

THE

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Listening Post

The official journal of THE RETURNED & SERVICES LEAGUE OF AUSTRALIA
WA Branch Incorporated • PO Box 3023 East Perth, 6892 • Established 1920

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SURFACE
MAIL



*Merry
Christmas*



Remembrance Day 2013 articles inside





LISTENING POST MESSAGE BOARD

Deadline for next edition: 3rd February 2013

For contributions to next edition.

If possible, submissions should be typed and double-spaced. Preferred method of receiving submissions is via email. Photographs can be black and white or colour. This is your journal and contributions are welcome.

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**The State President, Graham Edwards AM,
 and the State Executive
 wishes all members of
 RSL WA a Merry Christmas and a
 Happy & Safe New Year**

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The Presidents Page

GRAHAM EDWARDS AM



POPPY DAY



A member of the WA Police Force in the South Eastern suburbs started a collection to replace the money stolen. As a result of their generosity they recently presented Alby with some \$2800 donated from their ranks.

Like many of you I was appalled, disgusted, angered but above all saddened to learn of the Poppy Day snatch and grab of a collection tin from 93 year old war veteran Mr Alby Passmore.

Mr Passmore has for many years collected on Poppy Day at the Gosnells shopping centre.

This year he was subjected to a crime he could not have anticipated nor contemplated.

His collection tin was snatched from his table and the offender bolted. Unable to chase he could only watch as his mate Don Blanchard tried to give chase but fell.

The Coles employee who did give chase and caught the offenders was beaten and the offenders escaped with the tin containing several hundred dollars. The employee was injured but I understand has now recovered and I will write to him on behalf of RSLWA to thank him for his endeavours and wish him well.

The money was not important compared to the wellbeing of Mr Passmore and those who assisted him.

This was a crime he should never have been subjected to and a crime which should raise the hackles of every decent law abiding Australian.

I believe Alby is entitled to the mateship, support and comfort of knowing that we in the RSL stand with him share his anger at this unacceptable experience.

Should he have to attend court to give evidence against the accused then I believe a strong showing of RSL members, well dressed and wearing their medals, should attend with him to show him, his mates, his sub-branch and the broader community that he does not stand alone.

This was a despicable crime against an aged digger. Indeed not just against an aged digger but a crime against a community tradition and a community standard.

A crime that we should not allow to be glossed over.

It is unacceptable to us that one of our aged, respected and dedicated members was so treated and so too it should be unacceptable to our community.

RECOGNITION OF YOUNGER VETERANS

The 12 months since election to the position of State President have flown. It has been a busy year with some runs on the board but a lot more to chase.

RSLWA is in good shape with strong work being done in and around our sub-branches and membership base. This is being complemented by the work of Phil Orchard and his team at ANZAC House. Numerous positive decisions have been taken which will carry us into 2014.

Importantly these include the decision to acknowledge our younger veterans by inviting them to lead our March next year.

This will be an Australia wide ANZAC Day RSL initiative and each State RSL has agreed that we need to take this opportunity to recognise all who have served post-Vietnam through various deployments from Somalia right through to Afghanistan. While the logistics are still being worked through it is important to provide this recognition and acknowledgement next year because the followings years will see the strong focus on the Centenary of ANZAC.

If this recognition and acknowledgement of service is not shown next year it just may not happen at all. Above all the RSL must not repeat the cold shoulder offered to Vietnam Veterans and as always we must earn from our mistakes of the past.

VALE

It is of great sadness that we learnt of the passing of Mandurah Sub-branch stalwart Wally Holding.

Wally served in the 2/4 Machine Gun Battalion and was taken prisoner when Singapore fell. Like so many of his mates he suffered on the Thai/Burma railway and in Changi prison as a POW.

He joined the RSL early after his return to Australia and through a life of service to our organisation, the local cadets, his fellow members and mates he was recognised with Life Membership and the Meritorious Service Award.

I remember listening to an argument Wally had with a mate after a recent ANZAC Day Service. One had worked on the Thai end of the notorious railway and the other on the Burma end. They were arguing over which group had built the best railway

line. All in jest of course but the humour was so characteristic of Australian who did it tough.

Something Wally said that day has stuck in my memory ever since because of the passion with which he said it.

He simply said "if you didn't have a mate you didn't survive."

Rest in Peace Wally and I am sure when the Pearly Gates open there will be many a "mate" to greet you.

FESTIVE GREETINGS

As this is the final Listening Post for 2013 I want to take the personal opportunity on behalf of Noelene and myself, to wish you and your families a peaceful and gentle Christmas which we hope will bring an opportunity to relax and enjoy this special time of the year with loved ones, family members and your "mates"

Thank you for your support throughout the year and I will welcome 2014 with enthusiasm, a sense of challenge and confidence knowing that RSLWA has much to look forward to.



Bruce Rock 2013



Bruce Rock 2013



Bruce Rock Parade



Bruce Rock Parade

Bruce Rock

RSLWA State Secretary and State President Graham Edwards set up shop over the Veterans weekend at Bruce Rock.

A big crowd of veterans, family, friends and locals enjoyed the great atmosphere and the friendship which has now become a hallmark of this annual event.

From all reports the RSL presence was appreciated and numerous pieces of information and material were passed onto veterans and their families who made enquiries.

State President Graham Edwards said he and Phil enjoyed the veteran contact and the various displays such as the Light Horse, the Stuart tank and the interaction with

other stall holders including TPI, Partners of Veteran and many more.

We will be back there next year Graham said and if the weekend is held immediately after the Commemoration in Albany it was likely that many veterans will combine the two events.

Phil Orchard said 'it is important for the RSL State Branch to venture into new areas, particularly as BR does not have its own sub branch and maximise the opportunity to talk to the local population and visitors to the area about what the RSL is focussing on for the future and Centenary period.

**Graham Edwards
RSL WA President**



Bruce Rock Parade



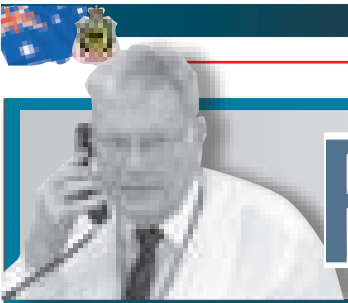
The Light Horse in action



Various stalls



Caravan City at Bruce Rock



FROM THE BUNKER

with Denis Connelly



Australian Peacekeeping and Peacekeepers

The Peacekeepers had their beginnings at the end of WWII as the United Nations Security Council saw the need for an international body to maintain and keep the peace.

A minimal armed force was employed to monitor the emerging peace proposals between parties recently at war. Peace support operations are often divided into peacekeeping (lightly armed) and peace enforcement (heavily armed); these are blanket terms used to cover all impartial, multinational and military-based interventions in areas of conflict.

Over the years Peacekeeping has taken on a variety of different roles such as deterring wars and conflict, resolving conflicts, promoting peace, supporting civil authorities in response to domestic crises, humanitarian assistance and disaster relief. Many see this as the main platform of the United Nations Charter, however there is also a more complex role taken on by the Peacekeepers whereby force is authorised to prevent further conflict between warring parties.

Australia's first Peacekeepers departed Australia in September 1947 for Djokjakarta in Indonesia to assist the Indonesians to secure independence. Peacekeepers are predominantly from the Australian Defence Force (ADF) and the Australian Federal Police (AFP) have also played a prominent part in the peacekeeping operations over many years. The support by the AFP has

included supplying officers to serve overseas in Ganges, Cambodia, Haiti, Mozambique, Bougainville and Timor. Western Australia Police are amongst those who have served overseas with the AFP.

Australia's involvement in peacekeeping is an ongoing activity on areas of potential conflict. The most recent involvement is in East Timor and the Solomon Islands. The East Timor Conflict grabbed the attention of Australia as it is only about an hour and a half flight away from our North Coast.

The United Nations Peacekeepers Remembrance Day is commemorated on 29 May annually.

Editor's Note: The Australian War Memorial (AWM) in Canberra and the State War Memorial in Kings Park have now placed the names of those who paid the supreme price whilst carrying out Peacekeeping duties for the United Nations and the Australian Government on to the respective memorials to give recognition so richly deserved for these Servicemen and Servicewomen.

References:

1. AWM: Australian War Memorial
2. Wikipedia



Suai, East Timor, 16 November 1999. Gunner (Gnr) Alan Paul (left) of the 108th Battery, Field Regiment, part of the International Force for East Timor (Interfet), talking to a fellow soldier as they begin a patrol of an area between Suai and Matai. AWM P03184.263



Trooper (Tpr) Jon Church carries an injured Rwandan child who has survived the brutal massacre by soldiers of the Rwandan Patriotic Army (RPA) at the UN administered refugee camp at Kibeho in 1995. Tpr Church was one of 18 soldiers killed in a training accident in Townsville on 12 June 1996, when two Blackhawk helicopters crashed. Photo by George Gittoes. P04111.030



Korea, June 1950. Members of the United Nations Commission on Korea (UNCOK) passing native ox carts on the road while on tour of the 38th Parallel just prior to war breaking out. AWM P00716.024

Date	Name (*Police)	Location	Cause of Death
January 1966	Lieutenant General Robert Nimmo	Kashmir	Died of natural causes
July 1969	Sergeant Lewelyn Thomas*	Cyprus	Killed in vehicle accident
August 1971	Inspector Patrick Hackett*	Cyprus	Killed in vehicle accident
November 1974	Sergeant Ian Ward*	Cyprus	Killed by landmine
January 1988	Captain Peter McCarthy	Lebanon	Killed by landmine
April 1993	Lance Corporal Shannon McAliney	Somalia	Died after accidental discharge of weapon
June 1993	Major Susan Felsche	Western Sahara	Killed in plane crash
January 2000	Lance Corporal Russell Eisenhuth	East Timor	Died of illness
May 2000	Lance Corporal Shawn Lewis	Bougainville	Died in diving accident
August 2000	Corporal Stuart Jones	East Timor	Died after accidental discharge of weapon
December 2004	Protective Service Officer Adam Dunning	Solomon Islands	Shot
March 2005	Private Jamie Clark	Solomon Islands	Died whilst on patrol with 3 Bn RAR
November 2007	Private Ashley Baker	Timor-Leste	Died from gunshot wound
September 2011	Craftsman Beau Pridue	Timor-Leste	Killed in a vehicle accident

Several Australian Service personal and Federal Police Officers have paid the ultimate price for their service.



The Inaugural RSL Memorial Breakfast

The Inaugural RSL Memorial Breakfast was held on Friday, 25 October with Special Guest the Honourable Dr Brendan Nelson MBBS MRACGP FRACP (Hon.) FAMA.



The Hon Dr Brendan Nelson delivering his address

Congress Wreath Laying Ceremony

State War Memorial, Kings Park – Friday, 25 October 2013

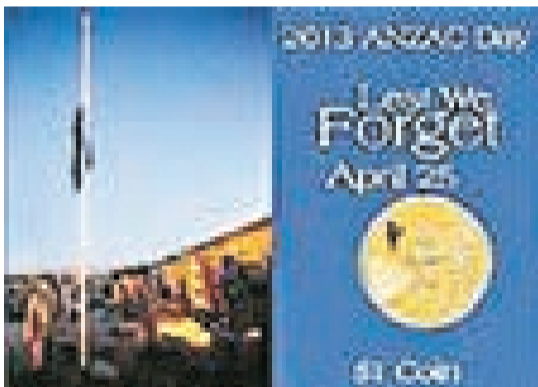


From the CEO

After what seems months of ongoing preparation, the execution of our 97th State Congress and our Remembrance Day commemoration service appear to have gone well. It was encouraging to hear the positive feedback from both events although we, the staff, are well aware of some matters that need attention. Thank you to all who provided a detailed response on the feedback forms from Congress. The cost reduction, which included the dropping of the Welfare Levy of 50c per financial member as well as \$25 Congress Levy was well received as was the \$70 attendance fee being reduced to \$35.

The Congress itself, opened with an exceptional speech by Dr Brendon Nelson MBBS, MRACGP, FRACP (Hon.), FAMA, Director of the Australian War Memorial, incorporated two inspirational youth speakers Miss Krista McMeekan, and Cadet Warrant Officer Class 2 John Foster, was attended by Federal and State politicians, our National President Rear Admiral Ken Doolan AO RAN Rtd, senior members of DVA and other Veteran organisations. Most importantly, 58 Sub-Branches were represented by 109 delegates and some 15 observers. In total in excess of 150 attendees.

Much of the cost was subsidised as a result of our President's Annual Memorial breakfast. Our first fundraising event as such and one that was extremely well supported by the corporates, service trusts and our key event sponsor, the Perth Mint who provided a 1oz Silver Gallipoli 2011-dated coin as a door prize and an aluminium-bronze \$1 Anzac Day 2013-dated coin in card for every attendee.



On behalf of the State President, State Executive and staff of ANZAC House can I offer congratulations to all our award recipients:

ANZAC of the Year

Peter Dimopolous

Meritorious Award

Mr Kevin Trent OAM

New Life Members

Trevor Kenny (Bunbury Sub-Branch)

Gordon William Norton

(City of Perth Sub-Branch)

Robert Sydney White

(City of Mandurah Sub-Branch)

Kay Cleak (City of Cockburn Sub-Branch)

50 year Certificate

Mr Norman Semmens

(Canning Districts-Victoria Park Sub-Branch)

Trophy Winners

The Newdegate Cup - City of Rockingham Sub-Branch

The Colonel Collett Cup - Pinjarra Sub-Branch.

The Geraldton Shield - Three Springs/Arrino Sub-Branch.

The Mary Cornell Trophy - Kalgoorlie Sub-Branch

The Ken Bladen Recruiting Shield - Morawa-Gutha Sub-Branch



Remembrance Day and Poppy Appeal

Our Remembrance Day Service at Kings Park was extremely well attended. His Excellency the Governor of WA, Mr Malcolm McCusker AC CVO QC and other distinguished guests, Ex-Service Organisations and the general public participated in the Wreath Laying. Following the Remembrance Day addresses by the State Vice President, Mr Denis Connelly and His Excellency the Governor, Mr Connelly conducted the formal handover of the Crypt Keys from the Outgoing Warden, CDRE Steve Davies RAN Rtd to the Incoming Warden Mrs Jan Stewart CEO of Lotterywest. This year's Service was supported by Churchlands Senior High School Band, the RAN Australian Army, and RAAF, as well as Navy, Army and Air Force Cadets.



Prior to 11 November the City of Perth and Kings Park agreed to illuminate Council House, the Bell Tower and the State War Memorial red in respect of the commemoration and all statues in Perth city proudly donned a poppy for the week. Of particular note was the inclusion of our Poppy Picnic post-Remembrance Day Service at Rotunda 1 near the State War Memorial. This was extremely well supported, and provided the opportunity for the attending schools to conduct a Memorial Hunt, based on clues, to learn more about who and what some of the Memorials in the Frasers Avenue precinct are dedicated to.

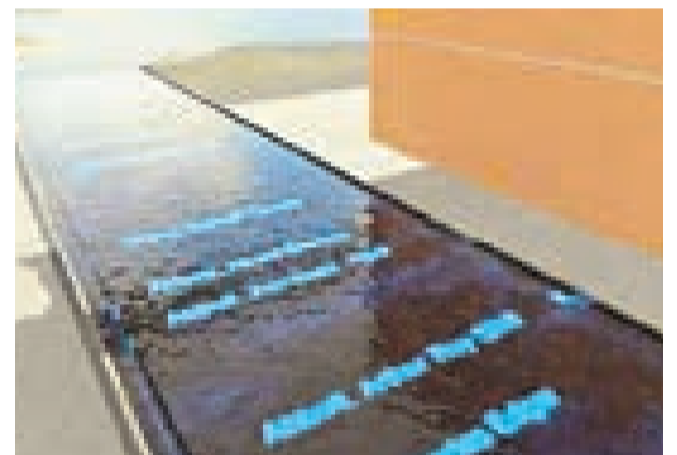
Albany Interpretive Centre

The State President and I attended the second Forum for the Albany Community in late October. This forum allowed a number of key stake holders to present on the progress and preparation for the weekend of 1 November 2014. Presenters included: the State President, Richard Muirhead - State Director National Commemorative Events, Department of Premier and Cabinet; Jennifer McGrath - Executive Director, Department of Finance, Building Management and Works; Alec Coles - Chief Executive Officer, Western Australian Museum; Peter King - Deputy Commissioner, Department of Veterans' Affairs; Gwyn Dolphin - Executive Director, Eventscorp (Tourism WA); Garry Adams - A/Chief Executive Officer, City of Albany and Claire Parker - Managing Director, Project3. Key points to note are that the site clearing has been completed and that BGC Construction Pty Ltd appointed as the builders. Construction to commence in mid-November 2013, and the building will be finished in August 2014. The fit out of the exhibition will be carried out during July, August and September 2014 with expectation that testing and commissioning will occur during October 2014. If all goes well the Official Opening will be on 1 November 2014. It is of note that over 65% of the building work will utilise local firms. To date we are on program and within budget.

In brief summary the building design, featured in the August edition of The Listening Post will commemorate the Departure of the Convoys, a portrayal of experiences through personal stories that will be provided by interaction through rich and immersive multimedia, access to experiences and information online. The story will commemorate the departure of the convoys and allow visitors to experience the life of the ANZACs through personal stories. It will consider the consequence of war, honour their sacrifice, share their stories and reflections but most importantly REMEMBER THEM.



View from inside the centre and infinity pool with the constant flow of names of those who left these shores.



Dates for your diary

October 2014

Fri 24/Sat 25 - State Congress to include wreath laying & reception

Sun 26 - Social Program

Mon 27 - National Executive

Tue 28/29 - National Congress

Thu 30- Mon 3 Nov Albany

And finally

I would like to thank all of my team at ANZAC House for their terrific support through 2013. The organisation required for our commemorative events, and others, start the day after the previous one finishes. Often they are complicated matters full of bureaucracy requiring careful and considerate negotiation. It's very much a team game. My special thanks to all Sub-Branches who have hosted the State President and I during our visits and to your office bearers who keep open the lines of communication so well. It can sometimes be difficult to know when to pick up the phone but if you remember that we in State Branch prefer to be proactive rather than reactive and that surprises and secrets don't go down well, then you are on the right path.

From us ALL at ANZAC House, HAPPY CHRISTMAS and best wishes for 2014.



