Ballajura War Memorial and Peace Park Dedication Ceremony

On Wednesday, the 3rd of May, a ceremony was conducted to dedicate a The Ballajura War Memorial and Peace Park, which is situated in Illawarra Crescent, at the entrance to the Ballajura Community College.

The project was created for the people of Ballajura and the wider community, by people who value our nation’s history, heroes and traditions.

The purpose of the memorial is to assist the community to remember, honour and cherish the memory of those who have served their country and community. It is envisaged by its creators, that the park will provide a venue for the community to come together, as a community, to reflect upon and celebrate our heritage as a nation.

The construction of the War Memorial and Peace Park, which took exactly two years from conception to inception, was developed with much thought and love, as a gift to the people. It was built with the support of Federal, State and Local Governments, business and community organisations and private citizen benefactors.

The War Memorial and Peace Park, which is unique in its design and is truly a work of art, was dedicated as a perpetual reminder to the community, of the service and sacrifice made by fellow Australians, who have given their lives in war or service, in the pursuit of peace.

The Peace Park, in which the memorial is set, has been designed as a quite space for personal reflection, in remembrance of love, honour, friendship and hope. It is envisaged that the Peace Park will assist in providing solace and hope to those suffering loss, absence and feelings of emptiness, which may have been generated as a result of loss incurred through war, service or personal tragedy.

The War Memorial and Peace Park, which is contemporary, in order to complement its location, within the grounds of the modern Ballajura Community College. It is designed along a central axis, of which the War Memorial is the focal point.

An olive tree avenue, circular lawn area, and grassed terraces, lead to the memorial. The podium, situated on the elevated platform, directly in front of the memorial, is positioned to facilitate the hosting of ceremonial occasions, whilst the grassed areas, in front of it, serve as an auditorium or assembly area.

The olive trees are symbolically significant, as they are closely associated with peace and reflection and typify the vegetation found on and around Crete. Planted within the grounds during the ceremony, as a living monument, is a seedling grown from seeds from the original Gallipoli Lone Pine.

The creators of the park envisage that the pine will be cherished as a symbol of Australian nationhood and its pride, courage, selflessness and sense of service to others. The plant will provide a living monument to the memory of our troops, who fought and died.

Whilst the created natural environment is significantly symbolic, the man-made structure, at centre of the axis, is truly a work of art, and a labour of love and no less symbolic.

The graduated sized panels of the memorial, which are constructed from textured rammed earth, using earth and gravel sourced from many different areas in Western Australia represents the Australian landscape.

Visually the memorial reflects the colours, openness and vastness of our landscape. A sense of isolation is pervasive to the observer.

Engraved within the panels of the memorial is the immortalised fourth verse, from the Ode To The Fallen, taken from the elegy by O.L. Binyon, dating back to the Great War of 1914-1918.

The sun featured within the central panel symbolises Australia, the sunburnt country and also conjures up an image of the rising sun, which is the emblem of our Australian Military Forces, which is worn on our icon, the slouch hat.

Red poppies, associated with Remembrance Day, adorn one of the central panels of the memorial wall. The Flanders Field poppies represent the many young ANZACS, who fought and died.

Poppies, associated with Remembrance Day, adorn one of the central panels of the memorial wall. The Flanders Field poppies represent the many young ANZACS, who fought and died.

Perspex sheeting, upon which large poppies have also been printed, are positioned between the slabs of rammed earth and angled to catch the natural light, which provides the illusion that the poppies are vibrant living things.

In the foreground of the War Memorial, symbolising peace in our world, is a water feature, which

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Puzzles/recipes

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For contributions to next edition

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

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Sub-branches of the Future

Over recent years State Branch has entered into dialogue with members of small sub-branches over their declining membership base. Such discussions are mainly with country groups where declining membership is evident through age of members and other demographic and economic influences. While the decline has been gradual the lack of younger veterans resident in once thriving farming and agricultural areas to take over the reins has been a cause for concern. In many cases the sub-branch has reduced to a few members who are holding on in the hope that someone will come to their aid. While there is no quick fix to the situation there are some strategies that could be tried to ensure there remains an RSL presence in the area.

Affiliates of sub-branches provide support to the veteran group and invariably shoulder some of the administration work required to keep the operation going. There are many success stories throughout country Western Australia where affiliates have saved the sub-branch from closure.

In small communities the support from other community organisations is often sought by the RSL to ensure ANZAC Day and other important commemorative occasions are suitably acknowledged. This could embrace anything from the local Fire & Emergency Service to the Community School as is becoming more popular, the community school.

There are many initiatives available and it is important that all avenues be explored before considering closure.

Recently the State Executive approved the operation of ‘Post Box’ whereby the group conduct an agreed number of meetings a year (perhaps one or two) and have a representative to receive correspondence and other communications from State Branch. This group’s prime function would be to conduct commemorative services and alert State Branch of any welfare cases that require attention.

It is important to realise that it is the RSL’s prime function to the welfare needs of the veteran community. Further initiatives involving assistance that are currently being explored will embrace the ‘Adopt-a-Sub-branch’ strategy whereby a small sub-branch will be linked with one that needs help and support. In this case the support offered will provide the struggling group the confidence to continue operation.

My message to those needing support is to explore all avenues and develop a survival plan, but more importantly, keep in constant contact with State Branch.

Administration Training Modules

We have been delighted to the positive response received over the presentation of the Administration Training Modules for sub-branch executives. Feedback has shown that we were well on target both with subject matter and audience. The planned modules cover every aspect of running a sub-branch and offer guidelines to financial accounting, fiscal accountability and welfare and other core business functions. It is our hope that all participants will be in a better position to serve their membership and the wider veteran community. The next module, Financial Accounting for sub-branches and Clubs is to be held in late June 2006 and from the interest shown will attract high attendance.

ANZAC Field

From recent media reports you will notice that the notion of the renaming of Subiaco Oval as ANZAC Field has appeared as a topic of discussion. Before anyone gets excited (or otherwise) about the reappearance of this item, let me assure you that it was not initiated by RSL but by the WACA. The League’s State Executive however, while withholding support for the initial proposal will not shut the door on receiving any new approach to any such an initiative. We have an obligation to consider all proposals and pass an opinion regarding support or otherwise. I further add, that if RSL support is to be given it will only happen after full consideration of the merits of the submission and with the concurrence of the membership after debate at Congress. As the 2006 Congress Agenda has closed, the earliest it could be debated is 2007.

State Congress

All is in readiness for our 90th State Congress. Much planning has gone into the manner in which we ‘showcase’ our League, honour and celebrate its achievements and debate a range of veteran, social and community issues. The focal point for the Congress will be the Annual Congress Dinner that will celebrate the 90th Anniversary of the foundation of the RSL. We hope to have well over 250 members and guests in attendance to honour the occasion. Congress will again be held at the City of Swanbourne on 3-4 July 2006 and special room rates have been offered by the Hotel to those attending Congress and the dinner.

Cadet Support Initiatives

Service Cadet Units in Western Australia are prospering with keen interest being shown in all their activities by both males and females aged 12 to 16 years of age. While Defence funds many of their activities it is left to community support groups to assist in funding enrichment projects. Army Cadets are currently embarking on an ambitious project to participate in the turn of an exclaim visit to United Kingdom. Last year a group of UK Cadets travelled to WA and formed part of the Annual Cadet Camp at Bundoora. This year a reciprocal visit is mooted. They are looking for funding through donations or sponsorship. Any members in a position to assist should contact HQ Army Cadets at Lenwiin Barracks Tel: 9311 2222. Any contribution would be most welcome. The RSL actively supports all Service Cadets through its Cadet of the Year Programme and Cadet Efficiency Awards.

RSL Care Expands

It’s exciting times at RSL Care! The final stage of redevelopment of the former War Veterans’ Homes site is well under way with the construction of the new 120 bed high care nursing home with dementia wing. It should be completed 6 months from the time the home was inaugurated. The whole project is still on target and on budget with no necessity yet (or likely) to draw on bank finance. The careful management of the redevelopment as allowed us to refurbish the Meadow Springs Homes at Mundialup and enter into discussions on expanding our Geraldton homes as well as put up expressions of interest for projects at Dongara and Jurien Bay. There is also on-going refurbishment at Pearson Village.

Australian Defence Medal

The Minister for Veterans’ Affairs has announced the formal approval of the release of the Australian Defence Medal (ADM) to recognise service of members of the ADF. It will be awarded to Regular and Reserve Force Members, volunteers and National Servicemen who have completed their initial enlistment period of service, or four years, whichever is the lesser with service backdated to 3 September 1945. If you believe that you qualify for the Award please obtain an application form from RSL Headquarters or by telephone 1800 111 321 from the Directorate of Honours & Awards.

ANZAC Day 2006

From the many reports we have received it is obvious that increased crowds are turning out to ANZAC Day Services throughout Western Australia. The reports confirm that younger people, together with families are supporting the Services and other commemorative activities. This is heartening to the veteran community as it shows that there is a sense of gratitude in the public arena for the veteran and service community.

We can only build on this position and look forward to greater participation in future years. Members of State Executive will be visiting major country towns over next six or four years to review current practices in the conduct of ANZAC Day Services with the view to gaining logistical support to assist in future Services.

Membership Research Project

Thanks to those members who ended up as the ‘random sample’ for our membership survey. The information we receive will be collated and findings published in a future edition of The Listening Post. It is rare that the League approaches the membership in such a way for information, but if we are to be better focused on delivering the best possible service to everyone then such a strategy is needed. We look forward to future surveys to monitor and improve our direction and productivity and trust we will again have full support.
HMAS Westralia

The twin screw motor vessel Westralia was built for Fairbank Parker Ltd. During the war of 1939-1945 she was requisitioned for war service and as an Armed Merchant Cruiser on 2 November 1939 and commissioned as HMCS Westralia at Sydney on 17 January 1940 under the command of Commander Alward S. Bomford RAN.

Westralia began operational service on 30 March 1940 when she departed Fremantle for Darwin, thence to Macassar. April was spent on patrol in East Indian waters. One ship, off Java, was attacked but only lightly damaged and sent a prize to Singapore.

