Monday the 15th of August 2005 was the 60th Anniversary of VP Day – Victory in the Pacific.

Throughout Australia, communities gathered to commemorate the anniversary of the end of the Second World War, when Japan announced its surrender to the allies.

A National VP Day Ceremony was held on the Parade ground at the War Memorial in Canberra, which was attended by the Ambassador of Japan, Hideaki Ueda who sent a letter to State Headquarters thanking those who had over the last sixty years, contributed to the reconciliation between our two nations. He also advised that Prime Minister Koizumi, had reaffirmed his determination that Japan must never again take the path of war. He also reflected that the peace and prosperity that is now enjoyed, was founded on the sacrifices of those who lost their lives in war.

In Western Australia, on Sunday the 14th of August, the City of Fremantle hosted a VP March through the streets of Fremantle. Members of the public waved Australian Flags, which were distributed free, courtesy of Australia Post. An exhibition of military memorabilia was displayed at the Fremantle Town Hall and a free shuttle bus shuttled members of the public between the Fremantle Army Museum and the Maritime Museum, which hosted a Defence Open Day in honour of the 39,000 young Australians who lost their lives during World War Two.

On the 15th of August a Big Band concert and dancing, representative of the 1940’s era, was conducted in Forrest Place.

Throughout afternoon tea, which followed the events, a digital slideshow of veterans’ photographs and historical memorabilia was shown. Photographs and information related to Lake Grace VP Day courtesy of Lakes Link News.
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Deadline for next edition: 18 November 2005 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.

Address to:
The Managing Editor, The Listening Post
RSL, PO Box Y3023 PERTH WA 6832
Email: rslwahq@iinet.net.au

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Please direct all advertising enquiries to RSL Publishers 9381 7999.
The past year has been an outstanding year for the RSL. Many changes and new approaches have enabled us to continue to increase our profile as well as support the needs of many members of the veterans community. We have focused on providing support for those on active duty, our families and wider community is that we set out to achieve. The changes that have been developed and approved the acceptance of our Corporate Plan. This is an important step in the review of how we were operating and in the months to come we will have the opportunity to see how these changes are working. The League is in a much more effective position today and will continue to operate with greater efficiency. Our members are well respected by our assistance. Contacts are professionally required. Necessitous circumstances. Our RSL is there for all veterans, not just Welfare present a good public image through welfare. Responsible comments, coupled with comment on many aspects of our society. The RSL, as the peak ex-service organisation should be aware of the responsibilities within our Charter and served to within our Corporate Plan and our direction from which your State Executive will for the success of the redevelopment. We were indeed fortunate to have the financial allocation to assist in the re-development. The proposed issue of a medal to be handed over in late July. Almost all units have been completed and are struggling sub-branches. Their deliberations and advice has been invaluable and the Committee will assure the survival of many sub-branches. They are therefore to be encouraged to continue to be active throughout the year, recognising volunteer service in the community and is ably assisted by a dedicated group of volunteers who are fully trained volunteers. We are very grateful for the contribution of the last few years. We will continue to provide the best quality service and ex-service organisation may face financial difficulties in the future. The ANZAC Club has been the focus of much attention over the past year. Increased profits it is expected that a fully functional ANZAC Club will be open for business. The ANZAC Club has been the focus of much attention over the past year. Increased profits it is expected that a fully functional ANZAC Club will be open for business. The ANZAC Club has been the focus of much attention over the past year. Increased profits it is expected that a fully functional ANZAC Club will be open for business.

From the President's Pen

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The Bushe Wireless

Margot Harness
Senior Advocate

Pension up-date Corner

RCPS News and information – and it’s not all good!

Background: it reserves, and veterans/ex-service people (who have no entitlements under the Veterans’ Entitlements Act) aspire themselves whilst on duty, or contract a disease or hearing loss etc due to the nature of their duties – the only avenue of compensation for them is an agency called the Military Compensation and Rehabilitation Scheme. Prior to 1994 it was known as “ComCare Defence”. This agency used to be run under the Department of Defence, but about three years ago, it was relocated under the auspices of the Department of Veterans Affairs. This agency is located within DVA offices in each capital city – but it is separate in every practical sense - administering three government Acts which applied differing time-frames:

1. Commonwealth Employees’ Compensation Act (1930) (known as the “CCE Act”)
2. Compensation - Commonwealth Government Employees’ Act (1971) - “CGE Act”

If a disability is claimed and accepted, “reasonable treatment” is a benefit. Fortnightly pensions (compensation for pain, suffering and restrictions etc) is not paid in the case with the DVA; but the MCRS will certainly consider:

- Paying fortnightly payments to a person who cannot work for a period due to disablement (as compensation from his/her disability (but regular monitoring by the treating GP is mandatory). Fortnightly pensions are calculated to be at 100% of earnings (the superannuation funds) is paid up to 80% of the person’s last rate of earnings.
- Consideration of a Lump Sum for Permanent Impairment

It is this last issue - Permanent Impairment - and the recent changes made in relation to musculo-skeletal disabilities, is the “bad news” referred to above.

The criteria to warrant payment of a Permanent Impairment Award has been significantly altered only recently. A new “Permanent Impairment Guide” known as “PIG” has been produced, which has re-calculated the degree of severity necessary, before people with authentic ailments, bars, knees or low backs can rate as eligible for a lump sum payout. For people who, in the past, may have lost their jobs, or traded, and been unable to find work - or obliged to re-train in another career path - the “lump sum payouts” often helped them make up some of the income they had lost (eg. go towards a deposit on a home or a block of land; pay off accumulated debts whilst on a limited income).

Unfortunately, no ex-Service organization was invited to participate in a consultative role, before the government took this step.

The RSL has taken formal steps, at a national level, to seek the revocation of the proposed PIG-2 changes. We are hopeful that the government will heed the arguments we have put forward about the uniqueness of physical standards expected in the Armed Services to ensure that all personnel are kept “battle-ready” and such quantum payment (if this reality is that members are having a likelihood of musculoskeletal injuries as a corollary as part of longer-term maintenance.

As many of the people involved in these programmes (whether ex-serving, still serving or civilians) – or persons who lived or worked at the Base over those time-frames (including families, living in the same household as people involved in the desease/medical programmes) can look at lodging a claim for compensation, if suffering physical, psychological or emotional problems.

The first step is to register with the “T111 Disease/Reseal Health Care Team” – phone no. 1800 720 007. It is based in Queensland. Depending on the time-frame (and its respective legislation – as Veterans’ Entitlements Act cover cases for some personnel on 6 April 1994) claims can be made under VEA or SRCA – but:

- The claimant should register first;
- All claims (whether under VEA or SRCA) must be clearly marked – rather than assuming you are suffering physical, psychological or emotional problems.

Just a word of caution. Try to avoid using medical terminology you may be unaware of – it would be wiser to describe your malaise, or symptoms in your own words - eg. feelings of agitation, insomnia and anxiety that came on within weeks of working on desease/medical programmes; if – you began suffering from severe headaches after involvement with your work on the desease/medical projects; it would be more advisable to claim for “headaches of unknown origin” rather than simply assuming you are having “migraines” which is a particular medical diagnosis, for a specific type of headache.

