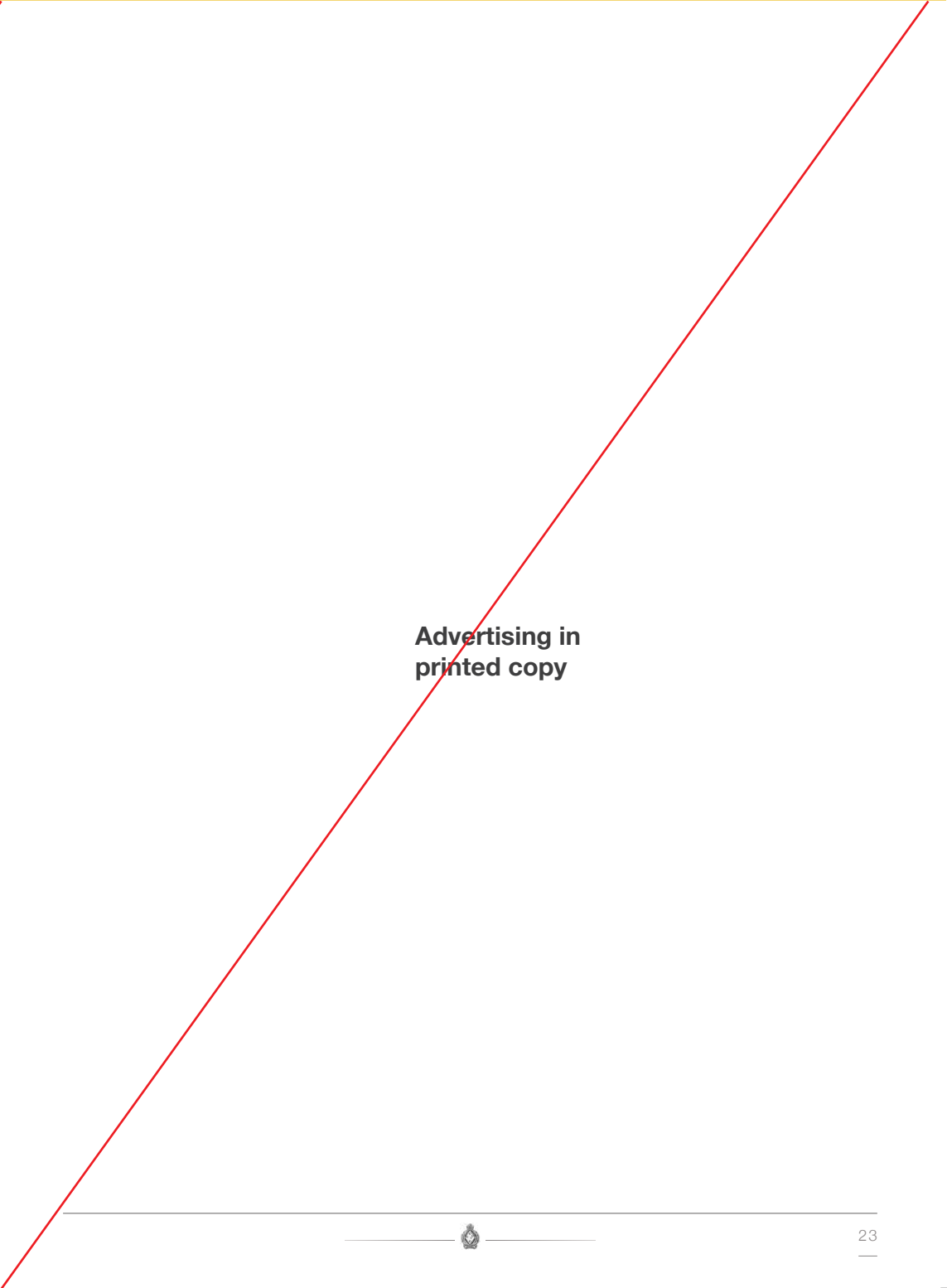
Well Done, Ladies

Advertising in printed copy





**Advertising in
printed copy**



**Advertising in
printed copy**



AWAS / WRAAC SHRINE SERVICE

Advertising in
printed copy

It was so good to see so many people attending the Shrine Service on a chilly morning in Melbourne. We would like to thank Rev. Bill Pugh for taking part in the service and for all that he has done for the Association and our members over many years.