On 5 March 1940 Westralia returned to Darwin and remained exercising in the area for the most part of the month. She returned to Fremantle, where she arrived on 29 May. On 1 June she proceeded to rendezvous with LARGS BAY in the Indian Ocean, both ships reaching Fremantle on 26 June. The remainder of the month she cruised in the northern and western areas of the Indian Ocean from Sumatra to Bonny. On 23 December 1940 Westralia made her final departure from Coalcliff, parting from the East Indies Station and proceeding for Fremantle. On 11 January 1941 she returned to Sydney, having been away for ten months.

Following a fortnight in harbour she sailed for New Zealand, arriving on 5 February. The remainder of the month was spent in exercises around the New Zealand coast, then during the month she returned to Sydney.

The first three days of March 1941 found Westralia at sea escorting a convoy to Sydney. In April she moved to Sydney and April and May 1941 were spent on slapping protection at Nauru and Ocean Island and after a brief stay in the Indian Ocean she arrived in New Zealand, returning to Sydney on 29 June.

In December she berthed at Sydney, having returned to her role as an Armed Merchant Cruiser to a close. Between 9 February and 25 June 1945 Westralia undertook conversion to a Landing Ship Infantry. During this period of training exercises at Port Stephens followed before she began operations transporting United States Marines to Goodenough Island in September. The remainder of the month was spent in landing exercises and transport of troops to Goodenough Island and the operations at Araroa, New Britain.

In January 1944 Westralia landed United States troops at Cape Cren (New Guinea). En route from the area on 28 January she was attacked by Japanese aircraft and suffered casualties and damage which was, fortunately, insufficient to put her out of commission.

On 5 February she was back at Cape Cren with reinforcements. March and April were spent operating in New Guinea waters including the landings at Hollandia. Westralia returned to Sydney on 31 May 1944 for refitting.

In July she again began transporting troops to New Guinea from ports operating from New Guinea bases. August was spent mainly in the Solomons on training exercises, followed by similar duties in the New Guinea area in September. In October 1944 Westralia took part in the landings at Leyte Gulf in the Philippines.

Westralia spent December in the Solomons and at Manus before returning to Sydney for the Lingayen landings in January 1945. There she experienced an attempted Kamikaze attack by a Japanese aircraft. Only minor damage was sustained.

Westralia returned to Australia in March 1945. In Brisbane a fire in her forward engine room put her out of action for ten days. On the last day of the month she sailed for Manus preparatory to taking part in operations in the area. The landings at Balikpapan in July 1945 exercised her transport and landing craft, transporting troops to areas in enemy hands and from then until the end of the war she was engaged in carrying troops and stores to the Solomons and New Guinea areas.

In the post-war period Westralia was engaged in the repatriation of troops from the islands area north of Australia to the United States. She was paid off at Sydney on 19 September 1945 after steering 120,789 miles in naval service. The work on restoring the ship to her peacetime condition had been in progress for some months a requirement arose for Westralia to maintain a service between Sydney and Korea, Japan, for the British Commonwealth Occupation Forces.

This occupied her from December 1947 until April 1949. She did not recommence as an HMAS Ship and was manned by a Merchant Navy crew. Reconditioning was recommenced but was again interrupted when the ship was chartered to the British Ministry of Transport for use as a Tropic Carrier. Westralia left Sydney in August 1949 and after service in the Mediterranean returned to Sydney in March 1950.

Westralia was requisitioned for war service in February 1959 when she made her last trip between ports in her home port of Melbourne. After lying at Sydney for some months, she was sold to the Asian and Pacific Shipping Co Ltd, Sava, Fiji. She was renamed the Delfino in 1959 and converted for use as a livestock carrier for trade with the United States. Later the ship was renamed WOOLAMBI. On 19 December 1961 she left Sydney bound for the Japanese tug Niishin Maru to be broken up in Japan.

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The Minister said the Veterans' Affairs budget comprised $4.6 billion for health care and rehabilitation, $6.1 billion for compensation and income support and $45.8 million for commemorations programmes.

"We have made the mental health of Australia's veterans a key priority in this year's budget, by committing $20 million over four years to expand research, education and training to support veterans and their families," Mr Billson said.

"The 2006-07 budget will also ensure members of the veteran community continue to receive high quality nursing services in the comfort of their own homes, with the allocation of $24.4 million over four years for community nursing services."

Apart from giving the media an insight into Army training and what the Army does in WA, the day was to raise awareness of "Army Live", which is part of 15th Brigade's push to attract new recruits across WA at Irwin Barracks, Karrakatta.

People can attend, by calling and registering on 15 19 01.

Matt Moran

Captain

Pensioners take their fight to Strasbourg

UK expatriate pensioners, many of whom are members of RSLs, have now taken their fight, to achieve pension indexing, to increase their income, to the European Court of Human Rights in Strasbourg.

Although losing last year in the House of Lords, one of the panel of 5, Lord Carswell, expressed a contrary view, advising that the UK pension legislation was UNFAIR, DISCRIMINATORY, and the other 4 Lords' views were FALLACIOUS and MISDIRECTED. Lord Carswell also stated, "Once it is accepted that pensions should be paid to contributing pensioners resident abroad, [which is the case in some countries], no justification remains for paying some expatriate pensioners less than others and less than UK residents.

It is the view of a legal counsel from Canada, who is directing the case, that the UK Government is in breach of its fiduciary trust to 'treat us beneficiaries with an open hand', a British Common Law rule.

The offending UK pension law, freezing expatriate pensions, is "illogical", inconsistent, unfair, deprives us of the full benefit to our possible UK pensions, the fight being waged in the ECHR and the activities of BPA, the Australian volunteer association, collecting "Army Live", which is part of 15th Brigade's push to attract new recruits across WA at Irwin Barracks, Karrakatta.

The chosen course of action has international support. Australia based expat pensioners members of British Pensions in Australia Inc. [BPA] are now in consortium with UK expats in South Africa and Canada. The Canadians are managing the venue.

The cost is funded from our own subscriptions and donations. Expects here and those Australians who worked in the UK and thus might be entitled to a UK pension, are invited to discover more about their possible UK pensions, the fight being waged in the ECHR and the activities of BPA, the Australian volunteer association, collecting "Army Live", which is part of 15th Brigade's push to attract new recruits across WA at Irwin Barracks, Karrakatta.

A win will improve the annual pension income of about 240,000 and distributing funds to continue this worthy fight. A win will improve the annual pension income of about 240,000 and distributing funds to continue this worthy fight.

To be 'in it to win it' call 1300 308 333 or write to BPA, PO Box 524, Cannington, WA 6103, or if computer savvy, visit www.bpia.org.au, to join.

Jim Tilley

B/Honorary ACM, RCPIA.
During March this year, the Malaysian Tourist Board conducted their inaugural “International Media Hunt”. The logistics for the whole process of organising and conducting the hunt was enormous, and as I’ve come to expect from events devised by Tourism Malaysia, carried out to perfection.

Approximately two hundred international journalists descended on Kuala Lumpur, the Capital of Malaysia. The journalists came from diverse cultures, countries and regions including Russia, Sweden, England, The Middle East, America, Asia and the Southern hemisphere. I arrived in Kuala Lumpur from Perth, on the evening of the 4th March, with two other journalists, Holey and Jane. We checked into The Istana Hotel, the host of the many fine hotels we were to occupy whilst in Malaysia.

The following day started at a leisurely pace, commencing at midday, for a buffet lunch. Then it was down to business at 13:30pm. The Royal Malaysian Police provided all participating journalists with a briefing, on the planned events and the routes that they would be travelling over, within the northern parts of Malaysia. We were advised that we were to be escorted by the police at all times, during the media hunt. The Police Commissioner also informed us that we would encounter times when we would be travelling at speeds up to 110 kilometres per hour.

After the business end of the day was over, it was time for a shower, changing and packing our gear, for the transfer to the next hotel. Breakfast was organised for 6am. We then departed by coach, for the Boulevard Putrajaya, where we were given a final briefing and allocated a Proton car, which we were to use for the remainder of the week’s media hunt. When we arrived at Putrajaya there was a further meeting with the organisers, to discuss last minute change to the itinerary and await the arrival of VIPs.

Whilst awaiting the arrival of the VIPs, I was given the opportunity to respond to a short interview, for one of Malaysia’s main newspapers. I was required to respond to questions related to terrorism. I was asked how Malaysia has impressed me with the developments in Bali and Malaysia, and whether they were considered, by Australians, as safe destinations to take holidays.

The female reporter asked me if Australians were frightened to travel to Malaysia, as our Department of Foreign Affairs had issued a travel warning, pertaining to certain parts of the Malaysian State.

I really related what I consider most interesting to the rest of the two hundred guests.

Towards the end of the day the journalists were clearly displaying symptoms that indicated that they were starting to wilt a bit from the heat, as it was a scorcher of a day. Even the local constabulary, who were escorting us, were indicating that they were showing signs of feeling the heat, as they had been supplied with motorcycles, whilst we drove around in relative luxury, in our air-conditioned Protons.

We stopped off at the awe inspiring Putrajaya Mosque and the Prime Ministers Department. Then it was time to engage in some traditional Batik painting. Next we traveled to the interesting state of Merdeka, in Malaysian, means independence. After touring around Putrajaya we were handed our first specially designed jackets to wear on the first day. Later the Police Commissioner hand delivered our first specially designed jackets to wear on the first day.

During the welcome dinner we discovered that there was still a lot of organising to finalise. We were handed our first specially designed jackets to wear on the first day. Later the Police Commissioner hand delivered our first specially designed jackets to wear on the first day. After the interview it was time to find my car and head off on the start of the International Media Hunt. We were flagged off by the VIPs, on our first leg of the hunt around Putrajaya.

Putrajaya is part of the Federal Capital, and is very much like a modern day Canberra. It has clearly defined boundaries; a section of the Malaysian State. I’m sure, that if I was, I would have sufficient capital to do whatever I wanted to do, for the remainder of my life, without a care at all.

After a fantastic meal of traditional Malay food, we were engaged in a short brief on the next day’s trip. After a fantastic meal of traditional Malay food, we discovered that the Mosques in Malaysia, the host state put on a formal dinner, hosted by the Selangor State Government.

Invariably, throughout the visit, as we stepped in different states of Malaysia, the host state put on a formal dinner, accompanied by entertainment. The organisers of the “International Media Hunt” also used the formal dinners to their advantage, by updating us on the days adventure and giving us a short interview for the next day’s trip. Competitions were held to win up the evenings and one group of journalists discovered that they were required to sing a song, that we had been learning in Malaysian, to the rest of the two hundred guests.

