Remembering Vietnam

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“We won’t be beaten on price. I put my name on it.”

Listening Post
The official journal of THE RETURNED & SERVICES LEAGUE OF AUSTRALIA
WA Branch Incorporated • PO Box 3023 Adelaide Tce, Perth 6832 • Est. 1920

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Listening

Remembering

Vietnam
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CONTACT DIRECTORY

Departments at ANZAC House
Membership: Kathy Clark 8.00am to 3.30pm Mon-Thurs
9287 3705
Welfare: Rosalind Howat 8.30am 4.30pm Mon-Fri
9287 3707 0412 009 191
Snr Advocate: Jim Boland 8.00am to 4.00pm Mon-Fri
9287 3708
ANZAC House Manager: Matthew Holyday 9287 3714
Financial Services: Ken van Lit 8.30am-4.30pm Tues-Fri
9287 3718
Helen Beech 8.30am to 4.30pm Mon-Thurs
9287 3703
Records Officer: Naomi Jones 9287 3713

Editorial Information
Editor: Denis Connelly (08) 9287 3716
Executive Editor: Nola Keen
Office Manager/RL: Advertising: Nikida Judge 9287 3701
ofcng@rslwahq.org.au
Administration Assistant: Caitlin Harnwell
Receptionist/Assistant Editor: Amy Hunt
Graphic Design: Type Express Printer: Rural Press

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If possible, submissions should be typed and double-spaced. Preferred
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and white or colour. This is your journal and contributions are welcome.
Address to: The Editor, The Listening Post
RSJ, PO Box 3023 Perth Adelaide Terrace, WA 6832
Email: listeningpost@rslwahq.org.au

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To all Presidents and Sub Branch Secretaries, send photo-
gaphs and a short article on special activities at your Sub
Branch to The Listening Post.

Denis Connelly, Editor

Resolution for photos are extremely important. If a low quality
picture is printed it will come out pixel-lated and blurry.
The Editors at The Listening Post are dedicated to publishing the
highest quality newspaper and therefore will ONLY accept digital
photos emailed to listeningpost@rslwahq.org.au

We are proud of our long association with the RSL and
are pleased to provide members with the following
services

Probate and Deceased Estates - David Miller
Conveyancing and Settlements - Emma Leys
Enduring Powers of Attorney - David Miller
Family Law - Tony Milne
Motor Vehicle Accidents and General Personal Injuries -
Tony Milne

WILLS AT SPECIAL RATES
On this day in History

<table>
<thead>
<tr>
<th>Date</th>
<th>Year</th>
<th>Title</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 October</td>
<td>1942</td>
<td>Templeton’s Crossing</td>
<td>25th Brigade, 7th Division, contacts Japanese rear-guard at Templeton’s Crossing. The pursuit of the Japanese retreating along the Kokoda Trail involved hard fights. Templeton’s Crossing was named after an officer of the 39th Battalion, lost without a trace in the retreat from Kokoda.</td>
</tr>
<tr>
<td>21 October</td>
<td>1916</td>
<td>5th Australian Division on Western Front</td>
<td>The 5th Australian Division entered the front line near Flers on the Somme. By October the Somme battlefield was a waste of mud-bound craters. The troops’ misery is depicted in the Somme Winter diorama in the Memorial’s galleries.</td>
</tr>
<tr>
<td>23 October</td>
<td>1942</td>
<td>Battle of El Alamein begins</td>
<td>The battle of El Alamein in Egypt, one of the turning point battles of WWII, began with a massive artillery bombardment preceding attacks by British and Australian divisions.</td>
</tr>
<tr>
<td>31 October</td>
<td>1917</td>
<td>Beersheba, Palestine</td>
<td>At Beersheba the 4th Light Horse Brigade’s bold charge against Turkish positions at Beersheba, seized a critical well that enabled British empire forces to break the Ottoman line near Gaza and advance into Palestine.</td>
</tr>
<tr>
<td>1 November</td>
<td>1945</td>
<td>Australia ratifies United Nations Charter</td>
<td>Australia played a leading role in the formation of the United Nations, a product of its commitment to the ideals for which the Allies fought in WWII.</td>
</tr>
<tr>
<td>4 November</td>
<td>1944</td>
<td>Jacquinot Bay</td>
<td>Troops of the 6th Brigade land at Jacquinot Bay, New Britain. Jacquinot Bay became an important base for Australian operations against the Japanese on New Britain.</td>
</tr>
<tr>
<td>5 November</td>
<td>1950</td>
<td>No.77 Squadron supports 3RAR</td>
<td>No 77 Squadron, for the first time in the Korean War, flies in support of the 3rd Battalion Royal Australian Regiment, in the Pakchon-Sinanju road area, Korea. Australian Mustang fighters strafed Chinese positions just before 3RAR commenced its assault at Pakchon.</td>
</tr>
</tbody>
</table>

These events are only a selected number of significant dates when Australians were involved in activities of importance. For the complete list go to: www.awm.gov.au

2010 Remembrance Day Luncheon

Thursday 11 November 2010  
12.30 pm – 2.30 pm  
Gallipoli Room  
ANZAC House  

Menu

Roasted Sirloin of Beef on Mashed Potato  
with a tomato basil sauce and fresh seasonal vegetables  

Individual Pavlovas with a raspberry coulis  

Tea & coffee  

Cost - $40.00  

RSVP: Essential by Friday 22 October 2010  
Only 120 places available – tickets issued on a first come basis.
Thank You
Let me offer my thanks to those members and friends who visited me in hospital and extended their best wishes during my recent illness and hospitalisation. Their support and encouragement have greatly helped and I am looking forward to getting back into RSL activities – perhaps at a reduced pace.

I do wish to acknowledge the support I received from fellow Board of Directors who willingly took over my presidential duties. They did a great job and ‘kept the show on the road.’ Special thanks also go to ANZAC House Staff who willingly undertook extra duties while I was away. Member services carried out by me were not compromised during my absence.

State Congress
The 2010 Annual State Congress will be held at the Mercure Hotel, Ipswich, from Thursday 14 – Sunday 17 October 2010 commencing at 9:00am. The Agenda and Notice Papers have been issued to be sub branches in accordance with the State Constitution. This year Congress will be held on one day only due to motions sub branches have been dealt with by State Executive or forwarded on to National for their consideration. This new approach to dealing with issues on an immediate or quarterly basis will result in a speedy attention to motions submitted by the veteran community concerning the welfare of veterans and the defence of Australia. The 2011 Meeting under the new format will be held in Melbourne in September 2011.

Priority Proposals to Government for 2011 – 2012
The recently held RSL National Congress approved the following items to be submitted to Government as a priority for consideration with the possibility of being included in the forthcoming federal budget.

1. The list of 32 items contains thirty-two items those listed were deemed to require immediate attention. Should members wish to view the full list of proposals please refer to the National Website at: www.rsl.org.au

2. Priority 1: Emotional Health

    That the development of a national mental health rehabilitation initiative for veterans suffering mental health problems based on individual circumstances. Full details of the Fund is promoted through a wide distribution of the AFOF brochure that contains a comprehensive list of its achievements, a brief history of the Fund and its purpose. In particular, significant donations were received from the RSL Sub Branch, the Snowy Mountains District, Homebush Strathfield RSL Sub Branch, Bedford Morley RSL Sub Branch, War Widow’s Widow’s Protective Association and WA Branch’s Monday Craft Group, Tarwin Lower Sub Branch’s donation, Rye RSL Sub Branch Inc, & Belconnen Sub Branch. The Fund is most grateful for the ongoing support and well wishes from members who have generously donated to the Fund. RSL Australian Forces Overseas Fund (AFOF) provides packages to personnel serving overseas in Afghanistan, Iraq, the Middle East, Sinai, Solomon Islands and Sudan. Australia has large numbers of personnel serving in Afghanistan, Iraq and the Middle East.

3. Priority 2: Support for the Defence of Australia

    That the Government remove the restriction of members’ status of Veterans’ Affairs (Vet Affairs) with the Department of Veteran Affairs Australia not being able to attend RSL business meetings. That the Department of Veteran Affairs make a financial contribution to enable veterans to attend meetings of the Australian Defence Force

4. Priority 3: Residential Care

    That the Government provide for a system to ensure access to appropriate accommodation for disabled Veterans who have served in the RSL to the public. It will also provide a forum for the League to develop initiatives associated with the education, care and recognition of Veterans’. WA was represented by the State President, State Vice President, CEO and Director of Veterans’ Affairs (WA). The Congress was held over a three-day period and debated policy and considered motions that affected the welfare of veterans.

Priority 6: Home Respite Care

    That the Department of Veteran Affairs adequately resource the provision of the yearly allocation of eight (8) days of respite care for members of Veterans Home Care Program.”

