



# Happy EASTER

## CARBAL YARNIN!

**APRIL 2019**

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and much much more.....**



**Carbal  
Medical  
Services**

# CARBAL CLINIC NEWS

**Carbal has had a busy start to 2019 preparing for the highly anticipated move to our new Toowoomba clinic and centre of operations.**

The custom building fit-out has been moving forward at a frenetic pace with invaluable input from the clinic manager and other staff critical to best practice clinical services and operations.



Despite the hard work and preparation for the upcoming move, maintaining the delivery of smooth clinical operations to our patients has remained paramount.

Toowoomba clinic has again been busy liaising with local schools organising Carbal's Mob van to conduct health assessments and follow-ups for their Aboriginal and Torres Strait Islander students.

# CARBAL CLINIC NEWS

Thank you to Doctor Paul Jenkins who has moved on from Carbal on the 10th of April. Your valuable contribution to our service is acknowledged and we wish you all the best for the future.

We hope you enjoyed Superhero day and thank you to all those who came along and had their 715. Having a 715 is vital for early intervention and/or prevention of chronic disease or any other health condition. Phone: 1300 379 558 for more information



In Warwick, the clinic has been preparing for reaccreditation and there may be some auditors moving throughout the clinic on or around the 29th of April. The clinic has been very busy over the past few months and appointments book out fast so make sure that you book your appointments ahead of time if you can. We look forward to seeing you at the flu day on the 1st of May.

# BOWEL SCREENING



**4 out of 5 Indigenous Australians aged 50 to 74 are missing out on a simple test that could save their lives.**

Carbal medical Services is one of approximately 50 medical centres that were invited to take part in the National indigenous Bowel cancer screening program.

This means that our health workers and nurses can offer the Bowel cancer screening kit to eligible patients when they come into the clinic, we will provide education on how to complete the test and can even send it away for you.

The aim is to increase the participation rate of eligible Indigenous Australians in the National Bowel Cancer screening program. We are here to support you through this process.

We know that some people think that the bowel cancer test can be shame or embarrassing, but it could save your life.

**HAVE A (HAT TO US TODAY.**

Carbal Medical Services

# TACKLING INDIGENOUS SMOKING



**team invites you**

COME ALONG TO PARTICIPATE IN  
THE SMOKING SUPPORT GROUP AND  
HAVE A YARN ABOUT SMOKING

**Refreshments provided &  
transport can be arranged.**

**BOOKINGS ESSENTIAL,**

For more information or to make a booking

**46 339 500 or 0418 514 165**



HEALTHY MURRI  
**QUIT**  
THE DURRI



**carbal.com.au**  
Version 3 February 2019

# INFLUENTIAL INDIGENOUS AUSTRALIAN

Chris and Reg Saunders

**As ANZAC day approaches, Carbal would like to acknowledge the effort and sacrifice made by men and women who have served and continue to serve unselfishly for the benefit of all Australians.**

**In this edition of Yarnin, Carbal focuses on two Indigenous Australians, father and son, who between them served in WW1, WW2 and Korea.**

## HISTORY

Reg Saunders



Chris Saunders



# INFLUENTIAL INDIGENOUS AUSTRALIANS

Walter Christopher George Saunders

## HISTORY



### Walter Christopher George Saunders.

Known as Chris, was born in Warrnambool, Victoria. On 29 February 1916, at the age of 21, Chris volunteered for the Australian Imperial Force to serve in the First World War. He was assigned to the 10th Machine Gun Company, and went on to fight on the Western Front in France and Belgium. He was one of approximately 1,300 Indigenous Australians to serve in the AIF during that war.

Chris set sail from Port Melbourne in early 1916 and was sent to Larkhill training camp in England. Chris initially struggled with military discipline. During 1916 he was twice absent without leave losing one day's pay for each offence. On 28 October he was taken on strength in the field with his unit and proceeded to France the following month where he served as a driver. In July the following year Chris was evacuated due to illness and spent the majority of the month in a rest camp before re-joining the 10th Machine Gun Company in France. He served for approximately six months without incident, and in June 1918 was granted one month of leave. After re-joining his unit, he continued regular duties until the Armistice on 11 November 1918.