The worst part was not their singing, it was the fact that I knew I would have to sing to the two hundred where it was my groups turn to sing.

Len Copley
How does the VEA deal with the person who has passed the age of 65? 

Inevitably there are instances when veterans continue working past the usual 65 year benchmark, but may still be forced to cease due to disablement. Such veterans tend to have self-employed people for whom normal retirement is not an option, or difficult. Some examples might be farmers who have no heirs or sons – or whose sons decline to continue in Dad’s footsteps. Such veterans might have spent years trying to sell their farms, and are financially tied to their own major asset. Other veterans may have found work therapeutic and a rewarding part of their lives - and preferred to keep working or running their own businesses as long as possible. Such veterans keep working until until they war-caused accepted disabilities force them to reluctantly quit.

The Two Sections have a good deal in common. BOTH expect basic requirements to be demonstrated as essential pre-requisites for a veteran to be considered for the Special Rate on the grounds of Total and Permanent Incapacity. He/she MUST be still involved with the workforce (even if termination is imminent or has just occurred). EVERY clause and aspect of each respective Section has to be fully addressed and satisfied. Just like veteran Standards, the over 65 veteran must be in receipt of Disability Pension at 70% or higher. There cannot be any other “non-accepted” health problems involved – the cessation of work must be due to accepted conditions alone.

As just as with the “under 65” forced to cease remunerative work due to one or more accepted disabilities, the “over 65” have to produce medical evidence: a report from the treating GP AND one or more reports from specialist(s) in the fields of the disabilities being cited as bringing that person’s working life to a close.

Any doctors involved are asked to opine as to whether the veteran is totally and permanently incapacitated; and whether his working potential is so limited that the veteran is unable to work even 8 hours in any week. Only a disability (or disabilities) that have been accepted by the DVA can be held as the reason for this TOTAL incapacity.

There are TWO key differences however.

1. For those veterans OVER the age of 65, THERE IS AN ADDITIONAL REQUIREMENT: He/she must have been in the same job for at least 10 years at the time he/she is being considered for the Special Rate.

If he/she is a salaried wage-earner, working for an employer, documentary evidence will be required from that employer confirming the disability that has led to the cessation. If self-employed, the onus is on the person to produce proof that the last 10 years of employment were in the same Business. It is not enough to have spent the last 10 years in the same occupation, it must have been in the same company/business. (For more info, see the final segment of this article, below.)

2. Unlike his younger counterpart under the age of 65 years however, there is no expectation or requirement that the veteran must look for alternative employment. As I explained in the last issue, there is no specific claim form and the process is not clear cut. If anyone is in this category, I suggest that you offer every single bit of evidence you can obtain that substantiates how serious ill-health has brought your working life to an end, and you just cannot continue. The mechanism for application can be found on the newly claimed condition (which you must understand will have to get accepted first before submitting an Application for Increase form, explaining the problems now encountered which have led to your enforced cessation of work.

“Other” disabilities often prove to be the biggest obstacle.

One of the most common impediments to payment of the Special Rate is the presence of non-accepted disabilities. If a veteran has one or more seriously disabling conditions accepted by the DVA, but additionally has one or more extra health problems NOT accepted, the Special Rate may be refused. Even the existence of any additional disabilities will obstruct the veteran meeting what DVA refers to as “the ALONE test.”

If this is a problem with you – but these additional conditions can be shown to be major, the best course is to seek written expert medical opinion saying so. If, however, a doctor implicates any of these other disabilities at any point – stating that the person’s inability to work is due to both accepted AND non-accepted conditions – then T&PI/Special Rate is unlikely to be paid.

The most common impediments to payment of the Special Rate are: farmers who have no heirs or sons; or whose sons decline to continue in Dad’s footsteps. Such veterans might have spent years trying to sell their farms, and are financially tied to their own major asset. Other veterans may have found work therapeutic and a rewarding part of their lives - and preferred to keep working or running their own businesses as long as possible. Such veterans keep working until until they war-caused accepted disabilities force them to reluctantly quit.

The Two Sections have a good deal in common. BOTH expect basic requirements to be demonstrated as essential pre-requisites for a veteran to be considered for the Special Rate on the grounds of Total and Permanent Incapacity. He/she MUST be still involved with the workforce (even if termination is imminent or has just occurred). EVERY clause and aspect of each respective Section has to be fully addressed and satisfied. Just like veteran Standards, the over 65 veteran must be in receipt of Disability Pension at 70% or higher. There cannot be any other “non-accepted” health problems involved – the cessation of work must be due to accepted conditions alone.

As just as with the “under 65” forced to cease remunerative work due to one or more accepted disabilities, the “over 65” have to produce medical evidence: a report from the treating GP AND one or more reports from specialist(s) in the fields of the disabilities being cited as bringing that person’s working life to a close.

Any doctors involved are asked to opine as to whether the veteran is totally and permanently incapacitated; and whether his working potential is so limited that the veteran is unable to work even 8 hours in any week. Only a disability (or disabilities) that have been accepted by the DVA can be held as the reason for this TOTAL incapacity.

There are TWO key differences however.

1. For those veterans OVER the age of 65, THERE IS AN ADDITIONAL REQUIREMENT: He/she must have been in the same job for at least 10 years at the time he/she is being considered for the Special Rate.

If he/she is a salaried wage-earner, working for an employer, documentary evidence will be required from that employer confirming the disability that has led to the cessation. If self-employed, the onus is on the person to produce proof that the last 10 years of employment were in the same Business. It is not enough to have spent the last 10 years in the same occupation, it must have been in the same company/business. (For more info, see the final segment of this article, below.)

2. Unlike his younger counterpart under the age of 65 years however, there is no expectation or requirement that the veteran must look for alternative employment. As I explained in the last issue, there is no specific claim form and the process is not clear cut. If anyone is in this category, I suggest that you offer every single bit of evidence you can obtain that substantiates how serious ill-health has brought your working life to an end, and you just cannot continue. The mechanism for application can be found on the newly claimed condition (which you must understand will have to get accepted first before submitting an Application for Increase form, explaining the problems now encountered which have led to your enforced cessation of work.

“Other” disabilities often prove to be the biggest obstacle.

One of the most common impediments to payment of the Special Rate is the presence of non-accepted disabilities. If a veteran has one or more seriously disabling conditions accepted by the DVA, but additionally has one or more extra health problems NOT accepted, the Special Rate may be refused. Even the existence of any additional disabilities will obstruct the veteran meeting what DVA refers to as “the ALONE test.”

If this is a problem with you – but these additional conditions can be shown to be major, the best course is to seek written expert medical opinion saying so. If, however, a doctor implicates any of these other disabilities at any point – pointing that the person’s inability to work is due to both accepted AND non-accepted conditions – then T&PI/Special Rate is unlikely to be paid.

GENERAL IMPORTANT POINT FOR ANY SELF-EMPLOYED PERSON SEEKING T&PI RATE – irrespective of age:

I am reiterating this point, as Jim Boland is currently having to deal with several complex cases where self-employed veterans are seeking T&PI. The fact is whether under or over the age of 65, from a practical point of view, any DVA consideration of granting a T&PI pension will be involved if the veteran simply chooses to cease work of his/her own volition.

The DVA generally seeks evidence that another person (either a treating doctor – and a written specialist’s opinion is usually considered more authoritative than that of a person’s GP), or business partner, if applicable) terminates the employment because of the presence of the disabilities involved. In short, if serious medical problems have led to a veteran being unable to work any more, three people should be fully conversant with the disability/disabilities responsible for the reasons of the veteran’s termination of work, and how it has impacted so negatively on his/her ability to keep on working. The DVA expects a written opinion from each as to the health problems that are preventing the veteran from continuing remunerative work. These key people are: 

- the treating GP/ case-manager involved;
- the treating medical specialist(s) involved.

Financial evidence that corroborates a downturn in the business attributable to the negative impact of the accepted disability(ies) involved. There cannot be any other reason to account for the decline. Examples are: a letter from the veteran’s accountant, confirming knowledge of the downturn, earnings, and awareness of the impact of illness or disability responsible. If there is a business partner or colleague, a letter from this person would be useful. The last 5 FIVE ATO returns and/or Profit and Loss summaries of the last five years of trading are virtually mandatory.

For anyone with access to the Internet, Section 24a can be viewed at www.comlaw.gov.au and seeking the ‘Veterans’ Entitlements Act (1986) – Volume 1. Like Section 24 – it is only about 1.5 pages long.

If you feel that you might be eligible for the T&PI in light of the foregoing, give Jim Boland a ring on 9287 2708 and discuss what might be involved.

‘Till next time – when I will be writing about SMOKING and ALCOHOL questionnaires – ‘Keep on, keeping on folks’, 

MARGOT HARNESS
**Programme ASIST**

**Applied Suicide Intervention Skills Training**

**Do You Know?**
- Suicide occurs among people of all ages and all walks of life in Australia.
- Fifty Australians die by suicide every week, including members of the veteran community. (In particular sons and daughters of Vietnam veterans have a three times higher rate of suicide than that of the general Australian community.)
- Suicide can be prevented.

**How can suicide be prevented?**
- Many who consider suicide need help to stay safe and deal with painful problems. Members of the veteran community can play a very important role in contributing to the efforts to prevent suicide across Australia.
- **Where does ProgramASIST fit in?**
  - ProgramASIST is a 2-day skills-based workshop that equips people for an effective suicide intervention role. The emphasis is on suicide first aid – helping a person at imminent risk stay safe and seek further help.
- **What does the workshop cover?**
  - ProgramASIST provides an opportunity to:
    - Develop a greater understanding of suicide and how people in the veteran community regard suicide;
    - Understand the needs of people in the veteran community at risk of suicide and how to assist them to keep safe and get further help;
    - Learn and practise skills that are helpful for reaching out to a mate at risk and become a bridge to further help;
    - Share information about what is available in the community to further help people in the veteran community at risk of suicide; and
    - Realise that we can work together to help prevent suicide.

**Who attends the workshops?**
- People from all walks of life, including members of the veteran community;
- People concerned about family members, friends or veteran mates;
- Welfare officers from various ex-service organisations; and
- Other health and welfare professionals.