Annual Tea Dance at ANZAC Club

Tuesday 15 October saw a number of ANZAC Club patrons putting on their dancing shoes to take part in another successful ANZAC Club Tea Dance. Professional dancers from Daele Fraser Dance Studio showed the participants a move or two and the Cross-Over Duo provided the music that was enjoyed by all throughout the day. This year's

Tea Dance was run in conjunction with the Department of Veterans' Affairs Veterans' Health Week. Which this year promoted Physical Activity – Fitness, Strength, Flexibility and Balance.

Denis Connelly



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The Regiment - Wally Dannison

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Margaret River

Homemade red poppies went on sale at Margaret River Independent School recently to commemorate Remembrance Day and raise money for Margaret River Returned Services League (RSL).

Constructed by the Pre-primary students, the colourful cardboard flowers were sold for 50 cents each raising more than \$70. Pre-primary teacher Debbie Pendlebury said the class discussed the significance of the poppy, learned about war-time conflicts and constructed their own battlefield.

On Remembrance Day, the whole school observed a minute's silence and laid a wreath in memory of those who have died or suffered in the line of duty. Margaret River RSL secretary, Rob Scott visited

the school on Tuesday to talk to the pre-primary students about his own war-time experiences, show his service medals, and discuss how the fundraising efforts would help ex-servicemen and women.

Also present on the day was teacher's aide Raine Ladd who had with her partner Peter McGovern's medals awarded to him for his service in Afghanistan, which completed the picture of linking our past with our present and with our future, our future being these wonderful pre primary students at Margaret River Independent School.

Main article by Melissa White, Margaret River Independent School with final comment added by Keith Simmonds, President Margaret River RSL Sub-Branch

Keith Simmonds



POPPY POWER: Margaret River RSL secretary, Rob Scott and Margaret River Independent School Pre-primary students, Pia Bawden and Jake McKenzie showed their support for Remembrance Day.

Kalgoorlie Sub-Branch

Remembrance Day is over for 2013 and what a successful day it was for the Kalgoorlie RSL. Leading up to Monday 11 November 2013 we had many volunteers from around Kalgoorlie donate their time over the weekend to sell poppies, especially the cadets from the 55th Army Cadet Unit and the No 709 Squadron Australian Air Force Cadets. They have done a superb job of collecting donations while challenging each other to see who could collect the most amount of money donated.

On Remembrance Day traffic on Hannan Street came to a halt as Kalgoorlie-Boulder Mayor Ron Yuryevich led a minutes silence while the Kalgoorlie RSL held the Remembrance Day service at the Kalgoorlie War Memorial. The service was led by Kalgoorlie RSL President David Elson BM, followed by Kalgoorlie RSL Senior Vice President Dean Collins reading a poem and the North Kalgoorlie Primary School choir leading the

crowd with the Australian National Anthem. Kalgoorlie MLA Wendy Duncan and Deputy Mayor Allan Pental were among the guests to lay wreaths during the service. Kalgoorlie RSL Secretary Brenton Smith was installed as the Kalgoorlie War Memorial's new warden, taking over from Warren Reynolds, being the son of a former Vietnam Veteran. We thank Warren for his service to the RSL. There was a turnout of 100 people who attended the service which was great to see being a weekday.

Following the service, everyone was invited back to the Kalgoorlie RSL / Ex-Serviceman's Club in Dugan Street for a social gathering and light refreshments.

I would like to thank the following Kalgoorlie RSL members for their tireless efforts in making Remembrance Day 2013 a huge success: Murray and Lyn Joyce, Pat Hogan and Dave Elson.

**Lest We Forget
Ben Wydra
Junior Vice President
Kalgoorlie RSL**

Diggers Remembered

Yanchep Two Rocks Sub-Branch held its Remembrance Day Service at the Memorial in Yanchep National Park where approximately 100 people attended.

Wreaths were laid by Mr Norman Hewer representing the City of Wanneroo and John Quigley MLA. The local Free Spirit Choir led the National Anthem and students from the two local schools laid wreaths. A moving address was given by the President of the Sub-Branch, Mr Rolly Sweet.



**Gladys Shave
Secretary**

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Mitchell Drew, son of our Social Secretary Teresa Rayment and Gosnells President Alan Stubbs assisting in selling poppies at Bunnings Maddington.

Gosnells Sub-Branch

At Gosnells RSL our members have been very active in our Poppy Drive which has seen our donations increase from around \$5,000 in 2006 to \$15,000 last year and running out of poppies.

We stretch ourselves into the five main shopping centres in the area and the two Bunnings stores. Donations this year, without the extenuating circumstances of Friday 8 and ordering an extra 2,000 poppies have seen the donations increase to around \$20,000.

A very good indicator of the support, realisation and gratitude the community has for our veteran and ex-service community.

Our Remembrance Day Service, albeit small, was attended by veterans and their spouses as well as the Mayor of the City of Gosnells and local representatives of State and federal Parliament.

Harry Rosielle
Secretary
Gosnells RSL Sub-Branch



Left to right, members Wayne Loughrey (President), Henry Syme (WW2), Ray Twist (WW2) and Doug Carpenter (Secretary). Photo courtesy of "The Echo" newspaper

Kalamunda Sub-Branch

Kalamunda RSL held its traditional Remembrance Day service at our local War Memorial and there was an excellent turnout.

Wreaths were laid by the Sub-Branch, Senator-elect Linda Reynolds (representing our local Federal and State members), Shire President,

Cr Sue Bilich, and others.

The commemorative address was given by Steve Hordacre, Principal of Kalamunda Senior High School Education Support Centre (and a former Army reservist). After the service, a number of those attending return to our Hall for light refreshments.

The Sub-Branch will close for the festive season on Friday, 20 December, with an option to open on 23 December for one evening. We will re-open on Friday, 16 January.

Doug Carpenter
Secretary, Kalamunda
RSL Sub-Branch



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Esperance RSL Sub-Branch

Our Sub-Branch again played host to our members and families, the local public and visitors as well as children and teachers from the local schools attended.

The service was again conducted by branch President George Starceovich and the Reverend Frank Roe.

Mrs Sime, the widow of CPL Bob Sime, donated Bob's service medals to this Sub-Branch; and prior to his demise Bob had presented to our Sub-Branch a North Korean flag which was taken during one of the fire-fights in Korea during that conflict.

From the members of the Esperance



A group of some of the local school children who attended the ceremony.

Sub-Branch, a very Merry Christmas and Happy New Year to all members and families.

Ray Gray

Publicity Esperance Sub-Branch.

Mazenod College

Mazenod College commemorated Remembrance Day on Monday morning. Special guests were Mr Geof Irvin, a Vietnam War veteran, representing the Kalamunda Branch of the RSL and Mazenod Old Boy (Class of 1997) Petty Officer Adam Bamford RAN.

The ceremony was led by College Captain elect Tom O'Brien with College Vice Captain elect Michael Swallow assisting. PO Bamford read the Prayer of Remembrance. A blue and white wreath was laid by College Principal Mr John Payne and College Captain elect Tom O'Brien. The colours are those of the United Nations; blue for democracy and white for peace. Then a wreath was laid by Mr Irvin and Petty Officer Bamford. It was coloured red for blood and sacrifice and white for peace; the colours of the Australian Defence medal. Mr Irvin led the Ode of Remembrance. The music department led by Mr Sam Graham provided the band who played the national anthem and buglers who played the Last Post and Reveille. They were brilliant! The National anthem singing was led by two Year 9 students. Staff members wore



their service medals; Lt Col Bradstreet AM, Mr Lewis, Mr Keddie and Mr Hiatt. Their demonstration helped to reinforce to students the school motto 'Faith and Country Truly Serve'.

The Remembrance Day ceremony is an important educational event for students to learn and understand that the peace and freedom Australians enjoy today should not be taken for granted. Students should understand that they owe an enormous debt of gratitude to those who have served and now serve their country in a war, peace keeping and community service organisations.

Thank you to Mr Hiatt for his help in organising and co-ordinating the ceremony.

Mr Richard Kostecki
Head of Society and Environment



Greenbushes Primary School students (left to right) Joel Longbottom, Brandon Janitz, Ben Rodgers, Keelie Bacci, Brianna Bunter and Macey Hyde with Greenbushes RSL members (left to right) Ray Mills, Barry Boyle, Ron Adair and Pat Scallan at the recent Remembrance Day Service at the Greenbushes War Memorial.

Greenbushes Remembers

The history behind the red poppy that is symbolic of Remembrance Day was highlighted at the Greenbushes Remembrance Day Ceremony on November 11.

Greenbushes Primary School students hosted the ceremony which was attended by members of the Greenbushes Branch of The Returned and Services League.

Students presented readings and poems which explained that the red poppy that was symbolic of the bloodshed on the fields of northern France and Belgium during World War One. Since

1921 the poppies have been sold by The Returned and Services League around Remembrance Day to raise funds for welfare projects.

Wreaths were laid and candles were lit at the base of the Greenbushes War Memorial as part of the service.

The Greenbushes Primary School then provided light refreshments for members of the Greenbushes RSL and community members attending the service.

Pat Scallan
Secretary



The photo shows students from the Schools with Secretary, Doug Arrowsmith, DFC AOM and Maj-Gen Barry Nunn AO RFD ED who was the MC for the Service.

Nedlands Sub-Branch

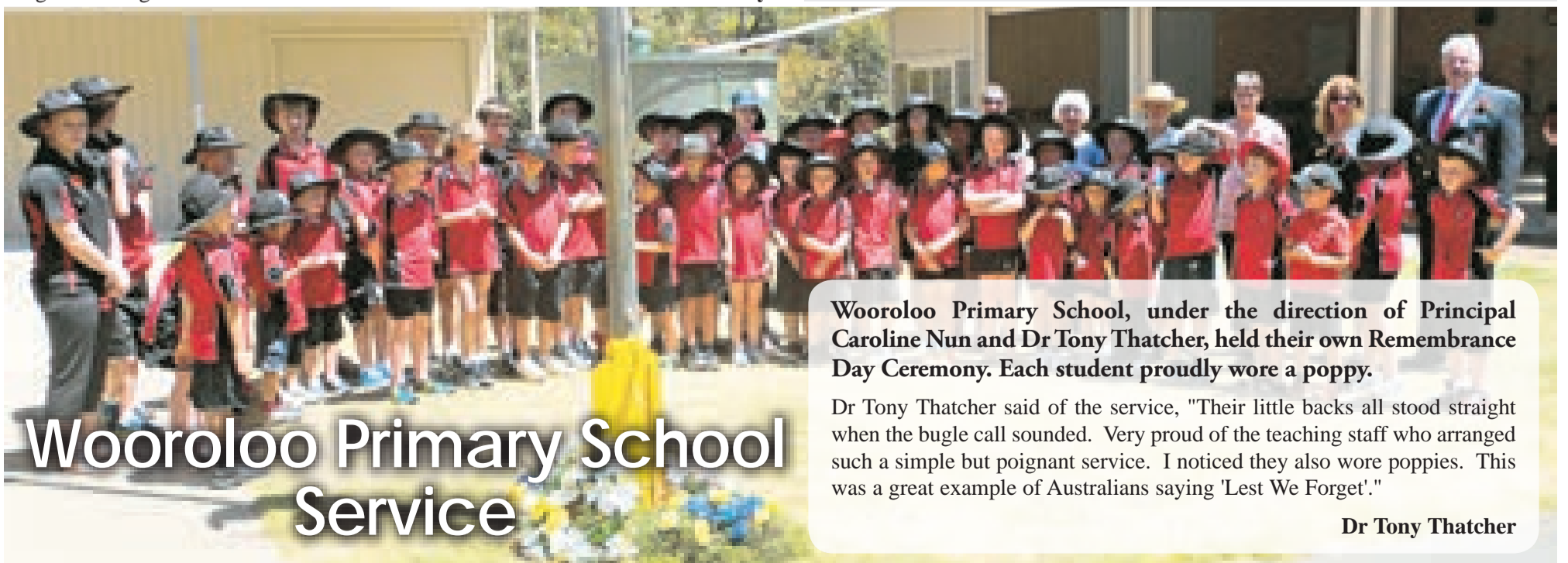
Nedlands Sub-Branch's Remembrance Day Ceremony was well attended with the public appreciating the shade provided by a marquee. Nedlands Councillor Ian Argyle gave a short address.

He was supported by students from Dalkeith, Hollywood, Loreto and Nedlands Primary Schools reading their own poems. Hollywood Primary School also provided music. The Rev Mark Dale sounded the Last Post on a bugle which was used at Gallipoli. Tiger Moths from the Aero Club flew over at the appointed time of 1100hrs.

The Mayor of Nedlands, Max Hipkins invited all for light refreshments at the Hollywood-Subiaco Bowling Club after the service. The War Graves people had the venue in immaculate condition for the Service and are to be thanked.

Thank you also to the Nedlands Council for their continued support.

Doug Arrowsmith, Secretary



Wooroloo Primary School Service

Wooroloo Primary School, under the direction of Principal Caroline Nun and Dr Tony Thatcher, held their own Remembrance Day Ceremony. Each student proudly wore a poppy.

Dr Tony Thatcher said of the service, "Their little backs all stood straight when the bugle call sounded. Very proud of the teaching staff who arranged such a simple but poignant service. I noticed they also wore poppies. This was a great example of Australians saying 'Lest We Forget'."

Dr Tony Thatcher

Reinforcing Australia's Proud History



For the Ellenbrook Sub-branch Remembrance Day has been an outstanding success.

This Sub-Branch works hard to reinforce the important events in Australian history and culture. This year we offered all local schools copies of the book "The Red Poppy" by the New Zealand author David Hill. Schools were also invited for the first time to lay wreaths at our ceremony. Perhaps the most encouraging aspect of the occasion this year was the enthusiastic support from the general public when we were fund raising.

The solemn ceremony attended by over 200 people was held in warm conditions at the town library site. The President Stephen O'Neil spoke of the significance of Remembrance

Day in 1918 and through the years. The bugle calls and supporting drumming were provided by Ellenbrook Secondary College music students. Politicians, dignitaries and school representatives all laid wreaths at the flag pole, and our senior citizens provided everyone with morning tea.

This great team effort has reinforced our determination to continue to commemorate such important events and to ensure that those who served are remembered.

Lest We Forget.

Dr Neil MacNeill



Kambalda Sub-Branch

At about 10.45am everybody assembled at the Memorial at Kambalda East.

This was the best attended Remembrance Day I can remember, with approximately of 170 people in attendance. They were made up of 20 Police, Fire Brigade and St Johns; 90 children from Kambalda East school; 20 people from BHP, with the general public making up the remainder.

Wreaths were laid to honour those who paid the ultimate sacrifice; with most of the wreaths coming from Kambalda East school

children. Wreaths were also laid by Coolgardie Shire; Police, Fire Brigade and St Johns and the Kambalda RSL Sub-Branch.

After wreath laying, we had The Last Post with Gina Makara (flag orderly) bringing the flag down to shoulder level. We then had 1 minute silence, followed by the Ode, followed by Rouse where Gina took the flag back to full height, before dropping it back to half-mast.

**Allan Lindup
President; Kambalda
Sub Branch**

Northam Sub Branch



Shire of Northam President Steve Pollard, RSL Secretary Reg Stevens, Paul Brown MLC, Member for the Agricultural Region.

An estimated 100 people attended the Remembrance Day service in Northam.

With a warm 41 degrees shortly before 11am and the crowd gathered under what shade was available.

Cadets from TS Perth and 519 ACU, Northam were the flag party, marching the flags to the service and also attending the main flag pole.

President of Northam Sub-Branch Donna Prytulak opened the service at 11am with 1 minute Silence and then delivered her opening address. She spoke of the history of Remembrance Day.

Secretary Reg Stevens gave the address speaking about the reaction of men at the end of World War One, the loss at Fromelle and one soldier's experience of that, and also quoted an SAS soldier's experience of losing mates in Afghanistan.

He also read the name and details of Cpl. Cameron Stewart Baird MG who was killed in action on June 22 this year.

Treasurer Geoff Scarterfield read a Prayer of Remembrance Bugler Luis Lim played the Last Post and Rouse with Warden Jim Donovan reading the Ode.

Wreaths were laid by the Northam RSL and the Women's Auxiliary, Paul Brown MLC, WA Police, Shire of Northam, St Johns Ambulance, Several local schools and NACHA.

Many poppies were placed on the Memorial at the conclusion of the service by those attending.

A morning tea was provided after the service and a good number of people stayed to enjoy the refreshments in the cool of the RSL rooms and Memorial Hall.

Reg Stevens, Secretary

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Rockingham RSL Sub-Branch Remembers

The MC, MAJ Lyndon Jackson from HMAS Stirling, commenced the Remembrance Day Service by thanking the Noongar People, upon whose traditional lands we were commemorating this Remembrance Day.

He then went on to point out that the freedom we all enjoy today came at a cost in terms of human sacrifice, and that great loss, and those who made the ultimate sacrifice, that we were remembering today.

The Naval Chaplain Steve Gunther was called upon by MAJ Jackson to lead the large gathering in prayer, followed by the very moving hymn, "Lest We Forget". This was accompanied by the Naval Band under Bandmaster CPO Natalie Erskine. The Prayer of Remembrance was then delivered prior to the laying of the many wreaths at the War Memorial. Members of the public also came forward with tributes and red poppies.

It was very gratifying to see numerous schools represented

at this Service and the active part they played in the wreath laying.

MAJ Jackson then introduced the Guest Speaker CMDR Matthew Blenkin, who was also representing CAPT Angela Bond, Commanding Officer of HMAS Stirling. CMDR Blenkin started by saying that this Remembrance Day was the 95th anniversary of the start of WWI which was supposed to have been "the war to end all wars". After WWI, it was decided to hold a special day to remember the fallen and it was called Armistice Day. However, after WWII some 20 years later, the name was changed to Remembrance Day to include WWII fallen, and now of course, it embraces all other engagements since then as well.

As it neared 1100h, the Firing Party, from HMAS Stirling, under the direction of SBLT Owen Bowey, slow marched into position by the Cenotaph. A RAAF HAWK jet roared overhead, making a spectacular sight. On command, the Firing Party fired numerous volleys



into the air. MAJ Jackson recited "The Ode To The Fallen" and The Last Post was played by the Naval Bugler. There was a minute's silence, followed by Rouse. Following the National Anthem, the Catafalque and Firing Parties marched off.

