Residents in new luxury apartments at the RSL village, Menora Gardens, are providing excellent PR for future developments.

Twenty-eight two and three-bedroom apartments are contained in the four-level building with underground security parking and high quality finishes.

Big balconies and open plan living has attracted buyers from surrounding areas who are also enjoying the recently completed community centre facilities.

The new café and restaurant opened in February with a Devon tea for residents who have already taken up activities with a new heated swimming pool and gymnasium as well as lounges, a hairdressing salon, meeting rooms and a new chapel.

Lyn Archibald (76) is delighted with her new three-bedroom, two-bathroom apartment and despite living on her own loves the new experience.

Other new residents are Claire (81) and Bill (85) Strickland who moved into a big corner unit late last year from Coolbinia.

'We will celebrate our 60th wedding anniversary this year and we could not ask for a better setting,’ said Claire.

The couple added a couple of improvements to their apartment with air conditioning, a dishwasher and a clothes dryer.

They have a big wrap around corner balcony with views over the nearby suburbs where they have always lived.

‘I like the space in the unit that is able to take the big furniture from our family home and the easy indoor-outdoor flow from the living room to the balcony,’ said Claire.

The tiled balconies are a feature of the apartments with glass balustrades to improve the view to the city or over Menora. Gas and water connections are also provided on the balconies.

The entry foyer to the apartments is a high, bright void with artworks and fine furniture as decoration and wide corridors for easy movement of people, wheelchairs and furniture.

The apartments include built in robes to two bedrooms, light fittings, window treatments and floor coverings.

There is a 24-hour emergency call system and space and services allowed for microwave, dishwasher and television and telephone outlets.

All residents have a single car bay and secure storage area in an underground garage where community trolleys make light work of taking shopping from the car via a stainless steel lift to an apartment.

Work on a second block of 28 apartments is well underway and marketing has begun on the first two levels.

Prices in the new block, called Parkview, will begin at $365,000 for a two-bedroom unit while the biggest on the second level will be priced at $555,000 and includes air conditioning and 132sqm of living space with a 26sqm balcony.

All the new independent villas in Menora Gardens are sold and occupied and the last five villas built behind the new apartment blocks will be released later this year.

Weekly levies for villas and apartments at the village are $65 which covers rates, water use, administration, building insurance and use of facilities.

The village currently has 101 residents with 38 couples and the oldest residents are both men aged over 90 years. The youngest is a wife, aged 52.

An existing aged care facility, Howes’s Centre, shares the site with the new independent villas and apartments and will be enhanced by a new high care aged facility by the end of 2007 and add a further 118 beds for ageing in place on the site.

Further information about the RSL village in Menora from Keith Barrott, of Peard North Coast and Seniors Own Real Estate on 9246 5550 or 0411 885 824.

Ann McRae
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Deadline for next edition: 19 May 2006
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
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Email: rslwahq@iinet.net.au

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publication.

Please direct all advertising enquiries to RSL Advertising 9381 7999.
War Memorial Study
In conjunction with the RSL Curtin University has been successful in obtaining funding from the Australian Research Council Linkage Grant scheme to undertake an academic study of Western Australian war memorials. The project ‘Remembering the Wars: Community Significance of Western Australian War Memorials’ will provide our local communities with vital information and an understanding of our cultural and military heritage as we lead up to the centenary of the Gallipoli landing in 2015. The funding will afford several PhD students the opportunity to undertake research in local communities including sub-branches, to prepare a report that could well form the basis for future generations to better relate to the sacrifices of those who served their country in time of conflict.

Marketing Research
It is essential for any organisation to regularly review its operations and determine whether it is meeting its objectives. The RSL is no exception to that process. It’s all very well to look at numbers from the inside and say we are doing fine, but it is how others see our operation that is of great importance.

Through our association with Curtin University we have been able to establish a partnership with a study group that will review our operations and based on information received from both within the RSL and from the wider community prepare a marketing plan for our consideration. We expect to be able to report on their findings later in the year.

Saving Graves
The veteran community has expressed concern to the RSL over the cemetery renewal process planned for cemeteries in the Perth Metropolitan area. We have had discussions with the Metropolitan Cemeteries Board on this subject and sought information on how the process would affect the graves of veterans based in the general part of the cemetery. The board was very helpful and understanding of our concerns and went to great trouble to set aside any fears we may have held. As this is a matter for the whole membership to understand the board has been invited to prepare an article for the next issue of the Listening Post. In the meantime should any members wish to discuss the renewal process and how it will affect them or their loved ones, they are welcome to contact the Metropolitan Cemeteries Board at Karrakatta for an interview.

Welfare Review
Welfare of our veterans is our core business. At state and sub-branch level we regularly strive to service the need of those in distress or necessary circumstances. In recent time we have become aware that this area of our operations is in need of review. The Board of Directors has therefore initiated a review of how we deliver particular services to veterans. The reference group will look at all aspects from funding to adequacy of services across all classes of recipients. A random sample of sub-branches will be used to gather additional data as well we will deal. If you would like to have some input you can make your written or personal contact with our Director of Veterans’ Affairs, Roy Ward through ANZAC House.

Fremantle Monument Hill Memorial
RSL has entered into a Memorandum of Understanding with the City of Fremantle to undertake the co-ordination of Commemorative Services at Monument Hill. There will be a particular focus on ANZAC Day and Remembrance Day Services as well as the conduct of the recently revived ANZAC Day March through Fremantle. We are particularly pleased to have the support of Wardens Maigen Ken Taylor and RADM Phillip Kennedy and Sub Wardens from the City of Cockburn Sub-Branch. Veteran Organisations requiring more information as to booking procedures are invited to discuss their proposals with either the Wardens or sub wardens. This is a co-operative venture, and one that we hope will raise the profile of the veteran community in the Fremantle area.

Veteran Issues
Following the recent National Veterans’ Affairs Meeting in Canberra, I am pleased to report that regular approaches are being made to government to press claims for veterans’ entitlements. With a new Minister we are hopeful that many of our submissions will be given higher prominence in budgetary considerations. The long drawn out catch up claim for TPI continues to be pursued as does the need for increase and the abolition of GST in funeral allowances. We are also concerned at the most recent unwelcome increase in the cost of pharmaceuticals.

Let me assure you that your RSL is pro-active in advancing our priority list to government and will continue to press for shortcomings to be rectified. It is often a complex and drawn out process but significant progress is evident.

