At 1200 hours on Thursday 3/11/2016 at the Melbourne Shrine of Remembrance. Introduction and Welcome

Good afternoon and welcome to our war veterans, distinguished guests of 2nd Cavalry Regiment and Presbyterian Ladies College, Shrine of Melbourne officials, Ladies and Gentlemen. Our meeting here today is being held on the traditional lands of the Wurundjeri tribe and I wish to acknowledge them as the Traditional Owners.

I would also like to pay my respects to their Elders, past, present and future. I express my value of the traditions, culture and aspirations of the first Australians of this land. My name is Susan McLaughlin and as President of the 2/6 Cavalry Commando Regiment and 2nd Cavalry Regiment Victorian Association, it is my privilege to oversee the service here today and to welcome you all to the 77th commemoration of our Regiments Foundation Day. To gather again under the Regiment's tree is an annual privilege we share together, to honour the brave men of 2/6 Cavalry Regiment who sacrificed their lives for our freedom and who never got to set foot on Australian soil again. We salute and remember you! It is also our privilege to honour those who were fortunate to return to Australia but bore the physical and mental scars of war and comrades lost in battle. Who then had to face the significant challenges of readjusting to civilian life. Most were burdened with nightmares and some form of post traumatic stress disorder, not to mention horrendous injuries, disabilities and disease. We salute and remember you! This special day in the regiment's history now includes our daughter regiment 2nd Cavalry regiment, so we honour these soldiers also who have lost their lives in the name of duty and country and we recognise their commitment and dedication as modern day soldiers who continue to protect and defend us. We salute and remember you and also we continue to support you! To the grieving fathers and mothers, widows and other family members who never saw their loved ones again. You also carried the gruesome scars of war and sacrificed so much on our behalf. We cry with you and remember you! This remembering sometimes bursts our hearts with grief, sadness and regret, but no matter how painful or sad, we will never cease to remember you, we will never forget the sacrifices you made out of duty to King and country, to patriotism and protection, to those you never knew. And each year we will continue to meet under the Regiment tree, in the beautiful memorial precinct of The Melbourne Shrine For all who we remember we can never repay your courage and bravery but we can, every year, pay homage to a much loved regiment who for many different reasons, expose many different memories - happy and sad, in each and everyone of our hearts. We can bow our heads in humility and give thanks for their selfless sacrifices, for their love, for their great Australian morals and values which we hold so dear today. We often talk about the Anzac Spirit but today on Foundation Day 2016, we embrace the spirit of the 2/6 Cavalry Commando Regiment and 2nd Cavalry Regiment. Yes, as we gather under the tree again we pay our respects to you, we honour you, we salute you and we remember you. My God bless you all. It is now my pleasure to introduce Padre Charles Green who is the Padre from PLC in Melbourne to say a Prayer for Peace. Presentation to 2 Cavalry Regiment. On behalf of us all here today I would like to wholeheartedly thank Lt Jim Clarke for conveying the CO's message. We are thrilled to have you and four other 2 CAV soldiers in attendance. As 2nd Cavalry Regiment's Commanding Officer, Lt. Colonel James Davis was unable to attend this ceremony, this presentation was made by myself at Laverick Barracks in Townsville three days ago, at their annual Beersheba Day fundraiser for Soldier On, which is an organization dedicated to the welfare of Australian soldiers and their families. I was distressed to read on the "Soldier On" website that up until the month of August there have been 43 veteran suicides reported in Australia this year. Soldier On is a crucial link in the support chain which supports soldiers and their families with whatever support they need. They are a much needed organization which commenced operation in 2014. There is so much support required for our current day soldiers such as 2 CAV, to assist them deal with the enormous pressure, stress and deprivation they experience on a regular basis, and to enable them to recover from the physical and psychological pain. It was for these reasons that a cheque for a $1000 was presented to 2 CAV Regiment to contribute to their Soldier On fundraising. This was made on behalf of the Victorian Association committee and members, in honour of all the men of the 2/6 Cavalry Commando Regiment. Closing. Thank you one and all for your attendance today. Special thanks go to our 2 CAV soldiers, PLC Padre Green, piper Anna Blanch and other PLC students who have made the pilgrimage with us this year. We are grateful for your support. Finally I wish to thank Shrine Governor John Coulson and other Shrine staff for assisting us to make this a memorable service in honour of the soldiers of the 2/6 CAV Commando Regiment. If you would like to join us for our special luncheon at The Olive Tree but haven't booked in please chat with me after we disband. Please stand and fall in behind our PLC piper as she leads our departure from the tree. Let us meet again next year on the same day, in the same place at the same hour.