ATTENTION – All Pensions Officers and Advocates:

Just a reminder that you must lodge notice EVERY YEAR that you are participating in this field, to remain covered by VITA for Indemnity Insurance. (VITA is the Veterans’ Indemnity and Training – there to protect you and insure you, in the event of complaints etc).

Lastly:

This will be my last column as the Senior Advocate in WA, unfortunately. My wonderful husband (ex-RAAF – 9 Base) and I have been married for many years and have some health problems, and I want to spend more time with him.

I have thoroughly enjoyed my ten years with the RSL (two as a Pensions Officer, and then eight as VRB Advocate)), and it has been a joy and a privilege to be able to assist so many decent and deserving veterans and ex-ADF personnel. I confess to having a particularly “soft spot” for those of the WWII and Korean War era – whose ranks are thinning now, but were such a remarkable generation. I’d like to express special thanks to my predecessor in the job, Norm Johnston – whose continued voluntary interest in Pensions and Advocacy and wise counsel I have appreciated greatly. Also Ross O’Connor, and his merry band of wonderful volunteers.

I am sure a very capable new person will soon take over my job – so rest assured, the service the RSL offers in respect of primary claims, representation at the VITA, and where necessary: the AAT as well, will continue.

I have offered to continue submitting articles for “Listening Post” until my successor “finds his/her feet”, so, in signing off – may I say to each and every one of you who’s come into my ambit – I wish you all the very best in life, and … to quote Bob Hope: “Thank you, God bless the memories!”

Margot Harness
Veterans RSL Sub-Branch held their annual inspection on 1st Fred Bell Parade. The car display was sponsored by local businesses and had a wide variety of vehicles on display. The display included a classic and muscle car display in the Park. The event attracted large numbers.

Vietnam Veterans' Day events began and continue to this day. On the 15th of May 1920 our club had been in existence for 85 years. On Sunday the 14th August 2005 we held our annual Vietnam Veterans' Day. This Day was proudly sponsored by thirteen local businesses and was attended by over two hundred members, vets, their families and local citizens.

Sub-Branch News

Broome

At the formal opening of our upgrated club premises by the State Premier, the club had been in existence for 85 years. In 1920, the club was formally recognised as a member of our proud organisation. Until World War Two broke our club was very wealthy and young town with virtually the whole population involved in one way or another in the pearl industry. Even so, the club has lived through quite dramatic boom and bust cycles. The main disaster after the Japanese air raid with its tragic loss of life amongst the pearl workers was a boom which has remaned in recent years with a huge boom in our population are all part of the history of this most cosmopolitan town.

The new RSL building is very popular and its excellent scale and many visitors during our 'Tourist Season' while the venue is usually booked for parties, weddings and social functions while the Victory in the Pacific' celebrations and later the Remembrance Day events attracted large numbers. The RSL enjoys strong support from and remains active within the community.

Port Kennedy

On Sunday the 14th August 2005 we held our annual Vietnam Veterans’ Day. This Day was proudly sponsored by thirteen local businesses and was attended by over two hundred members, vets, their families and local citizens.

We engaged the services of radio 6IX who ran a live broadcast show from 1200 HRS to 1600 HRS. The DJ Brian Morris did a superb job of hosting the event.

On Sunday the 14th of August 2005 we hosted the Port Kennedy RSL Sub-Branch annual dinner on Saturday, 23rd September. This event was the pool comp amounted to a very enjoyable day. The DJ, Brian Morris and his wife, Lois, represented the Member for Swan, RSL State President, Mr Kennedy were acknowledged.

There were a number of old friendships rekindled and mates who had not seen each other in years were reunited. There were a number of old friends who attended the event.

Esperance

Apologies for the dearth of news from the Esperance RSL sub-branch in recent times. Your scribe has been in the care of his hiplogiaform for a new hip. Glad to say all seems to be progressing well and I hereby announce that I am still at the ball!

A swap-meet will also be in progress, offering both new and second-hand goods.

Tables for the sale of goods are available for hire at $10. Perspective stall holders can direct enquiries to the Secretary on 99401649.

Sausage sizzle, sandwiches, Devonshire teas and drinks will be available at very reasonable prices.

Come and join the fun! Bring the children and grand children. The view can view the electrical whisky and champagne, the classic and muscle car display.

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New Research puts Prostate Cancer in Focus

Prostate cancer will directly affect 16 per cent of Australian men and prove fatal for 3 per cent of men making it the third biggest killer in the male community, according to Hollywood Private Hospital urological surgeon Mr Stan Wisniewski.

To find a cure, however, researchers must first determine a cause and two Hollywood specialists have made a world-first finding in prostate cancer research.

Uropath pathologist Dr Ronnie Cohen and urologist Mr Tom Shannon have recently published a paper in the distinguished American Journal of Urology documenting their findings that identifiable bacteria may be associated with prostate cancer.

The prostate is a male organ about the size of a 20 cent piece and is found below the bladder. Problems with the prostate mainly arise when the man grows older.

The most susceptible demographic for prostate cancer is men 50 to 70-years-old. He said regular checks for prostate cancer should begin when men are 50-years-old or even as early as 45-years-old for those with a family history of the problem.

Symptoms of prostate cancer include:

- Waking frequently to urinate, sudden or urgent need to urinate, difficulty starting to urinate, discomfort when urinating or slow flow and difficulty stopping urination
- Blood in urine or semen
- Decreased sex-drive
- Inability to get an erection and painful ejaculation

Men often see the symptoms of prostate cancer as a product of ageing so don’t see a doctor, while many cases of prostate cancer develop without the presence of any symptoms.

Though Mr Wisniewski said there was little known about the prevention of prostate cancer, except for some evidence suggesting a good diet may defer the onset, he was buoyed by advances in procedures and technology for treatment.

‘One day we might find a cause and be able to then develop the prevention,’ Mr Wisniewski said.

Hollywood offers complete care for men with prostate cancer and is capable of diagnosing the disease and administering two of the three forms of treatment on-site.

Mr Wisniewski said Hollywood was heavily involved in the State Government’s focus on equity of care, which included innovations in prostate cancer treatment.

He also praised the Hollywood palliative care unit, which provided strong support for patients with advanced prostate cancer.

We are the RSL(WA)’s lawyers of choice and we offer members discounted rates on all of our services. We provide practical and affordable assistance in most areas of law, including:

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- Military Compensation
- Personal Injuries
- Property
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The Home Equity Release Specialist

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ANZAC House Stolwort Retires

ANZAC House will be the poorer with the retirement of Margot Harness, our long serving senior advocate for pensions.

Margot who was born in Victoria, joined the IAN in 1962, serving on the HMAS ‘Corroboree’ HMAS Kuttabul and HMAS Harman as a Radio Operator after 4 years service. Margot then saw service in the Australian Army serving at WRACD with Sydney, 2 RIB Puckapunyal and finally RIB Kipapa as an assistant adjutant for 4 years rising to the rank of Captain. It was at Kipapa that Margot met her future husband, Mike.