90th Anniversary Celebrations
Sub-branches have readily embraced the opportunity to celebrate the League’s 90th Anniversary in the first week of June. 2006. State Congress will celebrate the birthday at the Annual Congress Dinner and we hope for a well-supported function. Details of costs and timings are available from ANZAC House or through your local sub-branch.

The Dean of St George’s Cathedral has invited the RSL to participate in an ecumenical Service to commemorate the 90th Anniversary of the foundation of the League. The Special Church Service will be held in the Cathedral on Sunday 11th June, 2006 beginning at 3.00pm. We look to all members for support and participation in the Service.

Sub-Branch Management Training Courses
Being a sub-branch officer can either be a breeze or a traumatic experience. To assist ‘aspirants’ to feel confident in taking on such roles State Branch will conduct a series of Training Modules that will cover sub-branch administration and the responsibilities assigned to officers positions. Full details of dates and focus groups will regularly appear in The Sub-branch Signal. The first presentation was held on 27th March, 2006 and was well received by all in attendance.

National Congress
State Branch will host the National Congress of the RSL from 10th – 14th September, 2006. This will be the gathering of delegates from all states and will be the 10th Anniversary meeting of the League. Congress motions for deliberations future policy will be debated and from the deliberations future policy will be determined. All sub-branches will be invited to send representatives to two special functions during Congress. The Congress wreath laying ceremony will be held at sunset on Sunday 10th September, 2006 at the State War Memorial. It will be a Naval Sunset Service with staff from HMAS STIRLING providing the ceremonial and the band playing the traditional music. The Official Opening will be held at Government House Ballroom on Tuesday 12th September, 2006 at 10.00am. More details will be advised but it will be an opportunity to showcase the WA Branch to other States. And, naturally, as host we will expect our visitors to enjoy the activity of the function and the responsible tourism of the State of Western Australia.

ANZAC CLUB
With the exception of a few minor tasks the refurbished ANZAC Club is now fully functional for the use and enjoyment by members and their guests. Sarah Scott, our new Club Manager has settled into her job of promoting the facilities and attending to the efficient operation of the function rooms and dining areas. We are out to attract your business and that of the corporate world so as to realise the Club to its maximum potential. If you haven’t tried our special lunch menu then you are missing out on the hospitality we can offer.

We will also be specialising in the conduct of Regimental, Association and sub-branch dinners and social occasions where we can offer personal service at special rates. Shortly we will be opening our Library and Reading Room facility. It will be a place to relax in a quiet area and view some of our book collection that has been locked away for years. The library will be housed in the Victoria Cross Room and selected memorabilia will honour those who were awarded that highest honour.

Ballajura War Memorial & Peace Park
The new Ballajura Memorial will be dedicated on Wednesday 3rd May, 2006 at 9.00am. The Memorial is situated in the grounds of the Ballajura Community College on Ballajura Cres, Ballajura. Funding for the memorial is obtained from commonwealth and state funding as well as contributions from the City State, private donations and local sources. The college is also providing Ballajura Sub-Branch of the RSL and the Memorial will be part of their focus. We look forward to being able to invite guests to take place in the presence of the Premier of Western Australia. The Hon A. Carpenter MLA and other civic leaders. During the Service the School will hold in ANZAC Day Observance and the Ballajura Sub-Branch will be presented with its Charter.

It is an historic occasion where youth and veterans join with the community to honour those who served and those who continue to fight. A warm invitation is extended to the Veteran Community to attend this Dedication Service.
Forming Up Areas Ex-Service Organisations ANZAC Day 2006

The City of Perth Dawn Service in Kings Park will be held at the State War Memorial this year after the full refurbishment of the memorial in 2005. The commemorative service will commence at approximately 4.30 a.m. from the State War Memorial car park. The Vietnam Veterans Memorial is to be held at that Memorial commencing at approximately 7.30 a.m. Restricted access—Seating For the comfort and assistance of elderly and invalid veterans, seating will be placed on the upper levels of the Court of Contemplation. Entry to this area is through this main entrance to the State War Memorial precinct.

Gunfire Breakfast ANZAC Club
Once again, the ANZAC Club will be serving Breakfast on ANZAC Day from 7.00 a.m. to 9.30 a.m. Breakfast will cost $8.00 (GST inclusive), and this includes tea or coffee. The breakfast has been very successful in recent years, so if you or your members and their friends are in town after the Dawn Service please drop in for a full breakfast.

ANZAC Day Bar
Extension/Meals ANZAC Club
Due to the large number of people expected to attend the ANZAC Club on ANZAC Day, permission has been approved to establish a marquee beside ANZAC House. "A Can Bar" is to be established in the tent to provide more elbowroom for members, their friends and guests. Buckets of chips will be available inside the Club, as well as a sausage sizzle outside.

Forming Up Areas Ex-Service Organisations ANZAC Day 2006

The SAUTING-"EYES RIGHT" data is to be located in St George's Toe at the Concert Hall.

ANZAC Day 2006 road closures.
Denmark

"The Denmark RSL Sub-Branch has integrated itself into the youth of Denmark, with the Denmark RSL Sub-Branch Youth Engagement Program. And we are pleased to announce that has been awarded this year to Kyle Fairclough and Denmark RSL

The committee has started preparations for the National Cadet of the Year Programme for 2006, and the forms will be forwarded to the three cadet services shortly following this announcement of the winners and presentation evening.

The winners of the State RSL Cadet of the Year Award for 2005, All ANZAC Day Tuesday 25th April. Scarborough Sub-Branch will hold a Commemoration Service at our Memorial Garden and Wall of Remembrance, situated in the N.E. corner of the Club – see end of article for address.

The committee is very pleased and excited at the close of the sub-branch to see the numbers growing, and this is all due to the members forming a Cataogue for the kids' project, being utilised.

BOOTHROYD-MOORE, E.W.R (Rex Moore)

When he was elected President of the City of Subiaco in 1949, Rex Moore was the youngest person to hold that office. He was President when the sub- branch received its Charter in 1950, 50 years after being formed in 1916, and served for a further 10 years as Executive for a few years in the early 1960's. During WWII, Rex Moore served in the air force and later transferred to the RN and served in the Far East and participated in the landings at Okinawa and other important operations. He was also the first President of the Subiaco RSL Sub-Branch.

Sub-Branch News

left to right are the Principal of the Denmark High School John Corson, Kyle Fairclough and Denmark RSL Sub-Branch President Bob Cooper. While Kyle is in Canberra, he will be meeting with the Governor General.