MAJ Jackson thanked all those who had attended, the Guest Speaker CMDR Matthew Blenkin, Chaplain Steven Gunther, the Dignitaries, Ex-Service Men and Women, Veterans, especially those

who had just returned from Afghanistan, Schools and the Members of the public. He also thanked the many Volunteers whose assistance made the success of this day possible. The Chaplain, Steve Gunther said the Blessing and Closing Prayer and another Remembrance Day came to an end of service.

After the Remembrance Day Service at the Cenotaph, there was a Memorial Service held at the Rockingham Sub-Branch for our Service Members

who had passed away in the preceding year. Families of these Members were invited to attend, and a plaque was placed on our Memorial Wall for each of them. Families and Members placed wreaths and poppies on this wall, as our special remembrance for our special people, came to close.

"LEST WE FORGET"

Wendy Gray
Honorary Secretary
City of Rockingham RSL
Sub-Branch

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Gascoyne RSL Report



Wing Commandr Ella Bone (Retd) preparing to lay a wreath on behalf of the Sub-Branch.

The City of South Perth Sub-Branch

The City of South Perth RSL Sub-Branch conducted a Remembrance Day Service at the War Memorial located in Memorial Gardens, South Perth.

During the Service Sub-Branch President, Kevin Trent read out the names of the twenty men from the District who

paid the supreme sacrifice in the Great War 1914 – 18.

The choir of the Kensington Primary School who sang "In Flanders Fields" and the Australian National Anthem at the conclusion of the Service which was attended by a large crowd.

**Kevin Trent
President**



Some members and guests.

Scarborough Sub-Branch

Scarborough Sub-Branch invited Members and the general public to their Annual Remembrance Day Service at The Scarborough Memorial Garden, Doubleview.

The traditional bugle calls of "Last Post" and "Rouse" were sounded and followed by the recitation of the "ODE" by President Des Cummings who also delivered a brief address.

After this was the formal Wreath Laying from representative of

Local Member of State Parliament, our Sub-Branch and the Bowling Club.

Then the Doubleview Primary School Choir closed the formal part of the ceremony with their rendition of the National Anthem. After this most of the attendees retired to the adjacent Bowling Club hall and enjoyed morning tea provided by Bunnings and entertained by items from the school Choir.

Malcolm Till

The Gascoyne RSL held a Commemorative Service at the Carnarvon Cenotaph on Remembrance Day 2013. Approximately 50 people attended the service directed by the President of the Sub-Branch, Mr Sandy McGinn.

Prayers were read by Pastor John Tomkin and wreaths were laid by E Troop, RSL, Naval Association, Korean Veterans, Carnarvon Shire and Carnarvon Community College.

Afterwards, light snacks and refreshments were served at the RSL clubrooms in Stuart Street adjacent to the Cenotaph.

On the Friday preceding Remembrance Day, the Sub-Branch organised poppy sales around the town and raised a grand total of \$1,645 which shows that small country towns still have spirit of giving to a good cause.

19 November marked the anniversary of the sinking of HMAS Sydney by the German Raider Komoran. This was commemorated with a Service held at the Carnarvon Cenotaph on Saturday 23 November at 17:30, followed by a BBQ and fellow-ship at the Carnarvon Sub Branch clubrooms.

On Friday, 8 November, the Gascoyne Sub Branch took delivery of its first vehicle,



Some of the community attending the Service. There were many more sheltering under the shade as it was an exceptionally hot day.

a seven seater people mover that will enable us to transport our less mobile members and other senior citizens to events and to get them safely back home again.

The Sub-Branch has worked hard at raising funds from members and the purchase was only possible in the end by the extremely generous support of Alan Livesy of Carnarvon Motor Group who sponsored the purchase. The Carnarvon Motor Group has always supported the RSL in its welfare and community service activities and we owe them a great debt of thanks.

Our next major funding project is going to be even harder for our small membership. We are trying to raise funds to refurbish the Carnarvon cenotaph which is showing its age (constructed in 1923). We want to install a life size bronze WWI Billy atop the Cenotaph and strip the many layers of peeling paint back to the original surface and seal with anti-graffiti coating.

We will then attempt funding of the reconstruction of the HMAS Sydney wall and roll of honour to make it a more appropriate memorial to those officers and men who died in that tragic encounter. If funding permits, we would also like to consider recognising the men of the Kormoran who also gave their lives in the battle. We are currently seeking advice on this matter as it is, quite obviously, an emotive issue.

We are currently negotiating with the local Shire Council to obtain financial assistance for the purchase of the Bronze statue and to convert the area surrounding the Cenotaph into a pedestrian friendly plaza. The removal of kerbs and level changes hopefully will make it much safer for all members to attend services such as the Dawn service on ANZAC Day.

**Ed Garrett
Secretary/Treasurer
Gascoyne RSL**



North Beach Sub-Branch

North Beach Sub-Branch conducted a Remembrance Day Service at their memorial Monument on the Charles Riley Reserve, North Beach.

Some 40 RSL members joined 200 school children from local schools and the general community for a short service, led by RSL President Alex Lennox. Vice President

Roger Hardwicke read the address while Lewis Firman said a few words.

The Last Post and Rouse were very well played by a Year 10 student from Carine Senior High School.

**Rob Sweet
Secretary**

Lighting up Red for Remembrance

Some of Perth's iconic landmarks, including the State War Memorial, Council House, and the Bell Tower were lit Red for Remembrance from 1 to 11 November.

The initiative is hoped to raise more awareness about Remembrance Day throughout the Perth community, and encourage more people to pause to reflect on the sacrifices made by our service people past and present.

Caitlin Harnwell



Photo courtesy of Kurt Baeten; Binto Photography



Perth Statues spotted wearing Poppies

Statues around the Perth CBD were seen wearing poppies in the lead up to the Poppy Appeal and Remembrance Day this year.

City of Perth and St Martins Place kindly gave permission for the bronze statues on their properties to wear poppies as a sign of respect for this important commemoration.

Caitlin Harnwell



Poppy Picnic

The RSL WA State Branch hosted the inaugural Poppy Picnic at Kings Park following the Remembrance Day Service on Monday, 11 November 2013.

Although the weather was a little hotter than hoped,

the Picnic was the perfect opportunity for the ex-service community, invited guests and school children to enjoy fellowship overlooking the Swan River, and is something that we hope to grow and promote each year.

Caitlin Harnwell

Entitled DVA Clients

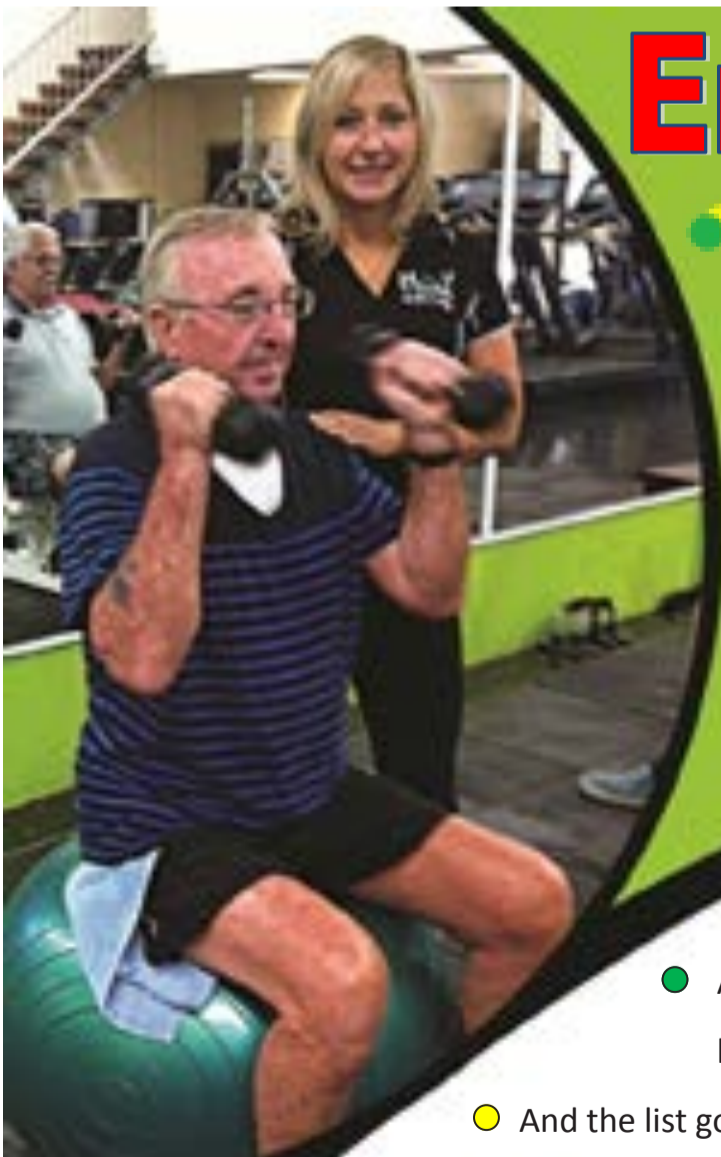
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2013 Congress Award Winners



Norman Semmens (Canning Districts – Victoria Park Sub-Branch) with his family holding his 50 Year Certificate



Pinjarra Sub-Branch President Mick O'Donnell receiving the Colonel Collett Cup won by the Sub-Branch.



City of Rockingham Sub-Branch President Mick Ryan receiving the Newdegate Cup won by the Sub-Branch.



Kalgoorlie Sub-Branch President Dave Elson receiving the Mary Cornell Trophy won by the Sub-Branch.



Three Springs - Arrino Sub-Branch President Con Kikeros receiving the Geraldton Shield won by the Sub-Branch.



Mid-West Regional Representative Ross Davies receiving the Ken Bladen Recruiting Shield won by the Morawa-Gutha Sub-Branch. The award was presented by Ken Bladen (far right)



Congress Award Winners

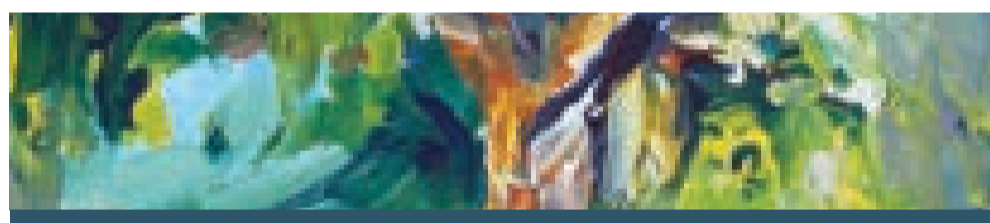
Back: Robert Sydney White (City of Mandurah Sub-Branch) – RSL Life Membership; Gordon William Norton (City of Perth Sub-Branch) - RSL Life Membership; Kevin Trent (City of South Perth Sub-Branch) - RSL Meritorious Medal and City of Cockburn Vice President representing Kay Cleak who received RSL Life membership. **Middle:** Mr Peter Dimopolous (Serpentine Jarrabdale Sub-Branch) - ANZAC of the Year Award, Trevor Kenny (Bunbury Sub-Branch) - RSL Life Membership; William Heel OAM - Honorary Membership; and RSL National President Rear Admiral Ken Doolan AO (RAN) RTD. **Front:** RSL WA Vice President Mr Denis Connelly and RSL WA President Mr Graham Edwards AM



Damian Dixon receiving his Australian Hearing Raffle prize



Mr Ken Jackson from the North Beach Sub-Branch receiving his Great Southern Railway Raffle prize from RSL National President Rear Admiral Ken Doolan AO (RAN) RTD and RSL South Australia CEO Mrs Sam Jackman.



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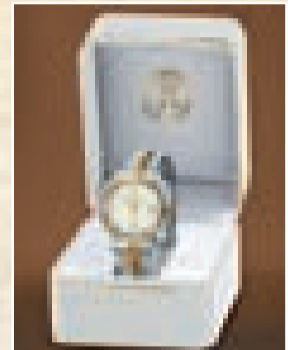
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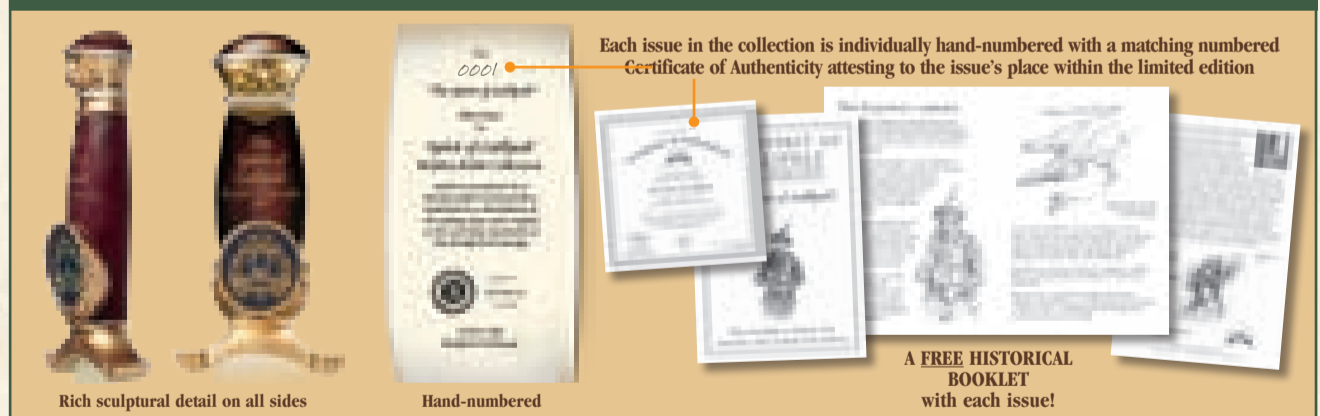
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Remembrance



ce Day 2013





Sub-Branch News

Ballajura Sub-Branch

Every month we have a “dine-out” evening at one of our local restaurants that all of the members can attend if they wish. This month our dine-out was at Villa de Vinci in Ballajura. The meal was quite good and the chit chat between members was its normal enlightening conversation, everything is discussed from the cost of the local paper to winning the world cup, it is an evening that is always enjoyable.

This month was different in that two of our members who came along are stars in their own right. Les Debonde had just had open heart

surgery and was brought along by his wife Judy. Elsie Jordan came along with Led and Judy and is the eldest member in our Sub-Branch. Elsie said that she always enjoys these nights out because she gets to wear her best shoes, Elsie had just had an operation on her feet.

Our next night out will be at a Chinese restaurant in the Springs Shopping Centre. It will be on the last Friday of the month. For more information on our dine-out night contact Norma Farrell.

**Mike Gilmore
President**



Kalamunda Sub-Branch: Didier Pontzele



Didier Pontzele and Andre Burette

Kalamunda RSL Sub-Branch recently had the honour and pleasure of hosting Mr Didier Pontzele, Head of the Belgian War Graves Office, and his charming wife Ann at a light luncheon at our Hall.

Mr Pontzele was accompanied by Senator Glenn Sterle, who hosted his visit to Perth. Mr Pontzele was warmly welcomed by our newly installed President, Wayne Loughrey and also by our one and only Belgian ex-service member, Andre Burette (ex Belgian Congo), who welcomed him in his native tongue.

Mr Pontzele gave an interesting Power Point presentation on the work of the War Graves Office, which was appreciated by the members of the Sub-Branch and their partners, and later joined with us in comradeship

**Doug Carpenter
Secretary**

TS Perth headed to Kalgoorlie

TS Perth has had great ties with the Northam RSL Sub Branch over the years. The Naval Cadet Unit travels to Northam to attend the Sub-Branches Remembrance Day Service. The Sub-Branch in return attends the Unit’s End of Year Awards Night and helps present an award to one of the young cadets.

Over the past few years the September

school holidays have been an important part of the Unit’s team building exercises. While most kids just sit around and watch TV or play computer games the TS Perth Naval Cadet Unit, well at least 10 of them this year, made their way to Northam’s Memorial Hall with Officers in tow itching to get on the seat of their bike to ride all the way to Kalgoorlie (with a few stops of course).

Having stopped in at the Memorial

Hall where lunch was supplied by the Northam RSL Sub-Branch Women’s Auxiliary and goodie bags for extra energy, the group were given two cheque’s. The Unit received one to go towards other projects the rest of the year and the other goes towards the Unit fundraising for the Royal Flying Doctor Service. The group realises how important the service is to the regional areas in the State so they thought this

might be their way of giving back to the Royal Flying Doctor Service. Over the past few years they have raised quite a bit of money for this essential service.

After lunch and a quick quiz the cadets were off into the distance looking forward to their first night sleep.

**Donna Prytulak
President
Northam RSL Sub-Branch**



President RSL Sub Branch Donna Prytulak presenting two Cheques to one of the officers from TS Perth Naval Cadet Unit.



Some of the cadets before they started their ride to Kalgoorlie.



Vale: WX17634 WALTER (Wally) HOLDING OAM

In June 1940 Walter Holding enlisted in the Militia in the 10th Light Horse Regiment. He later enlisted in the AIF and in January 1941 was assigned to the 2/4th Machine Gun Battalion which was posted to Singapore. After fighting the Japanese in Singapore (of 91 soldiers with WX numbers, 41 were KIA) he was captured and incarcerated in Selarang Barracks.

In April 1943 Walter Holding was part of the ill-fated "F" Force, which was dispatched to Thailand to work on the Burma Thailand railway.

They endured a five day journey by train from Singapore to Ban Pong in Thailand in cramped steel rice wagons before marching 290 kilometers on unsealed jungle tracks to railway construction camps at Sonkurai, near the border with Burma. Sonkurai No. 2 Camp was infamous as one of the worst camps on the Burma Thailand Railway.

From the original 7,000 men from "F" Force who had left Singapore, it is estimated that about 1,350 had failed to complete the march to their appointed camps either having fallen sick, died or been ambushed by Thai bandits.

Members of "F" Force suffered more than most prisoners on the Burma Thailand Railway from diseases, inhumane and

brutal treatment, starvation, terrible conditions and lack of supplies as they worked predominately beyond supply routes.

In November 1943 the remnants of "F" Force returned to Singapore. A further 186 men of "F" Force died en-route. In total, 28% of "F" Force died on the railway. Walter Holding spent the remainder of his incarceration at Selarang Barracks and the Changi Gaol Camp on Singapore before liberation.

He returned immediately to work with the Western Australian Government Railways and was posted to Narrogin. Walter suffered from after effects of his POW experience and spent long periods in Hollywood Repatriation General Hospital, being too sick to work for 8 months of the next two years.