Mike had just returned from a tour of Vietnam serving with 9 Squadron (Helicopters) Vung Tau. As Mike was still a serving officer with the RAAF he was transferred to Sale Victoria, where he worked at the RSL, and worked on a short term basis as an RSL Advocate.

Margot met her future husband, Mike. As Mike was still a serving officer with the RAAF he was transferred to Sale Victoria, where he worked at the RSL, and worked on a short term basis as an RSL Advocate. Mike and Margot then leased a Newsagency in Belmont, the business was sold in 1990, after which Mike and Margot then worked in a Credit Society Branch all the time bringing up their two girls, Emily and Angela.

In 1985 Mike resigned his commission after 20 years, and the family returned to Perth and purchased a house at Gooseberry Hill, 20 years, and the family returned to Perth to manage a Credit Society Branch, all the time bringing up two girls, Emily and Angela.

Belmont, the business was sold in 1990, A Mike and Margot then leased a Newsagency in Belmont, the business was sold in 1990.

Then the RSL attracted Margot, who worked part time for the Vietnam Veterans Trust for 5 months.

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Mike and Margot Harness.
Chinese Vegetable Stir Fry

(Severs 4–6)

Ingredients

- Non-stick cooking spray
- 1 cup of plain dough mix
- 2 cups plain dough mix
- 3/4 cup Sweet & Sour Sauce (low kilojoule to maintain low fat content)

Directions

1. Heat the cooking spray in a large non-stick wok or a large deep skillet over medium-high heat.
2. Add the diced onions, carrots, and celery, and cook for about 3 to 4 minutes.
3. Add the broccoli, cauliflower, and peas, and cook for about 3 to 4 minutes.
4. Add the capsicum and fry gently for about 1 to 2 minutes.
5. Serve with yoghurt. To bake instead of microwave, bake in a 220°C Celsius oven for 12 minutes.

Nutritional Estimates


Notes

- Use pre-package, low kilojoules sweet and sour sauce to maintain low fat content.

Peach Dessert

(Severs 2)

Ingredients

- 3.5 cupmed cans of diced cling peaches, packed in natural juice
- 2 cups plain dough mix
- 2 cups low-fat frozen vanilla yogurt
- Brown sugar

Directions

1. Drain peaches, making sure to keep peach juice.
2. Place peaches in a 25cm microwave dish.
3. Add capsicum and fresh peas and cook and continue to cook for another 2 to 3 minutes.
4. Add Sweet & Sour sauce and bring to a boil; cook for a further 1 minute while covered.
5. Serve while hot.

Nutritional Estimates

Residents commenced moving into the Highview Apartments in August and to date 18 units are occupied. Of the 28 apartments only five remain unsold, one of which has been fitted out as a display to show prospective clients.

The 28 apartments are spaciously spread over four levels, designed with an easy, relaxing lifestyle in mind. Residents will be able to relax or entertain on the huge balconies whilst also taking advantage of the city and hill views and overlook the garden and parkland areas of the complex.

The apartments have two bathrooms, one ensuite, and three bedrooms or two with a study for individual choice with the open plan living and dining areas and the indoor/outdoor environment of space and freedom from the balconies or terraces.

Quality d’cor, fixtures and fittings, comfort and convenience, low maintenance and a safe and secure environment including the underground parking, are all part of the Highview Apartment experience.

Construction on the community centre is well advanced. The community centre will incorporate heated pool, spa and gymnasium, hairdressing salon, computer room, lounge / library, restaurant, café alfresco and bar.

The building is nearing completion on the ‘stand alone’ chapel which is situated next to the community centre. With a luminous cross at the top, the Chapel will form the centerpiece of the Estate.

Work is well under way on Stage 3 which includes the Parkview Apartments comprising 28 apartments and the next 5 units which are due for completion mid 2006.

Of the 37 villas completed in Stage 1 & 2, 36 are now occupied with the first 20 residents taking up occupancy in September 2004 now celebrating the 1st Anniversary of their relaxed lifestyle and say it’s the best decision they have made with no regrets.

For more information about our Menora Gardens Village, you can contact Keith Barrot of Seniors Own Real Estate on 9243 1366 or for any information regarding any of the RSL Villages or services please contact Kaye Ireland, Menora Gardens Village Manager on 9370 0200.

Lifting weights - the medicine of choice

Health experts insist that strength training should be standard practice for older people to strengthen bones and prevent osteoporosis.

While walking has been widely promoted as a great way to maintain bone density, studies have revealed this is not enough. This is because the load on the human skeleton while walking is not at the intensity required to encourage the body’s receptors to retain sufficient bone tissue.

According to Professor Robert Newton from Edith Cowan University if people want to increase their chance of an active retirement free from fractures, strength training is the medicine of choice.

Council on the Ageing (COTA) WA’s Living Longer Living Stronger™ initiative provides a safe and affordable way for seniors to take part in strength training.

Living Longer Living Stronger™ is delivered at 36 endorsed fitness centres in WA to ensure participants receive professional strength training guidance for maximum benefit.

At age 83 Frank Hughes’ health has improved by actively participating in Living Longer Living Stronger™

“Medication can be used to boost overall bone density, but only strength training can target specific areas that commonly fracture.”

Professor Robert Newton, Edith Cowan University

Call COTA (WA) on 9321 2133 for more information
Head and heart insurance.

Insurance buying decisions are usually made with your head... emotions play no part in making a considered purchase.

Well have you considered using both?

Sure, an RSL Insurance Management House & Contents or Motor policy satisfies the head criteria, because it is extremely price and features competitive – for instance, our House & Contents cover includes accidental damage up to $5,000 with a nil excess.

But with our cover, your heart may want to have its say too...

Unlike all other policies, an RSL Insurance Management policy helps all RSL members, especially those who are disadvantaged, because with every policy you take out with us, a good chunk of the premium goes back to the RSL to help continue their supportive work throughout the RSL community.

So please, definitely use your head, but listen to your heart too and call us for a quote on 1300 668 319
towards the end. It reminded me of my kids when they were little, they used to rush through the museum just as I was starting to enjoy my self.

After departing from the butterfly farm, we set off for a Chinese temple at the top of a steep hill, as you climbed the hill you passed through little shopping stalls that were set up along the street all the way to the entrance of the temple.

It is well worth the climb to look around this awe inspiring place, there are ponds full of turtles, which you can feed. Some one had thrown an egg into the pond, and the turtles were trying to eat the egg but the egg kept moving away from them, it looked as though they were trying to eat the egg but the turtle made a huge splash in the water. I had showered and changed, we then headed off for Gurney Drive for dinner.

After dinner we headed off to check out the nightlife of Penang, as the four musketeers Cassandra, Julie, John and myself. George Town swings at night, we tried out a couple of places until we found a hotel that had the loudest band I have ever heard playing. We looked at each other and in we went. While Cassandra was ordering the beers a Dutchman approached me and pointed to Julie who is about thirty years old and asked how old is she, and could he flirt with her? I said she is about thirty, however, she is my wife. He immediately apologised and said that’s okay it is Asia you know, you are allowed a young wife.

He then left straight away, to find someone else.