The RSL Australian Forces Overseas Fund (AFOF)

AFOF provides packages to Defence Force and Australians Federal Police Personnel serving overseas. The majority of these personnel are deployed on a six-month rotation basis and, to ensure that each receives the benefit of a package during their in-home respite period, packages are made available for delivery twice yearly. These packages are loosely referred to as ‘home respite packages.’ Packages are delivered to remote and isolated places, ensuring one hundred years of RSL’s history. If you are able to do so, please act as collectors to assist in the tracking down of information on past sub branches – or if you have any records of items to be catalogued in these overseas missions. The AFOF is to be held in Perth on FRIDAY 5 November 2010. The Appeal is organized by the RSL, and that is an independent Trust Fund administered by Trustees. Funds collected are used to assist veterans in need or necessitous circumstances. Our collection procedures have already been sub branches and persons willing to act as collectors should contact us with details. In particular, significant donations were received from the RSL Sub Branch, the Snowy Mountains District, Homebush Strathfield RSL Sub Branch, Bedford Morley RSL Sub Branch, War Widow’s Widow’s Protective Association and WA Branch’s Monday Craft Group, Tarwin Lower Sub Branch’s donation, Rye RSL Sub Branch Inc, & Belconnen Sub Branch. Their support will ensure the fund is as successful this year as it was last year to assist those who have served our country and are in need of support.

Poppy Day Appeal
The Annual Poppy Day Appeal in support of Returned Servicemen’s and Women’s Imperial War Fund (AFOF) is to be held in Perth on FRIDAY 5 November 2010. The Appeal is organized by the RSL, and that is an independent Trust Fund administered by Trustees. Funds collected are used to assist veterans in need or necessitous circumstances. Our collection procedures have already been circulated to sub branches and persons willing to act as collectors should contact us with details. In particular, significant donations were received from the RSL Sub Branch, the Snowy Mountains District, Homebush Strathfield RSL Sub Branch, Bedford Morley RSL Sub Branch, War Widow’s Widow’s Protective Association and WA Branch’s Monday Craft Group, Tarwin Lower Sub Branch’s donation, Rye RSL Sub Branch Inc, & Belconnen Sub Branch. Their support will ensure the fund is as successful this year as it was last year to assist those who have served our country and are in need of support.

Centenary of ANZAC
The Centenary of ANZAC will take place in 2015. In the lead up to that date, planning to ensure all Australians have the opportunity to acknowledge that nation and the contribution our armed forces made to the cause of the support we are receiving from many corporate entities. Their support will ensure the fund is as successful this year as it was last year to assist those who have served our country and are in need of support.

From the President’s Pen

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The Occupation of German New Guinea 1914

A little known action took place to our North, known in 1914 as 'Bismarck Archipelago' - a group of islands off the North Eastern coast of New Guinea.

Upon declaration of WWI on 4 August 1914, the British Government scoured the world to locate German outposts. They identified Bismarck Archipelago in the Australian region, and suggested that the Australian and New Zealand Government seizing the German possession would be an important Imperial Service. It was decided that the Australian Government would raise a dispatch of a combined naval and Military Force to nullify the Germans in the Pacific Area.

The raising of the Task Force was given to the Naval and Military Boards based in Melbourne, Victoria and consisted of six companies of volunteers from British and Australian Naval Reserves, and a Battalion of Infantry, eight companies at Combat Strength, two sections of Machine Guns, a signals section and a compliment of Australian Army Medical Corp; a total of 1,584 comprising of 500 Naval and 1,084 Army personnel. The Naval contingent which was under the direction of the Naval Board was drawn from Queensland, New South Wales, Victoria and South Australia. The Army personnel was raised from volunteer enlistment “for service outside of Australia” for a period of six months from the 2nd Military District, New South Wales.

On 10 August, the command for the force was given to Colonel William Holmes, who was later awarded a CMC, DSO and VP and rose to the rank of Major General.  

Students from Sydney University. All of the selected staff either had received Army Medical Training or held civilian medical qualifications in first aid or nursing, however none had any special training in tropical medicine or hygiene.

The AN & MEF then settled down to the task of first, the capture of a wireless station known to be situated in the proximity of the German settlements in the Bight and, after locating and bringing to surrender the German Governor.

At daylight on 11 September, after the harbour had been reconnoitred by the destroyers for mines and warships, half of the advance party was landed from the destroyers on the pier. This detachment then pushed along Bita Paka Road in search of the wireless station and the enemy, while the other half of the contingent landed at Herbertshöhe. Neither party met opposition but both failed to locate the wireless station.

After the initial unopposed landings, Australian and New Zealand troops were met by German defending forces. The German Officer in Command of the Armed Force in New Britain had a contingent of 51 German Reservists, a group of semi-trained white settlers and 240 natives who were partially trained in civilised warfare. His plan of defence against the small raiding parties was to hold up the enemy by means of road mines, and at the same time attack from the rear. The first part of the plan was successful; Lt Bowens detachment was held up and sustained a number of casualties, with Capt Pockley being shot through the spine.

In view of the resistance being met, two companies of Naval Reserves were landed in support and soon became engaged in action. Amongst the casualties was Lt Commander Elivall, who was killed. The anticipated heavy resistance was soon abandoned by the Germans, when the attacking forces strength became known to the Command, and the German wireless station was captured by nightfall.

Meanwhile, four companies of Infantry from the Berrima landed at Herbertshöhe but failed to make contact with the enemy.

In the action two officers and four seamen killed, with two officers and four seamen wounded. The wounded were then taken to Berrima along with some wounded enemy for treatment, and were then transferred to Hospital Ship Grantalo on 15 September.

On 12 September, Berrima entered Simpson Harbour as Rabual and Herbertshöhe were garrisoned. On 13 September 1914, Colonel Holmes announced by Public Proclamation the occupation of German New Guinea. After the defeat at Bita Paka the German Governor Dr Harber and the remaining forces retreated to Toma, believing that they would have time to evacuate before they met with Australian Forces again. However, on 14 September an armed party of Australian and New Zealand troops were dispatched to Toma, where they surrounded the town and bombarded it for several days until Dr Harber surrendered and negotiations began.

On 22 September Col Holmes, with four Companies of Infantry, travelled on the Berrima to Madang, the German Headquarters on Kaiser Wilhelms Land. This settlement was occupied without opposition and was garrisoned by a company of infantry.

On 3 October Admiral Patey sailed on the HMAS Australia, with the Sydney and the Melbourne for other destinations, leaving behind the French cruiser Montcalm for protection of the expedition. The AN & MEF then settled down to the task of
Age is no barrier for living life in the fast lane

Since Victorian senior, Pat Desmond, hit her mid 50s, the 73-year-old has kept active, jumped out of a plane and travelled overseas.

As part of the 2010 Victorian Seniors Festival celebrations on 3 October, Ms Desmond ticked off another activity on her wish list of achievements when she joined 15 other seniors to don motorcycle leathers for a ride on the back of a Harley Davidson. She could well be Victoria’s poster woman for active ageing, after retiring six years ago, she continues to keep herself busy by regularly going swimming, walking, watching her grandchildren play football, mowing the lawn, and going on road trips with friends.

“I’ve always wanted to ride on a motorbike, so I’m looking forward to it,” she said.

The ride from ANZAC Parade to Federation Square has been organised by Aged & Community Care Victoria (ACCV), Alzheimer’s Australia Victoria, Amneco, Arcare, Bapcare, Benetas, Southern Cross Care and Villa Maria, as part of the Be Inspired! Campaign - encouraging older people to achieve their dreams and keep active within the community.

The organisations joined together to run the campaign after witnessing first-hand through their aged and community care residents and clients that ageing can be a positive phase of life and a time when people can continue to achieve their dreams.

Ms Desmond is also one of a growing number of Victorian seniors learning how to navigate the Internet.

“I try and keep active and that’s the main thing. It’s like everything, if you don’t use it, you lose it,” Ms Desmond said.

Chief executive officer (CEO) of ACCV, Gerard Mansour, will join Ms Desmond and other seniors on the motorbike ride, alongside adventurous CEOs from participating aged and community care organisations.

Mr Mansour said the event also aimed to acknowledge and thank Victorians for the valued economic and social contribution they make to our community.

“Be Inspired promotes a positive image of ageing by demonstrating that ageing doesn’t mean we have to give up on our hopes and dreams. Older people have dreams too, and for many, those dreams will come true with thanks to our industry’s dedication to their care and wellbeing.

“The campaign is a first in Victoria and sees ACCV working together with government and aged and community care providers to promote our message of positive ageing,” he said.

Report on 62nd AGM of the Returned Ex-Servicewomen’s Sub Branch

The AGM was held on 19 August 2010 and was attended by Mr Richard Carter, Vice President of the RSL, who conveyed Mr Gaynor’s apologies. There were 36 members present.

Mrs Barbara Clinton, who has completed her three year term as President, read her President’s report covering the activities of the Sub Branch and thanking the office bearers for their hard work. She pointed out that the new President, Mrs Judith Bland, is the first post WWII President in the history of the Sub Branch.

Miss Deryth Teasdale, our efficient Treasurer, gave her report that showed that, financially, we are in a very sound position.

Mr Carter thanked our Sub Branch for its ongoing help and support of the RSL and felt we should continue to be a strong and active Sub Branch with a good Committee and loyal members. He wished us well for the future.

