John Donald Thomas McGrath was born in Toowoomba, Qld, on 19 July 1949 to Donald Gordon McGrath and Elsie Ada (Foster), the only son of five children. He completed his secondary education at the State High School in the Toowoomba suburb of Harriston. Before entering the Army as National Serviceman 1736972, John was employed by the Post-Master General's Department (PMG) at Stanthorpe, Qld, as a Telecommunications Technician. On





January 1972.

8 July 1970 John commenced his NS at 3 TB, Singleton, in NSW. He then commenced at OTU with Class 3/70 on 24
July, allocated to 7 Section, 4 Platoon, Monash Coy. In his
Senior Term John became the Platoon Sergeant of his platoon. On 18 December 1970
John graduated from OTU as Graduate Number 1263 and allocated to RASigs. The following day he was posted to the 6th Signals Regiment at Watsonia. In July 1971
John and Jenny married. They remained at Watsonia until John Discharged on 7

John and Jenny returned to Stanthorpe, with John returning to the PMG (which would become Telecom in 1975 and Telstra in 1995), and purchased a home, but they dreamt of owning land. Three years later they did purchase 90 acres, three kilometres from Stanthorpe and, while working for the PMG/Telecom, John cleared the land, dug dams and built their two-storey home, where Jenny was still living in 2020. Many promotions in the PMG/Telecom later John found himself as a Training Manager. He took a redundancy and fulfilled his dreams of becoming a farmer. John and Jenny set up a hydroponic section for herbs and grew green stringless beans (known in the market as 'quick draw' beans). Along the way, John and Jenny had three sons, Clint (now in Toowoomba), Tim (Cairns) and Lyndon (Newcastle).

On 18 June 2001, John suffered chest pains. The 'on-call' doctor felt that the problem was muscular and sent John home and advised him to take painkillers. John died two hours later from a heart attack. He had never had any earlier indications of heart problems, playing rugby until his mid-thirties and coaching until his death at 51 years. John was buried on 20 June 2001 in Stanthorpe. On 7 September 2019, a bushfire hit Stanthorpe. 36 acres of the McGrath's property was destroyed. The family saved the house and are progressively replacing sheds, fences and other items.