He immediately commenced an active association with the Returned and Services League, being active in the Narrogin sub-branch of the RSL. His wife Wyn became the President of the Women's Auxiliary Upon retirement Walter Holding moved to Mandurah where he and Wyn continued their activities with the RSL.

They were awarded certificates for service to the State Branch; Walter was awarded a Life Membership Badge, a certificate recognizing fifty years of service and the Medal Of Merit. In his

role of Welfare Officer he arranged outings, attended funerals of his Army mates where he recited The Ode and for many years visited any of his old mates who were hospitalised.

When it was decided in 2002 to form the Burma Thailand Railway Memorial Association Wally Holding became an active member. In addition to his direct involvement in the Association, Walter (and his wife Wynn) established a trust fund to assist, in conjunction with the Mandurah Sub-Branch of the RSL, in sponsoring service cadets from cadet units in Mandurah to be part of the tours. Thus far Walter has been responsible for assisting with the financing of ten cadets.

He was also directly responsible for commencing an arrangement for the Peel Health Campus to service Veterans. Wally was a generous sponsor of a cadet from each of the services every year.

Due to his war disabilities Walter was classified as Extremely Disabled yet still played an active role in all RSL activities.

Wally would always tell us that when he was a POW his main aim was to get back to Australia and join the RSL. This he did at his discharge on 29 November 1945, 68 years ago.

**Dave Mabbs
President
Mandurah Sub-Branch**



ANZAC Borneo Tour for 2014

The President of the Narrogin RSL Sub-Branch, Mr Ries Chattillon, is proud to announce the winner of the ANZAC Borneo Tour for 2014, in conjunction with the District High School, Shire and Borneo Exhibition Group WA.

Miss Shannon Hall of Pingelly, a year 12 student attending the local high school, was a worthy selection for her assignment entry of the WWII History based on the Allied POWs and locals who suffered the atrocities and three Death Marches from Sandakan, Borneo between 1942 and 1945. She will represent her family, school and the district where six POWs originated at the onset of WWII.

It is noteworthy that through the sponsorship by the RSL, Shire and Lions Club, she will join a delegation of more than 30 from Perth organised by the Borneo Exhibition Group Inc (BEG) which will include eight other students, four from Borneo, who have come through the Partnership with Australia, Sarawak and Sabah Schools Program, (PASS Program).

The tour consists of a fourteen day program to visit many of the historical sites where these WWII events occurred with attendances to ANZAC services held at the War Cemetery in Labuan and also in Sandakan.

Special tributes will also be paid in Kuching at the former

POW Camp at Batu Lintang, the Heroes Grave for the Locals who helped the POWs and the VC recipient Pte Tom Starcevic in Beaufort. The final dedication will be at the famous Kundasung Garden Memorial at the base of the mighty Mount Kinabalu.

The Chairman of BEG Inc, Mr Ryan Rowland, City of Perth Member, is proud to say that over 175 students have applied to the PASS Program since 2003, with 84 delegates having gone on the ANZAC Pilgrimage to Borneo, East Malaysia each year.

He further states that without the support of the RSL Sub-Branches to assist, offer venues for the massive WWII Borneo Exhibition, "Sandakan the Story that Must Be Told", or assist with the development of the Scholarship Program, the Group would not have achieved the success that it has.

As a self-funded, small volunteer group, it is hoped that the initiatives of this very passionate group will be able to move forward with further assistance from other likeminded people who wish to assist by their sponsorship funds and give of their time.

For further enquires of the PASS Program, ANZAC Tours and expression of interest to assist with the Exhibition, please contact Ryan on email ryan_flightline@westnet.com.au phone 9295 2155 during business hours, or Mobile 0434 744 140. Also see website profile www.begwa.org



Nedlands Annual Luncheon

The Nedlands RSL hosted their annual lunch at the Hollywood-Subiaco Bowling Club. Some 65 attended. The guest speaker, the Hon Justice Neville Owen provided a personal, entertaining and humorous view of the justice system.

RSLWA was represented by the CEO/State Secretary CMDR Philip Orchard RAN, presented cheques to Loreto, Dalkeith and Nedlands Schools for their support through the year.

Nedlands Primary School provided entertainment by way

of a quartet. Each member played their own musical piece followed by a magnificent rendition of 'feed the birds' from Mary Poppins.

Our new Principal, Lisa Tucker, attended previously. Glen McAdam, one of our Deputy Principal's normally attends however he is on extended leave at present.

Nedlands RSL wish to thank Hollywood Private Hospital for their support throughout the year and reminded all readers that their Remembrance Day, was held at the War Graves Cemetery, Smyth Road Nedlands.

Doug Arrowsmith



Northam RSL Sub-Branch Annual Luncheon

On 12 October the Northam RSL Sub-Branch held its Annual Luncheon. Present on the day was the State Vice President of RSLWA, Denis Connelly and Shire President, Steven Pollard with his wife Kathy.

Other guest included Apex, Army Jeep Group as well as members of the Sub Branch. Certificates of appreciation for helping the Sub Branch over the past year were presented to Apex, the Army Jeep Group, Luis Lim, the Sub Branch Women's Auxiliary and the Northam Shire.

A three course meal was cooked by Frank and Sue Kent from Rockingham. The President, Donna Prytulak thanked them both and the volunteer kitchen staff for

helping out on the day. The Sub-Branch has already booked Frank and Sue again next year.

The MC for the day, Reg Stevens, introduced Denis Connelly to talk about The Listening Post and its history while Steven Pollard talked about 2015 and how the Northam Shire was going to help out with money that has been put away after the Sub Branch had sent the Shire a big wish list of what we are planning.

Jim Donovan, one of the Sub-Branch Wardens recited the ODE while Mrs Jo Goulding, Vice President of the Women's Auxiliary, said Grace.

A wonderful day was had by Sub Branch members sharing a meal and a chat together.

Donna Prytulak

24th Birthday

I recently met with a group of ladies in the local area and found their stories quite unique.

While I am also an ex WRAAF member, I am considered the baby of the group and therefore the one to make sure their message gets out.

There may be other ladies who served in the military, who may find a connection and wish to 'catch up' with old friends.

Most recently a group of EX WAAAF/WRAAF gathered for lunch at the City of Rockingham RSL Sub Branch.

As the story goes... In 1989, two 60 year old ladies met on Rockingham



Standing: Pat Fergusson, Lorna Hunt, Betty Murray, Gloria Seaman, Shirley Donaldson, Ann France, Norma Poore and Phyl Properjohn. Front: Arlette Mangana; Ruth Ridley and Shirley Cole.

Beach. One said to the other "Were you in the WAAAF" and so was born, the Rockingham Group. Twenty ladies met once a month over the years for lunch and chats about the good old days.

On Friday, 8 November, the ladies met once again, celebrating their 24th Birthday. Their numbers have dwindled but the

comradeship is still there.

The ladies meet on the 2nd Friday of every month at the City of Rockingham RSL Sub-Branch for lunch and would welcome any interested ladies of any service to join.

If interested, please ring Phyl Properjohn at 9527 5961.

Jenny Sciortino



Capel RSL Sub-Branch Veterans' Health Week

The Great Walk

On Sunday 20 October, as part of Veterans' Health Week, members of the Capel RSL and their families headed to Dunsborough in a bus driven by the intrepid Pat Sharpe, or in their own vehicle.

Most of the group then walked 3.7 km from the start of the Meelup Walking Trail to Meelup Beach where we all enjoyed a healthy lunch catered for by the Capelberry Café.

After lunch some members still hadn't had enough so walked a further 2.4 km to the whale watching lookout and actually saw some whales!

Everyone had a very enjoyable time walking, eating and socialising in this beautiful location abundant with wildflowers – and the sun shone all day!

Bob Denning
President
Capel RSL Sub-Branch



Commemorative Service at Mokine

On Sunday 6, October the Northam RSL Sub-Branch held a Service at Mokine.

The service was to remember to remember Flying Officer Lynton Vennel Howard Birt (air observer), Sergeant Geoffrey Lancaster Debenham aged 25 (pilot), Sergeant Kenneth Colin Hugo aged 21 (wireless air gunner) and Sergeant Noel Louis Nixon aged 28 (air observer) from No 68 Reserve Squadron who perished when their RAAF Anson (W2262) crashed in 1942. A memorial was built and dedicated in a small park on the low side of Avro Anson Road.

The Service was led by RAAF Chaplain David Oxley whilst Peter Fardon (ex RAAF) recited the Ode. RAAFA President Graeme Bland made a special presentation to Mr Sergio Bottacin for his dedicated work and restoration of this important memorial. The Service was followed by lunch and fellowship at the Northam Sub-Branch.

Note: The original wooden cross is held by the Northam Sub-Branch.

References supplied by Mr Sergio Bottacin and Northam Sub-Branch Secretary Mr Reg Stevens.



Boer War Memorial Raffle

The urgency to raise funds to help the beautiful Boer War Memorial become a reality which had been eating away at several members of the Returned and Services League in Esperance.

This town of about 14500 people on the south-east coast of Western Australia has no local Boer War memorial, but have several descendants.

We have had a number of family visits from the editor of NSW Monumentally Speaking. It's a family thing, but petitions arrive, visits to the RSL are made and Monumentally Speaking is faithfully sent.

All of this had the RSL members thinking that they would like to help the National Memorial fund raising. Nothing official, just some of the interested members working together to create a donation.

One day, the President was looking at some timber on his rural retirement hectares and decided that the Sub-Branch should have a raffle to sell a trailer load of logs.

A barbecue was organised, the logs were cut and loaded on the trailer partially hiding this modest group of five men. Just for the record their average age is 78. There weren't too many worries on the day, except that it was lucky Stan Starceвич had already been to the Korean War Reunion in South Korea because he had a bit of an accident when he dropped a section of the log on his arm. He bled a little but he is a tough nut and just shrugged it off. Stan's

brother Joe was a POW in Changi, Burma Railway and a coal mine outside Hiroshima – a tough veteran.

The raffle was won by a most appreciative wood-fire owner, Ann Hampel of Princess Street, Esperance.

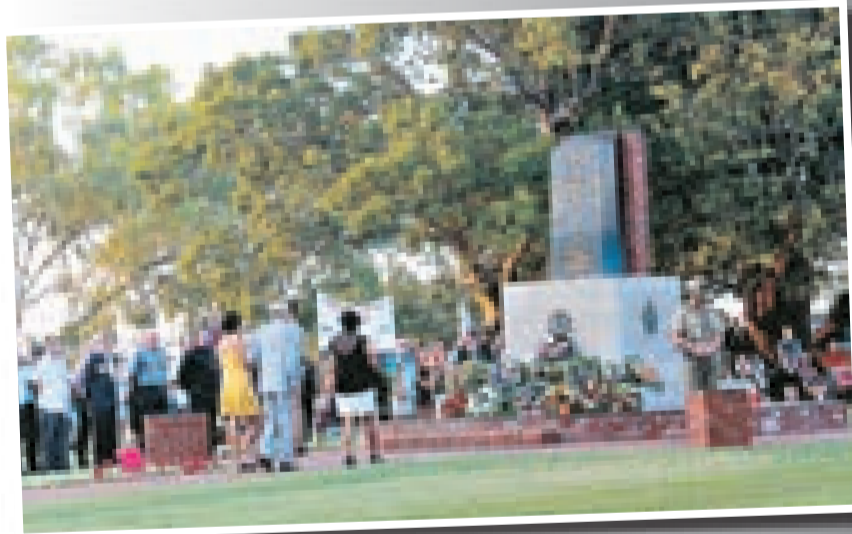
The smoky, wood-burning barbecue that followed was attended by Joan Starceвич, Pat Morton, Jo Starceвич, Dorothy Andre, Val Clayton, Dorothy Hayes, Colleen Young, Kelley Penny, and in a poetic touch, Lyn and Gordon Baker, formerly of South Africa. Many of these ladies helped later by selling the tickets.

Joan and George were in Canberra a week later and went to ANZAC Parade. They found the memorials to Australians in all the wars the Starceвич family members had fought and realised just how much they were appreciated. Great sadness then, that the Boer War people had had no such sign of their involvement and would never see it. Other returning veterans had lived to see theirs. They stood at the spot where the stunning Boer War Memorial would be and were able to visualise it.

The raffle raised \$827.80 to hasten the completion of this wonderful memorial.

Note – the Starceвич family is extremely well represented among servicemen in Australia and have been a part of many wars. Brother of Stan and uncle of George is the late Tom Starceвич VC.

Keith Smith



Photos of the 2013 Broome ANZAC Day Service sent in by Mr Edward Davie





From Left: Bob Tweed (aged 88), Bill Price (100), Gordon Mason (86), Rona Napier, ANZAC House Manager Matthew Holyday, Andrew Napier (86), Helen Playford, Eva Cuthbertson (91), Peg Albury (87) and Tom Albury (93)

Normandy Veterans at ANZAC House

ANZAC House had the honour of hosting the Western Australian Veterans from the Normandy Landing. Mr Bill Price, a regular at ANZAC House, invited his friends and their wives to join him for lunch in the ANZAC Club. All enjoyed the occasion and comradeship with old mates.

Denis Connelly



Helen Starkie (RSL WA Records and Information Manager), Caitlin Harnwell (RSL WA Executive Assistant), Nola Keen (RSL WA Assistant State Secretary), Rosalind Howat (RSL WA Welfare Officer), Amy Hunt (RSL WA Administrative Assistant), Kathleen Malta, Wendy Quinn (RSL WA Receptionist), Helen Beech (RSL WA Financial Services Officer) and Kathy Clark (RSL WA Membership Officer).

Promise Delivered

When Mrs Kathleen Malta presented a copy of *The Lost Diggers of Vignacourt* to the RSL Victoria Cross Library in May this year Mr Graham Edwards promised he would give her a RSL Rose. On Wednesday, 6 November this promise was fulfilled. Mrs Malta was delighted to receive such a wonderful gift from RSL WA. For information on the RSL Rose go to www.rslrose.com.au

Denis Connelly



International Fleet Review, Sydney

It was with much pleasure that I was able to accept the invitation from Mr Don Rowe OAM, State President of the New South Wales RSL to attend the International Fleet Review in Sydney on 4-5 October 2013.

The Royal Australian Navy commemorated the arrival of the First Fleet 100 years ago with a spectacular review in Sydney Harbour with over 66 vessels comprising of warships, tall ships and 8,000 naval personnel joined by up to 1.7 million NSW residents and international / interstate visitors to witness this magnificent period of celebration.

On Friday, 4 October the ships entered the harbour and proceeded to their allocated anchorage positions. HMAS SYDNEY led the RAN Flotilla, known as the magnificent seven, and included HMA Ships DARWIN, PERTH, PARRAMATTA, BUNDABERG, DIAMANTINA and YARRA. Three of these named ships, SYDNEY, PARRAMATTA and YARRA, were part of the first fleet entry exactly one century ago.

The sound of 3 pound saluting guns echoed across the harbour from both Garden Island and HMAS SYDNEY

as the ships made their entry. The smell of cordite enough to excite any service person with a gunnery background.

Saturday, 5 October marked the Ceremonial Fleet Review by the Governor General embarked with HRH Prince Harry (Captain Wales) in HMAS LEEUWIN. The events concluded with a spectacular light & fireworks display that scripted, in seven acts, commemoration of the original seven fleet units from 1913 including a projection on the Sydney Opera House sails and the Sydney Harbour Bridge pylons. It was a spectacular display with ships strategically positioned around the harbour bridge area as firework platforms. With military precision the next 40 minutes provide a firework display that was second to none.

Throughout these events, which included other displays such as search and rescue aircraft, the roulettes display team, fast jets and ship open to visitors and many more, your Navy put on a first class display. The men and women of the Royal Australian Navy, past and present, have served and will continue to serve this Country proud. BRAVO ZULU RAN.

Welfare & Pension News

With *Rosalind Howat* Welfare Officer

December
2013

Surviving the Festive Season

Many people find Christmas a very difficult time of year. Christmas may have previously been a time spent with loved ones who are no longer in your life. Additionally, many people have more expenses at this time of year adding further difficulties to the holiday season.

If you are having difficulties paying utility or other essential household accounts please contact the Welfare Officer at ANZAC House.

Some assistance may be available to eligible Veterans and their dependants experiencing financial hardship.

Christmas can also be a difficult time for people who have suffered major losses since the previous Christmas. Perhaps you don't have any family and you are not looking forward to spending another Christmas alone. Whilst this can be reason to dread the festive season, there are alternatives. Check out what's happening at your Sub-Branch and participate.

Many community organisations and Churches have special activities for the festive season. Mission Australia has an annual "Christmas Lunch in the Park" This event is attended by around 2000 locals and offers free of charge, companionship and a fun filled day. Every guest will enjoy a traditional Christmas lunch under an air-conditioned marquee, receive a gift and enjoy entertainment throughout the day.

Santa will distribute donated gifts and volunteers will welcome each guest as they arrive. The event is held at Wellington Square Park, East Perth on Wednesday 25 December 11.00am to 2.00pm

Sources of Assistance During the Holiday Period

ANZAC House will be closed from 3.30 pm on 20 December 2013 until 13 January 2014. During this period the Welfare Officer will be contactable on mobile number 0417 905 742 should you need assistance. Other useful sources of assistance include:

Veterans & Veterans Families

Counselling Service 1800 011 046

Carers Association

Counselling Line 1800 007 332

Lifeline 131 114

Crisis Care 9223 1111 / 1800 199 008

Cypress Cottage Emergency Accommodation 0404 680 928

The WA Sailors, Soldiers and Airmen's Fund Trust

The WA Sailors, Soldiers and Airmen's Fund Trust assists veterans and their dependents experiencing financial hardship or in crisis. The Trustees meet on the second Tuesday of each month to consider applications for assistance. The Trustees will evaluate all reasonable requests for assistance.


Financial grants are restricted to those that are genuinely in need and unable to pay for some essential item or purpose required to preserve quality of life.

For further information please contact the Fund Administrator on 9287 3707 or mobile 0417 905 742

I would like to take this opportunity to wish you all a Merry Christmas and a safe, happy and prosperous New Year.