The Elections were conducted by Mrs Nell Jackson with the following results:

President: Mrs Judith Bland
Senior Vice: Mrs Eleanor Tafe
Junior Vice: Mrs Audrey Mantle
Treasurer: Miss Deryth Teasdale
Secretary: Mrs Cecile Hinton

The AGM was closed and we enjoyed our usual refreshments and were pleased Mr Carter was able to join us over morning tea.

Cecile Hinton, Secretary
Bletchley Park Commemorative Badge

On behalf of Her Majesty’s Government, GCHQ (Government Communications Headquarters) is delighted to recognise the vital service of those who worked at Bletchley Park and its outstations during World War II, by presenting surviving veterans with a commemorative badge.

Those who served at Bletchley and are sadly no longer alive are currently listed in a register held and maintained by the Bletchley Park Trust. Although we cannot issue commemorative badges in respect of those who have died, GCHQ will support the Trust by preparing a properly bound copy of this register to be held at Bletchley Park, and by maintaining an online copy of it.

The Badge

Design by Dayna White

Who is eligible?

Surviving veterans on 1 July 2009, who were employed by the Government Code and Cypher School (G&CS) at Bletchley Park or its outstations during WWII; who served in the Armed Forces at Bletchley Park or its outstations during WWII; who served in the "Y" Services of the Armed Forces collecting material which was sent to Bletchley Park during WWII; who served in SLUs or SCUs; who served in the RSS; or who worked for the GPO in the COLOSSUS team at Dollis Hill.

How do I apply?

Download a copy of the Bletchley Park Commemorative Badge form and post it to: Bletchley Park Commemoration Room B2g GCHQ Hubble Road Cheltenham Gloucestershire GL51 OEX or Download a copy of the Bletchley Park Commemorative Badge form and email it to commemoration@gchq.gsi.gov.uk, or you can also obtain an application form by writing to the above address.

Sent in by Joan M Hodsdon. Extracted from ‘Lioness’

We Said a Little Prayer

- By Chaplain Jim Cosgrove

We said a little prayer today
For strength and courage for
The mates and colleagues who
must stay
Away to fight this war.

For good mates full of zest for life
Cut down while in their prime
Amid the war’s furore and strife
Now gone before their time.

We said a little prayer today
For all their families
And asking Lord for strength that they
Can bear their sadness, please!

For parents who have lost a son
And kids who lost their dad
And wives who’ve lost beloved ones
So tragic Lord, so sad.

We said a little prayer today
For those who sacrifice
Their lives in service in the fray
To pay our freedom’s price.

O help us God to realise
As tears flow for the lost
Our peace and freedom is the prize
That’s won at such a cost.

Physiotherapy for arthritic pets

Animals as well as older people can suffer from arthritis. And because pets, especially dogs, tend to accompany their owners closely, they also go for walks and climb stairs, activities that become difficult and painful for dogs with arthritis.

Treatment of the condition relies on the use of painkilling drugs combined with physiotherapy. The aim of physiotherapy - in dogs as in humans - is to lessen pain and improve the functions of the affected joints and limbs.

A number of different physiotherapy regimes are available but until recently there had been only very limited investigations of their affects on dogs.

This has changed with the appearance of a paper by Peter Holler in Barbara Bockstahler's group at the University of Veterinary Medicine, Vienna, in the current issue of the American Journal of Veterinary Research. Using a specially designed treadmill and sophisticated computer algorithms, Mr Holler and his colleagues examined the movements of the joints in the front and back legs of dogs performing three different types of exercise used in physiotherapy: walking uphill, walking downhill and walking over low obstacles.

The experiments showed that the three regimes had different and specific effects on the movements of the dogs’ joints. Walking downhill does not appear to have much therapeutic benefit but walking uphill and the use of obstacles could both play a part in therapy.

Walking uphill is an easy exercise that could be used to improve the flexibility of affected joints, particularly of the hip, while walking over low obstacles could be useful for improving the bending of joints in the fore- and hind limbs, although it should be noted that dogs that have recently undergone surgery to the tibia should probably avoid walking uphill and the use of obstacles as the resulting increased bending of the joints could potentially strain the tendon that joins the knee to the shin.

Neither walking uphill nor walking over obstacles requires expensive special equipment. Furthermore, both programmes are simple and can be easily supervised by the dogs’ owners.

Researcher Barbara Bockstahler says, “These types of exercise are often recommended to improve the flexibility of joints in arthritic dogs. Nobody has yet taken the trouble to test whether they work but we are happy to report that they are of real benefit to the animals.”

Reproduced with permission from Aged Care Guide
Howes Centre Upgrade at Menora Gardens

As part of the continuous and exciting upgrade of RSL Care WA's Menora Gardens Village, the Howes Centre will now have its amenities upgraded.

The centre, which was completed in 1997/98, is a 52 bed facility, which caters for both high and low care residents.

Sylvia Hoskins is the Care Manager at the Howes Centre and explained, “Recently it was decided that a brighter and fresher look was needed for our residents’ bathrooms in the Howes Centre. At the time the original bathrooms were designed, they were state-of-the-art”. “However, after twelve years, they have withstood the test of time but were starting to look somewhat tired. Residents and staff are thrilled with the newly renovated bathrooms which are light, bright and modern”, she continued.

The bedrooms will be renovated two rooms at a time so as not to distract or impede the operation of the busy and to capacity facility.

New carpet will be laid in the rooms and the rooms and bathrooms will then be repainted and to top it all off, new window furnishings will complete the update.

The now dated vinyl cladding, which covers the floor and walls, will be removed and wall and floor waterproofed then retreated with a modern and tasteful floor to ceiling tiles, while the floor will also receive a much needed lift and will also be retiled. Each bathroom will incorporate a brand new vanity, a new water closet, as well as the luxury of a heat lamp to aid the residents comfort level in the cooler months.

These new and upgraded amenities will be installed in an effort to respond and appeal to the needs and comfort level of elderly residents and their fully assisted living requirements.

In addition to the upgraded rooms and bathrooms, the Howes Centre has now been equipped with the very latest Nurse Call System, including a Vocera Wireless Pendant for ease of contact between the residents and their carers.

This upgrade has enhanced the system to that provided in the Menora Gardens Nursing Home which was completed and opened in 2008.

The last few years has seen Menora Gardens transformed into the bright and vibrant community that has been built following thorough research and client consultation.

Special Projects Manager Ken Hamilton explained, “We are continually seeking ways to improve and enhance our resident’s lives, looking at ways to make them feel comfortable, secure and safe no matter what level of care they require and in the most contemporary environment possible.”

For further information regarding Menora Gardens Village, please contact Village Manager, Kaye Ireland on 9370 0296.

Sylvia Hoskins shows resident Nigel Stroud upgraded room.

For bookings please call 9287 3714
Email: anzacclub@rslwahq.org.au

Two Course Luncheon $25.00 per person:
Cold meat, salad
Pavlova
Tea & Coffee

Enjoy a complimentary glass of champagne on arrival
Drinks Below Hotel Prices
The Welfare Officer is receiving an increasing number of enquiries from family members regarding information on the procedure of securing a place for their elderly relative in Aged Care Facilities. The Department of Health & Ageing has produced a comprehensive package outlining “The Five Steps to Entry into Residential Aged Care”. The information will assist you and your family member to understand the process and take you step by step through the stages from assessment to moving in. For additional information and to obtain your pack please call the Aged Care Information Line on 1800 500 853 or Commonwealth Carelink Centre on 1800 052 222. Anyone wishing to discuss this further is also encouraged to contact the Welfare Officer at ANZAC House.

With the warmer spring weather the need to use expensive heaters should decrease. With the warmer spring weather the pressure off veterans on a fixed limited income. If you are having difficulties paying high utility or other accounts please contact the Welfare Officer at ANZAC House. Some assistance may be available to eligible Veterans and their dependants experiencing financial hardship.

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Things have changed,
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Purslowe Funerals are proud to announce their 100 year anniversary.

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Whether you are looking for a traditional service or something distinctly individual, Purslowe can call on 100 years of experience to get it right. We give you time to plan, to reflect, to remember the special moments.

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South Fremantle 254 Hampton Road, 9335 4111
Victoria Park 289 Albany Highway, 9361 1185
Wangara Cnr Buckingham Drive and Wanneroo Road, 9409 9119
Midland Cnr Brockman Road & Great Eastern Highway, 9274 3866

Memorial Service held in Kings Park for General Mihailovich

On Sunday 18 July the annual memorial service and wreath laying ceremony was held for General Daja Mihailovich, the first resistance leader in Europe, to challenge the Germans.

At previous ceremonies we have talked about General Mihailovich’s courageous fight against an overwhelming occupier, the struggles of a poorly equipped guerrilla force taking on the might of the Third Reich and the great sacrifice made by the Serbian people during this struggle for freedom. This year we focused on understanding the man who led the people, who was he and what was he like.

We also reviewed some important archives and the significance of General Mihailovich’s movement had on delaying Hitler’s attack on Russia by four weeks, which was enough to bring the bitter harshness of the Russian winter on top of his war machine and assist the Russian Defence.