I shared my joke with Cassandra and the others when she arrived back with the beers and we all had a great laugh including John and Julie.

The next day we set off for a tropical fruit farm, it was up a fairly steep hill some of our group said they would walk to the top but the smart ones accepted the offer of a ride to the top. I was glad that I did, as it was a very steep hill indeed.

The tropical orchard has fruit trees that produce more than 200 different types of tropical and sub-tropical fruits. The main fruits are Durrants, Lycees, Mangos and Guavas, plus many lesser-known jungle fruits.

The guide we had to show us around the tropical orchard reminded me of our own Ernie Dingn, what a showman he was.

He even dressed and spoke like Ernie I think he must have been taking lessons via TV. It was time to leave and head for the Penang hill, Malaysia’s first hill station, it is approximately 830 metres above sea level.

The best way to the top is by taking the funicular railway, which has been in operation since 1922. The little rail cars are pulled up by cable, about halfway up in a split track to allow the cars going up and down to pass each other.

I would recommend this to everyone holidaying in Penang, to experience the thrill of the ride to the top of Penang hill. The views from the top makes it a very worthwhile journey.

IN THE CONFUSION AND EMOTIONAL NUMBNESS THAT FOLLOWS WHEN A PERSON DIES, IT IS SOMETIMES DIFFICULT FOR GREIVING RELATIVES TO MAKE DECISIONS ABOUT FUNERAL ARRANGEMENTS

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

There are many benefits to a PrePaid Funeral Plan
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• You have the opportunity to design the funeral service as you wish, and not as others would like it.
• You receive a price inflation guarantee
• By taking out a PrePaid Funeral Plan you effectively ‘freeze the price’ of your funeral costs in the future.
• Your PrePaid Funeral Plan does not become a part of your estate and it is not subject to any administration.
• You lessen the anguish that those left behind may feel regarding whether they “did the right thing”.
• We will arrange an obligation-free appointment to discuss your personal needs. The 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.
• Free standard Will prepared by Corser & Corser to the value of $100.
• Savings of up to $600 for RSL Members.

FOR MORE INFORMATION, CALL JOHN RANGER AT BOWRA & O’DEA ON (08) 9231 5100.

Bowra & O’Dea Funeral Directors
PrePaid Division 406 Beaufort Street, Highgate 6003 Telephone: 9231 5100 Facsimile: 9228 4614
A group of dedicated Australians came to pay their respects to those 2,428 men that are today known as the “SANDAKAN POW’s”.

Our group although not large in number had two nieces of men lost in the three marches, neither uncle made it to Ranau!

Private Harris/C.H Prisoner #820 27 years - niece Mrs. Heather Lavey of the Gold Coast - Queensland.

Mr. John Toomey of Dubbo (Western) New South Wales. Both these “Boys” are in their 80’s and served in the South West Pacific Theatre during WW2, young John in the three marches, neither uncle ever made it to RANAU - neither of “our two uncles” saw the end of the war.

So many on the forced marches never made it to RANAU - neither of our “two uncles” saw the end of the march, and died along the the track somewhere east of Ranau. So it was a very special time for us all to remember the horribility they received at the hands of the Japanese.

The Monday (16th August) saw an ex Royal Australian Airforce veteran, Mr. Richard Baxter of Peak Hill (Central West NSW - Secretary Peak Hill Sub-Branch) and Mr. John Toomey of Dubbo (Western) New South Wales. Both these “Boys” are in their 80’s and served in the South West Pacific Theatre during WW2, young John in the three marches, neither uncle ever made it to Ranau - neither of our “two uncles” saw the end of the war.

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Also represented in our party were two ex Royal Australian Airforce veterans, Mr. Richard Baxter of Peak Hill (Central West NSW - Secretary Peak Hill Sub-Branch) and Mr. John Toomey of Dubbo (Western) New South Wales. Both these “Boys” are in their 80’s and served in the South West Pacific Theatre during WW2, young John in the three marches, neither uncle ever made it to RANAU - neither of our “two uncles” saw the end of the war.

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On the 30th of August I was afforded the opportunity to visit HMAS Stirling. The invitation was extended by LCDR Tom Phillips, who coordinated a programme of events, which commenced at 8.30am with a visit to the Regional Manager Public Affairs War, and included a tour of the museum, which is run by a very capable person in Vic Jeffery (Regional Manager Public Affairs War). Whilst looking at the exhibits at the museum, I had an opportunity to chat with both Vic and his assistants.

The exhibits at the museum are very well arranged, and the staff ensure that the available space is effectively used, to effectively manage the flow of the objects that they have on display. The exhibit contains excellent historical photo displays of some very well known naval personnel, and is something that you will need to return to with a larger group, Vic would have an excellent resource for a group tour.

Following the tour of the museum, I was escorted to HMAS ANZAC, where LCDR Tom Phillips commenced a very informative tour of the vessel.

It was a very quick experience on the decks of a war ship, you need a map just to find out how to get out. Exploring below decks it became apparent that the internal structure is designed in a fashion that you must remember the way around the ship.

I also discovered that the wardroom is quite deceptive in its height. I observed that the appearance of the vessel, from afar, is very different from periscopes, to when on board, to periscopes, you need a map just to find your way.

Dan was born in NSW and joined the navy in 1989, and joined the French navy because he fancied it, who is also from a military background. Dan was the Special Service Officer in charge of the special forces.

I took the opportunity to ask Dan how his new wife would feel if they had children and he was constantly away at sea. I asked how she would feel, left at home minding the children, without his physical presence.

Dan replied that, having come from a military background, his fancies are reflected in his career. He believes that the navy is his career. He indicates that she fully supports him and his decision to remain in the navy.

I personally left the military when I decided to get married, because I was aware that the constant transfers and uncertainty of military life, had the potential for enormous impact on marriage and the raising of children.

I recognised, during our discussion, that life has changed and young people are more aware of the possibilities that a career in the navy offers. Dan informed me that today's modern navy offers many challenges. He explained that everyone working in the navy provides opportunities to learn skills that are used in modern, 'state of the art' technology.

The navy, Dan said, also offers its personnel the opportunity to enjoy their leisure time, and he encourages others to join the navy.

I ask him if he would go back into the navy if he had the opportunity to return. Dan replied that, having come from a military background, his fancies are reflected in his career. He believes that the navy is his career. He indicates that she fully supports him and his decision to remain in the navy.

Dan revealed that the single greatest influence in his life was his father. Dan joined the navy, as his father was in the navy, and he thought he would like to follow in his father's footsteps.

Dan believes that having children, while in the navy, will not adversely effect his career. He told me that he clearly recalls his father working for a sea deployment and the exciting experience at his return from his sea duties.

Dan considers that the demands of navy life and having a young family will not make a great amount of difference to his career. He believes that when the children are older, and find him away, he will be in his thirties and would more that likely have a job, share a home and be a husband.

Dan and his wife, who coordinates HMAS Fearnley, I joined staff in the Wardrope for lunch.