Kelli Brogan and the Killara Primary School Choir; sang Lest We Forget and the National Anthem while Kelli sang, I am Australian.



Melton Primary School ANZAC Letters

Some months ago, Grade 3B at Melton Primary School wrote and published a collection of heartfelt letters to the ANZACs thanking them for their service.

Many months later, after word of these wonderful letters got around, Rebecca from the Shrine of Remembrance visited Melton Primary School and collected the booklet to be displayed as a memento at the Shrine.

These letters will serve as Melton

Primary School's contribution to next year's ANZAC Day.

Helping to showcase this work was Margaret Jager and Emma Jager-Willey, grandmother and mother of student Hannah. Three generations! How cool is that!?

Mr. Trewavis, the teacher of Grade 3B says that He is so proud of the kids and honoured to be able to share their work with those that it means so much to.



PICTURED ABOVE: REBECCA DIXON (SHRINE),
MARGARET JAGER, HANNAH WILLEY,
EMMA JAGER-WILLEY, MS LEA BLUNDELL, MR. JORDAN TREWAVIS



MOUNT MARTHA HOUSE HISTORICAL COLLECTION WRAAC BARRACK 1952-1974



Mt Martha House was acquired by the Commonwealth in 1950.

The Department of The Army purchased it on the 26th of July 1950 from the Fordyce's for £22,500, which included all furnishings and fittings and over 5 acres of land.

The Army took it over and in July 1952 it became 30 WRAAC Barrack (Women's Royal Australian Army Corps).

During the time, it was occupied by WRAAC, it housed 60-80 members at any one time

This comprised permanent staff - administration, a driver, cooks, and those on general duties (GD's). There were also members who were employed at School of Signals, School of Survey, School of Music and the Army Apprentice School at Balcombe, as well as students attending the School of Signals and



School of Survey and members of the RAANC (Nursing Corps) who worked at the medical centre.

In the early days there were also clerical courses for WRAAC held at the Apprentice School from 1953 until 1964. Other courses were education, cooking and draughting. Moral Leadership courses were held in the barrack itself from 1955 to 1966 and in 1965 the name changed to Character Guidance.

These were for female personnel of Officer, Non-Commissioned Officer (NCO) and Other Ranks (OR) status from the WRANs (Navy), WRAAC and RAANC.

The OC (Officer Commanding) lived in the cottage at the rear of the building, the sergeants lived in the corridor on the Dominion Road side of the building and the

other ranks had the remaining rooms. (Two display rooms can be opened upon request, including a replica WRAAC bedroom, with items used in the Barrack). Each room had either one or two occupants and all members were required to keep their own rooms clean and tidy (they were inspected regularly) and washing and ironing up to date.

There were shared bathrooms.

There were clothes lines and a drying room available, but the drying room was not heated as it was considered that the building was a fire trap.

Those who worked away from the barrack went on parade each morning and were inspected before leaving for work.

The foyer was always a hive of



activity just before the parade with everyone busy checking each other out and removing stray bits of fluff from uniforms and making sure shoes were highly polished.

WRAAC CMF (Citizen Military Forces - known today as the Army Reserve) courses were also held in the Balcombe Area for a period of 2 weeks a time.

Members being accommodated at the barrack. Later they were accommodated in their own tents.

WRAAC were not allowed to walk to Balcombe and transport was provided to take them to work, bring them back for lunch and bring them back for the evening. WRAAC were provided with three cooked meals per day, the quality of which depended on the mood and the capabilities of the cook on duty.

