50th Anniversary of Australian Commitment to the Vietnam War
LISTENING POST MESSAGE BOARD

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Address to: The Editor, The Listening Post
RSL, PO Box 3023 East Perth, WA 6892
Email: listeningpost@rslahq.org.au
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The Vietnamese Community, in conjunction with the Republic of Vietnam Veteran’s Association in Western Australia gathered at the Australian Vietnamese War Memorial in Kings Park on Saturday 16 June to Commemorate the 50th Anniversary of Australian commitment to the Vietnam War.

The occasion also commemorated the 10th Anniversary of the unveiling of the Australian Vietnamese War Memorial as well as the Republic of Vietnam Armed Forces Day.

The Australian Government, in July 1962, decided to provide assistance to South Vietnam and the Australian Army provided advisors to work with the Army of the Republic of South Vietnam (ARVN). The Australian Army Training Team Vietnam (AATTV) was deployed initially with the ARVN units in the provinces of South Vietnam and later in all military regions. RAAF units were deployed in 1964 and the Army commitment increased in 1965 with RAN ships being deployed with United States Navy 7th Fleet. Australian military commitment ceased on 18 December 1972.

The guest list comprised of Federal, State and Local Politicians, Service Officers, Ex-Service Organisations (ESO’s) and Next of Kin of those Western Australian members who paid the supreme sacrifice were special guests at the ceremony. Addresses were given by the President of the Vietnamese Community in Western Australia, Dr Anh Nguyen, and Members of ESO’s as well as Civic Leaders. During the Service the Roll of Honour of the 61 Western Australian Servicemen who paid the supreme sacrifice was read. The Service was assisted with a Colour Party of former ARVN Veteran’s, a Bugler from the Army Band Perth and the Pipe Major of the Fremantle Sailing Club Pipe Band. The Service was conducted in both English and Vietnamese and was concluded with the presentation of plaques to commemorate the occasion by the President of the Republic of Vietnam Veteran’s Association in Western Australia, Mr Thanh van Nguyen.

After the Commemoration Service all those present were entertained to lunch provided by the Vietnamese Women’s Association of Western Australia.

Gary Sutherland

CONTACT DIRECTORY

Editorial Information
Editor/Vice President: Denis Connelly (08) 9287 3716
Email: listeningpost@rslwahq.org.au
Assistant State Secretary: Nola Keen
Executive Assistant: Caitlin Harnwell

Contact Details
The Returned & Services League of Australia WA Branch Incorporated
ANZAC House 28 St Georges Tce PERTH WA 6000
Email: listeningpost@rslwahq.org.au
Website: www.rslwahq.org.au
Telephone: (08) 9287 3799
Facsimile: (08) 9287 3732
WA Country Callers: 1800 259 799
PO Box 3023, East Perth, WA 6892

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MyAccount offers Western Australian veterans a more immediate way of accessing DVA services. Clients of the Department of Veterans’ Affairs (DVA) in Western Australia can now use a new service which gives veterans online access to DVA. This service is available during business hours Monday to Friday to register.

Visit myaccount.dva.gov.au for more information and phone 1800 173 858 during business hours. You can still contact DVA by phone, fax, email, mail and face-to-face. MyAccount will not replace traditional means of communicating with DVA.

The veteran community and Ex Service Organisations in Western Australia have responded enthusiastically to the new service. With the introduction of MyAccount, DVA is responding to the changing needs of veterans, their families and carers.

If you are an eligible DVA client, you can use MyAccount to:

- Update your contact details;
- View payments and card information;
- View the status of your claims;
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- Request replacement cards, and
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### This Month in Australian Military History