Seeking Family Member

Seeking family member of flying officer Alfred Ernest Roberts, killed in action, France - 6 June 1944, while serving with 16th Typhoon Squadron R.A.F. Born 25 May 1918, lived at 203 Page Street, Middle Park, Victoria. He joined the R.A.F. in October 1941.

As association in France, with compensation due to the Typhoons, wish to find a family member so they can add the name to the permanent R.A.F. Roll of Honour List, so paying tribute in perpetuity to the Typhoon Pilots and their crews.  Please contact Edward Pring, Phone (08) 9275 5307

WMU2 Japan

Aircraft Restoration

I am seeking any assistance you may be able to provide in my search for WW2 Japanese aircraft items that Australian veterans may have collected and have sitting in their storage.

I am in a position to purchase items that will assist in the restoration of these WW2 aircraft.

Items of note are mainly WW2 Japanese aircraft cockpit components such as gauges, switches, control sticks, instrument panels, gunshields, etc.

Could you please be so kind as to indicate how I could get this message to Australian WW2 Veterans and or their families.

Yours Sincerely

Alan Turner
D Shr Adv
Solomon Islands
National Government.

Awards/Commeminations

Prince of Wales Award recipient 2005

Chief of Air Force Commendation recognizing his dedicated service in July 2005

Awards: The Federation Star in July 2005 (for 40 years service).
Poetry

Flowers for the Fallen

Thousands of Australian servicemen perished in the carnage of both World Wars. Many are at rest in the War Graves of France, Belgium and Holland (lovingly kept in pristine condition by the gardeners of the Commonwealth War Graves Commission). Many of these grave sites have never been visited by relatives of the fallen for obvious reasons.

I have discovered a unique service provided by a former British Army member who, by arrangement, will place a floral tribute on a particular grave site for a small fee. In my own case, my late uncle was killed on 8th August 1918 in the last great battle of WW1. In the 87 years since his death, the grave has been visited on only one occasion by a relative. At my request “Flowers for the Fallen” have now, on two occasions, placed a lovely floral tribute on the grave on the anniversary of his death. This act was followed up the next day by Email photographs of the site, with the floral tribute in place. A few days later, some beautiful photographs arrived also showing the floral tribute. I cannot praise this act of remembrance too highly. I must state that I have no financial interest in this service but only bring the above details to notice for your information.

“Flowers for the Fallen” is operated by Terry Doyle, 55 Palmbeach Avenue, Hythe, Kent, CT21 6NW, England. He can be contacted by Email at this address: Checkit55@aol.com.
The Royal Australian Air Force will be staging an Air Show at RAAF Base Pearce Saturday 19 and Sunday 20 November 2005. Gates will open at 8am each day and entry for adults 18 and over $10; 6-17 year olds $5. Tickets are available from BOCS www.bocsticketing.com.au

The air show will be the biggest such event in WA since 1996. It will feature ground exhibits and high powered air displays by all of the favourite Australian Defence Force aircraft, along with some exciting aircraft from allied air forces that are seldom seen in Perth. To add to the spectacle, pyrotechnics will be used to simulate weapons used by the jets and attack aircraft. Visitors will also see Navy helicopters in action and Army will feature a range of specialist vehicles and a display of high technology hardware.

The Show will run for two days to reduce traffic congestion. This should allow the public to travel to and from the event comfortably and enjoy easy, convenient and free parking.

There will be plenty of food and cool drink available at reasonable prices, but bring your sun hats and sunscreen.

The Air Show is an alcohol free event day, with plenty of hands-on activities and displays to interest and entertain the whole family.

Our web site: www.rat.defence.gov.au/airshow has more information and will be regularly updated. There is also an Information Line on (08) 9571-5308.

ANZAC Glories Of Turkey

ANZAC Day Ceremony in Gallipoli PLUS

Complete tour of the Turkish Coast and Cappadocia

13 Nights Departing 20 April 2006 ex Perth

$3600 per person twin share plus taxes

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For further information phone 9364 6977

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Since Scooters Australia was established in 1990, 'Rosie' has been our happy mascot. Rosie represents all the freedom, fun and mobility that a scooter can open up for you.

We've developed a list of Rosie's Scooter Tips. 15 simple but really useful tips for safe enjoyment of your scooter. Things like:

- Scooter 'road rules' are the same as for a pedestrian
- Lean forward when starting on a slope
- Approach gutters, ramps and slopes straight on

At Scooters Australia, we're all much more than sell you a scooter. We'll match your needs to a scooter from our broad range of makes and models. We won't leave you until you understand our Safety Checklist. And we'll be here, in the years to come, to regularly service your scooter.

For information or FREE home demonstrations

☎ 1800 622 633

www.scootersaus.com.au

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Computing for Seniors
it's a piece of cake!

(No experience necessary!)

Are you petrified by computers? Does the sight of a keyboard make you quake? Does computer jargon seem like gobbledygook? Have you tried to crack computers – only to give up in despair?

Now there's good news! Computer expert Jeff Clarke has written a book that targets seniors – and all those who suffer from 'computer anxiety!'

All your questions answered – no jargon, just plain English!

Jeff's new book is titled 'Master Your Computer in Just 2 Hours!' – and that's exactly what it helps you to do! The book is written in good old fashioned English –

"This is the best book on computing I've ever come across – and I've read a few! Now I'm getting the most out of my computer!"

G. Edwards, Sydney

"I keep your book right on my desk. Because whenever I've got a problem with using my computer – I know it will give me the solution!"

R. Nelson, Adelaide

"My grandchildren are amazed that I am using my computer with as much confidence as they have!"

T. Patterson, Melbourne

"I finally get it, after struggling with my computer company's instruction man... I have finally found a book that tells me exactly how to do the things I need to do."

R. Brown, Sydney

new software FREE!

- Explore the worldwide web – get to know your way around the Internet
- Learn about the parts of your computer – their functions and how they work
- Discover how you can talk to friends or associates anywhere in the world – FREE!
- Make your computer compatible as a fax machine
- Send precious family photos – FREE!

Master Your Computer in Just 2 Hours! is very easy to use. So whether you're a complete beginner – or someone who has tried and then given up on computers – Master Your Computer in Just 2 Hours! is the perfect book for you!

FULL MONEY BACK GUARANTEE

If after trying the course you are not completely satisfied, you may return it anytime within ONE YEAR for a full refund. You don't need to give any reason, just send it back and you will be fully refunded.

How to choose the right computer and set it up

- How to choose the right computer and set it up
- Navigate the latest Windows software
- Master the art of desktop publishing
- Create personalised stationery, greeting cards and posters!
- Manage your home finances
- Find out where to obtain

Master Your Computer

Dear Reader,

As you may know, this book was written purely to help you get the most out of computing. We strongly believe that computing is for everyone – young and old, rich and poor.

We will be happy to answer any questions you may have about the contents of this book, or any other computing-related questions you may have.

If you would like to get in touch with us, please call us on 1300 622 633, or email us at info@computingforseniors.com.au.

Warmest regards,

Jeff Clarke

Computing for Seniors

How to choose the right computer and set it up

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- Navigate the latest Windows software
- Master the art of desktop publishing
- Create personalised stationery, greeting cards and posters!
- Manage your home finances
- Find out where to obtain

Thank you for taking the time to read this book. We hope that you find it useful and enjoyable. If you have any comments or suggestions for future editions, please do not hesitate to contact us.