General Mihailovich was executed by the Communists and his body was dumped in a secret grave and, until this day, his people do not know of his grave.

The Serbian give recognition and remembrance to those that paid the ultimate sacrifice for what we enjoy today.

Joseph Curcic - Coordinator “The Chetnik and Combatants Movement of WA”
Iconic Images

This photograph was received from Karen Lucev, moderator of ‘The Australian Photography Forum’ and we thought that we would share it with our readers. If you have any such photos of WA War Memorials email us a copy to listeningpost@rswahq.org.au.

Space permitting we will publish.  Denis Connelly, editor.

The City of Rockingham RSL Sub Branch held its Annual Mess Dine-In Night on Saturday 28 August 2010, with the Guest of Honour being CAPT Brett Dowsing, Commanding Officer HMAS Stirling.

Invited guests included Mr Richard Carter (State Vice President, representing Mr Bill Gaynor), Ms Tina Stephenson (Sub Branch President), Mayor Barry Sammels (City of Rockingham), Hon Mark McGowan (Member for Rockingham), Hon Gary Gray AO MP (Member for Brand) and SBLT Ray Cron (OIC TS ANZAC Cadet Unit) along with their partners.

The Mess Dinner was attended by 49 members of the Sub Branch which included the newly elected Committee. The main purpose of the dinner was to farewell CAPT Dowsing prior to his posting and was an opportunity to thank the CO for the continuing support of HMAS Stirling during his tenure.

TS ANZAC Cadet Unit was also mentioned during the formalities and this gave the Sub Branch a chance to strengthen the relationship between neighbours. Throughout the night, instructors, staff and cadets from TS ANZAC Cadet Unit served the guests and members their meals with such dedication and passion which was a reflection of the younger generation within the Cadet Corp and its volunteer adult staff.

The night was a success and enjoyed by all who attended.

Tina Stephenson - City of Rockingham RSL Sub Branch

Honours for Dawesville

Bill Gaynor (State President RSL WA), Ron Lannigan (Treasurer Dawesville), John Bates (Secretary Dawesville), Col Gibson

At the Dawesville RSL Sub Branch Annual Dinner presentations were made to Mr Bates and Mr Lannigan in grateful recognition of their outstanding service to the Sub Branch and the community.

Mr Lannigan was a founding member in May 2000, and has been Treasurer ever since. Mr Bates has been the Secretary for the past eight years.

Both will be standing down from the committee very soon, but their diligence and guidance will be an inspiration to all that follow. Thanks must also go to their wives, Mrs Nada Lannigan and Mrs Veronica Bates.

Col Gibson
The toilet seat that changed our lives!

Trevor & Aileen Brown wished that they had found the bidet toilet seat years ago. “It’s Marvellous” they say!

Trevor a Returned Serviceman says he knew his luck had changed when he saw the Bidet in an advertisement in the paper.

Which read, ‘This Bidet Toilet seat simply replaces your existing toilet seat and will automatically clean you without toilet paper’, it also said it can be installed in just a few minutes by anyone who can hold a spanner. After reading that, Mr Brown who has suffered with a medical condition for years said that he was so excited he decided to investigate further.

Trevor contacted The BIDET SHOP and spoke with a helpful gentleman by the name of Stephen who explained how easily a Bidet toilet seat could be fitted to their existing toilet and then he proceeded to explain the benefits that it could bring to them. He pointed out that once you had finished going to the LOO, you simply pressed the ‘auto wash button’ and the bidet provides a stream of warm water to clean you thoroughly. Then an in-built fan dries you off with warm air and that you no longer needed toilet paper.

Trevor & Aileen decided on the spot to purchase a Bidet and have it shipped to their home, taking advantage of The BIDET SHOP’s offer of free delivery. The Bidet was delivered to their home by Australia Post a few days later. Trevor was delighted to find that the installation process was as easy as Stephen explained on the phone and as promised the seat fitted perfectly on their original toilet Bowl. Trevor said that he and Aileen have found that apart from the comfort and health factors, The Hyundai Bidet Seat had many benefits, including a heated seat for those cold mornings and other great idea’s incorporated into it like instant warm water, and power and water saving settings.

Mr Brown said the HYUNDAI BIDET was one of the best investments they had made in their personal health and hygiene and after years of toileting problems Mr Brown no longer finds going to the loo an issue.

“Give it a go” they say. “We did and we couldn’t be happier.”

For a full brochure and a pricelist, please call The Bidet Shop on Freecall 1800 BIDET-SHOP that’s 1800 243 387.

Code: THP1410
The Archive Project has secured funding for a further three years with the generous support of Lotterywest. We will be visiting the Sub Branch and their collections with the aim of developing, at the end of the three years, an online exhibition focusing on the RSL in Western Australian communities.

The online exhibition will tell the story of the RSL in Western Australia since inception in 1916. The story of the RSL will be told through the Sub Branches both active and defunct. We are lucky to be working under the direction of a steering committee made up of representatives from the State Library, the National Trust, the Aviation Museum, Friends of the Battye, and the Royal WA Historical Society.

The Steering Committee will oversee the direction of the project making sure that we achieve desired outcomes. The exhibition itself will be developed by Glasson Murray Group (GMG) and facilitated by the use of audio visual equipment. In capturing the history of the RSL in Western Australia, we are looking for photographs of Sub Branch members, functions, events, buildings and memorials. We are also looking for documentation detailing the formation and operation of the Sub Branches. We will be conducting oral histories and interviews with Sub Branch members to capture the history of the organisation.

As part of ‘Perth Heritage Days’, ANZAC House will be open on the weekend of 13 and 14 November. During the course of the day we will be conducting, with the assistance of the Aviation Museum and the Navy and Airforce, a series of lectures on topics that are of significance in Western Australian military history.

The Club will be open over the weekend serving morning tea and lunch from a limited menu.

The event will run from 10 am to 3 pm on both Saturday and Sunday and is open to the public. There will be many other activities over the weekend with events being run by Government House, the Perth Mint and Council House. To view the programme visit the Heritage Perth Website at www.heritageperth.com.au and check out the advertisement on page 13.

If you have made an asbestos claim, you would be interested to know that Turner Freeman has the largest and most experienced dust diseases practice in Australia. For nearly 30 years, we have acted for thousands of victims including ex-servicemen, who suffer from dust diseases including:

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Call Kacey Wuelfert, Senior Associate, for an obligation free discussion.

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Great People. Great Service. Great Value.

Macedonian Community

The Macedonian Community Council commemorated their 107th Anniversary at the State War Memorial, Kings Park early in September.

The Chairman of the Macedonian Community Council, Mr Chris Angelkiov, addressed the forum and spoke of the Ilinden uprising on 2 August 1903, from which the First Macedonian Republic was created, also known as the Krusevo Republic.

Denis Connelly

Vietnam Veterans’ Day at Cotton Tree Passage, Maroochydore Queensland

A very moving service was attended by Port Kennedy members Les Crowe and Geoff Trevor-Hunt OAM at the recently completed War Memorial at Cotton Tree Passage Maroochydore Queensland.

This service was well attended by veterans and their families as well as the local community. Two Long Tan veterans were among the many to lay wreaths. The young widow of Sapper Darren Smith, who was killed in Afghanistan this year, also attended. Les and Geoff caught up with old friend Barry Johnson, Caloundra RSL Sub Branch President, at the service.

Philomena Trevor-Hunt
Battle Tours 2010

VIETNAM in Full
22 day tour from $4495 (10th Oct - includes flights)

VIETNAM Shopping Tour
21 day tour from $3995 (12th Nov - includes flights)

ANZAC Day Tours 2011

TURKEY - Gallipoli
4 day tour from $545
5 day tour from $655
9 day tour from $1095
16 day tour from $1695

FRANCE & BELGIUM - Western Front
11 or 15 days from $3295

TURKEY, FRANCE & BELGIUM - Gallipoli & Western Front
19 day tour from $4265 (ANZAC Day at Gallipoli)
23 day tour from $4195 (ANZAC Day at Villers Bretonneux)

VIETNAM
5 day budget tour from $595
9 or 18 day tour from $1295

THAILAND - River Kwai & Hellfire Pass
11 days from $1865

PNG - Kokoda
11 day trek and tour from $2995

Borneo - Sandakan
11 day trek and tour from $2995

Battle Tours 2011

LIBYA & EGYPT - Tobruk & El Alamein
70th Anniversary Tour from $3995 (6th April 2011)

VIETNAM - Commemorative Tour
21 days from $3995 (23rd February 2011, including flights)

5% Discount applies to all RSL & TPI members if you call our office direct on 1300 139 450
Remembering Vietnam 1962 - 1973
Remembering Vietnam
Vietnam Veterans 1962 - 1973
Vietnam Veterans Day Service at Cockburn RSL

Contrary to the weather conditions forecast and predictions of strong winds and heavy rain, it was decided to hold the service outdoors in the memorial rose garden at the Sub Branch premises located at 73 Frederick Rd Hamilton Hill.