Over the years the School of Survey and the

School of Signals moved to other locations and the numbers living at the barrack dwindled until, in 1974, the barrack was closed and those members remaining moved into premises at Balcombe.

WRAAC leisure time.

Leave was granted on weekends unless rostered for duty and also every night up to 12pm except Sunday and Monday when it was 10.30 pm. Monday was a "closed camp" night when participation in organised activities was required, the most common of which was regular fire drills.

Leisure time was spent in the recreation room, listening to records and chatting or watching television in the TV room. Those who felt inclined also made use of the basketball and tennis courts in the grounds and participated in local team events.

Shopping in Frankston and Mornington and going to the pictures was also enjoyed.

Wandering down to the beach for a swim when the weather was fine



or just to find a sheltered spot and watch the waves when it was cold was also an enjoyed pastime.

Travel could be a bit of a problem as public transport was very poor and no-one had cars.

There were also regular dances held at Balcombe which some of the WRAAC liked to attend.

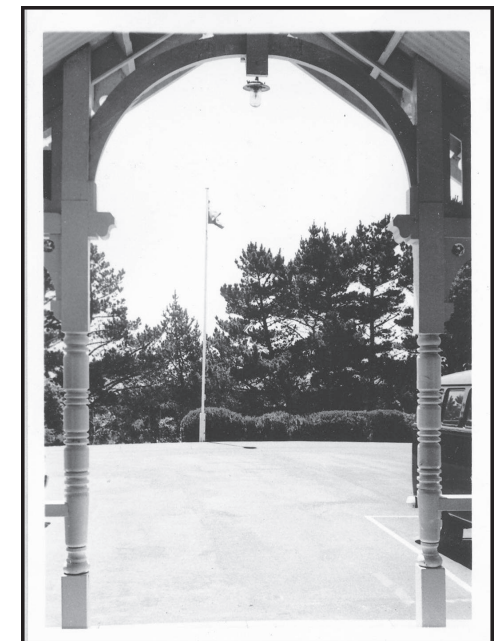
In 1964 a committee was formed to raise funds for the orthopaedic wing of the Children's Hospital which was located at Mt Eliza.

The money raised was specifically to maintain a bed at the Orthopaedic Hospital.

Fundraising dances were organised a couple of times a year and there were regular raffles.

Compiled from Official WRAAC Victoria Inc. material by Capt Sheila Vennells and Cpl Lyn Board (Work) from memories and Pte Doreen Smith (Huxley) booklet "This House Once Knew Our People". Photographs courtesy of Capt Caroline Marane (Nicholson) and Corporal Lyn Board (Work)

Thankyou Gill Gordan, Sheila Vennells-Praed and Lyn Board for this story. Ed.