**What can I expect from the workshop?**
- Increased confidence in knowing when to be concerned about possible suicide risk;
- Knowledge and skills that will help to promote the safety of people at risk;
- Establishment of strong links with others in the community; and
- Suicide Intervention Handbook to reinforce workshop learning.

Participation in an ASIST program is paid for by VVCS and is available free to veterans (including their spouses, partners, sons and daughters) and to war widows and widowers.

If you would like to attend an ASIST workshop or would like further information please contact:

Sandra (Sam) Cross at the Partners of Veterans Association on 0421 573 700 or assisttw@yahoo.com.au

**ANZAC CLUB**

Now that ANZAC Day is behind us, the Management of the ANZAC Club Sarah Scott, is more than happy with the way our refurbishment functioned. Sarah said that ANZAC Day 2006 “was the first real test as a function centre, with such large crowds, serving drinks in the ‘ANZAC Club Bar’ and the “Gunfire Breakfast” in the ‘Gallipoli Room’.”

Sarah also said that ANZAC Day “was a very successful day for the ANZAC Club, with an increase of 10% on 2005 bar sales”. State Secretary, Mr Shane Seers was also pleased in the way that the refurbishment had been received by the Ex-Service community and public generally, “some of the comments that I received this morning from members who don’t come to ANZAC House now, were very satisfying and further give support to the changes”.

As Mr Boli Wise (President Nollamara Sub Branch) said after viewing the ‘ANZAC Club Bar’ and the “Gunfire Breakfast” in the ‘Gallipoli Room’.”

“ANZAC Day” in the ‘Gallipoli Room’. “You all have until September to practice consolations to the non-winners, the match went to Bill Brown and Terry Byrne-King, presiding Ron Lester, Mick Tuttle, Pauline Cooper and Kiwi Margaret Dean. With two wins plus 18, second with two wins, one courtesy of a byew, was the Plesser team, Max and Pat and Garth and Porn Davis, two wins plus 8.1.

The Ken Marshiall Memorial Pairs, sponsored by Hollywood Private Hospital and the Osborne Park Bowling Club fielded 50 teams at Osborne Park.

Old stages Max O’Loughlin and Tom Cresswell cleaned up the major prize from Lindsay Jones and D. Liddelow. Three teams had 5 wins 16 shots up, but the wins had 19 points, the runners up had 20 against them.

Third was Geoff Mills and Ron Hirsch with 23 shots against them. Round prizes went to Bill Brown and Terry Byrne-King, Les McMillan and Frank Carr, and Les Webb and KFC, (Kevin Fahy, Champion). Thanks to the Osborne Park club, sponsors and the greenkeepers.

Bedford was the venue for the Funeral Care – RSL Mixed Fours. A poor turn out of 11 pairs played.

However everything was sorted out and the game played on to be won by an Osborne Park team skipped by John Cooper, with Colin McNeil, Deanna Cooper and Kiwi Margaret Dean. With two wins plus 18, second with two wins, one courtesy of a byew, was the Plesser team, Max and Pat and Garth and Porn Davis, two wins plus 8.1.

Unlucky third was the Lind team, Doug and Phyl, the senior citizen of RSL bowls, Archie Reeves and Elizabeth (Liz) Edkins. Doug had a huge win in the second game but drew in the first, 1 &1/2 wins plus 25.

First round winner was Yokine’s president Ron Lester, Mick Tuttle, Pauline Cooper and Maxine John, second round went to a Sorrento team of Ian Marshall, Archie Reeves and Elizabeth (Liz) Edkins. Doug Blacknell and Elizabeth Marshall.

A good time was had by most, thanks again to the sponsors, and Bedford, for their hospitality and help.

Congratulations to all the winners, consolations to the non-winners, the match and social committee thanks all RSL bowlers for their support. A final thought. “You all have until September to practice for the next season.”

Max Plester
Publicity Officer
ANZAC Day

To me, the legacy of the ANZAC is something that you feel in your heart. It can’t be taught or shown. It is something that you must feel in your soul. You can be taught their history at school, and walk away not feeling a thing. Or you can attend an ANZAC service and not be moved.

When the last post plays, or you see a digger with tears streaming down his face, as he looks at the memorial with the names of the dead written on its cold face, and you feel an overwhelming sadness, but at the same time, an admiration for those who gave up a free life to stand up and be counted, often times to lose that life, then you are starting to understand the true meaning of ANZAC.

Tales of bad conduct, unimaginable horror, fearless mateship start to weave their way into your consciousness. Is it a thank you, then to me, they have asked for, none expected, the gift? The gift the diggers have given us, is a torch to be carried, a memory and emotion that can only be felt deep in your heart, and one that the present generation is only just coming to understand. The words that come closest are Mateship, Compassion, Courage, Sacrifice and Humour. If we are to live with our lives as these as our keywords, what a better world would this be?

From the Boer War to Iraq, and every conflict in between, the ANZACs have kept to those values. It is up to us to make sure that we value and appreciate their losses and their courage, their legacy and their stories, as we, who may never have been in their shoes will never truly understand, and therefore do not have the right to call judgement upon them.

To those who have served our country as members of the Armed Forces, may you be proud of continuing that tradition, and know that you are appreciated and respected. To those who made the sacrifice, may you rest in peace, and look down upon us, we who strive to understand why?

Lest We Forget. Bright Blessings, and respected. To those who know that you are appreciated and therefore do not have the right to call judgement upon their actions. The words that come closest are Mateship, Compassion, Courage, Sacrifice, and Humour. If we are to live with our lives as these as our keywords, what a better world would this be?

I was privileged to attend the ANZAC Day service in Three Springs by the Three Springs – Arrinno-Carnamah – Goorow-Arg намамite RSL Sub-Branch. Unlike Perth, the weather was warm and sunny. The Geraldton Navy Cadets and Drum Corps from TS Morrow under the command of Lieutenant Commander Spike Jones were in attendance and provided the Cataloque Party for the service. They were accompanied by several of their instructors. The cadets looked very smart in their uniforms and were a credit to their units.

Not to be outdone, there was a fly past by three ultra lights (quite hazardous in the windy conditions), which preceded the parade of ex-service men and women and their representatives led by the band from TS Morrow. There was a crowd of about 300 people present, including many children waving Australian flags. Readings by students from the Three Springs Primary School, Carnamah District High School and Goorow-Argnamma Primary School were included in the service. It was wonderful to see the participation from so many children during school holidays especially the navy cadets travelling all the way from Geraldton.

The service was held in the Jack Thorpe Memorial Garden named after a well known local identity. Jack has been responsible for keeping the RSL Sub-Branch viable for many years and still takes a keen interest in proceedings. The president of the Sub-Branch, Ray Morgan, and other members of the Sub-Branch are to be congratulated on the professionalism of their ANZAC Day Service. They were greatly assisted by the President of the Shire, Deshie Patterson, Councillors and staff and also many townspeople.

At the conclusion of the service the members of the RSL Sub-Branch and Three Springs Shire Councillors extended an invitation to everybody to join them at the Recreation Centre for refreshments. Bookings for the Welfare and Membership Trailer can be made by contacting Olga Griege on 08 9270 935.

ANZAC Day for many years Dick Smith with his wife Pip has stood in George Street Sydney near Martin Place. As the last post passes Dick has held up a sign that just says ‘THANKS’. This year both Dick and Pip held up signs.

This year also the sappers of 52 Small Ships Sign RAE (operators of the RAE’s LSM’s) decided to return the favour. They had signs made and distributed to all their marchers. At the appropriate moment up went all the Sappers signs and big grins from the Smiths!

Good stuff. Thanks $2 and Russ McMurray.

MICK RYAN RAE

The official opening of the West Australian Office of the Viet-Nam Veterans Counselling Service was held on Monday the 12th June 2006. At 7 Kintail Road Applecross.

The new counselling offices were opened by the Hon Bruce Billson MP minister for Veterans’ Affairs, Minister assisting the Minister for Defence.

I was privileged to attend the ANZAC Day service in Three Springs by the Three Springs – Arrinno-Carnamah – Goorow-Argnamma – RSL Sub-Branch.

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Thanks again. Ken & Leonie

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For more information, call John Ranger at Bowra & O’Dea on (08) 9231 5100 or visit www.bowraodea.com.au

Ballajura Memorial

From Page 1

consists on a huge granite sphere of Garnet Ice, acquired from Frazer Range, in Norseman. It resides, in a base formed from Orthoclase Granite, procured from Booruggi Station, near Mount Magnet. The sphere is magnificent, weighting 2700kg and having a diameter of 1200mm. Situated on either side of the memorial, are park benches. One bench was donated by The Hon Graham Edward, MP. Member for Cowan, a Vietnam Veteran, in remembrance of our fellow Australians, who gave of their lives and also in remembrance of the sacrifice of those who gave service, many of whom still suffer the effects of their service to our country.

The other bench has poignant significance to the Ballajura community and particularly the school, as it was donated from the estate of Janine Michael Clark, 3RAR RECON, a former student from Ballajura Community College, who was killed on the 10th of March 2005, whilst on duty in the Solomon Islands. Fittingly, members of Janine’s family were present at the dedication ceremony.

The students and school councilors played significant roles in the ceremony of dedication. Participants in the ceremony were Welcome to the Land, by an indigenous student. Councilors conducted the service, whilst Police Rangers and School Army Cadets formed guards of honour and performed banner and flag duties. The school choir performed the vocals to accompany the ceremony, ably assisted by the musical skills of their concert band. Readings of text, written by the students, related to war, loss and peace were also presented. Attending the ceremony and giving addresses were representatives from all levels of Government. Religious leaders from the Anglican, Catholic and Islamic faiths assisted with the consecration, blessing, dedication and prayers, reflecting the diverse multicultural and religious backgrounds of the people in the community. Also in attendance and presenting an address was the RSL State President, Mr William Gaynor. The number of members of the newly formed Ballajura Sub-Branch and the local community was significant and was a reflection upon the sense of community within the area. All those involved in the conception and inception of the War Memorial and Peace Park should be justifiably proud of their achievement. The writer urges readers of The Listening Post to view this unique structure and reflect upon the vision of the community and its leaders, who in two short years have provided of a structure that reflects our nation and the values, which we, as Australians, hold so dear.

This War Memorial and Peace Park is steeped in symbolism and no Australian could look at it and remain unmoved.