Special Guests included Melissa Park MP (Federal member for Fremantle), Joe Francis MLA (State member for Jandakot), Mayor Logan Howlett (City of Cockburn), Brigadier Stephen Cain CO (13 Brigade), Chaplain Robert Graue RANR and, of course, Vietnam Veterans.

The service commenced at 11:00am in sunny but cool conditions with an opening address by President Victor Boreham Vietnam Veteran. The key note address was given by Joe Francis MLA, son of a Vietnam Veteran and current Reserve Force Naval Officer. His address did not focus on statistics as is the all too familiar theme but, instead, on the feelings of the personnel and the acceptance, or not, by the Australian public of their completed service in a very unpopular war. The common thread running through all speeches was that support continues and, more importantly, understanding is required for these and other Veterans for many years to come.

The bugler for the service was Amanda Walker a student of Hamilton Senior High School. This was Amanda’s first solo effort at a commemorative service and although she was extremely nervous, her rendition of the Last Post was excellent. A credit to Amanda, her music teacher and her school.

Approximately 40 people, made up of 25 veterans, 20 of which were Vietnam Veterans, and family members attended the service which is slowly growing in attendance figures.

On completion of the service a sausage sizzle and drinks were enjoyed by all and we didn’t experience a drop of rain all day.

Digger Cleak OAM - Public Relations Officer - City of Cockburn Sub Branch

Battle for Australia Day - Applecross

On Wednesday 1 September the Applecross Sub Branch, in conjunction with Melville City Council, conducted a ceremony to mark the Battle for Australia Day at the Clock Tower Memorial, Melville Civic Square. The President, Mr Greg Hunter, addressed approximately 40 people who attended the Ceremony. These included the Mayor for the City of Melville, members of the Sub Branch and Ex- Service Organisations, Melville City Council staff, a staff member and students from Applecross Senior High School and members of the general public.

Wreaths were laid by Mr Wally Holtham (Patron, Applecross Sub Branch), Mr Russell Aubrey (Mayor, City of Melville), Mr Ken Thornton (President, Royal Australian Air Force Assoc), Mr Jack Edwards (Secretary, Allied Merchant Seamens Assoc), Mr Rex Kaye (Australian Ex-Service Atomic Survivors Assoc) and student counsellors from Applecross Senior High School.

It was pleasing to see an increase in numbers attending and the Sub Branch hopes that this is indicative of a changing trend, as more veterans and members of the public become aware that ceremonies are being conducted to recognise this day.

Helen Pickering

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• A PrePaid Funeral Plan does not become a part of your estate and is not subject to any administration.
• You will lessen the anguish that family may feel regarding whether they did the right thing.
• We will arrange an obligation free appointment to discuss your personal needs.
• Your PrePaid Funeral Plan can be paid in instalments.

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Bowra & O’Dea. Simply a matter of trust.
National Servicemens’ Memorial Dedicated

On Wednesday 8 September 2010, the new Memorial dedicated to National Servicemen from 1951 – 1972 was opened.

The new memorial recognises the sacrifice of those who served.

The days events started with a march from ANZAC Parade to the Memorial precinct in Canberra. The salute was taken by Lt Gen Mark Evans AO DS, who was representing Chief of Defence Force and General Peter Cosgrove AC MC (Retd), Chairman of the Council of the Australian War Memorial, along with the Governor General of Australia; Ms Quentin Bryce AC and Mr Michael Bryce AM AE.

The memorial is the culmination of a request from the National Servicemen’s Association of Australia (NSAA) to the Australian War Memorial (AWM) in April 2002. In August of the same year the Council of the AWM agreed that a bench or fountain would be appropriate. Subsequent correspondence between these two bodies resulted in an area to the east of the Main Entrance being allocated for such a project.

The design brief was drawn up with the components being that:

1. the building of wells to access fresh water;
2. development and practical programmes: schemes created under the National Service Act 1951 (1965-72) and the National Service Act 1964 (1965-72);
3. a community bank that helps set up subsistence farming income (eg: helping families to purchase a cow, pig, chickens, etc);
4. cottage industry employment for women to help earn themselves an income, through Tabitha run workshops, utilising weavers of Cambodian silk that is then made up into luxury furnishing bags, homewares, etc (sold locally and through Western agents internationally); and
5. the construction of modest houses in poverty-stricken areas.

These houses are very basic – virtually just a room on stilts. The concrete support piles, framing and roofing is constructed beforehand by local Tabitha male employees. Volunteers provide the labour to nail down wooden floors and put up the walls (with Zincalume, as wood is so scarce).

There is no plumbing or electricity. Nevertheless, for a family who call a makeshift shelter made from palm fronds and thatching “home”, it is a quantum rise in their standard of living to have an elevated dry room above an open undercroft where they can cook and relax when the weather is fine. It means a great deal to the local Cambodian people at an emotional level to see Westerners gladly come and provide practical help and to show they care.

The team of 34 volunteers (that included a Melbourne QC, several medical specialists, a Perth-based lawyer, a retired cray-fisherman from Lancelin and his wife, on their fourteenth building trip with Tabitha, and several young boys) as well as more locally folk like the Harness’s, all got on very well. Morale was high on-duty as well as off with a magical level of fun, camaraderie and cooperation that was achieved. Nevertheless, for a family who call a makeshift shelter made from palm fronds and thatching “home”, it is a quantum rise in their standard of living to have an elevated dry room above an open undercroft where they can cook and relax when the weather is fine. It means a great deal to the local Cambodian people at an emotional level to see Westerners gladly come and provide practical help and to show they care.

It was a change of pace and scene for my husband Mike and I last month, we joined a volunteer group to help build modest houses for the poor in Cambodia.

Most of the group were Australians, joined by several Americans, a Scot and her young son and Singaporeans, all of whom committed to the project to finish off the construction of 30 houses in an impoverished village on the outskirts of the capital, Phnom Penh.

The house building projects are carried out regularly through the Tabitha Foundation – a voluntary scheme started up by Canadian-born Janne Ritskes in 1994. Janne committed herself to helping the poorest of the country by Pol Pot led Khmer Rouge forces. In August of the same year the Council of the AWM agreed that a bench or fountain would be appropriate. Subsequent correspondence between these two bodies resulted in an area to the east of the Main Entrance being allocated for such a project.

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Perspectives: Jon Cattapan and eX de Medici

Perspectives presents the unique insights of two contemporary artists responding to the subject of peacekeeping. As official artists commissioned by the Australian War Memorial, Jon Cattapan travelled to Timor–Leste in July 2008 and eX de Medici went to the Solomon Islands in March 2009. Both artists gained insight into the role of Australian peacekeepers and from these experiences, created a series of works that reveal a personal vision and artistic style.

Cattapan’s works deal with universal themes concerning how people interact and communicate with each other, all the while playing with our everyday notions of space and time. But the artist also makes his works specific to his deployment, interspersing them with depictions of Australian peacekeepers and Timorese people, topographical and night-time landscapes, and the daily activities of the Australian Defence Force (ADF).

De Medici’s series highlights the complexity of peacekeeping operations. She is concerned with showing the day-to-day work of the ADF in the Solomon Islands. However, she has also placed the ADF within the broader context of the Regional Assistance Mission to the Solomon Islands (RAMSI). The artist explores the legacy of colonisation and questions the effects of foreign exploitation of natural resources on national sovereignty.

Continuing a tradition that developed during the First World War, the Memorial has, in the last decade, commissioned many official artists to explore and record the Australian experience of war and peacekeeping around the world. The exhibition will be launched at the Memorial on 2 September 2010 and will be on display until 2 March 2011. From July 2011 the exhibition will travel for two years to regional and metropolitan galleries throughout Australia.
Colorectal cancer (CRC) is one of the most common cancers in Australia, with around 12,500 new cases diagnosed per year. The early diagnosis and treatment of colorectal cancer leads to better patient outcomes. As such, the Commonwealth Government funds a screening program to test people who do not have any symptoms. People over 50 are offered a faecal occult blood test (FOBT). This involves sending a specimen of faeces for testing for blood. This test is very sensitive, and there may be many reasons other than cancer for a positive test. However, a positive FOBT test should be further investigated.

There are many risk factors for the development of colorectal cancer. By far the most significant is increasing age, especially over the age of 50. Other risk factors include previous history of colonic polyps or CRC, a family history of CRC or inflammatory bowel disease. Even in the absence of these risk factors, any person with symptoms suggesting colorectal cancer should be investigated, diagnosed and treated as promptly as possible.

Symptoms relating to the lower gastrointestinal tract are common in the general population. So what are the important symptoms which may raise concern about CRC?

- Rectal bleeding, in the absence of anal symptoms, should raise concern about CRC.
- Rectal bleeding with increased frequency and/or looseness of stools
- Rectal bleeding with ano-rectal pathology in the young
- Altered bowel habit - increased frequency and/or looseness of stools
- Iron deficiency anaemia

Not all gastrointestinal symptoms are associated with underlying CRC. However, a positive FOBT test should be further investigated.

Possible symptoms which have been present for less than a few weeks and have settled, although distressing for the patient at the time, are generally of a benign nature.