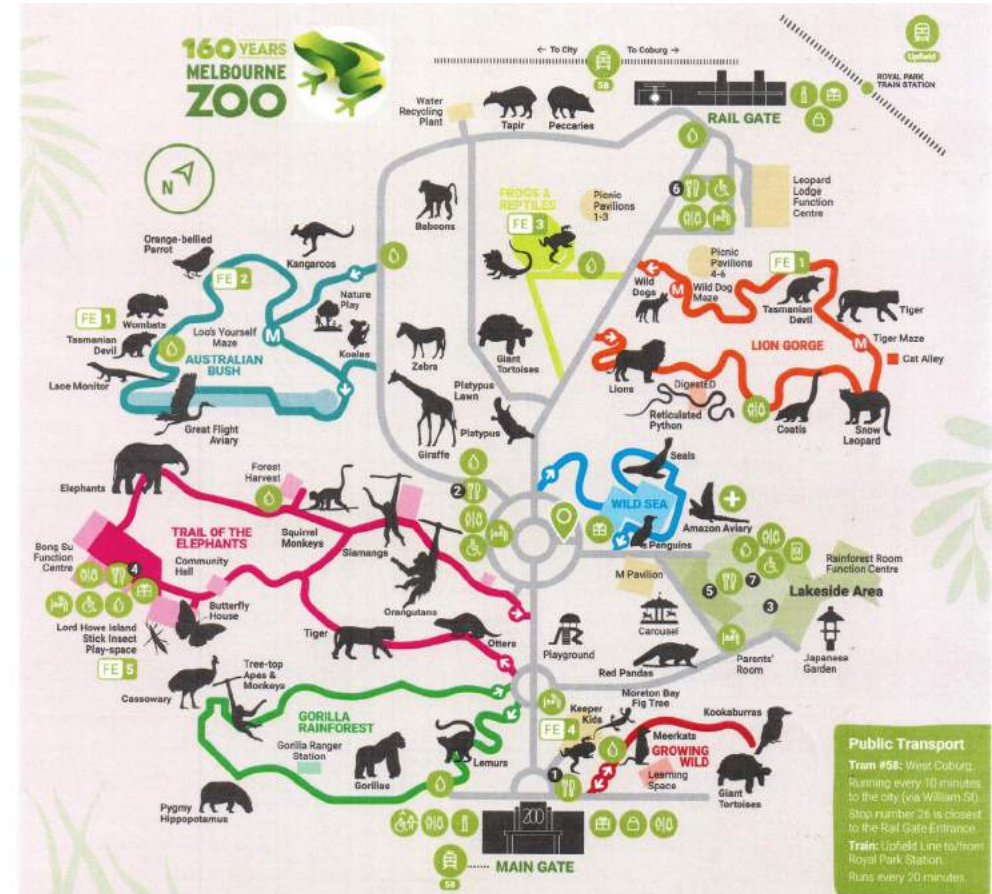


A Date to Remember 15th July 2023 WRAAC Annual Luncheon

WILL BE HELD AT THE ROYAL
MELBOURNE ZOO
IN THE BONG SU FUNCTION CENTRE.
THE COST WILL BE \$60.00 PER HEAD.

Plenty of parking is available at the Zoo for \$2.50 for 5 hrs.

Members can enter the Zoo 1 hour prior to the start of the function if you wish and you can stay in the Zoo after the function until the Zoo closes for the day if you wish to look around.



VALE
Her Majesty
Queen Elizabeth II
1926 - 2022



REST IN PEACE MA'AM.
IT WAS AN HONOUR TO SERVE YOU.

VF513273
SERGEANT ELAINE RENE (THOMAS)
ROUND
AAES AHQ
14 MAY 1924 - 26 JUNE 2022



Elaine enlisted into the Australian Women's Army Service (AWAS) on the 26th of August 1943 (Melbourne) and discharged on the 30th of October 1946.

Elaine attained the rank of Sergeant and was a qualified instructor, a role she was extremely proud of, often sharing her Military experience with great pride.

In the following years Elaine married Robert Herbert Round (RAAF / ARMY) raised a family and continued to maintain contact

with her fellow AWAS Veterans via the AWAS Association functions and Newsletters.

Our sincere condolences to Elaine's family and friends at this sad time.



**VF 397845 MARJORIE (PABST)
LINDSAY**

**LHQ HVY/WT SIGS
- 12 JUNE 2022
REST IN PEACE.**



**VF 395848
JEAN FLORENCE (MITCHELL) KELLY
1AUST BOD
3RD DECEMBER 1923 - 21ST JULY
2022**

It is with great sadness we report the passing of Jean, a proud member of the Australian Women's Army Service. (AWAS)

Jean was a great supporter of the AWAS Association (Victoria) and attended reunions and functions whenever possible.

Jean enlisted into the AWAS on the 29th of October 1942 and



discharged on the 19th of February 1946 enjoying her role as a Store woman. (1Aust BOD) Bandiana.

Jean and her best friend Beattie, joined up on the same day telling the Recruitment Officer they were cousins and wished to serve together.