Situated on either side of the memorial, are park benches. One bench was donated by The Hon Graham Edward, MP. Member for Cowan, a Vietnam Veteran, in remembrance of our fellow Australians, who gave of their lives and also in remembrance of the sacrifice of those who gave service, many of whom still suffer the effects of their service to our country.

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The RSL held a Remembrance and celebration on the 11th June 2006 at Saint George's Cathedral Perth, to celebrate their 90th Birthday. After the service, everyone was invited back to ANZAC House to enjoy camaraderie with friends.

The RSL evolved as a direct result of the camaraderie, concern and mateship shown by the “Diggers” for the welfare of their mates during and after the 1914 – 1918 War.

That ethos of compassion and service remains today the motivating influence of the League.

The mission of the RSL is;

To ensure that programmes are in place for the well-being, care compensation and commemoration of serving and ex-service members.

The Defence Force members and their dependents;

And promote government and community awareness of the need for a secure, stable and progressive Australia.

90th Anniversary of the Establishment of the Returned and Services League of Australia 1916 – 2006

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RSL WA Cadets journey to 'Land Beneath the Wind'

The RSL WA Cadet Winners Kylie Johnson, Christopher Capiao and Brendon Benicasa were the inaugural winners selected for the ANZAC 2006 Tour to Borneo.

Their presence was supported by the eight other school students selected through the PAL-S (Partnership with Australian and Sabah Schools Programme) organised by the Borneo Exhibition and Education Group WA.

They undertook the memorable journey to Sarawak and Sabah for the 2006 ANZAC dedications.

It was an incredible experience to observe this group of our younger generation. We can be very proud and assured that our future is in good hands.

As if by some new technical medium they were all transposed from our fast lane lifestyle, into Borneo time without even changing their watches. One very distinct physical change was their energy to find shopping time as the itinerary increased in tempo. I am sure that many a bargain was won through hard bargaining.

From the onset they carried their nationality up front with the true spirit of the Aussie. The guides and drivers were all kindly adopted and affectionately nicknamed. Their response to be closely confined with adults was noteworthy, although it could have been to their greater reward if they asked more questions of the senior veteran in their company.

The ice was broken with their first cross cultural exchange with their peers at the SANZAC Secondary School in Kota Kinabalu. After the official dedications and presentations to the school the annual challenge took place. This year the Aussies changed the goal posts and opted not to play Aussie Rules. The Bakers Hill students decided to make it cricket. They donated two cricket sets to the school and immediately went to the 'paddock' to carry out the challenge.

All the school spectators witnessed a game typical of any Ashes series. Plenty of sledging, NO balls, wides and Sixes over the fence. 'Many a good laugh and one to put the PE teacher at notice for next years challenge (boomerang throwing has been suggested).

Their first ANZAC dedication at the Heroes' Grave in Kuching would have touched many a more mature individual. Their sensitive and considerate feelings towards the special local and international families who were our guests, to be at this site for the first time in sixty years, was more than apparent. Brief words of consideration and condolence by many of them was noteworthy.

As they continued their journey of discovery our young band of representatives became more involved when they were called upon to do the readings at the Twilight Service at the Labuan Cemetery. With their emotions held together and playing a support role with the oldest travellers Mr Ben Hart, as a 20yr old with the 2/11 Commando Squadron, he served with the occupation forces in Labuan in 1945; delivered the reading of the ODE and gave us an insight of his memories for the time he was there. By their own volition they were very anxious to help others in the party to find names on the ground plaques and made it their personal challenge to make it cricket. They donated two cricket sets to the school and immediately decided to make it cricket. They donated two cricket sets to the school and immediately went to the 'paddock' to carry out the challenge.

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Finding Serenity in Mandurah

The RSL Residential Care Facility in Mandurah has undergone a dramatic $1.5 million makeover in the last year, resulting in a bright, happy and modern environment for both staff and residents.

Renovations began on the existing 12 year old facility in May 2005 and were completed later that year in December.

The administration block was the first building underway, with walls removed to make staff offices larger and more user friendly. The result is a light and welcoming area for visitors, staff and residents alike.

This area, which was also extended, houses the activity and resident lounge area. The building is now equipped with brand new industrial strength washers and dryers.

The 55 bed facility encompasses 5 cluster houses with 10 bedrooms and 1 five bedroom house. Each house now boasts an open plan kitchen, a dining room and wider passages for easier access for residents with walking aids.

Heat lamps and drop rails have also been installed in the bathrooms and toilets for ease of use for residents. The front verandahs of each house were extended with balustrades erected and park benches placed on them for residents to enjoy the beautiful gardens and some fresh air.

The houses have been refurbished by professional interior decorators and new carpet and lino, fresh painted walls, beautiful new up to date furniture and completed with contemporary paintings adorning the walls.

Renovations were completed one house at a time to ensure minimal disruption to the residents, who had to be out of their houses early in the morning and spent the day in the activity room.

It took 4 weeks for each house to be completed, with a minor hiccup occurring in the first house, resulting in the residents of that house having a “sleep over” in the activity room for 2 nights – this was all taken with good humour.

A secure garage has been erected and is a firm favourite with all of the residents with Josie (87) enjoying the security and Julian (80) taking some time to read the paper in the sunshine the day that I visited.

The other gardens surrounding the complex are extremely well maintained, are abundant and green and add to the lushness of the new environment.

A new name also completes the picture with the facility now known as RSL Care WA, an Aging in Place facility with care ranging from low grade to high grade.

Currently there are 55 residents, with an average age of 86 years with 14 high care residents.

June (82) has lived at the facility for two years and was full of praise for both the upgrade and the staff at the facility. She said “It is now very comfortable and just a nice place to live. The staff here are wonderful and very friendly and helpful”.

The facility is very well staffed with both paid and volunteer staff members.

Volunteers help out with bingo nights, as bus drivers, they visit with residents and a cultural visitor also visits with those that speak foreign languages.

Close to bus routes and both Mandurah Forum and Meadow Springs Shopping Centre, residents can choose to be independent or make the most of the convenience of the RSL bus that visits shopping centres once a week.

Management at the facility encourages residents families to be involved in what is happening at the care centre with a Reliance/Residents meeting occurring bi-annually.

There is currently no waiting list to enter the facility and queries may be directed to Helen Swanson the Facility Manager or Cheryl Wellington the Administration Assistant on 9535 0200.

Sally Hamilton.

Keeping Karrakatta Open Cemetery Renewal in WA

Since the first burial in 1899, Karrakatta Cemetery has become the chosen resting place for hundreds of thousands of Western Australians.

Karrakatta is facing a major challenge. It is running out of space for burials.

Keeping Karrakatta operating as a cemetery capable of serving the needs of a changing society is a challenge that the Metropolitan Cemeteries Board (MCB) has been working towards since the 1970s.

One solution to the problem has been to develop the ‘Cemetery Renewal’ programme. Cemetery Renewal involves the redevelopment of existing burial areas to accommodate new graves and memorials.

There is NO disturbance to remains interred within existing graves. New graves are located alongside old graves and within areas that were previously used as walkways.

Prior to proposing the removal of any headstones, the MCB consults with historians, heritage architects, genealogists and the Office of Australian War Graves (OAWG).

All headstones are assessed across a wide range of criteria including, but not limited to, stonemasonry craft, historical and heritage significance, cause of death and public submissions.

The MCB implements an extensive 12-month public consultation process for each proposed renewal area. Every effort is made to contact the families involved and invite their input.

The MCB has always ensured the issue of war graves be dealt with respectfully and responsibly.

Keeping Karrakatta Open Cemetery Renewal in WA

The renewal programme provides either beautifully landscaped memorial gardens or burial sites incorporating retained headstones. It also ensures the continuance of Karrakatta as a public cemetery, rather than being closed and converted for other purposes as has occurred locally, nationally and internationally.

All headstones removed from the original burial site in good condition (i.e. not broken/damaged irrecoverably) are relocated either within the same section or as close as is practical. All headstones are digitally photographed and the image stored for perpetuity together with other original documentation available on request from administration.

Detailed information regarding Cemetery Renewal, a map of Karrakatta Cemetery with the various Renewal areas highlighted for the forthcoming 25 years and an online search facility can be accessed by visiting www.mcb.wa.gov.au Alternatively, you may choose to telephone the MCB on 9383 5200 or visit the Karrakatta Administration to obtain further information.

509 ACU has been conducting search courses at Exmouth since 1997 and on each occasion have carried out works on the HMAS Krait Memorial site.

In 2004, 509 ACU “adopted” the HMAS Krait Memorial under the provisions of the State Government “Adopt-a-Memorial” programme.

The unit has volunteered more than one thousand man-hours of labour at the site in the previous four visits.

This year, it was decided to build a shelter, table and seats on the site to enable visitors a place to relax comfortably when they visit the site.

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Sally Hamilton.
The Seventh Battalion Royal Australian Regiment (7RAR) Association held its National Reunion in Perth, Western Australia, to celebrate its 40 years since foundation and 35 years since returning.

Veterans, their families and friends came from overseas and all over Australia to the reunion to meet with those that they served with during the Vietnam War era in Australia and on the battalion’s two operational tours in South Vietnam.

The reunion offered the opportunity to honour those 53 soldiers killed during the battalion’s two tours of Vietnam, renew old friendships and acquaintances and build on the spirit of our unit and the comradeship that we experienced during our service in the military and respective tours to South Vietnam. Obviously there was a lot of revisiting of those periods with the main theme being the ‘harrowing’ side of events. The battalion has a pig as its mascot and the battalion and its soldiers are often referred to as the ‘Pigs’.

The seventh of May saw over 500 veterans, family and friends register to attend the reunion and it’s anticipated that there was over another 100 or so mainly from WA who attended various activities. Over 600 attended the Memorial Service and family BBQ on Monday 24th May and over 500 matched in the Association’s group on ANZAC day. At the luncheon dinner at the ESPLANADE Hotel on the Wednesday night there were 500 ‘Pigs’ who all had a great time. For some this was their first reunion and the first time that they met with fellow veterans since the Vietnam War. As such it was a very emotional time for some.

