



### *From our President's desk*



*On the right is the 1<sup>st</sup> story of our Commemorative Youth Choir. The choir, with different members according to their location along the March Route, will perform at our various camp places along the way from Wagga Wagga to Campbelltown. They'll sing songs of the 1st World War, and they'll sing an especially composed anthem by our Musical Director, OJ Rushton, whose composition pays tribute to the Kangaroos.*

*Since I last wrote, we have been in discussions with the Major Events Police and Roads personnel who are advising us on the limitations of the March. To reach a best and safest possible outcome for the March, we are refining the route and availing ourselves of more picturesque roads to travel, away from B-doubles on major thoroughfares.*

*As you can see, we have had a revision of our 'look'. Checkout the website at [www.kangaroo.march.org](http://www.kangaroo.march.org) for the complete picture. Web design with extra features like Facebook and Twitter have us a long way experientially as well as time-wise from our forebears in 1914! If you're a Facebook fancier, we'd like to be 'liked'.*

*Next time I write it'll be under a year till the March leaves Wagga Wagga!*

**Graham Brown**

*President, Kangaroo March Centenary Re-enactment Association*

### **History and Music come together**

Mid winter to the day saw the stunningly successful start to the Commemorative Youth Choir for the Kangaroo March. The 1<sup>st</sup> practice of the 1<sup>st</sup> 'mob' was held at the Mittagong RSL in the Southern Highlands. Parents and students participated in games of the 1st World War Era. Others dressed in period clothes availed themselves of the Photo Booth. War memorabilia on display attracted much attention.

The Highland Pipes and Drums escorted guests into the venue, and then gave a brief recital. This was followed by the 1<sup>st</sup> performance in public of the new young choir recruits under the baton of OJ Rushton, Musical Director for the Kangaroo March. Along with those old favourites, Pack Up Your Troubles and It's a Long Way to ..., the Young Choir of 35 children sing the Theme Song, "Young and Free" composed by OJ Rushton especially for the Centenary of ANZAC. Under her direction, the children performed the song in three-part harmony, with half an hour's practice and with most of the children seeing the song for the first time.



The Honourable Charlie Lynn (Secretary to Minister of Veteran Affairs), addressed the audience and endorsed the initiative of the Youth Choir.

Huge congratulations to the children who worked so diligently and a big thank you to all who helped make the 1<sup>st</sup> practice such a success. Thank you also to all who attended and showed interest and support, especially to Stephen Spence and the Mittagong RSL Sub Branch. Our warm appreciation to the Mittagong RSL Club for their continued support and use of the Carrington Room.

If you would like to start or join a local Mob in your town please contact us at [www.commemorativechoir.com](http://www.commemorativechoir.com).



## ► How do I join the Kangaroo March Association?

Visit our website, [www.kangaroomarch.org](http://www.kangaroomarch.org)  
From The Project tab, click on either 'Get Involved' or 'Become a Member' and complete either form, and click 'submit'.

## Phil's Fit Tips #2

Great, your doctor has given you the OK to exercise and you have started a regular walking program. There are a number of positive changes going on in your body - some you can see and feel (like being able to walk for longer without being as puffed out and being able to tighten your belt a notch) while other changes are a little more subtle but hugely important for your health, such as:

- A lowering of your blood pressure and cholesterol.
- Better insulin sensitivity and a reduced risk of developing diabetes.
- Increased heart stroke volume and greater heart-lung efficiency.
- Increases in bone strength, muscle function and joint function.
- Reduced risk of falls and a reduced risk of serious injury if you do have a fall.
- Improvement in your mood and sleeping patterns. Fewer feelings of stress and depression.
- Improved blood flow and a reduced risk of developing blood clots.

If you haven't started a regular walking program, start now you and your health will really appreciate the benefits. If you have started, concentrate on increasing the time/distance you are walking, say around 10% every two weeks.