A wealth of skills – clear instructions

Here's just a sample of the valuable computing skills you'll master...

- How to choose the right computer and set it up
- Navigate the latest Windows software
- Master the art of desktop publishing
- Create personalised stationery, greeting cards and posters!
- Manage your home finances
- Find out where to obtain

For more information, please visit our website at www.computingforseniors.com.au

wine and Cheese Report

A crowd of 95 attended the RAR Association's Second West Tan Dun Dental Clinic Fundraising Wine and Cheese Tasting held on Saturday 3rd September at Bunelton RSL. The evening was a great success and enjoyed by all who attended. A total of $1700 was raised for the project and the total which has now been raised is $11,000.

Our thanks go to former SAS soldier Phil Wilkinson of Phillips Winery in Pemberton who provided free of charge a great variety and quantity of his excellent wines and put their stamp on the company. Black Swan has benefited from their input and grows in strength of character and as a leader in the performing arts industry in Western Australia.

Pamela Foulkes brings such a wealth of experience and a passion for the work she does. As someone who has worked both in the nitty-gritty of rehearsals and theatres, as an Administrator, sales and management, Pamela deeply understands how great theatre is created and brought to audiences. I am greatly looking forward to working with her on the next phase of Black Swan's journey as the new State Flagship Company.

Ms Foulkes will take over the role of General Manager on October 3.

Media enquiries can be directed to:

Karen Herrmann
Marketing & Development Manager
Black Swan Theatre Company
PO Box 3252, Broadway PO, Crawley WA, 6009
Tel (08) 6380 0311 - Ext. #3
Fax (08) 6380 0322
Mbl 0413 159 987
karen@bstc.com.au
www.bstc.com.au

New Change
Eagles
Bright
Future

Black Swan Theatre Company [BSTC] is pleased to announce today the appointment of Ms Pamela Foulkes as the company’s new General Manager.

Outgoing General Manager, Ms Bronwyn Edinger has been recruited to be General Manager of City Recital Hall in Sydney.

On her time spent with BSTC, Ms Edinger said, ‘This has not been an easy decision. The time I have spent with Black Swan has been both challenging and exciting and I will miss working with the wealth of talent BSTC has both on and off the stage, but this is an opportunity I can only continue to thrive under the more capable leadership of Pamela.’

Ms Foulkes has had many years of experience in the arts managing from Stage Director at the Victorian Arts Centre, Administrator of the State Orchestra of Victoria [1994-1997], General Manager of the West Australian Opera [1997-1999], various senior management roles at the Sydney Opera House [1999-2004], and Studio Director of Perth after completing her role as Associate Producer of the State Opera of South Australia’s production of Wagner’s Ring Cycle [2004-2005].

On the new appointment, Artistic Director Tom Gutteridge commented, ‘Black Swan Theatre Company is no stranger to change but it is a change that will benefit the company and bring with it the potential to grow in our creative pursuits and in the work done behind the scenes.

Everyone who has worked with the company over the last five years has brought with them their own unique talents, skills and put their stamp on the company. Black Swan has benefited from their input and grows in strength of character and as a leader in the performing arts industry in Western Australia.’

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The Bunelton RSL provided a selection of wines and cheeses for the event. Thanks to Gary Nicholas from the Bunelton sub-branch who provided a selection of wines and cheeses for the event. Thanks to Gary Nicholas from the Bunelton sub-branch who provided a selection of wines and cheeses for the event. Thanks to Gary Nicholas from the Bunelton sub-branch who provided a selection of wines and cheeses for the event.

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The Bunelton RSL provided a selection of wines and cheeses for the event. Thanks to Gary Nicholas from the Bunelton sub-branch who provided a selection of wines and cheeses for the event. Thanks to Gary Nicholas from the Bunelton sub-branch who provided a selection of wines and cheeses for the event.
I was christened Edward Charles Butler by my parents who knew me as Ed. (Thus the title of the lecture.) I have been a physiotherapist for many years and prior to this I was an electrician. I must admit that while I was an electrician my last name did not elicit as many smiles because as far as it does now that I'm a physiotherapist.

During my time as a physiotherapist I have had the pleasure of treating many war veterans and so, when I was asked to write a regular column for The Listening Post, I jumped at the chance.

My brief is to provide information about health conditions, that physiotherapy can help with, thus encouraging those of you who may have ongoing issues to seek help and sort them out, so you can get on and enjoy life.

Physiotherapists believe it is very important to work closely with other health professions, Doctors, Surgeons, Podiatrists, Occupational Therapists etc to provide the very best care for our clients.

Physiotherapy is part of the medical health group that work together to achieve the best outcome to your health problems.

Each edition I will discuss and explain a health condition, I have seen while treating veterans. Although I will endeavour to provide you with the most accurate and up to date information, I intend to minimise the use of technical jargon and hope to make it understandable.

For my first topic, I have chosen a shoulder problem called impingement. The shoulder is a complicated area and there are many things that can go wrong here, so we will be revisiting this area of the body many more times in the coming editions. Our first topic, impingement, is a relatively common condition that is seen in all age groups. Basically, impingement, as the name implies, is pinching of the rotator cuff muscles and tendons or other soft tissue in the shoulder joint. This can be considered a pre-disposing condition, the most interesting part of this condition is that a person will often feel pain down the outside of the arm or at the front of the shoulder, even though the injury is at the top of the shoulder (this is often called referred pain). The pain can be present at rest and it is frequently worse at night and causes a catching pain at times when lifting or using the arm. Often there is pain with overhead activities (repetitive sports and swimming), putting on a shirt or coat and driving.

The pain is due to the swelling (inflammation) of the pinched tendons or soft tissue, which without some form of treatment will take a long time to settle and occasionally does not settle at all. Due to the swelling causing the pain, the first step to recovery is to reduce the swelling. This can be done with anti-inflammatory (NSAIDS), an injection into the shoulder, physiotherapy treatment machines and massage. As the pain settles we need to address the cause of the problem, which is often a weakness of the shoulder joint. There can be treated with stretches, mobilisation and exercises, all of which your physiotherapist should be able to do and teach you how to do.

Sometimes the cause may be due to a pre-existing condition, the most common being a bony growth into the shoulder area called a spur, which is easily detected by an X-ray or ultrasound.

* Please note before taking any kind of medication, even low dose anti-inflammatory drugs like Nurofen, please consult your Doctor first.

I hope you have found my first column to be reasonably interesting. If a physiotherapist has treated you for a particular condition, that you think would be interesting to other veterans, please feel free to write in and I will endeavour to do a column about it.

Ed

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**Enjoy Healthy Eating proudly presented by Pack Up Your Troubles by Handzoan Theatre Company Inc.**

It’s not just soldiers who go to war. It’s whole countries.

Following the successful city tour last year of Pack Up Your Troubles, for three performances only, Cabaret trio Strike Three will stage a FULL LENGTH version of the play at Curtin Theatre, John Curtin College of Performing Arts on Remembrance Day. Friday 11th November and Saturday, 12th November.