The reunion programme included:
- Friday 21st April 2006: Open invitation to BRICTON-PALMYRA RSL for drinks, light meal and conviviality.
- Sunday 23rd April 2006: A registration party and Association General Meeting at the ESPLANADE Hotel, Fremantle.
- Monday 24th April 2006: The battalion memorial service, at the Vietnam Veterans’ Memorial in KINGS Park followed by a family barbecue adjacent to the memorial. Then at 5pm there were sub-units reunions and smokos at various locations around Fremantle.
- Monday 25th April 2006: The group attended various dawn services across WA.
- Tuesday 25th April 2006: The group attended various dawn services at different locations around Fremantle.
- Wednesday 26th April 06: At 9am, a Reunion Golf Tournament at Glen Iris Golf Club, Jandakot was held for the males. At 10.30am, there was a Morning tea for partners and friends with Partners of Veterans’ Association (WA RSL) at the Bicton-Palmyra RSL. Then on the Wednesday evening the reunion dinner was held at the Esplanade Hotel Fremantle.
- Friday 28th April 2006: At 5pm there was another open invitation to the SASR Association’s House at Swanbourne.

Attending all activities were the Association Patron, Commanding Officer 1st Tour, Colonel Eric Smith DSO, Commanding Officer 2nd Tour, Major General Ron Grey AO DSO, as well as the Association Patrons; Association President, Rear Admiral Ross Ellis and Tony Kecher. Other well known members of the association who attended the reunion and had a great time were Reg Bandy, Hon Graham Edwards MP, Don Cruden, Spunky Fieldhouse, Alan West and John Burrows to mention just a few.

John Burrows Ph 9310 7061
Steve Chamarette Ph 9242 1865

The sun shone in silence over the bay, 
As the ANZAC troops arrived that day,
They jumped from ships onto the beach,
Trenches they dug, these fearless men,
The sun shone in silence over the bay,
As the ANZAC troops arrived that day.

They came from everywhere.
The boatmen from the Murray,
A dogger from the Kimberleys,
The maker of the steamers tank,
The town drunk.

They were just ordinary, everyday people,
Crossing the world for high adventure and duty,
Living their lives,
Never to be again.

I am just an onlooker,
A spectator by far,
But I cannot turn my back
On the horrors that haunt Sahab,
I am the next generation,
To carry on the tale.
Of men bathed and beaten,
Malnourished, diseased and frail.
I also have an opinion,
That this should not have been,
But now it has and we must remember
Why they perished from the scene.
I am a blank canvas,
Feel free to bestow on me,
The story of these brave young men,
That I will carry with dignity.
I am an Australian
And fly my flag with pride,
For the memory of these Aussie men
Will live forever, though they have died.

By Jozef Schrock, St Anthony’s School, Greenmount, Year 5, April 10, 2006

FOR THEM

For those who persevered
For those who served,
For those who strived,
And fly my flag with pride,
For the memory of these Aussie men
Will live forever, though they have died.

By Glenn Nix, Student, Boyup Brook, WA

ANZAC Tour to Borneo, 18th April 2006.

Year one students from Lathlain Primary School helped commemorate ANZAC Day by making a peace quilt. The students presented the quilt to the RSL State Secretary Shane Seers at a school assembly earlier this month.

The quilt recognises the contribution of Australia’s armed services to peace. Students drew designs on to paper and then transferred it on to fabric squares. Their teacher, Leonie Moncrieff, sewed the fabric squares together to make the quilt.

Dawn Whitehurst and Joan Williams, of the Defence Widows Support Group, helped the students with their designs.

Year 7 students from the school have also researched war memorials and made replicas during art class.

The school holds a special tribute each year to soldiers who fought and died for Australia.
**Across**
1. Timation measurement
2. Cause of sickness
3. Computer picture button
4. Deteriorate
5. Divination
6. Costa __
7. The Japanese Imperial Army
8. Cheese
9. Not as much
10. Transmits
11. A light machine gun used by the Japanese in World War II.
12. Festive public processions
13. The five hundred metre rocky heights of Mount Canaan between Latakia and Damour. At the end of the 28th/29th of October they slipped away to the next defensive position on the high ground between Latakia and __
14. Play in the water
15. Capital of Egypt
16. Surname
17. The Japanese attacked the Australians on the Kokoda Track from this village in New Guinea.
18. Two.
19. High naval rank (abbr.)
20. Fibbed
21. Inscribed pillar
22. The Japanese attacked the Australians on the Kokoda Track from this village in New Guinea.
23. Play in the water
24. Football assoc.
25. Always
26. Warn
27. Consecrated oil
28. Warn
29. COLLIER
30. Capital of Egypt
31. Young lady
32. Chore
33. Young lady
34. Hive dweller
35.Typesetting measurement
36. Across
37. Mortarboard embellishment
38. Pot's pal
39. Snacked
40. Newsman Rather
41. Finish
42. Bro.'s sibling
43. ____ matter
44. Only __
45. After capturing Kuneitra, he saw another post
46. Expression
47. __ Francisco
48. Lager
49. __ matter
50. ___ Francisco
51. The defensive Thermopylae Line was a classic withdrawal, organised by Wilson and Blamey, it was a fall back of 100 kilometres. The 16th Australian Brigade would take up positions West of __________ through which the 17th Australian Brigade would withdraw through. The 19th Australian Brigade would form a final rearguard at Domokos. Simultaneously the 6th New Zealand Brigade would establish positions near Hallowed, through which the other two New Zealand Brigades would withdraw.
52. Slice
53. Regime
54. Drink
55. Goddess
56. Self
57. Development
58. Develop
59. Old-fashioned
60. Develop
61. Develop
62. Lager
63. Drink
64. Drink
65. Still
66. Lager
67. Drink
68. Lager
69. Major General Iven __
70. Distress call
71. African nation
72. Politics
73. Post
74. Insolled pillar
75. Gravy square cereal
76. SERGEANT NH
77. Harp
78. Slide on snow
79. Rio de Janeiro
80. Richelieu
81. Pot's pal
82. Opera solo
83. Pot's pal
84. A sub-machine gun used by the Australians on the Kokoda Track from this village in New Guinea.
85. Roman emperor
86. Bro (abbr.)
87. Pot's pal
88. Slide on snow
89. Rio de Janeiro
90. Frost
91. Still
92. Lager
93. Pot's pal
94. Drink
95. “as you __”
96. Was
97. Salt's __
98. Yes
99. Coke
100. Yea

**Down**
1. Posttraumatic stress disorder
2. Note
3. Gent
4. ___ matter
5. Expression
6. The Australian Intelligence Bureau (AIB) was set up with Colonel CG Roberts of the Australian Army as its director and Lieutenant Colonel NF of the American Army as his deputy.
7. Baby sheep
8. Regional vegetation
9. Price increase
10. “To the right!”
11. Captain Martin Clemens was a captain in the Australian 2nd/23rd Battalion in charge were captains Hutchinson and Mackinson.
12. Thirteen
13. Always
14. Porsche
15. Football assoc.
16. Warning
17. Consecrated oil
18. COLLIER
19. Young lady
20. Blonde
21. Good
22. Hit or shovel
23. Thirty billion years
24. Mortarboard embellishment
25. Snapped
26. Newsmen Rather
27. Finch
28. Bro's sibling
29. Only
30. Pot's pal
31. Pot's pal
32. Pot's pal
33. Pot's pal
34. Pot's pal
35. Pot's pal
36. Pot's pal
37. Pot's pal
38. Pot's pal
39. Pot's pal
40. Pot's pal
41. Pot's pal
42. Pot's pal
43. Pot's pal
44. Pot's pal
45. Pot's pal

**Ingredients:**
900g of fresh or tinned tomatoes
1 tablespoon of fresh, garden basil
1 large onion diced
2 sticks of fresh celery
1 freshly chopped garlic clove or 5g of minced garlic
5 carrots diced
2 tablespoons of vegetable powder stock
1 tablespoon of curry powder
2 cups of 400g brown beans
1 can of tomato puree
3 litres of water

Add pepper to taste
Ad 100 dried pasta 30 minutes before finished cooking

**Directions**
1. Add onion, garlic, carrots and celery for three minutes, then add the rest of ingredients. Bring to a slow boil for fifty minutes on stove, or soup can be cooked in a crock-pot.
2. It transpired that another soldier was given Alex Bell’s jungle greens, whereas in Viet-Nam, the soldier never wore them and but kept them, as they were personally significant to him, because they were issued to him while he was in Viet-Nam.
3. The veteran, who now resides in Victoria, sent the trousers to Don along with a special message. It was a very proud moment for John when he received his brother’s jungle green trousers. Don also presented John with a framed 7th Battalion memento, containing the names of those killed, and a 7th Battalion ribbon.

**Recipes**

**Real Aussie Vegetable and Tomato Soup**
Low Fat Low Calorie High Fibre

**Ingredients:**
- 900g of fresh or tinned tomatoes
- 1 tablespoon of fresh, garden basil
- 1 large onion diced
- 2 sticks of fresh celery
- 1 freshly chopped garlic clove or 5g of minced garlic
- 5 carrots diced
- 2 tablespoons of vegetable powder stock
- 1 tablespoon of curry powder
- 2 cups of 400g brown beans
- 1 can of tomato puree
- 3 litres of water
- Add pepper to taste
- Ad 100 dried pasta 30 minutes before finished cooking

**Directions**
1. Add onion, garlic, carrots and celery for three minutes, then add the rest of ingredients. Bring to a slow boil for fifty minutes on stove, or soup can be cooked in a crock-pot.

**Brother Presented With Viet-Nam Casualty’s Trousers**

Don Cruden, ex 7 Battalion, contacted one with a request to photograph an unusual presentation. Therefore on Monday the 8th May I met Don Cruden, at John (Dinger) Bell Autos, in Gilliam Drive Kelmscott. Don then presented John Bell, with his brother Alex’s jungle green trousers.

Alex Bell was an infantry soldier in the 7th Battalion Royal Australian Regiment in South Viet-Nam. Unfortunately Alex was not one of the unlucky ones to return home to loved ones. It transpired that another soldier was given Alex Bell’s jungle greens, whereas in Viet-Nam, the soldier never wore them and but kept them, as they were personally significant to him, because they were issued to him while he was in Viet-Nam.

The veteran, who now resides in Victoria, sent the trousers to Don along with a special message. It was a very proud moment for John when he received his brother’s jungle green trousers. Don also presented John with a framed 7th Battalion memento, containing the names of those killed, and a 7th Battalion ribbon.

**Don Cruden and John Bell at the ceremony**
My Grandad Marches On ANZAC Day

By Catriona Hoy and Benjamin Johnson

The main theme is about ANZAC Day. The story is really hits the spot on what ANZAC Day means.