- Abdominal pain is common and it is important that it is carefully assessed and investigated and to appropriately treat the underlying disease. However, abdominal pain which is not associated with other high-risk symptoms or obstruction is generally not caused by primary colorectal cancer.

Symptoms which may raise concern about CRC are summarised in the following table.

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By Dr Margaret Sturdy
Director of Medical Services at Hollywood Private Hospital.

This article is co-written by Mr Rupert Hodder, colorectal and general surgeon, who has recently commenced in private practice at Hollywood Private Hospital, and Dr Margaret Sturdy, Director of Medical Services at Hollywood, who is a regular contributor to The Listening Post. If you would like further information, or if you have any concerns about the health of your colon, please don't hesitate to contact Dr Sturdy on 9346 6249, or Mr Hodder on 6389 0244.

Colorectal cancer unless the patient is developing an obstructing cancer. Bowel obstruction may be the first presentation in approximately 20% of individuals with CRC. This may be preceded by a history of intermittent incomplete obstruction, and can be associated with intermittent constipation and ‘overflow’ diarrhoea.

Abdominal lump: CRC may give rise to a lump which is detectable in the absence of any other symptoms. A cancer in the caecum, or the right side of the colon, may present as a right sided abdominal lump and an anal or rectal cancer may be detected by digital rectal examination.

Anaemia: The first presentation of CRC may be anaemia, usually iron deficient.

This is most commonly associated with caecal and right sided colon cancers. While there are many other reasons for iron deficiency, it is important to consider CRC especially with increasing age. Patients with anaemia should have their gastrointestinal tract investigated.

Not all gastrointestinal symptoms are related to cancer. There are a number of common and worrying symptoms which are of major concern to patients. These conditions frequently require medical and / or surgical treatment; however, timing is not as critical.

- Young Age: CRC is less common in the younger population. As a guide it is uncommon for individuals younger than 50 years to develop CRC, except when associated with a family history or other risk factors.

Rectal bleeding with an obvious external visible cause such as, prolapsed piles, rectal prolapse or anal fissures, is more likely to be related to this pathology than to cancer. However the presence of benign ano-rectal disease, especially if the patient is > 50 years of age, does not exclude coexisting CRC.

Transient changes in bowel habit are very common and are often related to changes in diet, or gastroenteritis. Symptoms which have been present for less than a few weeks and have settled, although distressing for the patient at the time, are generally of a benign nature.

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<td>Rectal bleeding with ano-rectal pathology in the young</td>
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<tr>
<td>Rectal bleeding in the absence of ano-rectal symptoms</td>
<td>Transient change in bowel habit</td>
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<tr>
<td>Altered bowel habit - increased frequency and/or looseness of stools</td>
<td>Iron deficiency anaemia</td>
</tr>
<tr>
<td>Palpable abdominal or rectal mass</td>
<td></td>
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</tbody>
</table>
Lest We Forget
This quality timepiece honours a loved one who served our country courageously

From the shores of Gallipoli to the deserts of Iraq, Australia’s armed forces have honoured us with courage and valour. In their fight for our freedom, these sons and daughters are never far from our thoughts or our hearts. Now you can remember the bravery of a loved one who served in a very personal and touching way – a quality timepiece which pays tribute to your gallant hero.

AN INSPIRING TRIBUTE...
CLASSIC STYLE...
SUPERIOR CRAFTSMANSHIP...

Available in men’s style, the “Lest We Forget Remembrance Watch” is finely hand-crafted in stainless steel and offers abundant features. The 24K gold-plated bezel embraces a tasteful black face featuring the iconic rising sun and slouch hat reproduced in shimmering 24K gold-plate. The stirring words ‘Lest We Forget’ adorns the face as a shining testament to the courage of your digger. The reverse of the case features a stirring verse from the immortal ‘Ode’ and ‘Lest We Forget’ appears once more. The watch is water resistant to a depth of 30 metres (99ft) and is protected by our unconditional 120-day guarantee as well a full one-year limited warranty on the watch movement.

A REMARKABLE VALUE...
AVAILABLE FOR A LIMITED TIME

The “Lest We Forget Remembrance Watch” comes with a Certificate of Authenticity in a custom-designed presentation case. An exceptional value at $179.99, you can pay for it in 3 monthly instalments of $59.99, plus $14.99 postage and handling. To reserve your watch, send no money now; just fill out and mail the coupon. But hurry, this is a limited time offer!

BEAUTIFULLY ENGRAVED ON THE BACK WITH A STIRRING INSRIPTION.

If placing your reservation online go to:

©2010 The Bradford Exchange Ltd.
A.B.N. 13 003 159 617

YES! Please reserve the “Lest We Forget Remembrance Watch” as described in this advertisement. This watch is available for three instalments of $59.99, a total of $179.99 plus a $14.99 postage and handling.

THE BRADFORD EXCHANGE

Please Respond Promptly

Mr/Mrs/Miss/Ms
Address: _____________________________________________
Postcode: ___________________________________________________________________
Phone: (optional) ____________________________
Email: (optional)

Please select your preferred reservation option:
1. MAIL: to stamp-profiled to:
The Bradford Exchange, Reply Paid 6763
Wetherill Park NSW 1851
2. FAX: (02) 9841 3398 – 24hrs

SEND NO MONEY NOW

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Wetherill Park NSW 1851
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6 RAR BN GP – East Timor 2000

There is to be a reunion conducted for anyone who served in the 6 RAR BN GP in East Timor in 2000 to be held on Saturday, 27 November 2010.

At this stage it will comprise of a service at the 6 RAR memorial garden followed by drinks at the Gaythorne RSL, Queensland. Col Bishop (ex-WO2) – (07) 5496 7085 - A_227611@hotmail.com

• • • • • • • • •

‘Back to the Bush’ Reunion

Calling all Veterans to celebrate the 10th anniversary of the dedication of the Vietnam Veteran’s Memorial ‘Peace’ Window (St Peters Anglican Church, Bruce Rock) at the annual ‘Back to the Bush’ Veteran’s Reunion November 2-7 2010. Proudly hosted by the Bruce Rock Veteran’s Group with the support of the Bruce Rock Shire Council.

If you have any queries please contact: Mr Gough (m.gough@brucerock.wa.gov.au, 9061 1143), Mr Chris Pickering (c.ppick@highwayone.org, 9061 1604, 0422 372 080), Colin Turner (9061 1773), Paul Hutton (9061 1853), Bill Stewart (9061 1007), Dennis O’Neill (0427 948 505) or the Bruce Rock Shire (9061 1377, project@brucerock.wa.gov.au, www.bruicerock.wa.gov.au, bkvets@westnet.com.au) for further information.

Gallipoli Battlefield & Cultural Tour 11 - 30 April 2011

Highlights Dawn and Australian Service at ANZAC Cove and Lone Pine on ANZAC Day with preferred seating and transport. Tour by boat along the Gallipoli coastline.

For further information contact Jenny Knight - War Widows’ Guild WA on (08) 9371 7470 or 0402 051 592 or John Walker - Bonorong Travel Centre, free call 1800 035 350.

Guardsmen, we desperately need you!
The Guards Association meets on the 1st Wednesday of each month in ANZAC House on St Georges Terrace, corner of the Terrace andIrwin Street, at 10.45am. We are literally dying to see you. Dress is informal, the tucker is good and the company is even better. Subs, at the moment, none – but, being Scots Guards, don’t bank on that forever!

We would love to see you on Sunday 14 November for our Remembrance Day Parade. This will be held at 10.45am in the forecourt of St Georges Cathedral. Dress: Blazer and Greys/CO’s Parade.

Secretary – Frank Fisher - 9330 1735

Mandurah - Murray National Service Association

The Mandurah – Murray National Service Association meet at the Mandurah RSL in Third Avenue on the 1st Wednesday of each month. We have over 100 members and all visitors are welcome.

Syd Wilson - 9537 3234 / 0414 537 323

Remembrance Day 2010 – Jennacubbine

On Remembrance Day this year, we are celebrating the 95th anniversary of Lt Hugo Throssell, Jennacubbine 10th Light Horse, winner of the first VC for WA and the only VC for the 10th Light Horse in WWI; won at Hill 60 Gallipoli for bravery in battle.

Our community have spent time planning and refurbishing our local War Memorial and the unveiling, with Lt Throssell’s plaque in place, will take place this year.

We will have the 10th Light Horse from Bunbury re-enacting drill and exercise used by the army to keep men and horses fit for battle.

Morning tea will be followed by the full Remembrance Ceremony and later a light lunch from the Tavern (some cost). We welcome all people, groups, buses, Veterans and their families to join us to make it a wonderful day.

Cathie Bowen 9623 2264 bowenw@wn.com.au

Reunion of Waller Division September 1966

A reunion is in the planning stages for those who joined Waller Division on 23 September 1966.

For further information contact: Les Lever at: sir.les@gmail.com or phone (08) 9979 1424 or 0428 971 424.

Royal Australian Corps of Signals Sergeants Mess

Olds and Bolds 2010 Mess Reunion

The annual Olds and Bolds Mess Reunion will be held on Saturday 30 October 2010 at 2pm. The reunion will be hosted by PCM and RASIGS.