Pack Up Your Troubles follows the antics of four West Australian war veterans who enjoy life to the fullest, in the Second World War and are reuniting for their final performance in Palestine. Lily (Ann Adlem) is a war widow who has lost a husband and two brothers to the war and is ‘not prepared to sit at home any longer’, positive thinking Sergeant Bill Merryweather a seasoned soldier, who saw battle in WW1 and Lieutenant James Darling, a professional soldier a ‘stickler for rules and procedure’ who are wonderfully accompanied by Simon Holt as the dashing, sun stroked Corporal Fred Smith.

A special feature of Pack Up Your Troubles is the recordings of real life stories collected from ex servicemen. Additional footage, including interviews from ex servicewomen are included in this production.

Video footage adds poignancy to the fast fun show.”

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**Pack up your troubles carrier two.**

Sung in Berkeley Square, It’s a Long Way to Tipperary, Take me back to Dear Old Blighty, Pack Up Your Troubles, There’ll be Bluebirds Over the White Cliffs of Dover We’ll Meet Again, and I’ll be Seeing You.

Handzoan Theatre would like to thank the Amy Museum of WA in Fremantle and ANZAC House for their co-operation in assisting us with this project.

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**Strong from the Horse Mouth**

Ed Butcher Physiotherapist

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**Membership and Youth Committee Report**

**Nominations for the ‘Cadet of the Year’ competition, both State and National, will close close at the end of September 2005 and the selection process will now commence. The Presentation Evening and announcement of the Year will be held on Saturday, 12th November.**

Donations have been received from the different venues. Bookings have been received well in advance of the last issue of the Listening Post and the White Cliffs of Dover, We’ll Meet Again, and I’ll Be Seeing You.

The Goodearth Hotel has already changed as the refurbishment of ANZAC House has commenced. The ANZAC House has already commenced. The Presentation trailer has continued to be booked by the different venues. Bookings have been received well in advance of the last issue of the Listening Post and ANZAC House for their co-operation in assisting us with this project.

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**The Listening Post October/November 2005**

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**Pack Up Your Troubles**

Ed Butcher Physiotherapist
**The Men Who Persevered**

By Bruce Davies and Gary McKay

The Men Who Persevered is the story of the ANZAC Army Training Team Viet Nam, the most highly decorated and respected unit of the Viet Nam War.

The authors, Bruce Davies and Gary McKay, have interviewed and gathered the recollections of the men of the team, who were part of a team of experts whose goal was to provide the Australian Army with the best possible training for the Troops they would be training. The unit was based in Phuoc-Tuy and surrounding areas and was part of the 16th Battalion, Australian Army, formed 16th Battalion, at Gallipoli, and the Western Front, was considered by contemporaries to have been the bravest man in the AIF.

The book relates the story of two contemporaries to have been the bravest man in the AIF. Both men displayed a natural ability to turn themselves into soldiers very early in their careers, and both were among the first to be sent to fight in the Vietnam War. They were among the first to be wounded, and both were eventually killed in action.

The book is well worth a read and will appeal to unit members or those interested in the Vietnam War or military history.
**The Listening Post Crossword**

**Across**
1. Grub
2. Across
3. Air Chief Marshal Arthur ……..
4. North by west
5. The other half of Jima
6. Roof overhang
7. More able
8. Frozen water
9. Captain N.H. …. Of the
10. Egyptian seaport
11. Musical bass __
12. Winds around
13. Big hairdo
14. Australian 2/2nd Commando’s known as Sparrow Force
15. From the Portuguese East
16. ……... The senior Naval and air officer
17. ……... from the Japanese 1n 1943.
18. ……... recaptured Babau in East Timor
19. ……... Australian 2/40 Battalion
20. ……... Timor
21. ……... near the Capital of
22. ……... in the middle east
23. ……... WW11
24. An Australian Z Special force
25. ……... in 1943.
26. An Australian Z Special force member
27. ……... Bay began
28. ……... by the Germans
29. ……... in a wooden boat,
30. IOU part
31. Is
32. Urn
33. North Atlantic Treaty
34. Stupid
35. African antelope
36. The Germans launched their
37. This time
38. The Japanese captured this
39. Defeat
40. Citizen of Denmark
41. Defeat
42. BB player Kareem __ Jabar
43. Awful
44. Organisation
45. HMS Ship …….. was badly
46. Virgin
47. Honorary postman
48. Flushed
49. Balanced
50. Land unit
51. 11th Australian Division, with
52. Room overhang
53. Game official
54. American Cancer Society (abbr.)
55. ……... for a young native boy.

**Down**
1. Food and drug administration (abbr.)
2. Is
3. Bullfight cheer
4. Band of paper cups
5. Dirt infield
6. Dedicated
7. Promising pamphlet
8. ……...
9. ……... and the next day an
10. ……... and 66 other ranks set out for
11. ……... and a young native boy.
12. ……... and the help of a ……... Chief, his wife
13. ……... Your cancer Society (abbr.)
14. ……... to the family trust if
15. ……... and a young native boy.
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74. ……... and a young native boy.

Cross next edition of **Listening Post** for the solution to this crossword.

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or hairynoise@optus.com.au
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Mick Ryan
RAE WA

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**40th Anniversary Deployment of RAE Units to South Vietnam August 2006**

Go to the respective association web sites and follow the links to the reunion. There you will find the REGISTRATION FORM. This should be available mid next week.

The registration is $30 per veteran (including partners). All payments are via cheque or money order. Credit cards not accepted.

At this time we ask that you please pass this note on to all Sapper Mailing lists and other attached personnel.

JOHN PRITCHARD
Chairman RAEV 40

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**Book Reviews**

Continued...

A Navigator’s Tale

By Roy Shallcross

We are pleased to announce the launch of the book A Navigator’s Tale by Roy Shallcross, winner of the 2003 RAAF Royal Australian Air Force Heritage Award for Literature. The Heritage Awards Scheme was established by the RAAF in 1987 to foster and encourage interest in its heritage.

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**40th Anniversary Deployment of RAE Units to South Vietnam August 2006**

A Navigator’s Tale was launched by the chief of Air Force following the 2005 RAAF History Conference in Canberra in August. The book’s author, an Australian who served as a navigator with RAAF Transport Command, recounts some of the harrowing trials faced by aircrews over Europe and the North Sea during the Second World War.

Published by the Air Power Development Centre, A Navigators Tale is now available to order by contacting:

Publications Officer

Air Power Development Centre

Level 3

205 Anketell Street

Tuggeranong ACT 2900

Australia

Telephone: +61 2 6266 1433

Facsimile: +61 2 6266 1041

Email: airpower@defence.gov.au

For a comprehensive list of publications produced by the Air Power Development Centre, please visit our website www.maf.gov.au/airpower.
Selling Home not the Answer for Seniors

The State President and members of the State Executive extend a welcome to new members, re-enlistments and transferees (August to September 2005) to the League WA. Their names are listed by sub-branch.

From the President’s Pen

Continued from page 4.