The book is mainly about a girl and her father who are the marchers. The reason they don't have any names, that we as an ex-service association, would like to see perpetuated.

Teachers will find the book invaluable for assisting young children to comprehend the meaning of school ANZAC Day ceremonies, which take place either prior to, or just after ANZAC Day, due to the school holiday calendar.

In order to obtain a reliable review the Editor considered that it would be more appropriate to have children, the intended audience, read and review the book.

The Year 7 children of Cheltenham Primary School, in the Armadale District, were asked to review the recently published picture book. The opportunity to have a book published is not only a thrill, but also another reason for purpose for writing. The Editor conveys his thanks to both the children and their teachers for their efforts.

The following text provides insight into the students' personal reactions to the book:

We have just finished reading "My Granddad Marches On ANZAC Day". The author’s name is Catriona Hoy and the illustrator’s name is Benjamin Johnson.

The story is about a little girl and her dad. They got up really early on ANZAC Day to go to the dawn ceremony and to watch the people march. The little girl’s grandad marches with the other people.

The younger kids, from about 5-10 years old would enjoy this story and it wouldn’t make anyone sad or upset or even scared.

My opinion is that the colours are cool and calm. People who would like it best will be year ones. Catriona Hoy did a great job. It is Benjamin Johnson’s first book. He did an awesome job with the pictures.

Review by Liam.

I have just read the book "My Granddad Marches On ANZAC Day". I have read it to my daughter. She enjoys stories written by Catriona Hoy.

My opinion is that the book is a good book and I really enjoyed both the text and the illustrations. All in all, it’s a very good book and I think it will appeal to most audiences.

Review by Alex.

We have just read the book. "My Granddad Marches On ANZAC Day". This book is written by Catriona Hoy and illustrated by Benjamin Johnson.

The book’s theme is about ANZAC Day. This is how the story goes. They get up for the Dawn Service and then watch her Grandad march on ANZAC Day.

I think it is very clever the way Catriona Hoy explains it. In a way that young people can understand. I also think that Benjamin Johnson did an excellent job with the illustrations.

Overall, it’s a very good book and it explains ANZAC Day ceremonies very well.

Review by Sophie.

I have read the book, "My Granddad Marches On ANZAC Day", which is written by Catriona Hoy and illustrated by Benjamin Johnson.

The book’s theme is about ANZAC Day. This is how the story goes. They get up for the Dawn Service and watch their Grandad march on ANZAC Day.

My opinion of the book was that it was a cool and calm book. It is based for Year 1, 2 and 3.

Review by Tash (Natasha).

I have just read the book. "My Granddad Marches On ANZAC Day". This book is written by Catriona Hoy and illustrated by Benjamin Johnson.

The book’s theme is about ANZAC Day. This is how the story goes. They get up for the Dawn Service and then watch her Grandad march on ANZAC Day.

They get up and watch the Dawn Ceremony and then watch the little girl’s Grandad march.

It is a good book especially for younger kids. They have done a great job with explaining such a hard subject.

Review by Mary.

I have just read the book. "My Granddad Marches On ANZAC Day". The author is Catriona Hoy. The characters are a little girl, Daddy and Grandad.

The main theme is about ANZAC Day. The story is about a little girl and her Grandad. I think this is an excellent book because it tells you about ANZAC Day and the illustrator uses cool, calm colours.

This book is fantastic.

Review by Kiera.

I have just read the book. "My Grandfather Marches On ANZAC Day". This book is written by Catriona Hoy, illustrated by Benjamin Johnson.

The book is mainly about a girl and her father who go to the Dawn Service. Later it is dark and then the parade; where her grandad marches in remembrance of the people who died in the war.

The characters are the girl, Daddy, Grandfather and the marchers. The reason they don’t have any names is so no one can be kept.

The book is so short that it has real feeling and really makes you think if this book was a really long story. I think it will suit kids because it has a nice way of explaining ANZAC and it doesn’t go into death and killing.

Review by Mariah.

I have just read "My Granddad Marches On ANZAC Day". The author is Catriona Hoy. The characters are a little girl, Daddy and Grandad.

During 2007 the Australian Intelligence Corps celebrates the Centenary of its Formation on 6th Dec 1907.

We are told the Corps hopes to conduct a series of activities, nationally and internationally, to commemorate the achievements of members of the Corps, their families, and organizations. It is not only to recognize and acknowledge the contributions of former members of the Corps, but also to present the lessons we may have learned over the years to the current and future generation of Intelligence Officers.

The Association will pass on the stories of the WA initiatives being taken up by the wider Army.

People who want to attend Army Live have to book a place, and should contact the Army Recruiting Line on 13 10 10.

Information: Major Greg Smith, Army PR, 3366 2557, or 0405 313 000

Singapore Delights

Singapore is a gourmet’s delight with the price of food ranging from “terminally cheaper” to “ornerily dearer” to suit the traveller on a limited budget.

The no-plate rule still applies and the banana leaf syndrome also applies, but Muthu’s has gone a bit more upmarket these days. They have shifted down the road to a bigger premises and the décor now has a “Zen interior and a cozy ambience”.

Muthu’s has a bit too, too modern. Young good-looking office workers with their mobile phones abound, but thank goodness the food is just as good as all those years ago and is still as reasonable compared with the old days.

But Muthu’s has lost its rough and ready atmosphere. Over the years Muthu’s has spawned several other banana leaf restaurants – all in Race Course Road, nearby. They are very similar and have almost exactly the same menu.

On our second last day we took a bus trip to Malacca in Malaysia, or Melaka as it is known. We had experienced one of the finest buffets of our trip at the Hotel Equatorial with the same ‘banana leaf’ restaurants – all in Race Course Road, or nearby. They are very similar and have almost exactly the same menu.

On our last night in Singapore I bought some take-away food from the corner stall who are the favourite workers with their mobile phones – as the Raffles Hotel – and not in bulk.

As far as food is concerned by all means eat in your hotel and pay high prices, or go to the corner stalls. On a recent trip to Singapore I chanced upon a jewel of a meal at a little ‘banana leaf’ restaurant just off the Raffles Hotel – and not in bulk.

We took it to our hotel room. Tasty, edible and cheap – four dishes for $8*.

Not only was the price right, but we could experience your room in the luxury of the Raffles Hotel and give their food a miss.

As far as food is concerned, by all means eat in your hotel and pay high prices.
PUTTING ON THE RITZ

Lovers of good live theatre and those of you who saw the play, *Pack Up Your Troubles*, last November, which featured Stirling's own Jeremy Bruer and his wife Kathy, the Consul General of Turkey, Bernard O'Regan, General Sam Lewis, New Zealand Consul General, and many other dignitaries: there were also several Australians attending with Malcolm Speed the Chairman of the International Cricket Council as the guest speaker.

Be Active BSX Theatre is offering Thrills and Skills in 2006, a program involving an intensive series of performance classes for people over the age of 16. Course 2 was a sell-out with students currently learning about Performing Non-Naturalistic Text under the expert guidance of tutor George Shervov. Course 3 promises to be equally well attended so book your place now.

• Course 3 THEATRE BODY
Every Thursday 7pm- 8pm
Thurs 27th July – Thurs 28th September
Old Masonic Hall, 6 Broadway Nedlands

• Tutor Andrew Hale
Theatre is a visual medium like no other, and so often we say more with our bodies than we do with words. These classes explore how to move truthfully on stage, and the important connection between thought and action. Using neutral mask as a base, explore movement in all of its forms including the movement of the elements, materials, poetry, light and painting. By investigating ideas of movement in space and character, this experience will provide you with an invaluable resource by giving the actor a veritable encyclopedia from which to draw character and devise theatre. Look closely... everything moves.

To book, fax this form to (08) 6580 0522 or contact Keryn Hagarty on (08) 6389 0311 or email HYPERLINK "mailto:keryn@bstc.com.au" keryn@bstc.com.au

Please be advised that applications close Monday 17th July 2006, Black Swan Theatre Company Be Active BSX Theatre

Thrills and Skills Workshop 3 THEATRE BODY
Fax (08)6890 9522 To Black Swan Theatre Company
Phone: (08) 6890 0322 Mall PO Box 2522 Broadway PO Crawley 6009

Crossword Solution – June 06

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THE LISTENING POST June/July 2006

Comings and goings at STIRLING

HMAS Westralia

Westralia was leased in 1989 from the Royal Navy and purchased outright in 1991, when a flight deck was added to accommodate helicopter operations. Westralia now active service in the First Gulf War as part of a Multi-National Naval Force conducting operations in support of Kuwait. She has also participated in operations in the Southern Ocean and deployed throughout South East Asia.

On Friday 7 July, the guided missile frigate HMAS Darwin, said good-bye to her home of 12 years when she sailed from HMAS STIRLING, bound for her new homeport at Fleet Base East.

In Sydney, HMAS Darwin will receive a major upgrade to her weapons and sensor suite, extending her service life and significantly enhancing her capabilities. Following the upgrade, HMAS Darwin will continue to operate within Australian waters and overseas in support of Australian Government policy.

Gary Booth, Defence Public Affairs (WA)

THE TOP TEN SONGS

Bought to you by Adrian at Abbey’s Music Centre.
Shop 12 Stargate Shopping Centre Kelmscott.

e-mail: abbottscd@hotmail.com

1. Kathrine Jenkins—Living A Dream
3. Al Grant—Heartbeat Moments
4. Pat Boone—Singles Collection
5. Nino Rosso—IL Silenzio
6. Divó—Acora
7. Amici—Defined
8. Human Nature—Reach out
9. Bobby Cash—State of The Heart
10. West Life—Face To Face

These Songs can be heard played on Curtin Radio If you mention seeing the Top Ten cds in the Listening Post. Adrian will give you a discount on your purchase.

ANZAC Remembrance in Dubai

ANZAC Day Ceremonies of Remembrance held in Dubai, ruler of the United Arab Emirates, and in Mina Seyahi Hotel and hosted by ANZ and the New Zealand Consulate.

The ANZAC Darwin service was held on Tuesday 18 July at 5.15 am and was attended by approximately 500 Australians and New Zealanders living in Dubai as well as Commander Miles and his crew from HMAS Ballarat which was in port at that time.