Planned Itinerary:

- Friday, 29 October 2010 – Halloween (Pizza Night – Pay as you order)
- Saturday, 30 October 2010 Olds and Bolds Reunion Monday, 1 November 2010 - Melbourne Cup Calcula Tuesday, 2 November 2010 - Chicken and Champagne Branch, Melbourne Cup function

For more information contact: (03) 4841 7627

Seeking Funding

I am currently studying in Year 9 at Perth Modern School, where I play the trumpet, and I am participating in a music tour for 2011. The tour will be traveling to Europe, for the ANZAC Services and, as part of those celebrations, I will be visiting England and performing at the Hyde Park Dawn Service with the Perth Street Band. I would greatly appreciate any financial help you could give.

Bennett Carpenter – Perth Modern - (08) 9380 0555

Support Our Troops Wrist Bands

To purchase, people can send me an email with their name, postal address and quantity required. The bands are $5.00, including postage. It is easiest to deposit the funds directly to our account below and we will dispatch the wrist bands as soon as possible. Please note that due to the media coverage our current stocks have been depleted however we have more wrist bands on order which should be arriving shortly.

Account details: Defcredit - Account name: 6 RAR RNZ - BSB 003205 - Account number: 20760612 Suzie Sheather - Sergeant - Chief Clerk, BGR Service with the Commonwealth

Phone: (07) 3332 7825 - Fax: (07) 3332 7479 - suzie.sheather@defence.gov.au

The Australian Peacekeeper & Peacemaker Veterans’ Association


For further information please contact: The Australian Peacekeeper & Peacemaker Veterans’ Association Inc - PO Box 552 Torquay, Vic 3228, Australia - www.peacekeepers.asn.au

Veterans’ and Dependents Required for Interview

Geraldine Khachan a PhD candidate at the Australian National University, Canberra, is currently seeking veterans and/or their dependents of Australian-Lebanese descent who served in Australia’s Defence Forces during WWI and WWII. This research is part of a sociology/history dissertation looking at the first wave of Lebanese migration from the nineteenth century up to WWII.

For any further information or names of potential participants please contact her at: g.khachan@yahoo.com.au or Tel: 0438 647 821 or Dr. Alastair Greig (Supervisor) Head of School, School of Social Sciences, Tel: (02) 6152 4913 or Email: Alastair.Greig@anu.edu.au

70th Anniversary of the sinking of HMS Waterhen

A research project has been established to commemorate the sinking of the HMS Waterhen in June 1941. The intention is to publish a commemorative volume which includes crew lists (with service details), a diary of the ship’s wartime service (using official and crew files), and photographs of crew members. Contact is sought from anyone with possession of, or information about, the location of any diaries, letters, and photographs of personnel who served on Waterhen.

Contact CHAP Andrew Watters; HMS Waterhen, Walls Head Road, Waverton NSW 2060. Phone (02) 9926 2524 or 0418 979 036.

WGCDR Parsons Addresses Vietnam Veterans

WGCDR ‘Noddy’ Parsons was the key note speaker for ‘Vietnam Veterans Day’ at the Kings Park Vietnam Memorial. He spoke of his time as a RAFF crew member involved with the evacuation of wounded back to Australia and supplies to Vietnam.

To view his complete speech go to www.rslwaqi.org.au (News).

Denis Connelly Editor

WE WANT YOUR STORIES

The editorial team encourages all Veterans to contribute stories to The Listening Post for publication. Keep articles short and to the point (no more than 300 words).

Send all articles and photos (high resolution) to the Editor at listeningpost@rslwaqi.org.au.
Dennis Power – Do you have any information?

My husband, Dennis Power, was involved in an accident while he was stationed at Holsworthy in NSW.

The accident took place while he was stationed at Holsworthy. His memory of the accident is that a convoy of trucks were heading out on an exercise, he was lying along a seat in the back of a troop carrier while the other blokes were sitting on the floor playing cards. A semi trailer lost control down a hill and collided with the truck in which Dennis was travelling. He was taken by ambulance to the Richmond RAAF Hospital with a back injury. He cannot remember who was in the truck with him.

We would appreciate any help you can give us.

Colleen Power – empower@bigpond.net.au

Remembrance Day 2010

A reminder to all Presidents and Secretaries to forward articles and pictures on how your Sub Branch commemorated Remembrance Day on 11 November 2010 to The Listening Post.

Email to listeningpost@rslwaq.org.au

Denis Connolly

Artillery – ‘Annual Gunners Day March’

The Committee of the Royal Australian Artillery Association (WA) Inc would like to invite all Gunners’, past and present, and their families as well as other interested parties to attend our annual Gunners Day March and Service at St Matthew’s Anglican Church, Stirling Square, Guildford on Sunday morning, 7 November 2010.

Those marching should gather in Johnson Street at 11.00 am for an 11.30 am march off to the War Memorial where there will be a short service, laying of wreaths and the playing of the Last Post. The Colour Party will then lead the parade, the official party and the congregation to St Matthew’s Church for a service.

After the service at approximately 1.00 pm, light refreshments will be provided at the hall adjacent to the church, following which all are welcome to share some fellowship at the Rose & Crown Hotel, 105 Swan Street, Guildford. For enquiries or further information please email info@artillerywa.org.au or contact the Secretary, John Hylleven on 0438 695 711 or the Vice President, Peter Mahoney on 0400 040 8285.

Wendy Mahoney – RAA Assoc WA (Inc)

Sardine Power – Do you have any information?

This is a photo of my Husband's unit in 1972. Front L-R: Garry Naismith, Leigh O'Brien. Rear L-R: Dennis Power, Jeff Miller, Stan Edwards, Nick Pappas, Ray Morgan. (We think this is correct but can't be absolutely sure).

LAST POST

They shall grow not old, as we that are left grow old. Age shall not weary them nor the years condemn. At the going down of the sun, and in the morning, we will remember them. Let us forget.

Air Force

46699; Barry, Horace – Scarborough
59358; Beresford, John – Riverton
A1028; Brown, AC – Central
17489; Craddock, Keith – Bunbury
93612; Hamilton, Harry – Wanneroo-Joondalup
5/1865; Lynch, Keith – York
5005; Marshall, JP – Pingelly
54657; May, Denis – North Beach
52156; McDowall, Alfred – City of Perth
29821; Menter, Norman – Bicton-Palmyra
27254; Middleton, Raymond – City of Rockingham
53604; Morris, Harold – Yanchep-Two Rocks
53520; Munachen, Allan – Mt Lilley-Ingleswood
29584; Loram, Victor – City of South Perth
5/505; Lynch, Keith – York
29324; Marshall, JP – Pingelly
54657; May, Denis – North Beach
52156; McDowall, Alfred – City of Perth
29821; Menter, Norman – Bicton-Palmyra
27254; Middleton, Raymond – City of Rockingham
53604; Morris, Harold – Yanchep-Two Rocks
53520; Munachen, Allan – Mt Lilley-Ingleswood
36272; Murphy, Ken – Mount Hawthorn
26837; Newhall, RG – East Victoria Park
P/477394; Petters, Malcolm – Nollamara
31805; Petch, Lewis – Port Kennedy
26895; Radisch, M – Boulder
1437078; Randell, Frederick – Beverley
25684; Reid, Francis – Armadale
25698; Reynolds, RT – Scarborough
26159; Richards, Vern – Scarborough
35880; Ridley, Ray – Osborne Park
13671; Shumanzer, Victor – City of Perth
25466; Trevor, Noel – Broome
19250; Wang, Jun – East Victoria Park
53888; Ward, Joseph – City of Mandurah
29587; Williamson, Neil – Shenton Park
82917; Wood, Alan – Manjimup
5/1899; Woods, Neville – Wyalkatchem
26669; Wodridige, Gordon – Central

Merchant Navy

MN29220; Armstrong, Thomas – City of Mandur
P301010; Stuart, Peter – City of Perth
Contributors

Can all electronic articles please be submitted in Word 2003 format as other formats are not compatible with our computers.

Thanks,
_The Listening Post_ editorial committee
Looking at a quiz as stopping the onward march of Alzheimer's Disease!

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

Provided by Sudoku.com.au

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

Look upon this quiz as stopping the onward march of Alzheimer's Disease!

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

Provided by Sudoku.com.au

The Bridge

A man on his Harley was riding along a California beach when suddenly the sky clouded above his head and, in a booming voice, God said, “because you have tried to be faithful to me in all ways, I will grant you one wish.”

The biker pulled over and said, “Build a bridge to Hawaii so I can ride over anytime I want.”

God replied, “Your request is materialistic; think of the time and steel it would take! I can do it, but it is hard for me to justify your desire for worldly things. Take a little more time and think of something that could possibly help man kind.”

The biker thought about it for a long time. Finally, he said, “God, I wish that I, and all men, could understand women; I want to know how she feels inside, what she’s thinking when she says nothing’s wrong, why she snaps and gives me the silent treatment, why she cries, what she wants to know how she feels inside, what she’s thinking when...”

God replied: “You want two lanes or four on that bridge?”