Take care till next time

ROSALIND HOWAT
State Welfare Officer

HOSPITAL VISITORS LIST 		
Volunteer	Contact Number	Hospital Visited
<i>Ms Remah Glencorse & Ms Bernadine De Beaux</i>	0447 007 522 As Above	Hollywood Private Hospital St John of God Sir Charles Gairdner Hospital Shenton Park Rehabilitation
<i>Mr John Duffy</i>	9401 5815 or 0413 780 278	Joondalup Hospital Glengarry Hospital Osborne Park Hospital
<i>Mr Mike Harness</i>	9293 1076 or 0419 091 708	Kalamunda Hospital Armadale Hospital Bentley Hospital
<i>Mr Bill Adamson</i>	9247 3374	Mercy Hospital Swan Districts Hospital Swan Seniors Mental Health Facility
<i>RSL Welfare Officer</i>	9287 3707 or 0412 009 191	Royal Perth Hospital Others as required
<i>Rev Canon Ken Barrett</i>	9581 2519	Peel Hospital RSL Care, Mandurah
<i>Mr John Rankin</i>	0438 264 371	Fremantle Hospital Alma Street Hospital
<i>Mr Bob Gilmour</i>	9574 0775	Central Wheat Belt Hospitals

RSL volunteers regularly visit Veterans in Hospitals, Nursing Homes and Prisons in the metropolitan area. If you would like to arrange a visitor for yourself or a loved one please refer to the Hospital Visitors List or for Prison visits please contact Mr Terry O'Neill of RSL Legal Support Group on 9440 6233. To arrange a Nursing Home visit please contact the Welfare Officer at ANZAC House on 9287 3707 or 0417 905 742.

EASE THE PAIN OF YOUR FAMILY'S LOSS WITH A PRE-PAID FUNERAL FROM BOWRA & O'DEA.

IN THE CONFUSION AND EMOTIONAL
NUMBNESS THAT FOLLOWS WHEN A
PERSON DIES, IT CAN BE DIFFICULT FOR
GRIEVING RELATIVES TO MAKE DECISIONS
ABOUT FUNERAL ARRANGEMENTS.

Bowra & O'Dea Funeral Directors, wholly owned and operated in Western Australia for more than 110 years, are now offering a special service to RSL members interested in PrePaid Funeral Plans.

There are many benefits to a PrePaid Funeral Plan:

- The peace of mind of knowing your family will not have to make burdensome decisions at difficult time.

- The opportunity to design the funeral service as you wish and not as others would like it.
- Our price inflation guarantee. By taking out a PrePaid Funeral Plan you effectively freeze the price of your funeral costs in the future.
- A PrePaid Funeral Plan does not become a part of your estate and is not subject to any administration.
- You will lessen the anguish that family may feel regarding whether they did the right thing.
- We will arrange an obligation free appointment to discuss your personal needs.
- Your PrePaid Funeral Plan can be paid in instalments.

Special extras for RSL members:

- Free extra limousine
- No administration fee for immediate payment in full
- 5% discount on selected coffins

FOR MORE INFORMATION

CALL JOHN RANGER AT BOWRA & O'DEA

ON (08) 9231 5100

Bowra & O'Dea. Simply a matter of trust.



PREPAID DIVISION: 406 BEAUFORT STREET, HIGHGATE 6003. TELEPHONE: 9231 5100 FACSIMILE: 9228 4614.



Mr Philip Orchard, CEO/State Secretary of RSL WA, and Mr Didier Pontzelee.

Lunchtime Reception with Mr Didier Pontzelee

On Wednesday, 9 October 2013 office bearers from various Sub-Branches, DVA representatives and RSL WA staff were treated to a presentation by the Head of the Belgian War Graves Service at the Belgian Institute for Veterans, Mr Didier Pontzelee.

Mr Pontzelee spoke about what he and his team at the Belgian War Graves have achieved with resorting Australian digger's graves and showed photos of a number of small gravesites maintained by them.

Mr Pontzelee's visit was arranged by WA Senator Glen Sterle



This Month in Australian Military History

Date	Year	Title	Event
5 December	1939	First official RAAF operation of the Second World War	A Sunderland aircraft of No. 10 Squadron RAAF, flew on the first official RAAF operation of the Second World War. This was the beginning of six years of war for 10 Squadron, which flew as part of RAF Coastal Command continuously against U-boats in the battle of the Atlantic.
31 December	1914	The second convoy of the first AIF departs Albany	Volunteers for the AIF enlisted so readily that a second convoy of reinforcements left within two months of the first. Many of those aboard its ships would land on Gallipoli on 25 April 1915.
9 January	1917	Light Horse captures Rafa	Following the capture of Magdhaba a fortnight earlier the Allies need to take Rafa, a former Egyptian police post on the Mediterranean border with Palestine, to enable their advance into Palestine.
9 January	1966	1st Battalion, Royal Australian Regiment, in Operation Crimp	The operation became the scene of a major action against a Viet Cong tunnel complex.
23 January	1944	7th Division defeat Japanese at Shaggy Ridge, New Guinea	Australian troops cut the main Japanese routes through the Finisterre ranges with the capture of Shaggy Ridge, north west of Lae, after days of heavy fighting.
28 January	1991	RAN Clearance Diving Team departs Perth for Kuwait	As part of Australia's commitment to the Gulf War a Royal Australian Navy Clearance Diving Team was dispatched to the Gulf for explosive ordnance demolition tasks.
13 February	1965	First Australian SAS Squadron advance party departs for Borneo	The SAS served in Borneo during Confrontation to gather intelligence, conduct reconnaissance patrols and collect information on topography.
14 February	1942	SS Vyner Brooke sunk	The Vyner Brooke, carrying 65 Australian nurses and other refugees from Singapore, was sunk by Japanese aircraft one day after leaving the island. The survivors made their way to Banka Island where one group of nurses were massacred by their Japanese captors. Only Sister Vivian Bullwinkel survived the massacre.
25 February	1951	Hill 614, Korea	12 Platoon, D Company, 3rd battalion, Royal Australian Regiment, captured this important piece of high ground at the second attempt, enabling the United Nations' forces northward advance to the Albany Line to continue.

Letters to the Editor

Letters to the Editor should be emailed to listeningpost@rslwahq.org.au

On the Subject of Wearing Medals

Dear Editor,

It has become apparent over the past several years that there is some confusion or misunderstanding of when it is appropriate to wear miniature medals with civilian clothing.

I have seen miniatures worn on ANZAC Day parades, in the dining rooms of cruise ships (with informal/casual wear) and at funerals for departed ex-service members. The correct protocol for medal wearing is published on various websites, including The Department of Defence, RLSA, RSL National and It's An Honour.

These information channels all highlight the fact that miniatures should only be worn with formal dress at evening functions. At other times and in other circumstances, full sized medals are deemed to be appropriate.

John Stewart
Ex-RAAF

Note from the Editor: John Stewart has brought to our attention the importance of correct procedures when wearing decorations in social and formal occasions.

Congress 2013

Dear Editor,

To all members of the RSL WA Branch and all State Committee Members, council members and staff, my family and I would like to take the opportunity to thank everyone for their support in the campaign to recognise our Fallen Peacekeepers in having their names on the War Memorial at Kings Park and also in Canberra at the Australian War Memorial. I thank you for voting in favour of this motion.

As the mother of one of those Peacekeepers, Pte Jamie Clark 5803722, 3RAR, who lost his life whilst serving as an Australian Soldier in the Solomon Islands on 10th March 2005, it has been a significant moment to know that he and all his fellow fallen colleagues can now be recognised at State and Federal level at the memorials. Our family have great pride that Jamie was a serving soldier and he too was a proud Australian, proud soldier and above all honoured to serve his country.

As I attended the congress on Saturday 26th October it was so very rewarding to mingle with returned and current members of our ADF, I felt so much pride and was humbled

to be in their company. As there will be so many people who served Australia over many years and lost their lives in the process finally getting recognised and not just as Peacekeepers, it makes me proud to be an Australian.

I know for Jamie's dad Peter, brothers David and Shaun along with his extended family, army comrades and many friends, this recognition is amazing. The people I have befriended in the Solomon Islands hold the Australian Army personnel in high regard and appreciated everything that was done for them over the 10 year period of deployments, and I am sure the people of East Timor feel that same, (Jamie also served a 6 month deployment over there.)

To all our retired and serving ADF personnel I salute you and thank you for all that you have done to protect Australian and those less fortunate in overseas countries.

And to all those we have lost – Lest We Forget.

Avril Clark
28 October 2013

Big Sky Publishing

Big Sky Publishing, in conjunction with the Department of Veterans' Affairs and the Australian Army History Unit, are developing a mobile and tablet application of Australia's wartime sites.

It will be available to the public free of charge from iTunes and Google Play in 2014. Information will also be available on a website that is being developed: www.rememberingthem.com.au

We need your help

To create the most comprehensive record of Australia's wartime sites, we are seeking support from local councils, military associations, historical societies, community groups and members of the public to:

- Identify sites of wartime significance in their local area
- Provide a brief history and a photograph if possible
- Supply contact information and opening hours if needed for public access

Sites can include:

- Shrines, memorials and plaques
- Statues, monuments and stained glass windows
- Wartime bases, bunkers, tunnels, gun placements etc

- Memorial avenues and parks
- Wartime airfields and crash/wreck sites
- POW and internment camps
- Local museums with wartime collections
- Heritage trails
- Wartime graves of significance (VC recipients)
- Collections of wartime memorabilia that can be viewed by the public

Every RSL has at least a monument in front of it that has history, every RSL has memorabilia within your walls that people can view. Helping is extremely easy. Simply email a photo, full address and short history of the site and it will be included.

We will also provide RSL's the opportunity closer to go live to include all information about their clubs.

Please share this with any organisation you feel can add value to the project and contact me if you need any further information.

We thank you in advance and look forward to providing the public with a wealth of information on Australia's Wartime History.

Contact: Big Sky Publishing
www.bigskypublishing.com.au

ANZAC Club, Dartmouth

Dear Editor,

Further to our talks on The ANZAC Club, Dartmouth.

We were travelling through Southern England and spent a night in Dartmouth. After a pint and pub meal we wandered through the old section of town and saw a sign "ANZAC CLUB"

This had to be different - so we walked in and introduced ourselves to the five members at the bar, all of whom could relate to the heroics of the original ANZAC'S. I was surprised that there were no items related to the war effort and expressed this view. I offered to make contact with our RSL on returning to Perth and thus our comments to date.

The Club is up on the first floor in an area not too common for tourists resulting in limited patronage and consequently it

is not overly prosperous. We discussed the relevance of the Naval College to Australians and thought it would be suitable for our RSL to help in whatever manner appropriate.

We mentioned that one avenue may be to advise RSL Members of the Club's existence and if any were to travel through the area - then stop in for a pint and chat.

The additional cost to me on the night was to purchase one of their Club T Shirts - This was a bit selfish, as it was mainly to give me a clean shirt for the next day!

Details of the reason for naming the Street and Club have been sent through separately, but in short the street was originally called Hanover St and the Anzac name was installed by locals in 1917 to "de Germanise" the locality. This must show

the high respect they held for our troops.

Contact details are:

Ms Christine Gibbs
ANZAC Club
Anzac Street
Dartmouth
DEVON ENGLAND
TQ6 9DJ

Ps. My father was 10th Light Horse and later a pilot in the Australian Flying Corp and then Perth based in the RAAF in WW2. My Uncle was at Gallipoli and later the Somme earning a Military Cross. Hope all this is interesting and I would love to hear if / what progress occurs.

Alan Anderson
Editor's Comment: Sounds like a great place to have a refreshment, so the next time you travel through this part of Britain call in and meet the locals.

The Listening Post Committee and Staff of ANZAC House wish all our readers a Merry Christmas and a Happy New Year

PURSLOWE FUNERALS

ESTABLISHED 1888

For more than 100 years Purslowe Funerals has been there for the people of Perth, helping families at a difficult time when a funeral is needed, and helping communities when it really matters.

Purslowe Funerals is one of Western Australia's leading teams of funeral directors. They specialise in celebrations of life, in meeting the needs of families and in providing security and peace of mind with their prepaid funeral plans.

In recent times Purslowe Funerals has been there for The Returned & Services League.

Not only are they an active supporter of Sub-Branches across the state but they have also been an ongoing sponsor of RSLWA State Congress.

Should a funeral for an RSL member be needed, Purslowe Funerals can be counted on to give a family all of their care and experience. They can also arrange for guards of honour and other recognitions of service.

Purslowe Funerals looks forward to continuing to support RSL and Sub-Branch activities in Western Australia.



Can you help?



11th Battalion Living History Unit

Established in Geraldton in 2012, 11th Battalion members are a group dedicated to the authentic representation of members of the AIF in all Theatres of the Great War.

They are currently involved in the construction of an authentic Gallipoli Trench known as Leane's Trench which was taken from the Turks by the 11th on 31 August 1915.

This trench will serve as a living experience for visitors who will be immersed in WW1 from the moment they enter the trench

through the service tunnels and is currently 40m long with a further 80m blasted and ready to excavate.

11th battalion are looking for both new recruits and sponsors for the project to ensure it is complete by 2015, the 100th Anniversary of the Gallipoli campaign.

11th Battalion currently run an informative website detailing their projects: www.11thbattalionaif.com

Tim Rust is the main contact and can be reached on 0411 670347 or e-mail: rustt@y7mail.com.

David Rodney McIntosh

I'm trying to locate David Rodney McIntosh on behalf of his sister. His DOB is 06/12/45.

He served in Vietnam with C Sqn 1 Armd Regt from 1/4/68 - 19/12/68

and was a National Serviceman in the 1st intake in 1967, 14 Platoon C Company 2 RTB

Buck
davebuckryan@hotmail.com

Geoffrey Turgeon

Geoffrey Turgeon, a former 4 RAR, member is looking for his old mates.

Barry McGlone was born in Tasmania and served in C Company 4 RAR in our second tour of South Vietnam.

Mark Jarman was born in Sydney and also served in 4 RAR in South Vietnam on our second tour.

Geoffrey
0412 040 398
kooralbynglass@bigpond.com

Ballajura RSL Collection for the Solomon Island

Ballajura RSL Sub-Branch is collecting toys for Avril Clarke to take with her to the Solomon Islands for the children of the Jamie Clarke Kindergarten. The toys do not need to be new and they can be delivered to Mike Gilmore, 5 Thake Court, Koondoola, Phone 93425734.

Another thing that is needed by the ladies in the village is the normal cloth shopping bag that

you can buy at Woolworths or Coles A request for the ladies of the RSL, if you sew could you make up some flat bags with a draw string, size about 400 mm X 250mm for the children to keep their school books in they would be very much appreciated. Second hand pencils coloured and lead pencils are always in short supply as well.

I know that this sounds like I am begging but knowing Avril Clarke (who is a member of the Sub-Branch) like I do she works

herself ragged for the children of the kindergarten and anything that can be collected will be appreciated.

Getting these items to the Solomons is the easiest part, the Defence Force have given Avril the full use of two pallets that they will deliver free of charge.

Mike Gilmore
President
Ballajura sub Branch
93425734
leemike@optusnet.com.au

Daniel Smits

My name is Danielle Smits; I have been trying to find men who served with my Dad, 54497 Daniel Smits.

He died when I was 6 years old

and I would love to talk to people who knew him and can tell me a little about him.

He was in 3RAR Company Support in Vietnam between 20.12.67 to 28.11.68 and he

stayed in the army until his death on 21/12/76. I live in Queensland now and any photos would be appreciated.

Danielle Smits
bcarole@live.com.au

Brian Victor Williams

The granddaughter of Brian Williams is hoping that someone could advise of his whereabouts. Brian served in the RAN and, like all Williams, had the nickname "Bungy".

His Official Number was R54624

(he would have joined in early 1956). DOB 22/12/1937.

After training he served on HMAS Queenborough Penguin, Duchess and Sydney. He saw war/operational service in Vietnam and the FESR.

Her name is Ms Jade Moulds,

resides at Bathurst and can be contacted on (02) 6337 5323. If you wish or know of anything you can also contact me on shortym@optus.net.au or (02) 9631 8068

Allan "Shorty" Moffatt OAM
Vice President FNSA

Major Percy Black

Research is presently well underway to better share and understand the gallant war service of Major Percy Black DSO DCM CdeG (French) who joined up in 1914 as an original member of the 16th Battalion 1st AIF.

Decorated for service on Gallipoli and then Commissioned, Percy sailed to France and served throughout,

again being decorated on multiple occasions, until his tragic death at the head of his Battalion during the 1st Battle of Bullecourt 11 April 1917. Although enlisting in Western Australia, Percy originally came from Bacchus Marsh, Victoria and was from a large family. A nephew - Ian Black was known to be living in Box Hill as of 1969.

Any information, photo's or personal narratives held by families of those of the 16th in relation to either Percy or the 1st Battle of Bullecourt would greatly assist this research, which will eventuate in a published form.

Please call Carl Johnson on mobile (after 11am) 0457 428 631 or email carl.j@live.com.au

Reunions & Services

Australian Army Nursing Sisters

The Applecross RSL Sub Branch will conduct a Memorial Service for the Australian Army Nursing Sisters from the SS Vyner Brooke who drowned, were massacred on Bangka Island or died as prisoners of war.

This Service is taking place at the Memorial, Honour Ave, Point Walter Reserve, Bicton on Friday 14 February at 11 am. Members of Ex-Service Organisations and the general public are invited to attend and lay a floral tribute if they wish. BYO chairs if required.

Enquiries 9364 8564 / 9313 5649.

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1RAR Group Vietnam 1965-66 Reunion 2014

All former members of the units that made up the 1RAR Group are invited to register their interest in attending the reunion in Melbourne October 2014.

For more details Contact Ray Payne OAM at raypayne@veteranweb.asn.au or (07) 5524 7742.

Headquarter company 1st Australian Logistic support group (1 ALSG)

Mildura reunion: Thursday 24 April to Sunday 27 April 2014. Meet and greet at the Inlander Resort on Thursday 24 April at 4.30pm. The main dinner at the Inlander Resort is on Sunday 27 April.

This reunion is for veterans who served with 1 ALSG and the family of veterans who have since passed on.

For accommodation and reunion details contact **Tony Brown; (03) 5021 2066 Mobile: 0428 852 736**
Email: tonyraye11@bigpond.com

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Naval Stores Branch Reunion

Frankston 16 - 18 May 2014

A reunion of former and serving members of the Naval Stores Branch of all ranks will be held in Frankston Victoria next year.

For more information please contact Alan Cady-Ellis on (03) 9775 8621/0407 436 498 or email acadyellis@hotmail.com

Project Pax for Veterans

The vessel is currently afloat but in need of major works and maintenance to be ready for its ongoing task.