This is an important one for it confirms served on the 50th Anniversary of the Foundation of the RSL, a Sub-branch has been formed to arrange suitable activities for this special occasion.

We are honoured to have as our next guest speaker, Lt George Howell, who is patron of the National Service Association. If you need to borrow a wheelchair or a bathroom lift, please contact our welfare officer, Mal Till (ph. 08 9341 5416) for these to be set up for use. Congratulations and best wishes to members of the new sub-branches of Balga, Gunnedah, Peaceful Bay, Leconora, Serpentine/Jandakool and Jewish Ex-Servicemen.

Communication with State Branch and National Headquarters

any other Branch, or the officers thereof, unless the same shall be forwarded through the State Secretary and be accepted for transmission by the State Branch, or the officers thereof; or any member of the local community paper ‘The Stirling Times’, we were able to promote our recruitment programme gaining some very possibly eight, service members plus four or nine potential affiliates.

Fortunately most of us old folk are managing to survive. The only recent news of interest is that one of our respected members, Ted Boylan. Convolvities to you and many friends. He will be missed.

Our busy secretary, Doug Pigott, is finalising coach outings to the Traffic Centre. Campbell Barracks (the HOUSE and SAS Museum) We are also reserving seating for the ANZAC House Complex in Pinjarra. Dates and more details will be published in our local Newsletter – soon to come.

This year, you can help please call the hall on (08) 9448 1535.

W.I. (Bill) Richards

Publicity Officer on (08) 9448 3520

Boothroyd-Moore is a living Will

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Submarines Win Duke of Gloucester Cup for Second Consecutive Year

HMAS Sheean has been awarded the Duke of Gloucester Cup. This Cup is awarded annually to the Royal Australian Navy ship or submarine judged as the most proficient in all aspects of operations, safety, seamanship, reliability and training. Royal Australian Navy ships and submarines have vied for the Duke of Gloucester Cup since it was first presented 49 years ago.

“Winning the Duke of Gloucester Cup is a great achievement”, said the Governor-General Major General Michael Jeffery after presenting the award. “For two Submarines to win the Cup in as many years is proof of the high level capability of our submarines and the professionalism and dedication of the men and women working in them.”

2005 was a big year for us”, said Commander Andrew Keough, the former Commanding Officer of HMAS Sheean. “Our five month deployment took us to ports including Japan, Thailand and Singapore. We also achieved 55 days at sea which is the longest period ever undertaken by a Collins class submarine. The crew and the boat performed magnificently and I feel extremely proud of what we have achieved.”

In 2005, Sheean also won the Voyager Trophy, awarded annually to the ship or submarine that displays the best overall fleet efficiency in Anti Submarine Warfare operations, and the Electronic Warfare Proficiency Shield which is awarded annually to the ship or submarine judged to be the most efficient in Electronic Warfare. Sheean was also the runner up for Submarine Fighting Efficiency Award for demonstrating proficiency in all aspects of warfare, training, safety and weapons handling.

Accidental Death of an Anarchist

IF YOU LIKE TO LAUGH WITH YOUR BRAIN IN GEAR THEN THIS IS THE SHOW FOR YOU...

Black Swan Theatre Company presents ACCIDENTAL DEATH OF AN ANARCHIST “Morte: accidentalita di un anarchico”

BY DARIO FO

TRANSLATED BY GILLIAN HANNA AND GAVIN RICHARDS

Directed by Tom Gutteridge
Set & Costume Design by Bryan Wldgen
Lighting Design by Mark Howatt
Computer & Lighting Tech Gabriel Greig

Starring
Aaron Pedersen (Mida), Water Reid as Maniac,
Peter Dockier as Ibertozzo,
Naomi Hanbury as Felenti,
Geoff Kelso as the Inspector,
Superintendent
Dennis Simmons as Posani,
David Smith as the Constable,
Maniac, our accidental hero, suffers from ‘actor’s disease’ – the compulsion to impersonate: in the guise of the local chief justice; Maniac finds himself in the bowels of police headquarters conducting his own investigation into a suspected case of police misconduct.

Nobel Prize winner, Dario Fo, shock, comedy gold with his masterpiece Accidental Death of an Anarchist. A satirical response to serious events –

Italy’s politically turbulent 1960s – the play is a side-splittingly funny send-up of dodgy police and official ‘spin-doctoring’ that seems suspiciously fresh and relevant today.

Fo’s Keystone Cops have performed in many languages and millions of people around the world have laughed and cried at their antics. In this new adaptation, Black Swan Theatre Company will give Fo’s wonderful gagfest a strongly Australian accent.

Playhouse Theatre – 3 Pier Street Perth
Previews: Sat 22 April 8pm & Mon 24 April 6.30pm
Opera: Wednesday 26 April 8pm
Season: Thurs 27 April – Saturday 6 May
Matinees: Sat 29 April 2pm & Wed 3 May 11am

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Media inquiries to: Elizabeth McGlone, Marketing, Publicity & Development Manager, Black Swan Theatre Company
Tel 08 6389 0311 ext. 3

Tickets are on sale from The Listening Post

Australian Government
Department of Veterans’ Affairs

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Service, support and answer your call.
In April 2005, South West members and supporters of the RAR Association WA Branch, undertook a trip to Kuala Lumpur where we were able to raise $82,500 to equip a dental clinic at Long-Tan in Vietnam as part of the Australian Veterans’ Vietnam Reconstruction Group (The AVRG) – Long-Tan Community Health Project, in conjunction with the Socialist Republic of Vietnam.

This project is aimed at improving the health and conditions of the 5000 or so inhabitants of the community of Long-Tan. As part of this project the AVRG has built a polyclinic building with a dispensary, a residence for the doctors and medical rooms.

Two of the rooms at the polyclinic have been set aside exclusively for the dental clinic. The project also includes the installation of 500 composite fillings into residents in Long-Tan.

The amount of $82,500 equates to approximately 14% of the exchange rate and that target has now been exceeded. The exact final figure which has been raised is yet to be calculated but is expected to be in the vicinity of $AS45,000.

The majority of this funding has been raised by extremely generous donations from many different organisations and individuals. Donations have been acknowledged and thanks extended, but once again the sincere gratitude of the association, the organising committee, the AVRG and I’m sure the people of the community of Long-Tan, is expressed to all who have played a part.