Jean's future husband Jack was a Driver and they met when he was in the area between deployments.

Jack would drive the AWAS from their barracks at Bandiana to wherever they had to go, and a romance soon developed.

It was always reassuring to see Jean form up on ANZAC Day behind the AWAS banner even when Veterans were advised to travel in designated vehicles for



the Commemorative March.

Jean would say 'I'm not going in a vehicle, I will march' and that she did.

We loved that about Jean Kelly.

Following a service celebrating Jean's life, members of the WRAAC Association (Victoria) formed A Guard of Honour to farewell a fellow service women.

Our sincere condolences to Jean's daughter Wilma and family at this sad time.



VF397998

**JEAN (WILKIN) SMITH
CHEMICAL WARFARE UNIT**

15 AUGUST 1920 - 2 AUGUST 2022

It is with great sadness we report the passing of Jean, a former member of the Australian Women's Army Service (AWAS) who served her country in a unit whose outcome would save many lives.

Jean worked alongside members of a Research Unit conducting extensive weapon research within Australia. The devastating impact of mustard gas/chemicals on our troops had to be a priority. We had to learn more about the validity of protective clothing, masks and fast appropriate treatment once exposed to chemicals.

As Jean was proficient at typing and shorthand, she was perfect for the role working alongside Scientists and Medical research Officers.

Jean herself suffered from exposure to chemicals as she was dictating notes during an experiment.

At the time, Jean had left part of her hand exposed and many years later resulted in partial amputation of her thumb.



Jean lived a full and happy life and will be sadly missed by all who knew her.

Our sincere condolences to Jean's family and friends at this sad time.

Former members of the Women's Royal Australian Army Corps (WRAAC) were in attendance at Jean's service to farewell a fellow servicewoman.

F 32166

**MAJOR VALERIE MAUREEN JONES RFD
24 JUNE 1949 – 5 SEPTEMBER 2022**



Miss Valerie Maureen Jones enlisted into the WRAAC CMF in 1969 at 3WRAAC COMPANY previously known as 8 WRAAC Coy situated in Highbury Grove, Kew.

An Estate Agent would possibly describe as the leafy Melbourne suburb of Kew.

Unfortunately, the iconic drill hall has been demolished to make way for apartments.

However, it remains significant to students studying the history of the WRAAC.

The hall was a product of WW1 and a young Private, Valerie would possibly recall freezing in winter and practically suffocating in summer, such was our Drill Hall.

When Val was asked why she wanted to join the Army she replied.



“My father was in the CMF (railway squadron, Engineers) and I liked to dress up in his uniform plus I wanted to follow in his footsteps”.

I also wanted to drive a truck!

THE Classic WRAAC response and certainly Officer material.

In 1970 Val attended Recruit camp at site 6 Puckapunyal and she never looked back. She enjoyed her Recruit training and the camaraderie it fostered. Val made lifelong friendships that go back to her days at Kew and remain steadfast today.

Following Recruit training Val then progressed through the ranks passing her JNR and SNR NCO Course Exams then she was training future NCOs and Officers.

Her contemporaries have fond memories of Val being able to relate to recruits and to bring out the best in them. She was understanding, supportive and approachable.

Val appeared to push through barriers with common sense and a touch of humour.

If you can imagine an 18-year-old recruit who has never been away

from home, never made a bed or iron a working dress and possibly never seen the inside workings of a laundry.

One does need to display Leadership and patience!

Val was at 126 Squadron completing a Driving Course was posted back to 3WRAAC CO as a training Officer. This was at the request of the OC 3 WRAAC Company and was of immense pride to Val to be asked to take on this role.

In 1984, Val was posted 4 /19 PWLH as Assistant Adjutant /Intel Officer, and their first female Officer.

And where we introduce our Cooks story, now part of WRAAC History.

It would appear members of the WRAAC had been posted to 4/19 PWLH and all is running smoothly, the training is great, things could not be better.