Significant work has already been undertaken and, in the remainder of 2013, the Project aims to dry dock the vessel and complete outstanding hull and superstructure maintenance. Valuable support is being provided by Austal Limited and AMC Pty Ltd in respect of this major activity.

Much has already been achieved, however to make the ship comfortable and to provide facilities that will empower our disabled veterans, much more is required. Sponsorship in both kind and cash donations, is vital to the Project and we seek your help.

Secretary: Madeleine Whitburn
Ph: 0427 444 487 (mob)
Email: mwhitburn@bigpond.com

V Company Royal New Zealand Infantry Regiment

Auckland: 28 February - 2 March 2014

The surviving members of the Company are holding a Reunion in Auckland from 28 Feb - 2 March 2014 and extend an invitation to their Australian comrades in arms to join with them at this time.

Contact Brian Wilson via email: b.wil@xtra.co.nz

Notices

Volunteer wanted!

It is with regret that we announce the retirement of Barbara Clinton as the RSL WA representative on the Veterans' Children Education Boards.

As a result of Barbara's retirement, a process of recruiting a replacement is now required. The Veterans' Children Education Board, is established in the capital city of each State. Each Board shall consist of not less than five members and no more than fifteen members, each of whom are to be:

- nominated by an organisation that is interested in the educational welfare of eligible students including eligible children under the MRCA Childrens' Scheme.;
- personally interested in, and able to contribute to, the educational welfare of eligible students including eligible children under the MRCA Childrens' Scheme; and
- appointed by the Commission

Board members shall serve in an honorary capacity but the Commission may reimburse them for expenses incurred in connection with the Scheme during their term of appointment. A member of a Board who incurs a legal liability in the performance of his or her duties as a member of the Board is in the same legal position as an employee of the Department.

Appointment - Board members are appointed by the Commission for an initial period of 3 years. The Board members may then be reappointed by the Commission for such further period as the Commission determines. Appointment of members to the Board shall be on the basis of a selection procedure whereby:

- the Board Secretary and Chairperson shall inform the nominating organisations of the nature of the Board's contribution to the Scheme; and nominating organisations shall:
- select individuals on the basis of the direct contribution they could make to the VCES

in terms of interpersonal skills and educational contacts and relevant, educational experience;

- provide more than one nomination wherever possible; and
- provide a full resume for those nominated.

The Board Chairperson and a person nominated by the Commission shall interview prospective nominees to inform them of the functions of the Board and the commitment expected from Board members. The appointment of a member to a Board shall be made by the Commission subject to the MRCC approving the appointment. The Commission is to notify the MRCC of a proposed appointment to a Board and the MRCC is to notify the Commission of its approval or rejection of the proposed appointment.

Meetings will be at least four times in each calendar year.

If you are interested in the position or would like more information, please contact ANZAC House 9287 3799

OCS Portsea Graduates

Kevin Lunny is organizing the 50th Reunion of the Graduating Class of December 1964 OCS Portsea.

Unfortunately he has had a computer crash and has lost all previous information he had

retained on the class Graduates, including e-mail addresses and contact information.

Kevin now needs to rebuild his contact list for those OCS Portsea graduates of December 1964, or anyone who knows of them, please contact him on kayel@iprimus.com.au

ACPMH

The Australian Centre for Posttraumatic Mental Health (ACPMH) www.acpmh.unimelb.edu.au is a not-for-profit organisation dedicated to helping individuals, families, organisations and the community to understand, prevent and recover from the effects of trauma.

Research is an important part of this process and we are currently seeking people aged 18-55 to take part in a trial of the effectiveness of the Wellbeing Toolbox, www.wellbeingtoolbox.net.au

an online program developed specifically for veterans, current and former serving members and their families to help in the adjustment to civilian life and to support their general wellbeing.

Thi Pham (Research Assistant)
Australian Centre for Posttraumatic Mental Health
Department of Psychiatry, The University of Melbourne
Tel: +61 3 9035 5599
www.acpmh.unimelb.edu.au

Family of Private James Bond

I have some old photos of Private James Bond 2032 who served with the 51st Btn on the Western Front. Ring Neil on 0417 700 662 if you are interested.

Remember Them Trust

The team at Remember Them seek your assistance to help to spread the message of the THANK YOU initiative through the RSL suite of newspapers/publications.

For those of you who are unfamiliar or would like an update on the THANK YOU initiative; a combined community/RSL initiative, please watch our short presentation:

<http://tinylink.net/sb52g>

There are two sides to the initiative relevant to the membership base with whom you communicate; firstly promoting the message of THANK YOU so that when Veterans and their families see a member of the community wearing their t-shirt, they know the message is specifically for them!

Secondly, through the RSL network, we hope to help engage with the wider community and encourage support.

Please contact Jen Hamer on 0412 841 721 or the Remember Them team at support@rememberthem.com.au for any additional information.

We look forward to your support in encouraging community acknowledgement for our troops and the RSL.

Jennifer Hamer
On behalf of the Remember Them Trust

The 2/13th Field Ambulance Association AIF

The original 13th Field Ambulance served in Egypt and France during the Great War 1914-18. Corporal Arthur Gilbert Forrester DCM MM was one of the most highly decorated Field Ambulance members in Australia.

The Association was formed at the end of the 1939-45 war, by Len McCarthy

who was subsequently the Secretary/Treasurer for forty years. Len's book, 'Medics at War', is undoubtedly his enduring memorial and has done much to maintain and extend support. The 2/13th saw service in the Middle East and Borneo and our membership mainly consists of sons of Unit members. The passage of time is taking its toll. However, we still have a strong core group who are

enthusiastic and committed to maintaining the Unit's participation in the ANZAC Day commemoration.

Our present objective is to increase our numbers for the special celebrations in 2014/15. We meet twice a year, at a pre-ANZAC Day lunch and our annual reunion later in the year.

Mervyn Gillam Secretary
Ph. 9383 9890

New RASigs Website

As most are aware, 314124 WO2 (ret) Dave 'Buddha' Winch has had his own website for RASigs matters for many years.

He has recently had problems with his free host server and therefore has moved to a host server for which he now pays.

Old URL
home.vicnet.net.au/~rasigsau/

New URL
www.buddhas-place.com/
 Please update your favourites list NOW.

Dave (Buddha) Winch
Beachmere Qld Australia
4510
P 07 5429 0255
M 0438 245 830
E buddah_425@yahoo.com.au
W www.buddhas-place.com

Gallipoli Centenary Project

I seek your assistance in promoting awareness of the Gallipoli Centenary Project being completed by the City of Bunbury.

We challenge every community in Australia to undertake similar projects to identify, research, document and publish their local enlistees in the Great War 1914 - 1918.

Jeffrey Peirce

Upcoming markets

Mirraboopa Market
 Nollamara RSL Club Inc
 Swap Market, Mirraboopa Library
 Every Sunday 6.30 am - 12 pm
 0419 901 843 • (08) 9306 5995

Wanneroo Market
 Nollamara RSL Club Inc Swap
 Market, Wanneroo Show Grounds
 Every Sunday 6.30 am - 12 pm
 0419 901 843 • (08) 9306 5995



Some More Good Oil – The Gold Card

Eligibility for the Repatriation Health Card - for all conditions (GOLD) continues to be a confusing and often contentious issue.

Unfortunately there are a myriad of stories and myths about the "GOOD OLD GOLD CARD", who's eligible and what the entitlements are! When eligibility is confirmed, the GOLD CARD is issued and its benefits become apparent, there is a great deal of satisfaction and joy.

Unfortunately for those who haven't qualified yet or don't qualify the myths seem to go on and sadly it causes a great deal of anxiety and stress. It's hoped that the following information alleviates some of those concerns.

Who can obtain a GOLD CARD?

Australian Veterans

A Gold Card is issued to Veterans of Australia's Defence Force (ADF) who

Under the auspices of the Veterans' Entitlement Act:

- Are ex-prisoners of war;
- Receive a Department of Veterans' Affairs (OVA) disability pension of 100%;
- Are entitled to the Intermediate Rate of DVA disability pension;
- Are entitled to the Extreme Disability Adjustment Rate of DVA disability pension commonly referred to as the "EDA" pension;
- Are entitled to the DVA Special Rate of disability pension commonly referred to as the "TPI" pension;
- Receive a DVA disability pension of 50% or more who are also in receipt of any amount of a DVA Service Pension;
- Receive a DVA disability pension plus an additional allowance under Section 27 of the YEA for specific service related amputations or blindness in at least one eye;
- Receive a DVA service pension but whose other income and/ or assets are below certain prescribed limits;
- Are World War 2 Returned

Servicewomen of Australia's Defence Force (ADF) who have "qualifying service" as defined under the YEA;

- All Veterans of ADF including Australian Mariners who are aged 70 years and over who have "qualifying service" as a result of their service during World War 2.
- As of 1 July 2002, all Australian Defence Force Veterans who are aged 70 years and over who have had "qualifying service" in conflicts post World War 2.
- Were granted the OVA disability pension for pulmonary tuberculosis before 2 November 1978.

Under the auspices of the Military Rehabilitation and Compensation Act 2004 (MRCA):

- Are former Members of the ADF who are entitled to the Special Rate of Disability Pension known as the "SRDP", even if they have not chosen that pension;
- Are former Members of the ADF with a rating of 60 or more impairment points for DVA accepted disabilities;
- Are former members of the ADF with a rating of 30 or more impairment points for DVA accepted disabilities and receiving any amount of service pension from the VEA but whose income and assets are below certain prescribed limits; and
- Former Members of the ADF who are 70 years of age and over who have rendered "warlike service" on or after 1 July 2004.

Under the auspices of the Safety Rehabilitation and Compensation Act 1988 (SRCA):

Sadly under this Act there are no treatment cards although DVA is currently considering the development and implementation of a card system similar to the VEA and MRCA systems for this Act.

Dependants of Veterans

Certain dependants of veterans are also eligible for a "GOLD CARD" if they are:

Under the VEA, War widows/ widowers and eligible dependants of a deceased Veteran if the veteran's death has been accepted as service related;

- As at 1 July 2008 under the VEA, a war widow whose partner was in receipt of Temporary Special Rate (TTI) and/ or Intermediate Rate of Pensions (IR) at the time of their death;
- Under the VEA, a child of a deceased veteran whose death was not war caused and who had operational service, if the child is not being cared for by the remaining parent;
- Under the VEA, an invalid son or daughter of a deceased veteran whose death has been accepted as war-caused, who had treatment before 6 June 1985. Please note that special criteria applies in these cases and the entitlement is not guaranteed;
- Under the VEA, a widowed mother or widowed step-mother that was dependent on an unmarried deceased veteran whose death has been accepted as war-caused who had a treatment entitlement before 6 June 1985. Please note that special criteria apply in these cases and the entitlement is not guaranteed;
- Under the MRCA, A wholly dependent partner of a serving or former ADF member whose is entitled to compensation for the member's death on or after 1 July 2004; and
- Under the MRCA, an "eligible young person" being the son, daughter and/ or a dependent child of a serving or former ADF Member who is entitled to compensation for the member's death on or after 1 July 2004. Note that an eligible young person must be either less than 16 years of aged or between 16 and 25 and undertaking full-time study and not full time employment at the time of the Member's death.

Please Note that when a veteran, former member, widow/ widower/ partner, cadet or reservist passes away, that person's "GOLD CARD" is not transferred to the surviving partner or any other dependant. Widows, widowers, partners and other dependants who fall into the categories

above would receive their own "GOLD CARD" once their entitlement is established.

Commonwealth and Allied Veterans

Some veterans of Commonwealth and/ or Allied Forces with qualifying service are eligible for a "GOLD CARD" if they are:

- A veteran who served with a Commonwealth and/ or allied force during World War 2 or in specified operational areas after World War 2 and were domiciled in Australia immediately prior to enlistment in the Commonwealth and/ or Allied Force; or
- A mariner who served on a Commonwealth or Allied ship during World War 2, if they or their dependants were residing in Australia for at least 12 months immediately prior to the commencement of their service on that ship.

Can I lose Eligibility for the "GOLD CARD"?

- It is possible to lose eligibility for the "GOLD CARD" if your eligibility depends on anything that may change such as financial status/ payments, impairment ratings, age or living arrangements; or
- If your eligibility for the "GOLD CARD" depends on something that cannot change, such as your past service, your widow(er)/partner status, blindness or amputations, then it cannot be affected.

Please note that the information contained in this article is only an overview and is no way complete nor should it be used as an authority. It is strongly recommended that for further information and advice on this matter that you contact DVA staff and seek their assistance. More information can also be obtained from the DVA website and their Factsheets, in particular Factsheet No HSV59 "Eligibility for the Repatriation Health Card- for All Conditions (Gold)".

John Burrows



RSL State Accountant Donating Blood

RSL WA State Accountant, Mr Peter McGlade, is aiming to join WA's leading blood donors. To date, Peter has made 368 donations to the Red Cross Blood Bank over the past thirty years. If you wish to donate blood please call 13 14 95.

Denis Connelly



Breakfast at ANZAC Club

Breakfast at ANZAC House

The famous Friday Breakfast is at ANZAC House from 7.00 - 9.00 am for only \$12.00!

Eggs (fried, poached or scrambled), tomato, mushroom, bacon, hash browns, baked beans and chipolatas, as well as toast, fruit platter, juice, coffee, jams and spreads and a selection of cereals are all available.

Come on down and support the Club that supports you!

Ceremony Commemorates "The Living Memorial"

Curtin University in Perth, Western Australia, was recently the venue for a particularly special ceremony. Singaporean nurse, Janice Ong, celebrated the completion of her nursing course- the Bachelor of Science (Nursing) RN Conversion Programme - at the University, and ended her term as the latest recipient of the Australian Imperial Force (AIF) Malaya Nursing Scholarship.

Janice performed very well in her studies, played an active part in campus activities, particularly in the mentoring of other overseas students, and contributed to the community via volunteer work. Janice is a wonderful ambassador for her country.

The AIF Malaya Nursing Scholarship is the official War Memorial of the 8th Australian Division and the AIF Malaya. This unique "living" memorial pays on-going and fitting tribute to the men of the AIF who served and perished in Malaya and Singapore and, in a tangible and permanent form, it shows how greatly the men of the AIF Malaya appreciated the help and friendship of the people of Malaya and Singapore who, at great risk to themselves, performed so many acts of kindness for the benefit of the Australian prisoners of war. The fund was set up in 1946 with soldiers from 8th Division and AIF Malaya subscribing directly to the fund. The Australian Red Cross also provided a significant initial contribution and has provided Trustee and administrative support since its inception.

To date the Scholarship has provided training to 66 nurses from both Singapore and Malaysia. The nursing training provided by the Scholarship has changed over the years in line with the changes in the nursing profession. For twenty five years now, Curtin University in Western Australia has contributed to the scholarship in the form of tuition fees for recipients and provided invaluable support to the students. Janice was the thirty fifth student trained at Curtin under this program.

Guests at this year's event included AIF Scholarship Board Chairman, BRIGADIER (Retired) Konrad Ermert, and other Board Members; Professor



Rene Michael, from Curtin, and other Curtin staff members, representatives of prisoner of war groups, including Bob and Steffani Brackenbury from the Borneo POW Association, and representatives of other veterans groups, and the Australian Defence Force, and representatives of Australian Red Cross, including Mrs Di Buckles, Chairman of Red Cross in WA.

MAJOR GENERAL (Retired) Mike O'Brien delivered an informative key note address on the history of this "living memorial", which contained an insight into artwork created at Changi Camp by prisoners, and a tribute to Red Cross, in its role of recovery and repatriation of Australian prisoners of war, after their release.

Further information on the Scholarship is available from Ms Sheila Rod, at Australian Red Cross, on (08) 9225 1905

Further information on this release is available from Mr Kevin Poynton - Board Member, Australian Red Cross (WA Division) M: 0421 380 451



The plasticine model of the first of four bronze troopers which will highlight the Boer War Memorial set for ANZAC Parade in Canberra. Photo by Louis Laumen.

Boer War Memorial

A milestone in the building of a Boer War memorial beside ANZAC Parade in Canberra has been reached.

The first of four mounted troopers has been modelled in plasticine and will soon be upscaled in clay before going to a foundry to be cast in bronze. Upon completion the horse and rider will be 1.5 times life size.

Doing the work on behalf of the National Boer War Memorial Association is sculptor Louis Laumen. He has the credentials for the project having done the esteemed Saint Mary McKillop statue which sits at the steps of St Mary's Cathedral in Sydney.

When completed there will be four bronze horsemen emerging from bushland beside ANZAC Parade in Canberra. The site has already been set aside. The memorial will join others recognising the efforts of Australians during later conflicts including WWI and WWII.

A total of 23,000 Australians volunteered for the Boer War (1899 to 1902). One thousand died including the first women casualty; one of 60 nurses who went to South Africa.

President of the Association, Colonel John Haynes OAM said, "We have raised about half a million dollars so far... enough to pay for the first sculpture.

"The final cost is still a work in progress depending on many variables.

"About \$4 million is our best guess...we hope less.

"We have been granted tax deductability for donations and we hope the 'big end of town' can help out," Colonel Haynes said.

"If the funds keep coming we will be able to have, maybe, three sculptures installed at the otherwise finished site by April 2015.

"We need an inflow of about \$200,000 per month to do that," he added. Those who would like to help the project or need more information can contact Colonel Haynes at john.haynes@defence.gov.au.

**Graham Davis
Story and pic have been
authorised by COL John
Haynes president of the
Boer War Memorial
Association
www.BWM.org.au**

Book Launch: John Curtin Prime Ministerial Library

State Vice President Denis Connelly was invited to attend the national book launch for The Battle for Australia by Bob Wurth.

Mr Wurth stated that researching for the book has given him a greater awareness of the peril faced by Australia during WWII.

The Governor His Excellency Malcolm McCusker AC CVO QC presided over the book launch and stated that the book would be highly beneficial to anyone interested in the defence of Australia during WWII.

Descendants of PM John Curtin (1941 - 1945) were in attendance.



Heart friendly foods

Fish and seafood, oats and garlic - these are just a few of the nutritional superstar foods that help fight heart disease.

As researchers uncover evidence of the 'healing' role of natural compounds in foods, here is a list of the many foods now being hailed as valuable weapons in the war against heart disease. Make sure that you include these nutritional superstars in your daily diet.

Fish and seafood

Eat fish two to three times a week and you make a significant investment in your heart's health. The high omega-3 fat content of fish, particularly the oily types such as mackerel, salmon and sardines, can help steady the heart beat, lower blood pressure and keep the blood free of clots.