<table>
<thead>
<tr>
<th>Date</th>
<th>Year</th>
<th>Title</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>23 August</td>
<td>1918</td>
<td>Lieutenant L D McCarthy VC</td>
<td>Lieutenant L D McCarthy, 16th Battalion originally from York, Western Australia, wins the Victoria Cross at Madame Wood, France.</td>
</tr>
<tr>
<td>29 - 30 August</td>
<td>1915</td>
<td>Lieutenant H V Throssell, VC</td>
<td>2nd Lieutenant H V Throssell, 10th Light Horse Regiment, originally from Northam, Western Australia, wins the Victoria Cross at Hill 60, Gallipoli.</td>
</tr>
<tr>
<td>4 September</td>
<td>1943</td>
<td>9th Division land at Lae, New Guinea</td>
<td>Lae was the focus of a major land, sea, and air operation by Australian and American forces. Fighting lasted until 16 September, when the encircled Japanese garrison were killed, captured, or escaped.</td>
</tr>
<tr>
<td>14 September</td>
<td>1914</td>
<td>HMA Submarine AE1 lost off New Guinea</td>
<td>The AE1 and AE2 were the first submarines to serve with the Royal Australian Navy. The AE1 disappeared without trace during operations for the capture of German New Guinea.</td>
</tr>
<tr>
<td>20 September</td>
<td>1912</td>
<td>Official approval given for the establishment of a military Central Flying School. Official formation of the Australian Flying Corps</td>
<td>The Australian Flying Corps went on to serve in Mesopotamia, the Middle East, and the Western Front and was the forerunner of the RAAF.</td>
</tr>
<tr>
<td>28 September</td>
<td>1950</td>
<td>3rd Battalion, The Royal Australian Regiment arrives in Korea</td>
<td>The Battalion was immediately committed to the United Nation Forces’ northward advance against the retreating North Koreans.</td>
</tr>
<tr>
<td>1 October</td>
<td>1918</td>
<td>Australian Light Horsemen take Damascus</td>
<td>The Light Horse advances into Damascus, the Syrian capital, at the end of the long and victorious advance that ended the First World War in the Middle East.</td>
</tr>
<tr>
<td>3 October</td>
<td>1992</td>
<td>Dedication, Australian Vietnam Veterans’ National Memorial</td>
<td>The Vietnam Veterans’ National Memorial, ANZAC Parade, Canberra, was opened by the Prime Minister, the Hon. Paul Keating MP and honours those Australians who served and died in the war in Vietnam.</td>
</tr>
<tr>
<td>3 - 8 October</td>
<td>1951</td>
<td>Battle of Maryang-San, Korea</td>
<td>The 3rd Battalion, Royal Australian Regiment, made a successful assault against Chinese positions on Hill 317 (Maryang-San) and held the important feature in the face of fierce counter-attacks.</td>
</tr>
<tr>
<td>25 - 26 October</td>
<td>1942</td>
<td>Private P E Gratwick, VC</td>
<td>Private P E Gratwick, 2/48th Battalion, originally from Katanning, Western Australia, wins the Victoria Cross at El Alamein, Egypt.</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

### DVA Goes Online in Western Australia

Clients of the Department of Veterans’ Affairs (DVA) in Western Australia can now use a new service which gives veterans online access to DVA services.

MyAccount offers Western Australian veterans a more immediate way of conducting business with DVA, giving access to services anytime and anywhere. All you need is a registration number, a computer and an internet connection.

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### Veterans’ Health Week

The Department of Veterans’ Affairs will co-ordinate the fourth annual Veterans’ Health Week (VHW) between Monday 22 and Sunday 28 October 2012. VHW aims to raise awareness of, and encourage participation in, activities that promote and maintain the health and wellbeing of veterans, their families and carers.

The Minister for Veterans’ Affairs, the Hon. Warren Snowdon MP, has endorsed this year’s theme of “Social Inclusion - Participate, Connect and Influence”.

A number of events will be organised across Australia throughout the week that will be enhancing social inclusion for veterans. DVA recognizes that working together with ex-service organisations can help overcome barriers to social inclusion for individuals and the community.

This year in particular, DVA is calling on the veteran community to consider how they can involve others who they think would benefit from reconnecting and feeling included.

Up-to-date information about VHW will be available on the DVA website: http://www.dva.gov.au
Centenary of AnZAC

With just over two years to go it's time to make decisions at Sub-Branch level as to how this 'once in a lifetime' event is going to be commemorated, especially at your local level. It is not only a Sub-Branch event but one that should embrace the entire community.

We all have a responsibility to ensure the birth of the ANZAC Spirit is well remembered for this and future generations. It would appear as though Federal Government funding will be very limited and planned local activities may be reliant on the generosity of local community organisations to achieve a good outcome. We understand that a travelling ‘Roadshow’ will visit rural areas throughout Australia over the period 2014 –18 to permit engagement of residents of rural and remote areas of the country in the commemorative activities. While this is an interesting concept the final details of this project are yet to be released.

The Departure of the Fleet from Albany in November 1914 has been acknowledged as the beginning of the ANZAC Legend and the planning for the re-enactment of that event is well under way as is the construction of an ANZAC memorative site in Albany and serve as a fitting centre that will honour our fallen of one of the most horrific wars of our time.