We have a rare moment in time “Happy Cooks”

UNTIL!!!

The girls are informed a WRAAC OFFICER would be joining them. Fear and trepidation began to infiltrate the kitchen. WHO will it be!

Two of the Cooks who shall remain nameless (Margaret and Gai) are thinking how they will have to train this new “OFFICER” and how she will shape up.

The time finally arrives for the meeting and to the immense relief of the girls, Major Val Jones walks in and her

first words to the assembled cooks.

“Oh no, not you two”

The cooks were safe, they were in good hands, and they certainly didn’t need to train this Officer, such was the trust and respect in Major Valerie Jones.

Major Valerie Jones Statement of Service.

Category of service:

Active Army Reserve.....04 May 1969 to 31 December 2011
Standby Army Reserve.....01 January 2011 to 09 June 2011
Active Army Reserve.....10 June 2011 to 24 June 2014

Postings:

3 Women's Royal Australian Army Corps Company.....04May 1969
Command and Staff Training Unit, 3 Training Group.....30 July 1975
4/19 Prince of Wales 's Light Horse.....06June 1976
Officer Cadet Training Unit, 3 Training Group.....20 October 1978
3 Movement Control Unit.....21 November 1979
Headquarters 3 Transport and Movement Group Reserve..10 December 1980
Command and Staff College, 3 Training Group.....01 July 1982
Headquarters 3 Transport and Movement Group.....01 July 1983
Headquarters 3 Division.....28 December 1984
3 Movement Control Unit.....01 July 1986



Monash University Regiment.....	01 February 1989
Headquarters 3 Training Group.....	01 October 1992
Melbourne University Regiment.....	10 January 1997
4 Brigade Administrative Support Battalion.....	18 January 1999
Regional Training Centre (Victoria).....	15 January 2001
1 Joint Movement Group.....	01 January 2003
4 Combat Service Support Battalion.....	01 January 2005
Australian Army History Unit.....	10 June 2011

Honours and Awards:

Reserve Force Decoration with First, Second, Third, Fourth and Fifth Clasps Australian Defence Medal

Chief of the Defence Force Commendation

In 1998 Valerie joined Ivanhoe Grammar School as a Cadet Administrator. Her role was arranging logistics for major Cadet activities including Annual Camps and promotion courses.

Val said she really enjoyed her time at Ivanhoe Grammar.

The late Sir Winston Churchill once said...

“THE RESERVIST IS TWICE THE CITIZEN”.

I think perhaps he had Major Valerie Jones in mind when he wrote that!

Valerie had specialized skills as:

Instructor:

Movement Officer:

Training Development Officer and Museum Manager:

Special courses completed included:

Admin Officer Course:

Training Development Officer Course:

Museum Manager Course at Deakin University:

HIGHLIGHTS:

Val writes of many Highlights during her 45-year career.

Whilst at Joint Movement Control Office Melbourne received a CDF Commendation.

I loved being a member of the WRAAC and it still gives me great pride.

I fulfilled my dream of becoming a truck driver and returning to 3WRAAC coy as an instructor.

Attending a Bush Camp with 4/19 PWLH as Intelligence Officer and having to give intel briefs.

Being welcomed by RATCT into their CORPS with postings in movement and Transport, HQ 3DIV TP, 3MCU as Admin Comd and at Joint Military Control Office as OC the latter being responsible for real life movements.

My time as OC Admin Coy Mon UR and 2IC MUR were also highlights, especially when you see members you helped, trained to become Officers then, ... to achieve Commanding Officer positions.

Helping the Cadet camp as a driver during their peak when I was 2IC of 4BASB and they were short of Drivers.

My time at PCM providing a smooth

transition of display items to ARMY MUSEUM, BANDIANA plus bringing volunteers into the process.

DEDICATION.

Major Valerie Jones passing has left us sad and grieving at the loss of a fine Officer and friend to many.