Best of all, fish is low in kilojoules and cooks in minutes.

Fish doesn't have to be fresh. Frozen fillets and canned salmon and sardines are also rich in omega-3s.

Whole grain

Less than a third of all Australians and New Zealanders eat enough wholegrain foods, such as grainy breads, brown rice and wholegrain cereals.

Eating more whole grains is one way to reduce your risk of heart disease and some cancers. Most wholegrain foods have a lower glycaemic index (GI) than white or refined products so will keep blood sugars on an even keel and leave you feeling full for longer.

Oats

Eating around a cup (60–100 g) of rolled oats a day has been proved to have noticeable effects on blood cholesterol. Two factors are believed responsible. First, oats are high in a type of soluble fibre called beta glucan that prevents the breakdown products of cholesterol from re-entering the system via the intestine, with the result that less cholesterol is made by the body. Second, oats are slowly absorbed into the bloodstream which lessens the glucose load. Therefore, include oats with your breakfast as porridge or an oat-based muesli and substitute oats or oat bran for some of the flour when baking muffins or breads.

Garlic

Garlic has a long medicinal history, having been used by the ancient Egyptians, Vikings and Chinese to ward off illness and stay in good health. Both fresh and dried garlic have been shown to lower the 'bad' LDL cholesterol, lower high blood pressure and help dissolve blood clots, although the dose required is quite large for most of us – you'd need to take in three or four cloves a day or 600–900 mg powdered garlic.

Researchers believe that garlic's strong sulphur compounds are the active agents. They also impart its pungent odour and flavour. Add as much as you can to your cooking and help your heart.

Linseeds

Small, shiny, dark-brown seeds about the size of sesame seeds, linseeds (also sold as flax seeds) are rich in two health promoting compounds. The first is alpha-linolenic acid (ALA), a plant version of the omega-3 oils found in fish. ALA has been linked to a reduced risk for heart disease and heart attack. The second is lignan, a type of plant oestrogen that lowers female oestrogen levels and can keep your heart in good shape – which is a similar action to that of soy.

Sprinkle the seeds over cereal, toss them through salads, add them to muffin dough and look for the soy-linseed breads. One or two tablespoons a day is all it takes to boost your intake.

Almonds, pecans, macadamias and other nuts

Munching on a handful of nuts (around 50 g) a day is now one of the strategies nutritionists recommend for your heart. Are you surprised? Most of us will be, as for years we've been told that nuts are too high in fat and will make us put on weight, and are certainly not part of a heart-smart diet.

However, a wave of studies over the past few years has changed the thinking on nuts. They're now considered a healthy, energy-packed snack that will outperform potato chips any way you look at it!

Despite having more than 50 per cent total fat content, the fat in nuts is heart-friendly. It is either predominantly monounsaturated or polyunsaturated, both of which will keep your cholesterol in check. Nuts also boast a good dose of vitamin E (a well established antioxidant), lots of fibre and arginine (an amino acid) – all key factors that lower the harmful LDL cholesterol or prevent oxygen damaging it.

In a CSIRO study in 1994, almonds were shown to lower blood cholesterol significantly. (But the catch is that they were eaten instead of some of the usual spreads and fatty foods, not as an extra.)

The best way to consume nuts is light-roasted but not salted. You can toss them through salads and stir-fries or use them, as we have in our recipes, in baking or as a crunchy topping.

Soy beans

Soy protein lowers the harmful LDL cholesterol and prevents artery 'clogging', according to more than 38 soy trials spanning 20 years. In fact, the evidence is so strong that in the United States of America, soy foods are now permitted to carry a health claim on their label saying soy can reduce the risk of heart disease.

Researchers think that the protein in soy binds cholesterol in the intestine and therefore prevents its absorption. But don't forget that its isoflavones work as



antioxidants and 'artery flexors' and, like oat bran, it contains a high level of fibre and is low in saturated fat.

To achieve heart benefits, you need to eat around 25 g of soy protein a day, which you can get in half a cup of cooked soy beans plus half a cup of soy bran cereal OR 2 cups of soy milk.

Tofu is a handy ingredient, too. You can use soft tofu as a cream substitute, or toss firm diced tofu into stir-fries and noodle soups.

Tea

People who regularly drink tea (green or black) are reported to have significantly lower risks of heart troubles than those who don't. Tea's powerful protective effects are believed to be due to flavonoids, substances shown to be strong antioxidants, even more so than beta carotene and vitamin E. It seems that tea flavonoids help maintain heart health by decreasing inflammation, lowering the tendency for clotting (an early factor in heart attacks) and by keeping the arteries more 'elastic'. These effects are obtained regardless of whether you add milk or sugar. Best of all, if you take it black with no milk or sugar, tea has no kilojoules and has the ability to both relax and revive you.

Wine

In modest amounts, red wine is good for your heart. Red wine has been the answer to the so called 'French paradox' – why the French have one of the lowest rates of heart disease in the world, despite their love of rich, cholesterol-laden fare such as pate, croissants and high-fat cheeses.

Wine's secret is more than 50 phenolic compounds known as polyphenols. These act as antioxidants, reduce thickening of the arteries, and keep the blood 'thin' and smooth-flowing – an effect similar to aspirin. Red wine, made with the skins and seeds of grapes, has nine to ten times more of these natural chemicals than white wine. One phenolic, resveratrol, has been intensively studied but others,

such as epicatechin and quercetin, are emerging as important.

But all things in moderation – a glass a day is fine, but any more can put you at risk of other illnesses, such as breast cancer or liver disease.

Olive oil

Believed to be one of the reasons for the low rate of heart disease and general good health of those from the Mediterranean, olive oil is a rich source of monounsaturated fat and contains vitamin E. Extra virgin olive oil will also be rich in antioxidants.

Sterol spreads

Look out for the spreads (margarines) that are a functional food designed specifically for lowering cholesterol (brand names Logicol and Pro-activ).

If you already use margarine, it's worth swapping to a sterol-enriched spread – just two teaspoons on toast or sandwiches each day is all you need to see a drop in your cholesterol level.

Plant sterols are natural compounds found in vegetables, seeds, nuts and legumes but in low concentrations. They have a similar chemical structure to cholesterol yet have the ability to block its absorption from the digestive tract into the body. They are extracted from soy beans or wood pulp and then added as a concentrate to a spread – at a much higher concentration than we normally get from food.

Psyllium

Fine flakes that look like unprocessed wheat bran, psyllium fibre does two jobs – it keeps you regular and can lower your blood cholesterol (both total cholesterol and LDL cholesterol). It is the key ingredient of several laxative products sold by pharmacies. Sprinkle it over cereal and blend with flour when you bake muffins.

Health and Lifestyle



Peaches

Best picked and eaten straight from the tree, these delicious stone fruit get better and better as the summer months pass. With dozens of varieties available, they come with either white or yellow flesh.

What's in them

Antioxidants (which prevent damage to cells and help the immune system), phytochemicals (which can help reduce the risk of chronic diseases like cancer, heart disease and arthritis), carotenoids (for eye health), vitamin C and fibre.

Choosing the best

Never buy peaches with green skins. Fruit should be highly coloured, smell fragrant and have some give. "Freestone" fruit are bred so the flesh twists away from the stone easily. "Clingstone" fruit are best reserved for cooking.

How to store

It's best to buy a ripe peach and eat it immediately. They soon start to soften at room temperature. You can keep them for one or two days in the fridge, but bring them to room temperature before you eat them raw.

Did you know?

A nectarine isn't a cross between a peach and a plum, as some people believe. It's a subspecies of the peach with just one recessive gene missing – the one that makes peaches fuzzy.

Smart tip

To peel a peach, run a knife down the natural groove of a freestone peach to the stone. Pour over boiling water and leave for a minute. Transfer the peach to a bowl of cold water and the skin should come away easily.

You could try...

topping poached peach halves with a tiny sprinkle of cayenne pepper, a clove, a fragment of cinnamon stick, butter and brown sugar. Grill until bubbling, and serve with grilled pork or a duck breast.



Reproduced from the Reader's Digest

Vitamin A

Vitamin A is essential for good vision, especially in dim light, and also helps prevent dry skin, hair and tissues

One of the first vitamins to be discovered, this essential nutrient keeps your eyesight keen, your skin healthy and your immune system strong. An extra dose of vitamin A may help treat various eye problems, a number of skin disorders and a wide range of infections, including those of the respiratory tract.

Do I need to take a supplement?

Fortunately, Australians have access to an abundant supply of vitamin A, not just in their natural diets, but also through fortification of foods such as margarines or milk. What if I don't get enough?

Vitamin A deficiency isn't common in the developed world, but milder cases do occur among the elderly, who often have vitamin-poor diets. Alcoholics and people with pancreatic disease are more susceptible to mild deficiency, as are women who experience heavy or prolonged menstrual periods. How much do I need?

The recommended dietary intake (RDI) for vitamin A is 750µgRE* or 2500IU* a day. Multivitamins supply vitamin A, often in the form of betacarotene, which is converted to vitamin A by the body if it needs it. Children should not take

vitamin A supplements beyond what is contained in children's multivitamins, because of an increased risk of toxicity. Talk to your GP for precise doses to treat specific conditions.

Can I get too much?

Unless you eat a lot of liver or oily fish, it's almost impossible to overdose on vitamin A from diet alone. However, you could be at risk if you take too many supplements – just two extra daily doses could cause ill effects. Early signs of vitamin A toxicity include dry skin and mucous membranes, rough or peeling skin, cracked lips, brittle nails, and dry hair or hair that falls out easily. Ways to retain the goodness

Some foods lose their vitamin A goodness if not prepared, cooked or stored correctly. You can prevent loss of vitamin A by:

Using raw fruit and vegetables whenever possible.

Keeping vegetables (except sweet potatoes) and fruit covered and refrigerated during storage.

Steaming vegetables and braising, baking or grilling meats. Avoid frying because vitamin A can escape into fat.

*µg = micrograms; RE = retinol equivalents; IU = International Units

Reproduced from the Reader's Digest

Green Beans

Green beans are the ideal pick-me-up when you need an appetising and healthy serve of "greens". They're cultivated all over the world and are grown through summer and into early autumn.

In Australia, the most common forms of beans we eat are green, broad, runner and wax beans – and at this time of the year it's green beans that are at their best. Green beans come in many varieties, from the small "french" beans to the flat bean and the larger more common bean.

One of the best ways to cook beans is to simply trim the ends (some varieties may also need the "string" removed from the side) and blanch them in a pot of boiling water. Cook them for a few minutes or until they begin to turn an emerald green, then drain and toss in a little olive oil and lemon juice or garlicky butter. If you're going to serve them cold in a salad, rinse them under running cold water so as to keep their vivid colour.



Beans are low in kilojoules and are full of dietary fibre, making them a perfect food if you're trying to lower your cholesterol and blood pressure. They also have anti-inflammatory properties that can help those suffering from asthma or rheumatoid arthritis. They contain vitamins A, C and K, and are rich in iron. But the best thing about them is that they taste delicious and make a healthy side dish for rich meals or give a wonderful crunch to summer salads.

Reproduced from Reader's Digest

Magnesium

Despite being one of the most important minerals for good health, magnesium receives little attention

What is it?

Magnesium is the fourth most abundant mineral in the body and is essential to good health. Around 50% of magnesium is found in bone; the other half is found predominantly inside cells of body tissues and organs.

What does it do?

Magnesium is involved in energy production, nerve function and muscle relaxation as well as bone and tooth formation. Together with calcium and potassium, magnesium regulates heart rhythm and helps the body make and use insulin. Because it relaxes muscles, magnesium is used for sports injuries and fibromyalgia, and to ease PMS and menstrual cramps. Also, magnesium expands the airways – essential to treating asthma and bronchitis.

Do I need a supplement?

Foods such as whole grains, legumes, dark green leafy vegetables and shellfish are excellent sources of magnesium. Nuts are another good source – 28g of almonds provide 80mg of the mineral. However, if your diet is lacking some of these foods, you may need a supplement. It's best to check with your doctor. When taking magnesium supplements, always ensure you also take a calcium supplement, sticking to a ratio of two parts calcium to one part magnesium. Imbalances in the amounts



of these two minerals can reduce their benefits. Always take your supplement with a meal for better absorption.

How much do I need?

The recommended daily intake (RDI) is 320mg for men and 270mg for women. Higher doses are needed to prevent or treat specific conditions.

Can I get too much?

The most unmistakable signs of too much magnesium are diarrhoea and nausea. But particularly high doses can cause more serious side effects such as muscle weakness, lethargy, confusion and breathing difficulties. But these are rare, as the kidneys are usually efficient at eliminating excess amounts.

What happens if I get too little?

Even a moderate drop in magnesium can raise the risk of heart disease and diabetes. Severe deficiencies can lead to an irregular heartbeat, fatigue, muscle spasms, irritability, nervousness and confusion.

Reproduced from the Reader's Digest



HMAS PIONEER Sets The Pace

Fremantle-based for a good part of her World War One service, the diminutive cruiser HMAS Pioneer saw more action and fired more shots in anger than any other member of the fledgling Royal Australian Navy.

Built at the Chatham Dockyard for the Royal Navy, Pioneer was laid down for the Royal Navy on 16 December 1897 as a third-class protected cruiser, launched on 28 June 1899 and completed in November 1900.

Pioneer and her sister-ship Psyche were despatched to the Australian Squadron of the Royal Navy in October, 1905 and was presented to the Australian Government as a gift by the British Admiralty on 1 March 1913 and refitted at Garden Island, Sydney. Psyche was also commissioned into the RAN in 1915.

Armed with 8 single 4" guns, eight 3-pdrs and two 14" torpedo tubes she was gifted to Australia in 1913 by Great Britain and at the outbreak of war in August 1914 was acting as a guard ship at Port Phillip Bay, Melbourne.

The following day, 9 August, HMAS Pioneer sailed for Fremantle after being ordered to relieve the light cruiser HMAS Melbourne at the major West Australian Port of Fremantle to take up her war station which involved patrolling the Indian Ocean.

HMAS Pioneer apprehended the German -Australian Line Neumuster whilst patrolling eight nautical miles west of Rottnest Island and escorted her into Fremantle where she was taken over

as a prize of war by the Commonwealth Government and re-named Coogee. Only 10 days later Pioneer intercepted the 5000 tonne North German Lloyd Line Thuringen, which was renamed Moora, and handed over to the Indian Government for service as a troopship. Pioneer resumed patrols between Fremantle and Darwin, visiting Port Hedland and Broome.

On 1 November 1914 the coal-burning Pioneer took up her position on station as part of the 38 transport ANZAC Convoy, but regrettably had to withdraw and was put into Fremantle with engine problems after the flagship HMS Minotaur ordered her to do so. Thus she missed encountering the German raider Emden at Cocos Island, instead of HMAS Sydney (I).

After repairs, Pioneer resumed patrol duties until being ordered to sail from Fremantle on 9 January 1915 until she was requested by the British Admiralty to mount a blockade against the German raider SMS Konigsberg which had taken refuge in the East African Rufiji River.

Sailing from Fremantle via Cocos Islands and Diego Garcia, Pioneer joined the British naval force operating at Zanzibar on 6 February, 1915.

The rust streaked and weary Pioneer continued mundane patrol duties with three other British war ships, patrolling a northern section of the coast in the humid and steamy African conditions, the boredom being only broken later when she was directed to carry out a bombardment of a German force at Nazi Be and later the German colony capital,

Dar-es-Salaam.

By the end of July 1915 HMAS Pioneer, in need of a refit was sent to Simonstown which was closer than sending her back to Fremantle.

One of Pioneer's cutters which had headed for shore to obtain provisions came under rapid fire 100 metres from the shore wounding two ratings on 20 December which saw Pioneer retaliate by firing 50 4-inch rounds from her main armament.

In June 1916 Pioneer took part in another bombardment, this time at Tanga, and on 30 July she took part in a second attack on Dar-es-Salaam when she fired 100 4-inch rounds at the enemy in her last bombardment of the war.

In 12 months HMAS Pioneer had steamed 294,434 miles and was underway for 287 days during which time she consumed 7,496 tons of coal. She coaled an average 39 coalings from a total of 17 colliers every nine days. Pioneer had spent 68 days in harbour, 36 under refit.

Finally the tired Pioneer was ordered back to Australia in August 1916 and

she by-passed Fremantle, sailing via Colombo and Singapore en-route to Sydney, her active war service over.

This obsolete little warhorse had served Australia well. She was formally decommissioned three months later on 16 November, 1916 and her armament was removed.

Her final role was that of being reduced to the role of the tranquillity of an alongside stationary accommodation ship.

Post-war, Pioneer was declared for disposal and finally handed over to the Disposals Board in 1922 and passed to the control of the Commonwealth Shipping Board and work commenced; it sold for scrap in 1924. Towed to the Cockatoo Island naval dockyard and work commenced stripping her of all useful fittings.

HP Stacey of Sydney purchased the hull as scrap and stripped and finally on 18 February 1931 Pioneer's cut-down hulk was towed out and scuttled off Sydney on 18 February 1931.

Vic Jeffery

ANZAC House will be closed from 3pm Friday, 20 December 2013 and will reopen on Monday, 13 January 2014. ANZAC Club will commence service on Wednesday, 15 January 2014.



Christmas Luncheon at the ANZAC Club

Serving Traditional Christmas luncheon - tables decorated with all the trimmings (must be reserved)

Two Course Menu - \$20.50 per person

Roast turkey & pork stuffing with ham, roast potato and season vegetables. Served with a crusty bread roll and butter

Followed by

Traditional plum pudding and brandy custard

Tea & coffee with after dinner mints

Three Course Menu - \$31.50 per person

Shrimp salad with a Marie Rose cocktail sauce (Can be substituted with Farmhouse soup of the day with a crusty bread roll and butter)

Followed by

Roast turkey & pork stuffing with ham, roast potato and season vegetables. Served with a crusty bread roll and butter

Followed by

Traditional plum pudding and brandy custard

Tea & coffee with after dinner mints

*****Optional Fruit Mince Pie only \$1.50 per person additional, available with either menu*****

BOOK NOW ON 9287 3714

Sudoku

The editors have included new puzzles to test both our younger and young at heart readers. Sudoku is included in this and future editions of 'The Listening Post'.

Look upon this quiz as stopping the onward march of Alzheimers Disease!

Sudoku is a logic-based, combinatorial number-placement puzzle. The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9 only one time each. The puzzle setter provides a partially completed grid.