After the war, Chris returned to England. At this time his sister Lizzie wrote a letter to the AIF Headquarters asking whether she would be the one to receive the Female Relatives' Badge for her brother's service. Their mother had passed away, leaving Elizabeth as his sole remaining female relative. She was granted this badge for Chris' service but was denied badges for either of her sons, Joseph who was serving, with the 8th Light Horse Regiment, and Kenneth, who was serving with the 58th Battalion.

After returning to Australia in 1919, Chris was discharged from the AIF. He soon started a family with his new wife, Mabel. Their first son was named Reginald after his uncle, William Reginald Rawlings, who had also served in the First World War. William Rawlings was awarded the Military Medal for bravery during the heavy fighting along the Morlancourt Ridge in July 1918. He was killed in action the following month at the age of 27.

As a child, Reginald, known as Reg, was inspired by his namesake and the stories of the war he heard from his father and his mates. At the outbreak of the Second World War, Reg and his younger brother, Harry, were keen to join up.

Harry, who lied about his age in order to enlist, fought with the 2/14th Battalion, and was killed in action while serving in New Guinea. Reg served throughout the war with the 2/7th Battalion and saw action in North Africa, Greece and Crete. Reg returned to Australia, but re-joined his battalion in New Guinea as a sergeant. In November 1944 he was commissioned an officer. Reg also fought with C Company, 3 Royal Australian Regiment (3RAR) in Korea, where he fought in some of the war's most significant battles, at Kapyong and Maryang San, before resigning from the regular army in 1954.

Chris Saunders' story gives insight into the service of one Indigenous Australian family over three conflicts.

# INFLUENTIAL INDIGENOUS AUSTRALIANS (CONT)

Reginald Walter Saunders (Reg)



## Reginald Walter Saunders (Reg)

Reg was the first Aboriginal soldier to reach the rank of officer in the Australian Army in 1945.

Uncle Reg was a Gunditjmara man, born in 1920 at Framlingham Aboriginal reserve, near Purnim, Victoria. He was the son of Walter Christopher George Saunders, who served in the Australian Imperial Force in World War I, and Mabel Saunders, née Arden.

As a young man, Uncle Reg worked in the timber and dairy industries. He was a keen sportsman, playing football, boxing and cricket.

He was accepted unreservedly by the men who served with him because false values do not flourish among front-line soldiers.

After the outbreak of World War II, Uncle Reg enlisted in the Army in 1940. His strong leadership meant that he was quickly appointed an acting sergeant in his training battalion. He sailed for the Middle East and joined the unit at Marsa Brega, Libya, in February 1941 as a private.

In April he was involved in the disastrous Greek campaign and his battalion was forced to withdraw. When a German bomb damaged the ship he was on, he was transferred to another vessel and put ashore on the island of Crete.

Saunders was one of a number of soldiers who refused to surrender... he avoided capture for eleven months.

In Crete, Uncle Reg saw his first serious action. On 26 May he took part in the bayonet charge that temporarily disorganised the enemy. When the allied army, of which Australia was apart, left the island, Uncle Reg's battalion was left behind in the hasty evacuation. Uncle Reg was one of a number of soldiers who refused to surrender. Helped by sympathetic locals, he avoided capture for eleven months.

In May 1942 he escaped aboard a fishing boat to Libya. He arrived back in Australia in September and in January 1943, he was promoted to acting sergeant. Tragically, his brother Harry was killed in action in Papua, in November 1942.



Uncle Reg's medals at the  
Australian War Memorial in 2017



17 April 1951. Uncle Reg (right) shakes hands with a member of K Company, 6th Republic of Korea (ROK) Infantry Division, which has just arrived on Salmon to relieve 3RAR.