The final activity undertaken for this project was a luncheon held at the Bassoul BSL on Saturday the 4th of February. Over 70 people attended the luncheon and the amount raised, including donations was just over $10,000. This is our thanks to the RAR Association WA Branch, State President, Ken Harrington, who addressed the crowd and also the keynote speaker, Arthur Edgar, Deputy Commissioner of the Department of Veterans’ Affairs for his most informative discourse. Specific details of how the course may be extended to the President and members of the Bassoul BSL for providing such an excellent venue, the staff to prepare and serve the food and provide great service at the bar.

Bob Wood
RAR Association WA Branch

Return of soldiers to the 3/2nd Battalion and families of members of 2/3rd

Old soldiers are invited to assemble in St Georges Terrace and march behind the 2/3rd battalion on ANZAC Day. Families are also invited to an informal gathering for lunch at the Ruth Watson Playground area at King’s Park (exit off Kings Park Rd near tram coins) after the march.

Volunteers needed

I am currently testing a Meat Consumption Questionnaire to be used in research projects with a research relationship between meat consumption and disease conditions. To test the questionnaire, we need volunteers (men and women) aged between 40—79 years residing in Western Australia to help us out by completing two Meat Consumption Questionnaires three weeks apart. If you would like to help me out to test the questionnaire, please contact me:

Tel: 6488 2530 (between 9am and 5pm, Monday to Friday) or
Email: melhd@uwa.edu.au

On behalf of the study team I’d like to thank you for helping us. Yours sincerely,

Mehdi Tabatabaei
PhD candidate, M.D.
Western Australia Battery Health Study


Seniors Realty

Seniors Realty was created exclusively for Seniors with the aim to support them in their later years.

Seniors Realty is operated by Seniors who love their job and staying active in the community. They take the time to listen to what people want and when they want it, removing worry and stress from all their members.

Back home among the many concerns that seniors have is how their pension and entitlements will be affected and what happens if they sell before they have enough to live on.

No need to worry, as we have an award winning financial specialist who is passionate about protecting senior’s wealth.

Seniors Realty also encourages family members to be involved in the process. If you would like to know more about Seniors Realty, call 1500-475-646 and we will post you out our Information Pack.

Bob Wood
RAR Association WA Branch

# Back to top

Pingat Jasa Malaysia

Many of your ex British Malaya/Malaysia/Borneo Veterans members may not be aware that Her Majesty the Queen, on the advice of the British Government, has recently approved the restricted award of the Pingat Jasa Malaysia (Malaysian Service Medal) by the Malaysian Government to a key person (i.e. not to be worn in line with other medals). Australian and New Zealand Veterans have already been granted unrestricted wearing of the medal.

Generally, the criteria are for Veterans and certain civilians (i.e. British police serving with the Malaysian Police, British civil servants, etc.) to have served for thirty days or more in the Malayan Emergency and/or the Indonesian Confrontation between 1948 and 1966. Those who served in the Malayan Emergency prior to August 1957 and those who served in Malaya as a British colony at that time (i.e. not to enter into correspondence on this).

The Ministry of Defence (UK) is co-ordinating the applications through the National Malaya and Borneo Veterans’ Association and I have been appointed by NM&BVA Australia to collect applications for the PJM for Ex-British applicants living in Australia.

Applications for the PJM, and also applications by next-of-kin for the PJM for deceased Veterans, may be downloaded from the NM&BVA UK website www.nmbva.co.uk or by writing to me at the above address. The Ministry of Defence Veterans’ Agency also has details on this. Their website is www.veteransagency.mod.uk

As a separate issue there is a move amongst Ex-British veterans to have the recognition as a keepsake lifted so that the PJM can be worn in line with other medals as can Australian and New Zealand Veterans. A website has been constructed by Barry Flemming of Berkshire, UK www.fight4thepjm.org which will give you all the background details. The caravan was held in Northern Ireland and I have been told by others in getting the original non acceptance of the award by the British Government overturned.

Yours sincerely,

Adrian P. Rogers
Ex British Commissioner for the PJM
National Malaya & Borneo Veterans’ Association
If you are thinking of selling your home you MUST talk to us because we understand the needs of Seniors.

1300 4 SENIORS
1300 473 646
(Local Call)
www.seniorsrealty.com.au

PETER DEAN
AMBASSADOR

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The Returned & Services League Financial Services

ADVERTORIAL

We are all aware of the “Greying” of Australia, the “Grey Nomads” but are we aware of how much of this impacts on you as RSL members? In particular your financial future.

My name is Chris Rule and the RSL has recently appointed my financial planning practice “Tailormade Financial Strategies” (TFS), to its collective of service providers with a view to providing advice to members on issues like retirement planning, and planning for the future whilst in retirement.

I have been involved with the RSL and other RSO’s, at various times in voluntary positions over a number of years through my relatives and am delighted to continue to be of service to the veteran community and their families.

We (TFS) believe the issues such as those listed below are areas in which we can help advise members and their families on financial strategies for the future. For example, it is now common knowledge that:

- Ninety percent of Australians will retire on the poverty line with an annual fixed income of less than $21,000.
- In WA, many older workers and retirees have no nest egg for the future.

Many, retirees are ‘asset rich but cash flow poor’, and live on aged/service pension and some compensation payments. (Why?)

We want to discuss with members the major concerns as retirees and the main mistakes made which give rise to some of the problems with their finances for the future.

For the next few issues of the Listening Post, we will be examining a range of issues and some new solutions to answering enquiries and issues that impact on members and their financial futures.

We initially will be looking at:

- Retirement planning, where to get the information and who to trust.
- Revers mortgage. The devil in disguise for a valuable alternative to the retirement village lifestyle. The pros and cons of both.

Enquiries should be directed to “Tailormade Financial Services”, as follows:

Phone: Chris Rule 9249 8180
Fax: 9249 7800
Email: chrisrule@webace.com.au

Commemorative ANZAC Pin

On April 23, The Sunday Times launches the 2006 commemorative ANZAC Pin. This year’s pin, which depicts a lone soldier against a sky blue background, can be bought for $2 with a token from The Sunday Times on Sunday, April 23, 2006. Net proceeds from the sale of the pin will go to the RSL Foundation which provides welfare services for the veteran community.

The Sunday Times Editor, Brett McCarthy, said the project would assist the efforts of the RSL and provide an additional vehicle for the people of Australia to recognise the extraordinary courage and self-sacrifice of Australians on Anzac Day.