The ANZAC Day March and Service at Esperance was well attended and transmitted across the ABC Network throughout the day. The special programme provided a fitting reminder to all of the events and sacrifices made in the defence of our country.

Remembrance Day is also highlighted as we specifically remember our World War I veterans throughout the State. After the dedication of monuments in Fremantle, they were taken to the Town Hall and then transferred to Kingdom Park, Fremantle, where a special dedication was held by the League. The ANZAC Dawn Service was held by the Amateur and Returned Officers of the State with the State President, the State Secretary, the State Treasurer and the State President’s wife all present. It was an enjoyable service.

For the best part of the day, the State Executive Committee, the office staff and assistants gathered at the State President’s home, preparing for the annual conference. I want to extend a particular thanks to Mrs Joan Spencer, her Executive, and to their outgoing President, Mrs Peter Casserly, who died at the aged of 81. His service to the League and all our volunteer helpers. Their loyalty, professionalism and service to the membership,Mrs Joan Spencer, her Executive, and to their outgoing President, Mrs Peter Casserly, who died at the aged of 81. His service to the League and all our volunteer helpers. Their loyalty, professionalism and service to the membership.

The Annual Remembrance Day Dinner also honours those members whose name and appreciation is extended to the outgoing committee for making that event possible.

ANZAC Day Act

The ANZAC Day Act was presented to Parliament on the 16th day of August 2004. Unfortunately in progress stalled and upon the calling of an election, the Act was not enacted for quite some time. I have been advised that in the coming session of Parliament it will be re-presented and should be passed. Our National ANZAC Day Commemoration Day is an important event in our calendar. We are able to spread our financial resources to service the over 4000 events held throughout the State.

Communications

Effective two-way communication is essential to the conduct of the League. We have been able to provide sub-branches with up-to-date information through the sub-branch Signal and the State newsletter. We can keep in touch with information and details of events and of the importance of the information.

Both these publications are of high quality in their production and professional standard. The editorial board and the production staff are to be congratulated for their efforts and also for making the point in their articles that the issues attractive to the reader and relevant to the target audience.

The Newsletter is your newspaper, your feedback and written comments will assist in the making of decisions. In our State Petition, the topics that were placed in the hands of new members, re-enlistments and transferees.

Sub-Branches & Associations

The strength of our organisation is in our members. Our sub-branches do a magnificent job, not only in servicing the needs of the Veterans, but also in representing the interests of their local community. If we have or are about to have a sub-branch in your area, please let us know. We then have a strong voice on service and social issues.

This year we have welcomed new members to our organisations. It is a pleasure to welcome the new members to our organisations. It is a pleasure to welcome the new members.

In the August/September issue of the Listening Post, there was a short article about a survey conducted by Research into the attitudes and lifestyles of older Australians. This research was conducted by my Company Australian Seniors Finance. They are reticent in the field of Reverse Mortgages.

AsF has begun operations in Western Australia and one of our earliest inquiries came from a prospective client. The client had been aware of a reverse mortgage at a recent copy of the Australian Financial Review and was interested in learning more. The contents of the article made me wonder what planet some of our senior citizens live on.

It concerned a Federal Treasury analysis and report which stated that older Australians should sell their home when they retire to fund their retirement. To anybody who understands finance, this makes no sense, not even on a financial, or sociological basis.

Why should people have to sell their home in order to have sufficient money to retire? While this may give seniors more money at the time of their deaths, it will put pressure on the retiree’s need to have a home, no asset base and a reduced standard of living.

There is a much better way for seniors to access the wealth tied up in their home. We have gained the courage to pursue this opportunity, and have re-launched our Reverse Mortgage product.

From the President’s Pen

The death of the following RSL Members (WA Branch) were recorded at ANZAC House between August 2005 and September 2005.

Albany

NEVE, Norman Army

ARMADALE

OATES, Thomas Army

DACK, Dennis RAN

ELVES, Robert Army

HOLT, Robert RAN

LAMONT, Robert RAN

RUNDLE, Shane ARMY

RUTTEN, John ARMY

GIBERT, Robert RAAF

BALLARAT

SMITH, Mervyn RAAF

STANFELD, Len RAAF

GILMORE, Atehea RAAF

GILMORE, Michael RAAF

BELGRAVIA

DOWNING, Derek Army

GEAR, David Army

Beverley

CHAPMAN, Robert, RAAF

BILBY-PAIRMYTH

HUGO, Norman RAN

RINARD, John RAN

JOHNSON, Edward ARMY

BROOME

WHITE, Bradley RAN

RAN, Peter RAN

BULSbrook

CROUD, Vincent RAAF

BUSSELTON

BUSBY, Michael RAAF

CAMBRIDGE

GANDY, Neville Army

CANNING DISTRICTS

BELFRED

SMITH, Geoffrey Army

Home Equity Products, or reverse mortgage products, offer seniors a secure way of accessing some of the equity locked up in their home without losing ownership and without the stress of meeting repayments.

This product is the answer for local people who want to enjoy their own home, but do not have sufficient liquid assets to meet emergencies. In other words, they are rich and cash poor!

There are other reasons why keeping seniors in their own home is important - one financial and one emotional.

Over a set period of time, a home will almost certainly appreciate in value, so its borrowing potential can keep up with inflation.

Therefore, it is important for seniors to hang onto what is their largest asset. Secondly, a home is an emotional pre-requisite for many people. It gives them comfort as it is their castle, their security.

The ASF Reverse Mortgage is called a ‘Lifetime Loan’ and it is a secure way for people to borrow on their home without having to make regular repayments as the loan does not have to be repaid until the house is sold, the borrower dies or enters permanent care.

In summary, the ASF Home owners always retain ownership of the title to their property and retain the ownership of their homes. They can live in their home for as long as they wish. This is the future of senior living.

Peter Casserly

Managing Director

Australian Seniors Finance

The ASF Reverse Mortgage

The ASF is the leader in Australian Seniors Finance. It is the largest provider of home equity funds. It has over 80,000 clients with a loan book in excess of $1.5 billion. It is a leader in the provision of home equity funds for Australian seniors.

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Hearing aids have changed my life.

When Joan first came to see us she was having trouble hearing her friends and she was feeling concerned. But when we told her that 50% of Australians over the age of 60 have a hearing problem, she began to relax and feel much more at ease.

At Australian Hearing you’ll be treated by specialists who care. The first thing we’ll do is talk over your concerns and your needs. Then we’ll discuss your circumstances and your lifestyle requirements so we can come up with a hearing solution that best fits you.

So talk to us about your hearing. Call your local hearing centre on 131 797 or visit www.hearing.com.au.

An Australian Government agency, Australian Hearing provides government subsidised services and hearing aids exclusively to pension concession cardholders, most veterans and Australians under the age of 21. HER0152/LP/OCT
Hollywood Salutes You

At Hollywood Private Hospital, our expert team of doctors, nurses and allied health professionals are proud to provide world-class medical attention to the veteran community.

To ensure patient recovery time is assisted, Hollywood also offers five-star rooms, a wide variety of delicious meals and relaxing in-house entertainment.

You did the right thing by Australia.
Hollywood will do the right thing by you.