Veterans’ Health Week will be held on 22–28 October 2012 and provides an opportunity for veterans, war widows, widowers, current and ex-Australian Defence Force members and their families to participate, connect and influence the health and wellbeing of themselves and their friends. DVA is partnering with Ex-Service Organisations (ESOs) and community groups to develop a program of fun and interactive activities at a local level. This year’s focus is on social inclusion—encouraging members of the veteran community to think about the importance of social inclusiveness on their health and wellbeing and consider making positive changes to their lifestyle to live a stronger, healthier and happier life. For veterans, social inclusion is about welcoming, accepting and including people into social groups and activities.

An information resource kit is currently being developed and will assist the Veterans’ Access Network and ESOs to organise events and activities during the week. Limited funding will also be available for community groups who are looking to undertake such activities. More information on the resource kit and funding applications will be available online from DVA soon.

How to Obtain Service & Medical Records

RSL Pension Officers and Advocates would like to advise veterans of the process required for them to access their Service and medical records. The following information is published to assist veterans in this regard:

“In an effort to streamline the process of acquiring documents to support claims for compensation through the Department of Veterans’ Affairs, members can apply for copies of their Service or medical records, or if the request is from an advocate of an Ex-Service Organisation assisting with a claim, application for these records may be made through the Freedom of Information and Information Management Branch of the Department of Defence.

Army medical records for people discharged prior to 1947 and Air Force medical records for people discharged prior to 1952 are held by the Department of Veterans Affairs (DVA) therefore, if your request falls within this period, please contact DVA.

If you are requesting service records of an Australian member who served during World War I and World War II it is recommended that you contact the Department of Veterans Affairs (DVA) therefore, if your request falls within this period, please contact DVA.

In addition to personnel deployed on Naval vessels, P3 RAFF Orion crews and Australian army personnel in the Regional Force Surveillance Units, including NORTARMA, will also for the first time be eligible for recognition of operational service under border operations,” Mr Snowdon said.

The Australian Operational Service Medal, will replace the Australian Active Service Medal and Australian Service Medal for new military operations, which will be phased out as current operations wind up.

The medal will be presented with a unique ribbon to identify individual operations. An initial supply of medals is presently being sourced, and it is hoped that these will be available within the coming months.

continued page 15

DEFAMATION

People say things about each other all the time. So much so, that we have a variety of ways to describe this very common human behaviour. We call it gossiping, scandal mongering, backbiting…

The legal term for this behaviour is “defamation”, where it involves a statement about another person which:

- a) is communicated verbally or in writing to another person;
- b) has the potential of causing damage to that other person’s reputation; and
- c) is false.

These days, people access and use the internet and communicate by way of e-mails and social networking with increasing frequency. As a result, defamatory statements are becoming increasingly common.

In this article, we look at what happens when:

1. a person sends an e-mail containing a defamatory statement to a number of people, and this e-mail has been brought to the attention of the person defamed; and

2. a person sends a private e-mail containing a defamatory statement to one person, and that person then forwards this e-mail to third parties which then comes to the attention of the person defamed.

There have been many cases where people have been defamed using the internet which are not discussed here but which lawyers should be mindful of.

It is easy, in a moment of anger or frustration, to state a little too frankly what you think about someone else. In fact, it is so easy to do this that it can be dangerous. E-mails can be quickly written and sent to many people simultaneously. Once sent, they are permanent and cannot be retrieved.

If you send an e-mail to another person that contains defamatory statements, you may be liable to pay damages to the person defamed. You may also be liable to pay damages to the person defamed if you receive an e-mail that contains defamatory comments and:

1. forward that e-mail to others; or
2. reply to the e-mail and copy other recipients into the reply.

If that happens, you may receive a letter from a lawyer and be forced to retain your own lawyer to respond and potentially apologise for making the defamatory statements or passing them on. Be aware that it is very easy for someone to edit an e-mail originally sent by you when they forward that e-mail. If your e-mail has been edited you may find yourself being accused of defamation and you may be required to produce evidence to show that the edited e-mail was not sent by you. If you are concerned that someone may edit an e-mail sent by you it is best to ensure that you always keep a copy of the sent e-mail for yourself. You can keep an electronic copy or print the e-mail.

To avoid being accused of defaming someone else or re-publishing someone else’s defamatory statements, it is always best to ensure:

1. you do not forward emails which contain controversial comments sent to you by others;
2. you read through and satisfy yourself that you are comfortable with, everything contained in an email sent to you by someone else before you forward it;
3. you avoid making statements that others could interpret as damaging to their reputation.

The information contained in this article is intended as a brief and general summary of one aspect of the law of defamation, current at the time of publication. Should you have a specific query in relation to an allegation of defamation or an e-mail you have received or intend to send, you should seek advice from a lawyer.