“We hope our readers will once again get behind this campaign and buy the commemorative pin that they can wear as a sign of their respect,” said Mr McCarthy.

“We hope to make another considerable contribution to the RSL this year,” said Mr McCarthy.

The pin is available from participating retailers from April 23, while stocks last. For more information about the pin or how you can purchase one, please contact Belinda Giglia on 08 9326 8472.

The Returned & Services League Financial Services

Life’s easier with a scooter

Let Rosie give you some tips

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:

1. Scooter ‘road rules’ are the same as for a pedestrian
2. Lean forward when starting on a slope
3. Approach gutters, ramps and slopes straight on

At Scooters Australia, we’ll do 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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IN THE CONFUSION AND EMOTIONAL NUMBNESS THAT FOLLOWS WHEN A PERSON DIES, IT IS SOMETIMES DIFFICULT FOR GRIEVING 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:

• You obtain peace of mind, knowing your family will not have to make burdensome decisions at an already difficult time.
• 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

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Families of RSL Members are eligible to join Navy Health.

If you are eligible, so are your children, regardless of their age or marital status.

If you are unsure of your eligibility status, please call the Navy Health team on 1300 30 6289 (NAVY).

Why take out private health cover?
The public health care system under Medicare provides cover for many medical and hospital needs. However, there are sometimes significant waiting lists and limitations on where, when and by whom particular services can be provided.

Taking out private health cover with Navy Health allows you and your family to access the health provider of your choice with the timing of your choice.

Navy Health offers members competitive health cover packages with a comprehensive range of benefits. Navy Health members can be guaranteed the security of knowing that their health cover needs are protected.

The Federal Government’s rebate has made Navy Health’s private health cover even more affordable.

With Lifetime Health Cover it has never been a better time to consider a health cover package to suit your needs. Lifetime Health Cover is a Federal Government initiative that rewards people for taking out hospital cover at an early age and maintaining that cover throughout their lifetime.

Under the current Lifetime Health Cover scheme, if you do not take out private health cover before 1st July following your 31st birthday you will pay an additional 2% on the base premium for every year you are aged over 30, up to a maximum of 70%.

Save on your tax. If you are single and earning over $50,000 per annum, or a family earning in excess of $100,000 per annum, you will be required to pay an additional 1% Medicare surcharge tax unless you have private hospital cover. This additional 1% tax surcharge is over and above the usual 1.5% Medicare tax levy. So if you fall into this category, you can pay less tax by taking out private hospital cover.

Join a fund that belongs to the members
As a not-for-profit health fund, there are no dividends to any shareholders. Over 90% of contributions are paid back to members in the form of benefits.

Once accepted as a member of Navy Health, you and your family are entitled to lifetime membership eligibility.

Claims Made Easy
By simply swiping your membership card at participating health care providers Navy Health members can claim automatically after their treatment.

Transferring from another fund
It is easy to switch to Navy Health from your current health fund, just fill in the application form in the Navy Health Product brochure and request a clearance certificate. Navy Health will organise the rest for you.

We will arrange for your cover to be cancelled and, providing you have served all your waiting periods (including those for pre-existing conditions) and transfer to an equivalent level of cover with Navy Health, you won’t have to serve any waiting periods.

Navy Health recognises previous membership years with other health funds and invites new members to join Navy Health at the level that they are currently at.

For instance, if a member with a previous fund had accumulated 10 years of cover, then that member would be entitled to receive benefits at the 10 year benefit level offered by Navy Health.

Request a brochure today!
To find out more information on our comprehensive and competitive range of health cover options, please visit the Navy Health website at www.navyhealth.com.au or call the Navy Health team on 1300 30 6289, to request a copy of the full Navy Health Product and Application brochure.
Military Antiques Warehouse

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Phone: 04 000 789 37
21 Tulloch Way, Canning Vale 6155
www.militaryantiqueswarehouse.com.au
HI Everyone
Well it’s another year here already! We hope you all had a
lovely Christmas and are
enjoying the New Year. We had
a great 2005, with lots of different
events where we caught up with
many of you again and met some
new people. And once again we
have many more things planned
for the coming year. So read on
for all the news on past events
and our plans for the year, and we
hope to catch up with you soon.

KV FAMILY BRUNCH
NOVEMBER 2005

On 19th November last year we had
our family brunch in Kings Park.
First off the KV team would like to
thank those of you who came along.
It was fantastic to see you all and
do having the chance to catch up. We
are hoping to have it again this year.
For those of you that couldn’t make it
you might like to check out the
photos to see how much fun was
had by all. The Harley rides and
fairy floss went down a treat, and the
face painting was excellent once
again, with both the big and little
kids making the most of it.

ANZAC COTTAGE 90TH BIRTHDAY

On Saturday 11th February a
BIRTHDAY
ANZAC COTTAGE 90TH

ANZAC Cottage was built by 400 people in one day for
the 50th birthday of ANZAC Cottage. For those of
you that aren’t aware of the cottage, it is owned and maintained by the
Vietnam Veterans’ Association, who
drew the breakfast buffet. The KV team
attended, and it was a great night.
Thanks to the WA RSLs for inviting us
to share the celebrations. We hope
you all get a chance to visit the
cottage at some point, as it’s a great
piece of ANZAC heritage.

UPCOMING EVENTS

ANZAC DAY SERVICE
DATE: Tuesday, 25th April
TIME: 5.30pm
VENUE: ANZAC Cottage
38 Kalgoorlie Street, Mount Hawthorn

PROGRAM: Please join us at
Anzac Cottage for the last service in
Australia. It’s a short service and will
give you a chance to have a wander
through ANZAC Cottage, which was
built by 400 people in one day for
the first WA solider wounded in
Kalgoorlie – Private John Potter.

RSVP: Just bring along your family &
friends

COMING SOON...
INFORMATION EVENING

An information evening is in the
process of being planned. We will
let you know more details as we finalise
them, and will let you know the date and
times when they are confirmed.

KIDS DISCUSSION GROUP

Last year we floated the idea of running a ‘kids only’ session
where you can come and have a good
environment where there are only
other kids of veterans. We haven’t
had a lot of feedback as yet, but
thought we would put it out there
again to see if anyone was interested. It’s
nothing too too far or serious, we are
proposing to meet on a Saturday
afternoon, a Wine Club where
members can purchase top
afternoons, a Wine Club where
members can purchase top
overseas varieties.

The Hollywood Clinic – Hollywood
Private Hospital Monash Avenue,
Neuland.