From Readers Digest
**DVA REGISTERED PODIATRIST**

- All foot problems addressed including nails, corns and callouses
- Orthotic shoe supports
- Medical grade footwear assessment and prescription
- All DVA Gold Card and TPI Card holders welcome.

**Ph:** 9344 8399

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**UNIT & KINDRED ORGANISATION**

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<th>UNIT &amp; KINDRED ORGANISATION</th>
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**Health story opportunity – Flu season has arrived in Australia**

Flu season has arrived in Australia, prompting experts from The Influenza Specialist Group (ISG) to warn Australians that they should take the necessary precautions.

The timing of the flu season can vary each year - which explains the “later than expected” season this year - but data now shows that rates are rising in Australia and are at significant levels in New Zealand, which usually shortly precedes Australia.

It is estimated that influenza and its related complications kill at least 3,500 Australians annually. Despite this, less than 50 per cent of Australians most vulnerable to influenza-related complications protect themselves by getting vaccinated annually.

The ISG is reinforcing that vaccination remains the single most effective way of protecting yourself against infection, especially among the elderly. However, Australians under 65 that are not categorised in an “at risk” group should also be careful and look to protect themselves with a free influenza vaccine eg, those with an underlying medical condition, pregnant women and Aboriginal or Torres Strait Islander people aged 15 years and over.

If you are unfortunate enough to have contracted influenza, then the ISG is also advising that antiviral medications can help reduce the severity and symptoms of influenza. Antivirals are available on prescription for adults and older children.

For more information, please contact:

Mobile: 0412 586 428
Email: shevaun.cooper@iomic.com
ANNUAL RSL WA BRANCH (INCORPORATED) RAFFLE 2010

TICKETS ONLY $2.00
WIN Up to $20,000.00 CASH

All proceeds from the Raffle (less costs for printing, postage, statutory costs and prizes) are returned to the RSL WA Branch Inc for the following services and support to the ex-service community:

- Funding for the provision to welfare for food, lodgings, emergency housing and accommodation;
- Counselling and support in finance, family, aged care and social interaction; and
- Pension and advocacy services.

Contact RSL WA on 9287 3799 to obtain Raffle Books.

REMEMBER – All sold and unsold tickets are to be returned to the RSL State Branch as soon as possible for accounting purposes, NO LATER THAN FRIDAY 29 OCTOBER, 2010.

CROSSWORD SOLUTION

SUDOKU SOLUTION

Combined Service and Ex-Service Women’s Luncheon: 26 August 2010

This annual event was held in the AFA Club at Bull Creek. Judging by the happy faces and level of chatter, the 98 ladies who attended enjoyed the meal and fellowship of the day. The Raffles were a great success and thank you to all involved.

Val Tomerini, as MC, kept everything going in her usual inimitable fashion. Our congratulations and thanks to May Tomich as Chairman who, with her Committee and helpers, were responsible for all the behind the scenes work and organisation for the event.

Judy Bland had the enviable task of banking all the funds taken and paying the bills and took it all in her stride in her usual efficient way. We remembered our absent friends and those lost serving overseas.

James and his staff, with their prompt and caring service, had the room looking beautiful with the meal to match. Our thanks to them all.

See you next year!!!

Cecile Hinton, Secretary

To win a copy of Dave Morgan’s book Ice Journey answer the following questions and forward the cut-out section to: The Editor, The Listening Post, PO Box 3023, Perth Adelaide Tce WA 6832 by Monday 1 November 2010.

From the book review, answer the following question:

1. What were the three research postings held by Dave Morgan?

2. Who penned the quote “Everyone has an Antarctica…”?

3. How many children does Dave have?

4. Where did Dave serve during his military career?

Your details:
Name: ____________________________
Address: __________________________
Phone: ____________________________

(see page 29 for information)
The LiSTeNiNg POST October 2010

Book Reviews

The Changi Brownlow by Roland Perry is the most amazing sports story I have read in 40 years reviewing.

When 17,000 soldiers of Australia’s 8th Division were captured by the Japanese and put in the infamous Changi jail on Singapore in February 1942, the men kept themselves busy playing sport. This was despite their condition deteriorating due to poor nutrition.

Perry begins the book with a graphic account of the final game of the ‘season’ between Victoria and The Rest of Australia. His narrative style is compelling and puts you right in the action from page one of the book.

The Changi Brownlow is outstanding for several reasons, not the least being the author’s capacity to inspire in what would be otherwise a bleak tale.

The main theme, which explodes from the narrative, is the ANZAC spirit shown under the most inhumane conditions ever experienced in war. The POWs demonstrated it even more than in Gallipoli or at Kokoda. After all, the diggers incarcerated had no weapons, they only had each other. Characteristics of this spirit included ingenuity, fortitude, mateship, sacrifice, self-discipline, selflessness, resourcefulness, endurance, energy and courage.

There was also humour on display daily, even in the deadly cholera camp. Some POWs made the extraordinary statement that it was as important to them as the food. Nutrition was essential to survive. But the POWs said that the risky and daring efforts to get a dry, cynical laugh were vital also to getting through.

This is Roland Perry’s 24th book, and perhaps his best. A word of warning; this story will confront, even haunt you. But its ghost will uplift.

The Changi Brownlow is about sport and war and, as Ron Barassi notes, presents ‘a fascinating combination.’

The Changi Brownlow by Roland Perry, Hachette Australia, $35

Author Donates Book


Denis Connelly

MEDIA RELEASE

Ice Journey

A story of adventure, escape and salvation

Dave Morgan

Publication Date: 15 August 2010


“I was a 52-year-old man, married with two teenage children, trying to get down to Antarctica. “Everyone has an Antarctica”, Thomas Pynchon once wrote. As a young bloke standing on the edge of a windy, wintry Melbourne beach… I just knew, staring towards the cold vastness of the Southern Ocean, that one day I’d go beyond the horizon.”

Dave Morgan

Ice Journey is the biography of Vietnam veteran Dave Morgan, a self confessed ordinary bloke who has lead anything but an ordinary life.

Like many of his fellow Vietnam vets, Dave tried to present a “normal” face to the world while battling Post Traumatic Stress Disorder (PTSD). It was a debilitating struggle that sparked an obsession to escape the bonds of suburban Australia and embark on a journey to Antarctica, an experience that would change his life forever.

In his early fifties and unable to find peace, Dave turned to the seclusion and hardship of Antarctic research, earning a rare and highly sort after posting to Macquarie Island and then Davis and Casey Stations. Carrying his deeply buried demons from the jungles of Vietnam to the icy peaks of Antarctica; Dave’s journey fulfilled a lifelong dream, while making him feel safe for the first time in 30 years.

His experiences as an expeditioner on the starkly beautiful, harsh and inhospitable ‘ice’ was at once intoxicating and isolating, providing the catalyst for Dave to finally face his fears. It is an emotional journey that transports the reader from the terror of a young soldier fighting far away from home, to exhilaration on the ice far from the rest of the world.

While the ghosts of Vietnam still exist inside Dave, Ice Journey is an invitation to share in an incredible journey, from the moment that would destroy his long cherished dream to ultimately finding a new way forward and the beginning of a new life.

Dave Morgan is available for interviews.

For further information, images and interviews with Dave Morgan, please contact Megan Jacobs: E: megan@12parasols.com.au M: 0416 110 069

Available at all good book shops nationally or online at www.bigskypublishing.com.au
Macular Degeneration
Are YOU at Risk?

- Macular Degeneration is the leading cause of blindness in Australia.
- If you’re over 50, you’re at risk.
- Early detection is vital!
- Learn how to reduce your risk.
Call today for a free information kit.

1800 111 709
The Macular Degeneration Foundation – proudly serving the veteran community.
Australian Peacekeepers to be honoured – 13 September 2010

The important contribution of Australian Peacekeepers in maintaining the peace and stability of countries in need were honoured on Australian Peacekeepers’ Day, Secretary of the Department of Veterans’ Affairs, Ian Campbell, said.

Veterans Warned of Potential Scams – 26 August 2010

Veterans have been targeted by scam-artists claiming to represent the Australian Government, Secretary of the Department of Veterans’ Affairs Mr Ian Campbell said.

Battle for Australia Remembered – 1 September 2010

The secretary of the Department of Veterans’ Affairs, Mr Ian Campbell, said that today was an opportunity to reflect on the time the enemy landed on our doorstep during the Second World War.

Australians Commemorate Merchant Navy Day – 3 September 2010

Australians are encouraged to reflect on the service and sacrifice of Australian merchant mariners who served with distinction during times of war.

Remembering the Nashos – 7 September 2010

The contribution of more than 287 000 National Servicemen to Australia’s armed forces between 1951 and 1972 was honoured by a thousand invited guests at a national reception at Parliament House, Canberra.

Greater Awareness of Suicide Can Save Lives – 9 September 2010

Greater awareness of suicide and recognising its signs could help save veterans’ lives, Ian Campbell, Secretary of the Department of Veterans’ Affairs, said.
A M A Z I N G
HEROES

Serving our Veterans for over 60 years and still number one in veterans care.

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