From the President’s Pen
John Joseph Ambrose Curtin was born in Creswick, who Victoria on 8 January 1885. He was the eldest son of Victorian policeman John Curtin and his wife Catherine Bourke who were both Irish immigrants. Due to ill health John Curtin (Senior) had to resign from the police force seeking employment in various jobs, finally securing a position as a publican in rural Victoria.

As a result of economic circumstances the Curtin family was forced to live in increasing impoverished conditions in a succession of country towns. They finally returned to Melbourne where the mother assumed the primary role of provider for the family which made it necessary for Curtin to leave school at the age of 14 to get a job. He worked in several jobs before securing a permanent position with Titan Manufacturing Company in 1903.

Having been raised as a Catholic, Curtin joined the Salvation Army for a short time in Melbourne. It was this experience with his family and the Salvation Army that set the young John Curtin on a socialist path that was to stay with him for the rest of his life.

Although an active Australian Labour Party (ALP) member, Curtin joined the more radical Victoria Socialist Party (VSP) which was formed in 1906 by British Trade Union official Tom Mann. When Tom Mann returned to the U.K., Curtin served as secretary for the VSP. In 1911, Curtin resigned from the VSP and Titan Manufacturing Company to take up a full time position as secretary of Timber Worker's Union. It was at this time Curtin met his wife Elsie Needham, daughter of Abraham Needham. Over the next few years the Curtin's had two children, Elsie and John.

At the outbreak of World War I in 1914, Curtin, an ALP candidate, sought support from the Labour Movement to prevent war. However, political necessity saw the peace movement swept aside in the Federal election held in that same year.

With growing dissatisfaction within the Union Movement, declining membership and with charges of embezzlement at the Union Office, Curtin was admitted to hospital with a drinking problem. In December 1916 he was jailed for failing to respond to a call up order. However, he was released a few days later and, with the influence of friends and colleagues, he was appointed as editor of The Westralian Worker which was a paper owned by the Australia's Working Union in WA. John Curtin arrived in Perth in 1917 and now Curtin had the vehicle to oppose Billy Hughes on the issue of conscription.

As leading figure in the ALP in Western Australian and a close friend of Phillip Collier, who had become leader of "The Western Australia Parliamentary Labour Party" in 1917, Curtin was fined for making a statement “likely to cause disaffection to his Majesty” when he urged "rebellion" on the crowd if conscription was forced upon them. Curtin also suffered from personal problems with the death of his father in March of 1919 and, seven weeks later, the death of close friend Frank Hyett.

Electoral defeats in 1917 and in December 1919

Curtin, while being in poor health, reluctantly contested the seat of Perth in the Federal elections of 1917 and 1919 but was soundly defeated. It was at this time that Curtin's public profile began to grow as an editor and also as a lecturer for the Australian Journalist Association (AJA). Curtin carried out his teaching and examination without charging fees as he was endeavouring to improve the skills of journalists.

In 1924, Curtin travelled to Geneva to represent the Federal Bruce Page National Country Party at the International Labour Movement (ILM), which also heightened his interest in the potential 'League of Nations', the forerunner of the formation of the 'United Nations'(UN). A year later Curtin contested the Fremantle seat in the Federal Parliament. He was defeated again so he continued with his editorial duties and his lecturing.

In 1928 Curtin was successful in entering Federal Parliament as the member for Fremantle. Due to the Great Depression, the Bruce-Page coalition was forced to the polls, resulting in Labor gaining power in 1929. Labor was still in a hopeless position and, as a result, the United Australian Party (UAP) regained power in 1931. This setback was a defining moment for Curtin which fuelled changes to his thinking on full employment and banking reform issues in later years.

Despite suggestions that he should return to Victoria to contest a seat held by his long-time friend and mentor Frank Anstey, Curtin stood again for the seat of Fremantle, which he won marginally.

In September 1935 Scullin had stood down as Curtin won the Federal ALP leadership by one vote from Scullin's deputy Frank Forde. Curtin's success was attributed to his unswerving loyalty to the ALP. During the crises years of the Great War (WWI) and the Great Depression he lived in the "West" and was unaffected by the Labour movement inflighting in "The East."

Curtin was a strong supporter for the build-up of the Royal Australian Air Force (RAAF). When war broke out in 1939, he backed Australian participation, however he was still opposed to compulsory military training and warned of leaving Australian undefended with the dispatch of a Voluntary expeditionary force to the European theatre, a move that Prime Minister Menzies confirmed on the 28 November 1939.