OTHER NEWS

WEBSITE

We are in the process of constructing a
new website; you can check it out at
www.kovwa.org. Hopefully we
will have lots of information, it will be
very user friendly, we are looking for,
and to get links to other sites and
support services, as well as an
environment where you can look for
and on anything you would like to see
on the site, and we will keep you
posted on its progress. ‘We hope to
have it fully up and running soon!

Our Tasmanian friends have a
website running which may be of
interest to some of you. To check it
out go to: www.austov.org

AND FINALLY...

Let us know what you think about the
events we have planned or if you
know of an event you think we
should be involved in. We are
welcome to share this newsletter
with your family, as your partner,
children and parents are also
welcome to send us any KV events.
Additionally, if you know of anyone
who may be interested in being on
our mailing list, please feel free to
pass our contact details along. Please
remember if you change your email
address or ‘snail’ mail address please
advise us or if you have an email
address now let us know this is a
cheaper way for us to get our
information to you. All our paper &
postage is generously donated!

And now you’ve reached the end!
We hope to have some events
organised soon and to see you on
ANZAC Day. We look forward to
your suggestions for the website and
K ids Discussion Group. If you have
any questions, comments or
calls we’d love to hear from you.

Remember Kids of Veterans is about
Support – Education –
Communication Network

That’s all for now!
Natasjaa, Rachel, Tracey, Angelo,
Danielle, Andrea & Meredith
Contact us 9355 8991 or
kidsofveterans@hotmail.com or
www.kovwa.org

ANZAC Club Activities

With the recent appointment of Sarah Scott as Club Manager,
Sarah is very keen to introduce a
number of new initiatives for
Club Members. Amongst
these new activities a proposal
for Wine & Cheese tastings for
afternoons, a Wine Club where
members can purchase top
quality wines both local and
overseas varieties.

Ms Scott proposes to move with
high tech new initiatives such as
ANZAC Club activities and
functions posted onto the
internet which will be headed
Diary of Events – Sarah is also
proposing to have a forum for
guest speakers on specific topics, which
will include meals from a
comprehensive Club menu.

It is also proposed to introduce
daily specials at 7:00. Sarah says

Heritage Medals Group/Military Framers: You name it, we’ll frame it. All work done on promises.
1/27 Howe Street (off Hutton) Osborne Park - Open 10:00am/5:30pm weekdays, Saturdays 9:00am/12:30pm
Shop safely and securely online 24x7x365 at http://www.heritagemedals.com.au - phone 1300 797 465

Army Cadets

Most members of the public
would not be aware that “Army
Cadets” in Western Australia
have a history going back to
1893 when military drill
was introduced into the
curriculum for schools. The first cadet unit
in WA was established in
1908. As such they have provided
both excellent youth training and
a ready source of members
for the ADF for over 100 years.

During the 1950’s-1975 all Army
cadet units were school based at
high schools all over WA and the
Cadet Unit staff were actually high
school teachers. Due to the
decision of government this very
successful scheme was disbanded in 1979

Army cadets were re-raised on 1
October 1976 under the umbrella
of the Australian Army and the
State Government, with the Federal
Government becoming involved in
1999. Greater responsibility for the
running of cadet units was placed on
the community with support from
Army Reserve Units.

Now that the Army has
embraced the Army Cadets into
its system we are proposing to
work closely with equipment
for support and training being
provided for the cadets. There are 27
Army Cadet Units including 11
school – based units at Christchurch
Grammar, Guildford Grammar and
St Josephs School Cadet Unit
Northam, spread from Albany in
the west to Port Hedland in the
north and Kalgoorlie in the east.
The total number of Army Cadets in WA
is around 1500 members.

ANZAC Day Army Cadets are
providing vital support all over our
state. In today’s City of Perth march
you will see cadets carrying
banners and flags for our veterans
from past conflicts.

In addition the formed body of
cadets consists of members from
most Perth metropolitan cadet
units. Also present is the Swan
Regional Cadet Drum Corps
marching with cadets under the
control of Lieutenant Peter Jones.

The members of the 2-28 Battalion
(Swan Regiment) Association have
donated funds to equip the Drum
Corps. After the Services march
providing support to the old
timers that helped make the
Drum Corps a reality.

The Army Cadet body is under
the command of Cadet Under
Officer Brendan Paul, the State
and District Adjutant
accompanied the Army Cadets
during the Swan Regimental
Major Groupie van de Velde. The
“Banner” is being carried by
CEO Newholm of Christ Church
Grammar School Cadet Unit and the
Commander of Cadet Officers Class
Two Stegler from 502 Army
Cadet Unit and Robertson from 57
Army Cadet Unit.

Army Cadets are a very worthwhile
activity and prepare the youth of
today to be better citizens of
tomorrow. Queries regarding the
Army Cadets should be directed to their
headquarters at Lerrwin Barracks
on (08) 9311 2549

Denis Connolly

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THE LISTENING POST
April/May 2006
13
Goodearth Purchases Perth Ambassador Hotel

The Goodearth Hotel and Resorts Group has purchased one of Perth’s award-winning properties, the Perth Ambassador Hotel, located in the heart of the city.

The Perth Ambassador Hotel, which won a prestigious Gold Award for Accommodation Excellence in 2003 and 2004, is located immediately adjacent to the Golden Mile CBD, close the city’s main shopping and entertainment district and offers a variety of accommodation styles and options to suit any budget.

The hotel has 171 well-appointed rooms including Executive, corporate, executive and domestic rooms. Other facilities include 24 hour room service, a bar, conference and meeting facilities from small people, a restaurant and bar located on premises.

Located close to the major attractions of Perth, such as the magnificent Swan River, beautiful Kings Park and the majestic Swan Bell Tower, and adjacent to Langley Park, the Perth Ambassador Hotel along with the Goodearth Hotel are the perfect bases from which to explore all that Western Australia’s capital has to offer. The hotels are within walking distance to the WACA, Gloucester Park and just 5 km from Busworld International Casino.

The Perth Ambassador Hotel has made a significant acquisition for the Goodearth Hotel and Resorts Group, and is a sensational addition to their portfolio, which also includes notable properties in major destinations such as Palm Royale Cairns.

As a gateway city, Perth offers access to some of the most spectacular and pristine beaches and tourist destinations in the world. Arrange day trips to swim with the dolphins at Rockingham, as well as browse Margaret River wine region, or discover the Valley of the Giants, Western Australia’s famous Karri forest.