Major Valerie Jones RFD was a highly respected, loyal WRAAC Officer who helped unlock previously closed doors for so many future Service Women, with courage, dignity and humility.

Words are never enough at this sad time.

We can say ...

Rest easy Ma'am, your Legacy of service and dedication lives on in all who served with you.

It's been an Honour and a privilege.

This is an abridged version of the eulogy by Jude Pinkerton-Treloar OAM on behalf of the WRAAC Association. Ed.



**VF 508460: FAY WALKLEY, (NEE
SNOWBALL)
17 APRIL 1924 – 14 JANUARY 2022**



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

– Editor

Our Dear Mother passed away on 14th January 2022. Fay was three months short of her 98th. Birthday. (17/04/1924)

Fay enlisted on the 3rd. April 1943 from East Camberwell, VIC.

She was discharged on 2nd. April 1946.

Fay was a very competent Secretary during her Army career. She used to tell us of being camped out in the hills around Seymour and walking four miles into H.Q. every morning with all the Girls.

One of her last duties was to “write up” a Soldier for ‘Not wearing’

his Slouch Hat. Of Course, the Charges were Dropped. She met him at a Dance a few nights later and ended up Marrying Him.

Mum always said it was the best charge ever laid.

Yours Must Sincerely,

Greg I. Walkley, (Eldest Son)

Vietnam Veteran, 3RAR 1971

Thankyou Greg for advising the Association of your mother’s passing. Ed.



Ringwood Clocktower



The Memorial Clock Tower was originally unveiled on the 4th of August 1928 in memory of those from the district who served in World War One. The names of the fallen of World War Two were added to the memorial later. The memorial was re-erected in 1967 and additional plaques were added to commemorate the fallen in later conflicts.

Conceived as a War Memorial after World War One, the Clock Tower was erected on the corner of Whitehorse Road (Main Street) and Warrandyte Road. It was formally unveiled by

the Mayor of the newly formed Borough of Ringwood, Cr Mackinlay, and not by military ceremony. The Clock Tower became an icon and, increasingly, a traffic hazard. With the planned development of Eastland Shopping Centre nearby, it was decided, after some controversy, to re-erect the Clock Tower at the site of the former Cool stores on the corner of Whitehorse Road and Wantirna Road. It was re-dedicated in December 1967.

Post 1975 military service has been formally recognised with two new plaques on the Ringwood Memorial Clocktower.

These commemorate the diversity of Australian military operations conducted in the last half century.

A joint project involving Maroondah City Council, Ringwood RSL, the Outer Eastern Melbourne Vietnam Veterans Association of Australia,



the Royal Australian Engineers Association of Victoria and the Australian Peacekeepers and Peacemakers Veterans Association of Australia, brings this important community memorial up to date.

Maroondah residents have been involved in every Australian military conflict. This not only includes servicemen and women, but also police and other specialists at both home and abroad.

Recent examples of domestic operations include Bushfire



Assistance during the Black Summer of 2019/20, Storm Damage Assistance in 2021 and the ongoing Support to the COVID pandemic.

Maroondah's resident military unit is 22nd Engineer Regiment (Victoria's Own Sappers) based in Dublin Road, Ringwood East. Its members have participated in every military conflict or operation conducted since 1975.

Critically, the unit spearheaded the Australian Defence Force response to the Black Summer bushfires threatening Victoria in 2020. They are currently providing ongoing support to COVID operations.

Because of the diversity and complexity of military operations post



1975, the Australian Army History Unit located in Canberra provided advice on the wording of the plaques.

These plaques now proudly take their pride of place on the Ringwood Memorial Clocktower joining the many who went before them.

Thank you, Margaret Handte, for the interesting story. Ed.



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.



Ask your mob, your way, RU OK?

66

We pull up a chair or even sit on the ground with them and talk about anything and everything that comes up for us. ””

Dawn

Jagera, Turrbal



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RU OK?[™]

A conversation could change a life.