# INFLUENTIAL INDIGENOUS AUSTRALIANS (CONT)



Three members of the 3rd Battalion, the Royal Australian Regiment (3RAR), confer with a North Korean interpreter (left) who is serving with the battalion - Uncle Reg is smoking a pipe.

## Australia's First Aboriginal Officer

Uncle Reg surrounded by his mates of the 2/7th Battalion (1943).

A Special ABC Australia short documentary on Australia's First Aboriginal Officer Reg Saunders aired on Anzac Day 25.4.2014

In April 1943 Saunders travelled to Wau, New Guinea, where he rejoined his battalion to take part in another military campaign. Uncle Reg's athleticism and skills in the bush were extremely valuable to his unit. Lieutenant Colonel Henry Guinn, his commanding officer, valued him as a leader of patrols and ambushes against the Japanese military.

In October the battalion moved to North Queensland. Lieutenant Colonel Guinn nominated Uncle Reg to be promoted to officer. Successful, he attended officer training school but his graduation was delayed after he became sick.

In 1944 in Melbourne, Uncle Reg married Dorothy Mary Banfield, who was serving in the Women's Auxiliary Australian Air Force. He then became a lieutenant in November 1944 and was posted back to his old unit in New Guinea.

From March 1945, Uncle Reg was in command of a platoon in New Guinea. While fighting, he was hit in the knee by a bullet and was out of action for ten days.

He then returned to Australia, where he was transferred to the Reserve of Officers. After the war, he worked in various fields in Melbourne and Sydney.

Image 22: Three members of the 3rd Battalion, the Royal Australian Regiment (3RAR), confer with a North Korean interpreter (left) who is serving with the battalion - Uncle Reg is smoking a pipe.

When the Korean War began in 1950, Uncle Reg signed up to serve again. In November he joined the 3rd Battalion, Royal Australian Regiment, in Korea and next month was promoted to temporary captain. The company he commanded fought against the Chinese and North Korean forces.

Uncle Reg's contribution to the military was significant, as he was the first Aboriginal person to reach the rank of officer and was able to break down racist assumptions about Aboriginal people through his skill and leadership.

As the first Indigenous Australian to be commissioned in the army, he did much to break down racist assumptions about his people.

Despite his sacrifices for his country, Uncle Reg and his family experienced racism and discrimination back in Australia. For example, he was not granted any land in the Soldier Settlement Scheme, unlike his non-Aboriginal counterparts. Below is an article from the Adelaide newspaper 'News' dated Saturday 18th November 1950.

Despite this, Uncle Reg was committed to serving his country. After the Korean War, he continued to work for the Army, including training recruits. His key skill however, had been leading men in battle and it was noted that soldiers loved serving under him. He has also been called "easy going," "proud," and "tolerant," with a good sense of humour.

In 1969 he began work as a liaison officer in the Office (later Department) of Aboriginal Affairs in Canberra. He was honoured in 1971 for his work in establishing communications between the government and Aboriginal communities. In 1985 he joined the council of the Australian War Memorial, Canberra.

He passed away in 1990 and was survived by his 10 children. In 1992 the RSL established a scholarship in his name for Aboriginal and Torres Strait Islander men and women. His skills, leadership and bravery continue to be remembered in his Community and the military.

## Officer's wife lives in squalor

Melbourne, Saturday.—Mrs Dorothy Saunders, wife of the first full-blooded aboriginal to receive the King's commission, is living with their three baby daughters in one squalid room in North Fitzroy while her husband fights in Korea.

In this room of a condemned house — the only home that a war hero and his family could find in years of searching—the youngest baby has been bitten by a rat, and there are great gaps in the broken, sunken flooring.

A patch of wet mud lies at the doorway, where the floor had been worn right away.

Lieut. Reg Saunders, the "real Australian officer," won his commission and distinction for his race by AIF service in the Middle East and New Guinea.