For more information or to make a reservation, please contact Perth Ambassador Hotel on 08 9325 1455 or visit www.goodearthhotel.com.au or Goodearth Hotel on 1800 098 863 or visit www.goodearthhotel.com.au.

HMAS Jelly and the Poachers

Ten thousand tons of nobbled steel rods in at thirty knots, With Bofors firing porgy bangs, at poachers pulling pots.

The big flotilla spirals round, to drag the baddies in.

Ten thousand tons of nobbled steel roars in at thirty knots, HMAS Jelly and the Poachers.

Poetry

The Goodearth Hotel is a 3.5 Star hotel offering superb value, quality apartment style accommodation with warm, friendly service.

RSL Special

Book an RSL Package and receive complimentary buffet breakfast for 2 Adults for the duration of your stay!

Accommodation Options include:
- Studio Suite (Sleeps 2) $85.00 per room per night
- Executive Suite (Sleeps 2) $95.00 per room per night

One Bedroom Suite (Sleeps 4) $150.00 per room per night

Make your Booking Today!
Quote “RSL Special Package”
Toll Free: 1800 098 863
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Email: stay@goodearthhotel.com.au
Website: http://www.goodearthhotel.com.au

Offer Subject to Availability
Not Valid in Conjunction with any other offer
Offer Valid Until 31st August 2006
RSL Membership Proof required on Check-in
Reunions

2/16 Battalion
My name is Lance Coppin and I am very interested in the history of the 2/16 Battalion.Any help in pointing me in the right direction for finding information sources on this particular group.West Australian hard drives would be greatly appreciated.
yannie@bigpond.com or Yarrie Station, P.O. Box 895, Port Hedland. Ph 08 91750954
Thankyou very much Lance Coppin.

20th Intake JRT HMW LEEUWEN
The reunion is planned for July 2007 for members of the 20th Intake JRT HMW LEEUWEN.
Contact details are:
Paul Nicholson
8 Moorill Close
ROCKINGHAM WA 6168
Ph 09175 937 629 or email
paul.nicholson@dpi.wa.gov.au

90th Anniversary of the RSL
The Dean of the Cathedral has offered to conduct a Church Service to commemorate the 90th Anniversary of the RSL, the date chosen is the following Saturday after the 6th June, that being the 11th June 2006, at 1400hr. The RSL, the date chosen is the following Saturday after the 6th June, that being the 11th June 2006, at 1400hr.

The Dean of the Cathedral has offered to conduct a Church Service to commemorate the 90th Anniversary of the RSL.

M.H.A.S. BATAAN NATIONAL REUNION
An Australian wide call for all ex crew members to master in Glenelg SOUTH AUSTRALIA from 26th to 28th October 2006 for the final South Australian Australian Reunion. Enquiries: John Young
25 McBean Street, REYNELLA SA 5161
Tel (08) 8387 2953

Far East Strategic Reserve
A National Reunion for all those served in HMA Ships attached to the Far East Strategic Reserve.
An invitation is extended to you and your partner to attend the 2007 National Reunion of the FERSR NAV Association which is being held in and around Fremantle from 23rd-29th September 2007.
A great programme has been arranged to allow attendees to get together with old shipmates, soak in the atmosphere of the port city of Perth and help rekindle memories of service all those years ago.
It will be a wonderful few days not to be missed but numbers at some events which is not to be limited so it is advisable to reserve your interest early.
For further information please contact the Reunion 2007 Co-Organizer New Harraw. P.O. Box 5167 Falcon WA 6210 or email mcnittye@optusnet.com.au

HMAS Leeuwin 18th Intake
6th reunion for HMPS Leeuwin 18th Intake to be held at Sanctuary
Point NSW 9-11 March 2007. Please contact Stewart Harding on 02 4443 8919, 0422 206 982 or e-mail stewart.harding@ozemail.com.au

No 25 (City of Perth) Squadron
Former Squadron members are invited to join in the re-activation of the 25 SQN Branch of the RAAF WA Division. Members can be either full or social to create a data base as current Squadron members are looking to involve former squadron members in commemorative and social events.
Please ring 5294 2008 or e-mail secretary@25sqn.com.

Veterans’ Corner
We are at 103 J BrimBM in Drouin, West Gippsland have a regular veterans’ called “Veterans’ Corner”.
This is an award winning effort put together by veterans from various theaters of military conflicts.

U.S.A. MEMORIAL DAY
The north American Veterans’ Unit (the only retired U.S military group in W.A.) invites all RSL members, Unit and Kindred, family and friends, to a wreath-laying Service to commemorate the UNITED STATES OF AMERICA MEMORIAL DAY COMMEMORATION and SERVICE
On Monday 28TH MAY At 11.00am At the FLAME OF REMEMBRANCE
At the STATE WAR MEMORIAL, KINGS PARK, PERTH
We also invite you all to morning tea and fellowship after the event. This will be hosted by Ms. Sue Walker, Member for Nedlands, at the Dalkeith Tennis Club, Beatrice Road (corner Victoria Ave)
Again, there will be fly-pasts.
We appreciate your support in the past, and hope your support will continue.
Please contact Mrs Joan Gravelle, the organiser and President of the North American Veterans Unit. If you will be there, if floral tribute will be laid, and the approximate numbers for the morning tea.
Phone 0412 420 498
Address: 12 Birburra Way, Mount Nasura WA 6112
Email: barry@rilhammers.com

ANZAC Club
Manager Appointed
The State Secretary, Mr Shane Sears OAM JP, has announced the appointment of Sarah Scott to the recently refurbished ANZAC Club.
Mr. Sears said that “ANZAC Club is very fortunate to have the services of such an experienced Club Manager”.
Sarah joins the ANZAC Club from the Lords Roberts Hotel (Public Bar) where she was the General Manager. Sarah points out that although the Lords Roberts is known as a Hotel Bar, it has no accommodation facilities, has beer, food and entertainment facilities. Sarah has a Degree (BA) from the University of Victoria majoring in Hospitality Studies.
Sarah has two dogs and three cats, play soccer for “Sulhaco Ladies Club” and enjoys Scarborough Beach and in particular surfing. As Sarah herself explains, when living and working in Sydney “it was not only difficult to access Sydney beaches, and beaches in WA are far more accessible and beaches in WA are far more accessible and beaches in WA are far more accessible”.
Not only does Sarah have a strong desire for WA beaches, her grandfather Mr Walter Grubb also lives in the “West” which was an added attraction for Sarah to return to the West.
Amongst Sarah’s duties at the ANZAC Club, she is responsible for Restaurant, Bar and Club events.
Sarah can be contacted on (08) 9287 3714 or by email clubmanager@rdwhn.org.au
Denis Connolly

Australian Muffins
Base ingredients:
Two cups of Australian self-raising flour
Half a cup of Australian cane sugar
Quarter of a cup of Dick Smiths Canola Oil
One cup of Harvey fresh milk
Two fresh eggs

Muffin Recipe Three
Base ingredients:
One cup of Australian Sunbeam dried fruit

Method:
Sift flour and add sugar
Add beaten eggs
Quarter of a cup of Dick Smiths Canola oil
One cup of milk to the correct consistency, then spoon into muffin tins.
Bake in ovens approximately 25 minutes at 190 degrees Celsius.