Next issue, we will talk about the FITT principle and how this can help you train smarter and not necessarily longer.

Keep exercising,  
Phil  
Sharp Fitness

[www.sharppfitness.com.au](http://www.sharppfitness.com.au)



Exhibition currently at the State Library, Sydney, NSW, which may be of interest to many of our readers: (the title is a hyperlink.)

### *Life Interrupted: Personal Diaries from World War I*

Open: 5 July 2014 – 21 September 2014

Venue: Exhibition Galleries, Mon, Tue, Wed 9am to 5pm, Thu: 9am – 8pm, Fri 9am-5pm, Sat-Sun 10am – 5pm

They were teachers, farmers, clerks and architects. Some were still at school. They came from cities, regional towns and the bush. From August 1914 Australian men and women kissed their loved ones goodbye and enlisted in a war they knew little about. With pride, they went to war with just a few months of battle training under their belts. Some would not return home; those who did were changed forever.

For many, the only link back to a life dramatically interrupted by war was a personal diary with tales of adventure, heartache, bravery — and thoughts of home. From 1918 the State Library of NSW began collecting the WWI stories of soldiers, doctors, nurses, stretcher-bearers and journalists so that future generations would know about their experiences.

*Life Interrupted* remembers those who served — in their own words.

### Kangaroo March Centenary Re-enactment Association Inc. Committee

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**KANGAROO BATTLE HONOURS  
55TH BATTALION AIF**

The 55th Battalion was engaged, in heavy fighting on the Somme.  
It had been a long road for the Kangaroos, since their March had first begun.

Soon they were committed in reserve, to the Battle of Fromelles,  
But had to fight a rearguard action, as advance parties withdrew from Hell.

The rest of the winter they were fighting, in the trenches of the Somme  
Then they advanced to the Hindenburg Line, after the Germans had all gone.

At the second Battle of Bullecourt, the battalion played a defensive role.  
Before moving to Ypres in Belgium, and the Battle of Polygon Wood evolved.

During the Spring Offensive, the Allies were pushed back to Amiens.

The 55th Battalion was ordered, to hold the line by any means.

It took up a defensive position, north of Villers-Brettoneux.

The Germans took the village, but the battalion held its nerve.

As the Allied Hundred Day Offensive, began in 1918.

The Battalion was not initially committed, to be sent into fight it seems.

But near the end of August, they were fighting around Peronne.

And at the Battle of St Quentin Canal, a Victoria Cross was won.

The recipient was a Private Ryan, he was an original Kangaroo.

They had proved themselves great warriors and model soldiers too.

Two Distinguished Conduct Medals, and 7 Military Medals were won.

The Kangaroos wrote a page in History, and their Glory marches on.

Bill Charlton c 2014

**DO YOU  
HAVE A STORY  
FOR THE  
BULLETIN?**

**IF SO,  
PLEASE EMAIL**

[stories@kangaroomarch.org](mailto:stories@kangaroomarch.org)



*Frank Hopkins at the age of 16*

***And from the archives...***

*Courtesy of Sherry Morris, author of The Kangaroo March*

**FRANK MOUAT HOPKINS**

*Frank Mouat Hopkins was the son of Patrick Grant Hopkins, a well-known butcher and cattle dealer in Wagga Wagga, who had died when Frank was just 4 years of age. After his mother Agnes died in 1912, he then lived with his sister Agnes May. He had a keen interest in music and was an enthusiastic member of the local Citizens Band. He had served in the school cadets and for a couple of years in the militia. He worked as a shop assistant after leaving school.*

*Frank had already enlisted at Liverpool early in 1915 but another sister Jessie had taken him back to the recruitment officer and informed him that he was under-age and did not have the permission of his family. He was immediately discharged 'at his own request' without pay. He had the permission of Agnes May, when he later enlisted on 1 December 1915.*

*Frank was one of only a few Kangaroos who returned without having been wounded or becoming seriously ill during the war.*