# INFLUENTIAL INDIGENOUS AUSTRALIANS (CONT)

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## Picture Credits:

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**Carbal is registered to provide a range of support services including Support Coordination and Plan Management.**



# **Carbal Medical Services**

**is dedicated to providing high quality culturally appropriate care for Aboriginal and Torres Strait Islander people and their families.**

**We are very happy to partner with current providers to assist with the provision of culturally appropriate care for your Aboriginal and Torres Strait Islander participants in the Toowoomba and Southern Downs areas.**

**Need more info?**  
**CONTACT**

**Kim Soppa 46 397 400 or**  
**[carbal.com.au](http://carbal.com.au)**

**Version 3 December 2018**

# STRONG MOTHERS, STRONG FAMILIES



## **Carbal is proud to introduce Strong Mothers, Strong Families.**

Carbal's Belynda Bowe has commenced running the first Strong Mothers Strong Families program which provides support, education and aims to improve upon parenting skills. It also provides an opportunity for women to come together and develop their support network.

'I hope to assist mums that are experiencing challenging circumstances who, with the right support can achieve positive outcomes. I hope this particular program will have long lasting benefits to the community. Here's to Strong Women! May we know them, May we be them, May we raise them!' Belynda Bowe

All participants enjoy a culturally safe, respectful service and environment with non-judgemental staff who understand life's struggles. Belynda hopes to 'help participants gain confidence and find their purpose as Mums.'

For more information on this new and important service please phone Belynda:

TOOWOOMBA WELL-BEING HUB 46 339 500 OR DIRECTLY ON 0429 929 803

**Wednesday the 1st of May is  
Carbal Medical Services Flu Day!**



# FLU DAY!

**The Flu vaccination is now free for all  
Indigenous patients aged 6 months or older.**



*Come and enjoy a BBQ  
and while stocks last,  
get your hands on ...*

**CARBAL'S FIRST  
FLU SHIRT!**



**\*Flu shirts will only be available on  
the day so please make sure you pop in  
even if you haven't made an appointment**

**Call Warwick on 4661 0800 or Toowoomba on 4639 7300  
today to secure your appointment.**



**carbal.com.au**



Version 1 April, 2019

# why is hearing health so important?

Ear Disease is serious; it can lead to loss of hearing forever.

**But there  
is good news!**

Ear Disease  
can be prevented  
and treated.

**available  
for every  
child!**

Carbal is pleased to announce  
that this service is now  
non-exclusive and available for  
all Indigenous and non-Indigenous  
children at your school.

For a small fee of \$25, your student  
will receive an initial hearing assessment  
and if required, a follow-up assessment  
Our child health worker, Tash Frelek will  
be happy to explain how the program  
works in more detail.

**Please phone Tash Frelek;  
Office: 4688 0500 or Mobile: 0438 176 214**

# CARBAL

## What is a 715?

# 715

**A 715 is an MBS item number that relates to the Medicare Indigenous health check. It is used to identify any issues that may affect your health now or in the future.**

## *Why should I have a 715?*

**If you identify as Aboriginal or Torres Strait Islander and would like to be made more aware of your health and how best to manage your health – you need to have a 715.**

## *When should I have a 715?*

**Every 12 months it is important to have a 715 Health Check with one of our doctors to make sure that together we are keeping your health on track.**

*Make an appointment today with Carbal Medical Services to have your 715 and receive your exclusively designed polo shirt upon completion of your check-up.*

## 1300 379 558



[carbal.com.au](http://carbal.com.au)



Version 1 January, 2019



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# EASTER & ANZAC DAY CLOSURES

**We hope you have a safe & restful Easter break**

**Carbal will be having a little break too!**

**Both our Warwick and Toowoomba clinics  
will be closed on**

**Friday the 19th, Monday the 22nd and Thursday  
the 25th of April.**

**If you need to see a Doctor on one of these days please  
refer to the below options:**

**Toowoomba: 137425**

**Warwick: Warwick Hospital 4660 3900**