Can You Help?
Donations
The following ex-sapper $01204010
Brendan GUY aka ‘Trumpet’ whose wife Fiona is suffering from cancer and is in need of the latest drug to give her some quality of life. The treatment cost is $4,000 per week and overall it is expected the treatment will cost in the vicinity of $32,000. (At this time no Government assistance is available)
Brendan, Fiona and family (3 young boys) have raised some money against their house and personal items and some fundraising has produced small amounts of money which to date has helped to pay medical bills but raised above a lot more funds are needed.
Brendan’s employer the Beaudesert Shire Council, 12 Binburra Way, Mount Nasura W.A. 6112
Email: barry@rilhammers.com
Phone: 0412 420 498
Address: 12 Birburra Way, Mount Nasura WA 6112
Can You Help?

Networking
Brendan’s military history is as follows:

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The Australian 2/6th Cavalry
Regretted
Reminder
Cooky
Thirteen
Hades
Only
Pulls in
Bleed
BB association
Australian Wartime Prime
A Hindu’s red dot

The Australian ANZAC Corps was

Across
1. Ship metals
2. Communication Workers of America (abk.)
3. Buy current
4. Future Farmers of America (abk.)
5. Rock
6. Heels
7. Huckeye state
8. Radiator hose
9. The Australian ANZAC Corps was in the Thermopylae Pass in World War II and heavily bombed by German heavy bombers known as
10. Snoopets
11. A Hindi’s red dot
12. Hoddap
13. THAT girl
14. Pulls in
15. Sneeze
16. In acquaintance
17. Only
18. The Australian ANZAC Corps was in the Thermopylae Pass in World War II and heavily bombed by German heavy bombers known as
19. Wartime Prime
20. A Hindu’s red dot
21. Rock
22. That girl
23. Australian Wartime Prime
24. Wartime Prime minister, during the Viet-Nam era
25. The German General Wolf.../chthonen was the GOC in charge of the Sri X Corps of glider and parachute troops that were attack General Frewen/berg who commanded the British, ANZACS and Greek forces on Crete
26. Revolt
27. GERMAN RAIDER
28. Caught
29. Decourches de reaching
30. Wing
31. Island
32. Killed in action
33. European sea eagle
34. Some
35. The Japanese attacked the Australian on the Kokoda Track from this village in New Guinea?
36. Branch of laundry detergent

Down
1. Good grief!
2. Visit
3. A!
4. Whipped dairy food
5. Old person’s aid
6. Abdominal muscles (abbr.)
7. Billion years
8. Brand of frozen dough
9. Arise
10. The British officer in charge on Crete when the German airborne invasion was started by General Ret.ichken
11. Foreign Agricultural Service
12. Spots
13. 10 litres (abbr. for decalitre)
14. Lube
15. Sister’s daughter
16. Girl detective
17. Donald Kennedy had been a Major at WW 2. He joined the coast-watchers in the Solomonis. He eventually became the coast-watchers most hated by the Japanese. He set up base in Georgia on a position the
18. Lighted sign
19. Type of Buddhism
20. Australian soldiers could see the Vichy French attack and bomb the British destroyers HMS Isis and HMS ... and badly damage them on the 16th of June 1941
21. After awhile
22. Gent
23. A captain in the 2/16th Western Australian Battalion who called
24. French, the attack on the Vichy French would be at a town called Usty
25. 600 tread
26. Discs
27. Water carrier
28. Some
29. Inert
30. Brand of frozen dough
31. Leave out
32. Leave out
33. A submachine Gun used by the Australians during World War Two
34. A submachine Gun used by the Australians during World War Two
35. The Greek General Alexandros
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Puzzles
The Listening Post Crossword

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3. Buy current
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Your medals court or swing mounted within 72 hours; or they're FREE!*
A small bump on the inside called the lateral epicondyle. It is an injury to the muscle attachments that connect to the inside bump (medial epicondyle) which is often called golfer's elbow. The muscle on the back of your forearm that attaches to the lateral epicondyle allows you to curl your wrist backwards. By overuse the elbow can cause tiny tears to form in the muscles, especially where the muscle attaches to the bone. After a time, or a certain amount of rest, the tears join to form a lump. Pain, reduced movement of the elbow and occasionally minor swelling. The muscle/tenons can be strained by just about any job that involves a lot of gripping, gripping force, instability of the elbow joint, poor sports techniques, poor or inappropriate sporting equipment, repetitive heavy muscle and joint overload, repetitive movement of hands and arms and occasionally neck and shoulder problems.

The treatment for the gentleman who attended my clinic involved telling him to stop doing the aggravating factor, i.e. he needed to stop hammering for a while. I asked him to rest the elbow and ice it regularly over the next week or two. I massaged the forearm muscles and taught him how to stretch them appropriately. We also used anti-inflammatory gel and I mobilized the elbow joint. In the future we may use ultrasound, acupuncture and a brace. One thing I definitely will use is exercise. With this injury it is very important to regain muscle and tendon strength but the exercise that has been devised for this injury is a little unusual. It is called the eccentric training program and your physiotherapist should be able to teach you how to perform.

There are many other causes of elbow pain so not all pains in the elbow are the same. Things like osteoarthritis, referred pain, ligament strain, nerve entrapment, evaluation fracture and radio-humeral bursitis can cause elbow pain. If you are concerned you should be seeing your doctor.

It well I hope I haven’t bombarded you with too much information but I hope you have a good understanding of what tennis elbow is. Until next time all the best.

Ed Kellock Physiotherapist
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