There were also several Australian business men visiting Dubai and the meetings which were also able to attend including the new New Zealand Consul General to Dubai, Fabrice Fabreschi and his wife Kathy, the Consul General of Turkey, Bernard O'regan, General Sam Lewis, New Zealand Consul General and many other dignitaries:

The service opened with a Piper playing Flowers was read by an ex Australian Forces representative

A Gunfire Breakfast was served on the terrace overlooking the beach which was a typical army breakfast with bangers, baked beans with a cold coffee with

Banu rundi

At 12.30 pm the ABBG (Australian Businessmen in the Gulf) ANZAC Day Lunch was served at the hotel with over 100 Australians attending with Malcolm Speed the Chairman of the International Cricket Council as the guest speaker.

Peter Ashton

NEW ADMIN IS HERE!!!

Your medals court or swing mounted within 72 hours; or there's FREE!!

Your medals are your family’s heritage, have them professionally mounted with totally intact, acid free mounting materials ready to wear - guaranteed to last for many years. Choose our quality materials are used to safely mount your medals!

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Crossword Solution – June 06

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The Deputy Editor and I recently attended the “Golden Holidays Sabah and Sarawak” launch held at the Four Seasons Hotel in Perth.

Tourism Malaysia and Malaysian Airlines gave a very impressive power point display, about the planned events that they are currently organising, to take place in Malaysia in 2007.

Within the power point display, Malaysia Airlines gave a preview of the state of the art jets that they are taking delivery of. If viewing the photographs in the presentation prospective patrons would be most impressed, as the business class cabin resembles a five star flying hotel. Economy class will also get a make-over, inclusive of extra legroom and new, more comfortable seating.

The holiday packages to Malaysia are priced very competitively. A four day holiday to Penang, including hotel accommodation, will cost just over $1000. If you prefer to visit Sabah and Sarawak a four day holiday, inclusive of hotel accommodation, will cost between $1200 and $1300. Upgrades to five star will be available at a very modest cost.

Australia is in the top ten, of the nations visiting Malaysia. They are and also in the top bracket, for the number of dollars that they spend on shopping. The exchange rate equates to about three Malaysian Ringgit, to one Australian dollar, making shopping in Malaysia a very profitable past-time.

To top the night off, Tony and I had a wonderful time eating, a fantastic array of fine Malaysian food. The tempting food made it very hard for us to stop tasting the culinary delights. Beverages, including wine, beer, fruit juice and soft drinks were also provided.

In all it was a very informative and enjoyable evening.

Len Copley

“Word of mouth”
Recommendation. It’s the highest form of compliment a customer can pay to any business ...

“I nearly had my real medals stolen one Anzac Day a few years back and got a set of replicas that I wear for most occasions. I decided that, while I could afford it, I would get another two sets made up, making three sets, one for each grandchild for when I fall out of the tree. The real set will go to the family trust if they need it... I received the two sets by mail from WA, you see I thought I would get Heritage Medals to make up the sets, I had to buy the lot of course — mounting and purchase of all medals and the finished product was the best I have seen. It is because of this, the quality of the workmanship to the finished product I have no hesitation in recommending anyone to contact them.”

-- Bob Buic, JP, MVA.
Is it permitted to have the captain of a large airline jet with more than 200 passengers on board, travelling from Asia to Perth, absent from the controls for a lengthy period of time? Can or can the first officer cope alone for about 40 minutes over Australian airspace?

Those questions emerged after an incident last year which drew several complaints and, in the end, an evasive non-committal answer from the airline. It involved some passengers in the economy section of the forward cabin attendants’ area. The captain of a large airline jet, twin-engined jet with a full load – approximately 45 minutes. The question I ask is: Is it permitted to have the captain, alone in the flight deck and being totally responsible for the aircraft, be given by the captain, I presumed that the first officer was alone in the flight deck and being totally responsible for the aircraft and all the passengers.

As the incident progressed, some passengers in the business class section were remonstrating with a passenger, is a fact I and other passengers were aware of. What developed further needs, if not an inquiry, an explanation. After his return to the forward stewards’ cabin area, the captain then addressed the cabin staff. His voice was at times angry and there was little interjection from the cabin attendants. This address, or whatever dialogue, lasted approximately 45 minutes. The subject matter in this monologue: scratches of which could clearly be heard in the business section, included what the captain had said to the complaining passenger and the captain's qualifications, including his service experience.

At one stage, in an effort to blant the captain’s words, a male steward stood in front of the curtain to the cabin attendants' area. I believe this incident should be investigated. I’m sure all passengers would want to know if the steward lodged a report, if the passenger who complained lodged a report and if the first officer lodged a report.

More importantly if the captain lodged a report on his actions. Considering the great time and effort that goes into checking passengers before boarding a commercial aircraft and the concern about safety and possible terrorist attacks, is it company policy to allow a junior pilot on board one of your aircraft to be alone on the flight deck for such a considerable period of time? At this stage I am assuming that there was no third pilot aboard the flight. If an inquiry or investigation into this incident, and the captain is found at fault, I believe that every passenger on that flight should be told what occurred, by letter. Further I consider that every passenger be sent a refund for that flight if the first officer was alone on the flight deck for such a considerable period of time. I do not know the passenger’s name who made the complaint about excessive noise, but that can easily be checked. However, the captain's name sounded Scottish.

The government's response to the situation in Dili

The Operation includes components from the Royal Australian Navy, Australian Army and Royal Australian Air Force, working with other Australian Government agencies to assist the Government of Timor Leste to restore peace to the nation.

APGs (Armoured Personnel Carriers) from 3/4 Cavalry Regiment in Dili

Operation Astute – Dili

Collins Class Submarines (SSG)

The characteristics and range of Collins Class submarines have been tailored specifically for its defence and two-ocean surveillance role in the Royal Australian Navy. Designed to be as quiet as advanced technology can achieve, Collins Class submarines have been developed from five generations of submarines designed and built by the Swedish Navy.

One of the first submarines to be totally designed by computers, these submarines boast a vast range of features. They include a high performance hull form, highly automated controls, low induction rates, high shock resistance, efficient weapons handling, and an optional air-independent propulsion system.

The submarine will move silently on electric power supplied by banks of new-technology lead-free batteries. The batteries are charged by three on-board diesel generator sets.

The sophisticated combat system, which gathers its intelligence from its sensors, computes the input and then launches and directs weapons, is an advance on any system currently available.

Each ship has been named after a distinguished former member of the RAN, some of whom have made the ultimate sacrifice for their country. Based at HMAS Stirling in Western Australia, they are a formidable element in Australia’s defence capability.
A gentleman came to see me the other day with swelling (R) knee. The swelling was significant enough to restrict his movement, which was particularly painful. He had not noticed it swelling and could not remember any recent injury or impact to the knee recently. He had come to me thinking he had arthritis and was not sure if there was anything I could do.

Knee pain like shoulder pain can have many different causes, I therefore conducted a thorough examination before jumping to conclusions. What we found was a bit of a surprise to my patient although not an uncommon occurrence. It turns out that he had actually damaged/torn his knee cartilage some years ago and it was starting to play up again (i.e. causing swelling in the knee). Due to the fact that the knee was not locking up and was not particularly painful we treated it conservatively, reducing the swelling and slowly allowing his knee movement and finally teaching him how to strengthen the muscles.

So, what is a cartilage/meniscal tear of the knee? Like all of the joints in the body, a layer of cartilage covers the joint surfaces, thus allowing smooth and efficient movement of the joint. The knee joint has some extra pieces of cartilage called the menisci. These two half moon shaped bits of cartilage help make the Tibia and Femur (the bottom and top bones of the leg) fit together. These play a part as shock absorbers, stabilizers and help with lubrication. Unfortunately for us, they are a bit susceptible to getting caught between these two bones thus causing damage to them or even a tear.

Athletes will usually tear their meniscus with a specific injury, often a twisting movement with the foot. However, in older people a meniscal tear can occur with minor trauma or even no trauma that the person can remember. Meniscal tears come in all shapes and sizes and your Physiotherapist or Doctor will be able to diagnose it with a few simple tests. When the tear occurs it is not always very painful so an athlete can often continue their sport (although with a bit of a limp) or at least can walk with the discomfort.

You would expect the swelling in the knee to be apparent by the next day. The pain will often be localized to the side of the knee where the tear is located. Sometimes the tear fragment can get stuck between the bones and cause locking of the knee. A person may also have a giving way sensation but this is more often due to pain (inhibiting the muscles) than the knee being unstable.

With my gentleman, this had all happened a couple of years ago. He was on holiday at the time so all he did was rest it up and it slowly settled over a two weeks period. He tells me he felt a bit of discomfort off and on for about four weeks after this, but then just forgot about it until I started pestering him with a lot of questions. So why is it playing up now? Well the meniscus has a very poor blood supply and basically does not heal, except under certain circumstances where surgical intervention occurs. Thus the tear was still there albeit not symptomatic, so at some stage he has trapped the fragment again and inflamed the tear, which even knowing what or when he did this, making the knee appear to swell for no reason.

Fortunately for my gentleman he was well on holiday treatment, the swelling subsided and he is doing all the things he did before. Sometimes a person with a meniscal tear does not respond well to treatment and may need to see an orthopaedic surgeon (bone surgeon) who specializes in knee surgery. The surgery performed is called an arthroscopy and during the procedure the torn meniscus is trimmed. As much of the meniscus as possible is left in the knee because a knee that does not have a meniscus has a much higher chance of developing osteoarthritis in the longer term.

Surgery never sounds like an inviting proposition, but arthroscopy of the knee to trim the meniscus is often only day surgery and is highly successful in reducing a person’s pain, swelling and improving their range of movement. The best part is you also often get to see your friendly Physiotherapist again after surgery for your rehabilitation exercises!

See you all next time.
With the help of hearing aids from Australian Hearing, 88 year old Mr Keith Heggie was able to pass the hearing test he needed before he could fulfil his lifelong dream of learning to fly.

His dream might be unusual, but his age-related hearing problem certainly is not. In fact, about 50% of Australians over 60 years have some sort of hearing difficulty and that’s where the specialists at Australian Hearing can really help.

The first thing they’ll do is talk over your concerns and your needs. Then they’ll discuss your circumstances and your lifestyle to come up with a hearing solution that’s just right for you. So if you’re concerned about your hearing, call your local hearing centre on 131 797 or visit www.hearing.com.au.

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