Provided by Sudoku.com.au

Easy Sudoku

3			7		5			1
		2		4		3		
	1							
	2	8	4		7	9	1	
			8		2			
	4	7	9		3	2	5	
	5							9
		6		8		7		
2			5		9			6

Hard Sudoku

	3			2	5			
8								5
		2	7					4
	9					7		
5				3				1
								9
	4				9	8		
6								4
			2	8				7



Christmas Luncheon at the ANZAC Club

Gallipoli Room Prices

Minimum attending: 50 persons

Serving Traditional Christmas luncheon - tables decorated with all the trimmings (must be reserved)

Two Course Menu - \$30 per person

Roast turkey & pork stuffing with ham, roast potato and season vegetables. Served with a crusty bread roll and butter

Followed by

Traditional plum pudding and brandy custard

Tea & coffee with after dinner mints

Three Course Menu - \$35 per person

Shrimp salad with a Marie Rose cocktail sauce (Can be substituted with Farmhouse soup of the day with a crusty bread roll and butter)

Followed by

Roast turkey & pork stuffing with ham, roast potato and season vegetables. Served with a crusty bread roll and butter

Followed by

Traditional plum pudding and brandy custard

Tea & coffee with after dinner mints

Optional Fruit Mince Pie only \$1.50 per person additional, available with either menu

BOOK NOW ON 9287 3714

Crossword

	1	2	3	4		5	6	7		8	9	10		11	12	13		14	15	16	17		
18						19				20				21					22				23
24						25				26				27					28				
29				30	31					32			33	34				35			36		
37			38		39								40							41			
			42	43						44	45	46	47				48		49				
50	51	52						53	54						55	56		57			58	59	60
61						62				63				64		65			66				
67						68				69				70					71				
			72		73			74		75				76				77	78				
79	80	81			82		83		84		85				86					87	88	89	90
91					92					93				94						95			
96			97		98					99				100	101					102			
			103	104					105				106	107		108		109					
110	111	112					113	114						115	116				117		118	119	120
121						122				123	124	125		126					127				
128					129		130		131					132					133				
			134				135			136								137					
138	139	140				141		142	143					144	145	146				147	148	149	150
151					152						153		154						155		156		
157					158				159			160	161		162					163	164		
165									166			167			168					169			
									170						171					172			173
																							174

Across

- 1 U.S. Air Force
- 5 Grain
- 8 Neither's partner
- 11 American sign language
- 14 Lay in the sun
- 18 Philosopher
- 19 Former president of U.S.
- 20 French "yes"
- 21 Environmental protection agency (abbr)
- 22 Ashy
- 24 Say
- 25 Respiratory disease
- 26 And so forth
- 27 Bro. or sis.
- 28 Khaki cotton twill
- 29 Brassiere
- 30 Lyric
- 33 Destroy
- 36 Seed bread
- 37 Gritty paper
- 39 Protest
- 40 Ably
- 41 Parent teacher groups
- 42 Institution (abbr.)
- 44 Relating to the hearing
- 48 Admire
- 50 Now Iran
- 53 Pouring through small hole
- 57 Move around
- 61 Stormy
- 62 High naval rank (abbr.)
- 63 Poem
- 64 Incorporated (abbr.)
- 66 Person on horse
- 67 Boredom
- 68 Taxis
- 70 Primary color
- 71 Afloat (2 wds.)
- 72 Gap
- 74 Lout
- 76 Sailor's yes
- 77 Valley
- 79 Very dry wine
- 82 Animal covering
- 84 Winter wear
- 86 Talk
- 87 Gulp
- 91 Canoe propeller
- 92 Food and Agriculture Organization (abbr.)
- 93 Roman three
- 94 Goof
- 95 Bullfight cheer
- 96 Green Gables dweller
- 98 Loose gown worn at mass
- 99 Decorate by inserting
- 101 Twain
- 102 Buzzer
- 103 Painter of melting clocks
- 105 Sow's mate
- 106 Snatch
- 108 One time
- 110 Willia ___ (Elizabeth I's advisor)
- 113 Thousand (abbr.)
- 115 Reminder
- 117 Weaponed
- 121 Chatter
- 122 Talk
- 123 Single
- 126 Clay
- 127 Vice ___

Down

- 128 Letter decorating
- 130 Mcg
- 133 Trite artwork
- 134 Buckeye State
- 136 Freed (2 wds.)
- 137 Gold
- 138 Northwest by north
- 141 Match
- 144 Greek government
- 147 Peak
- 151 Leer
- 152 Prescribed church worship
- 154 Correct
- 156 Child
- 157 Cater
- 159 MGM's Lion
- 160 Cow speak
- 162 Freudian term
- 163 Girl in Wonderland
- 165 "That's the last ___!"
- 166 Count
- 167 Pet
- 168 Radioactivity unit
- 169 Gladiator people
- 170 Pass
- 171 Teensy
- 172 American Kennel Club (abbr.)
- 173 Spots
- 174 Northwest by west

Across

- 69 Droop
- 70 Au revoir
- 73 Waste
- 75 Spree
- 76 Relating to birds
- 78 City in Ohio
- 79 Constrictor
- 80 Manned
- 81 Vase
- 83 Hustle
- 85 Lube
- 86 Still
- 88 Sadness
- 89 Sick
- 90 Stiffen
- 97 Proof
- 99 Promissory note
- 100 Sweet potato
- 102 Gun make
- 104 First letter in Hebrew alphabet
- 105 Shoshonean
- 107 Torah table
- 109 Carp
- 110 Cycles per second
- 111 Before, poetically
- 112 Sedan
- 114 Pig meat
- 116 Silent
- 118 Married woman
- 119 Escudo
- 120 Morse code "T"
- 123 Unrefined metal
- 124 Negative
- 125 Hard boiled food
- 129 Audio-system
- 131 Fly
- 132 Kimono
- 133 Capital of the Ukraine
- 135 Forbid
- 137 Frowns
- 138 Loch ___ monster
- 139 Artist Andrew
- 140 Baseball player Yogi
- 142 Leather
- 143 Eat away
- 145 Musical production
- 146 Coaxed
- 148 Scale
- 149 Popinjay
- 150 Adam's garden
- 152 Ribald
- 153 Song by the Village People
- 154 Reserve Officers Training Corps.
- 155 Take in
- 158 Wheeled vehicle
- 161 Tree
- 164 Close to the ground

Book Reviews



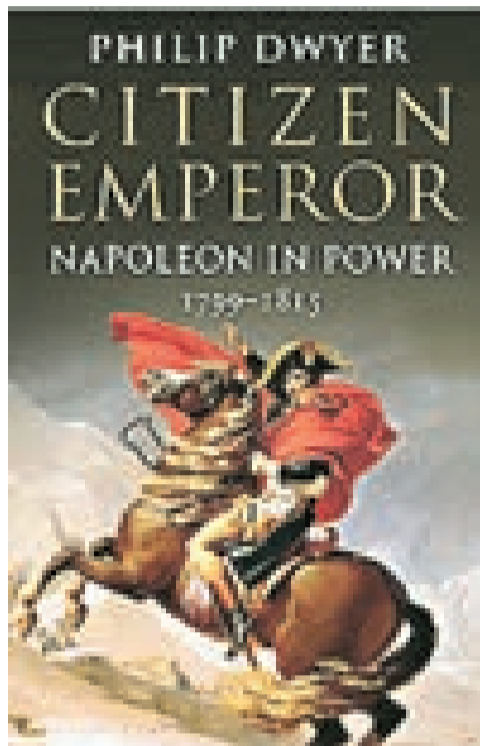
About Citizen Emperor

By Philip Dwyer

This second volume of Philip Dwyer's outstanding biography sheds further fresh light on one of the great figures of modern history. After a meteoric rise, a military-political coup in 1799 established Napoleon Bonaparte in government, aged just thirty.

This meticulously researched study examines the man in power, from his brooding obsessions and capacity for violence, to his ability to inspire others and realise his visionary ideas.

One of the first truly modern politicians, Napoleon skilfully fashioned the image of himself that laid the foundation of the legend that endures to this day; Philip Dwyer's ambitious, definitive work separates myth from history to offer us anew one of history's most charismatic and able leaders.



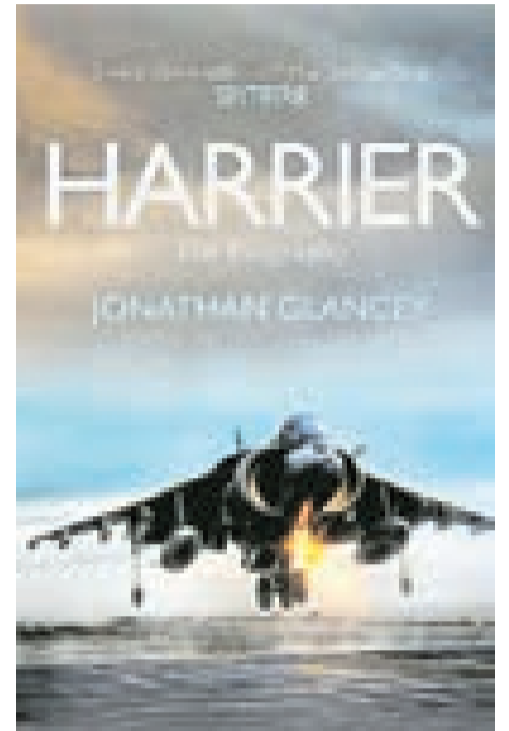
'Napoleon's legend is so persistent that it confounds the historical reality in the popular imagination. He himself contributed much towards the construction of his own myth, from his youth even until after he fell from power, when, while in exile, he dictated his memoirs to a group of disciples who took down his every word in the hope that his version of history would prevail. Such were Napoleon's skills as a chronicler that much of the legend is still unquestioningly accepted...'

Harrier: The Biography

By Jonathan Glancey

The British designed and built the Harrier, the most successful vertical take-off-and-landing aircraft ever made. Combining state-of-the-art fighter plane technology with a helicopter's ability to land vertically the Harrier has played an indispensable role for the RAF and Royal Navy in a number of conflicts, most famously the Falklands War.

Jonathan Glancey's biography is a vividly enjoyable account of the invention of this remarkable aeroplane and a fitting tribute to the inspiration and determination of the men and women who created it, and the bravery of the men who flew it, often in the most dangerous conditions.



Jonathan Glancey is well known as the former architecture and design correspondent of the Guardian and Independent newspapers. He is also a steam locomotive enthusiast and pilot. A frequent broadcaster, his books include Giants of Steam, the bestselling Spitfire: The Biography; Nagaland: A Journey to India's Forgotten Frontier; Tornado: 21st Century Steam; The Story of Architecture and The Train: An Illustrated History.

New Way to Treat Headaches

A new approach to the treatment of headaches which looks at coping with their triggers is the focus of new research at Griffith University.

Headache disorders are among the most common disorders of the nervous system, causing substantial disability in populations throughout the world. It has been estimated that globally, the percentage of the adult population with an active headache disorder are 46% for headache in general, 11% for migraine, 42% for tension type headache and 3% for chronic daily headache.

While the results of Cognitive Behavioural Therapy (CBT) have so far provided promising results for the common headache and migraine, it has not resulted in clinical improvement for all cases, says research leader Professor Paul Martin, from Griffith Health Institute's Behavioural Basis of Health program.

Professor Martin has developed an approach designed to enable people to cope with the triggers of their headaches called Learning to Cope with Triggers (LCT).

"Our previous research has shown that it is not possible to completely avoid all potential headache triggers as they are so diverse and attempting to do so, could result in a restricted lifestyle.

"Also, attempts to avoid triggers – which could include food, noise, tiredness, stress etc – will result in no exposure to them or short exposure. This may lead to the capacity of the trigger to precipitate headaches being maintained or increased through a process of sensitisation or lack of opportunity for learning to cope with the trigger."

With the aid of a \$500,000 National Health and Medical Research Council grant, the Griffith team will show how a combination of CBT and LCT will help headache sufferers to become desensitised to triggers or build up a tolerance to them. This combination therapy will entail sufferers being asked to imagine themselves in stressful situations.

"For example, with someone whose headaches are triggered by stress we could help them to imagine themselves in stressful situations, the exposure of which would be very gradually and carefully increased.

"We would then help the person to manage this stressful situation using various coping strategies such as relaxation skills or learning how to recognise any negative thought processes associated with headache onset."

DPS Aged Care Guide

UNLOCKING SECRETS

How to get people to tell you everything

Follow up to best seller - *Lie Catcher*

Book 2 in the "Psychological Edge" series by the best-selling author of *Lie Catcher*, Dr David Craig

About the Book

Forged in the secretive world of covert operations, *Unlocking Secrets* uses real crime and practical examples to reveal the new frontier in interpersonal communications: advanced psychological skills. Thanks to this book, these skills can now be used by anyone who wants to improve their interpersonal and communication skills by getting people to open up and talk.

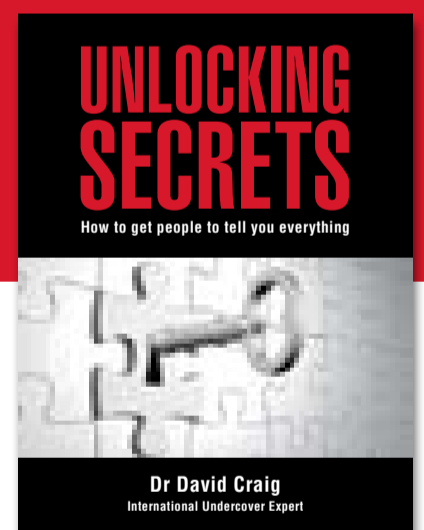
In *Unlocking Secrets*, David Craig has simplified the psychological methods used so effectively by criminal investigators and covert operatives to persuade others to reveal their secrets. He shows how these skills can be easily applied to benefit in everyday professional and personal situations.

These secret-revealing techniques subtly influence people to share hidden information, and may assist people working with patients, clients, children or friends who carry a difficult and burdensome secret. They can also be used to improve business knowledge, as well as to initiate and enrich personal relationships.

Unlocking Secrets will arm people with the latest interpersonal skills to enrich their personal life and advance professional careers.

About the Author

The techniques in this book are revealed to the general public for the very first time by acclaimed author, David Craig. Dr Craig has a doctorate in Undercover Operations and is a seasoned covert operative who has used and developed these skills during his 22-year career in law enforcement. He is an international expert in the field and has worked with high profile agencies in Australia and overseas.



Key Selling Points:

- A unique book that combines communication and business topics with the intrigue of true crime tactics and scenarios
- An easy-to-read book, full of practical examples, that will appeal to a broad general audience
- The undercover communication techniques in this book are revealed to the general public for the very first time
- Supported by an extensive national and online publicity campaign

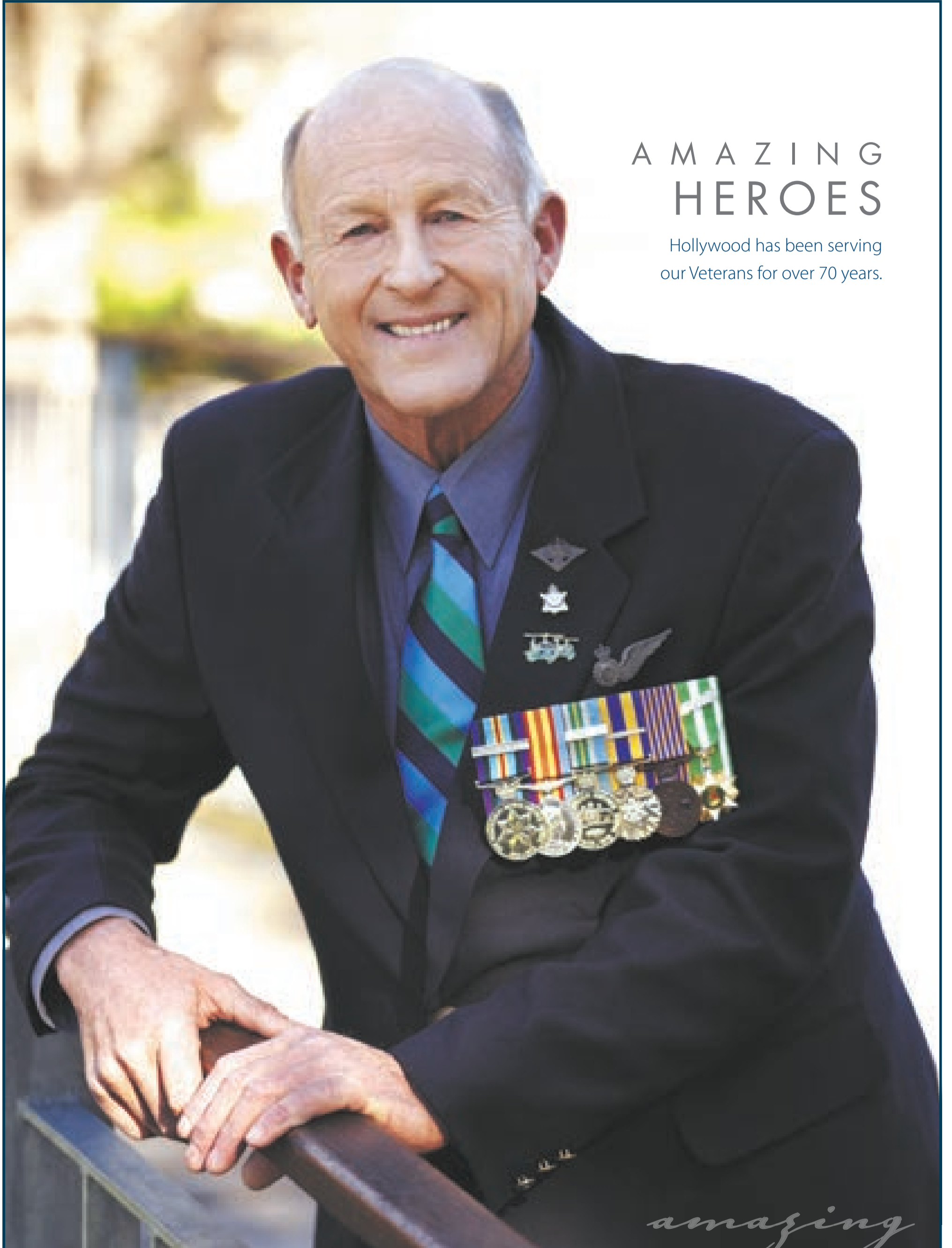
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