After the election of 1940 Curtin found himself as head of a party that included Ben Chifley and Dr Herbert Vere Evatt who had chosen to stand down from the "High Court of Australia" to contest this election. With the outbreak of War Menzies did agree to Curtin's proposal to establish an "Advisory War Council." This proposal gave Curtin an awareness of war policy issues, without having to be responsible for any community backlash against wartime controls.

On the 7 October 1941 Curtin was elected as Prime Minister of Australia. On the 8 December, Curtin was sworn in by his press secretary advising him of the Japanese attack on US home soil of Pearl Harbour. Japanese activities had necessitated that Australia, in its own right, declare war on a foreign power. With the UK in a desperate struggle in Europe, Curtin delivered a message to the Australian public via the 'Melbourne Herald' on 27 December 1941.

"Without any inhibitions of any kind I make it quite clear that Australia looks to America, free from any pangs as to our traditional links or kinship with the United Kingdom.

We know the problems that the United Kingdom faces. We know the constant threat of invasion. We know the dangers of dispersal of strength, but we know, too, that Australia can go and Britain can still hold on.

We are, therefore, determined that Australia shall not be destroyed and we shall do our utmost to prevent the shaping of a plan, with the United States as its keystone, which will give to our country some confidence of being able to hold out until the tide of battle swings against our enemy."
tobacco, theatre tickets, horse racing, greyhound racing and restrictions on restaurant meals and cafes. By mid-September 1942, the tide of war was turning, the Japanese were being pushed back along the Kokoda Track, and Allied victory and El Alamein allowed the 9th Division to return to the defence of Australia.

In 1944 Curtin’s own health became an ever increasing concern after an overseas trip to the U.S. and U.K. “He was never the same man again” a close friend observed. Heart trouble had forced him to hospital in November and he did not return to duty until January 1945. After suffering a coronary occlusion in November 1944, Curtin was hospitalised in Melbourne. His daughter Elsie came to Melbourne to be with him as he slowly recovered and then his wife came to Canberra and stayed with him at The Lodge until he resumed official duties on 22 January 1945. Almost immediately he had to defend his government against charges that moves to nationalise Australia’s internal airlines were part of a wider ‘socialist agenda’. These moves were blocked by the High Court and subsequently the Chifley Government established Trans Australia Airlines in 1946 and acquired Qantas in 1947.

At the same time, in a speech to government and industry representatives, Curtin described government action to prevent rising unemployment as the necessity of an ‘enlarged role’ for government. On 28 February 1945 he made what might be described as his last major parliamentary speech, which dealt with the war effort (past and present) and canvassed the prospects for an international peacekeeping organisation, warning that ‘countries cannot always have their own way, if they really wish to live in amity’.

On 18 April Curtin paid his parliamentary tribute to Franklin Delano Roosevelt, who had died six days earlier. At the end of the month Curtin was admitted to a private hospital in Canberra and, with Frank Forde absent at the San Francisco Conference, it fell to Chifley, the Acting Prime Minister, to announce the German surrender on 8 May. After several weeks in hospital, Curtin returned to The Lodge and remained there with his wife Elsie until his death on 5 July 1945.

After services in Canberra and a lying-in-state in King’s Hall on 6 July before a crowd estimated at over 20,000. For much of his life Curtin had not been a religious man and there is conflicting evidence about the extent to which he maintained his beliefs, but it was at Curtin’s own request, made in his final weeks, that the funeral service was conducted by his friend, the Reverend Hector Harrison, a Presbyterian. Curtin’s deputy, Frank Forde, who had returned from the San Francisco conference only a few days before Curtin’s death, served as Prime Minister for only one week, still the shortest term ever for any Australian prime minister.

On 12 July the Labor Caucus elected Ben Chifley to the leadership by a substantial majority and his government was sworn in on the following day, with the only change from Curtin’s last Ministry being the inclusion of a Western Australian, Herbert V Johnson, to replace Curtin himself. Chifley had always been a valuable, personal and political ally and confidante to Curtin, and his weeks as Acting Prime Minister after Curtin’s hospitalisation in April undoubtedly contributed to the ease of his victory.

For Geoffrey Serle, the ‘great justification of Curtin as Prime Minister is not merely that there was no viable alternative government in 1941–45, but that his contemporaries acknowledged that no other politician was fit for the task’. At Australia’s most critical hour Curtin ‘successfully rejected himself as national leader, inspiring respect from cynical Australians as few Prime Ministers have done. His achievements all derive essentially from character… in terms of ideals, the inscription on his gravestone perhaps best sums up Curtin’s outlook and contribution to Australia:

His country was his pride
His brother man his cause.
“If ever a man was born to lead this nation into time of peace and in the paths of peace it was John Curtin. If ever a man was born to apply his vision of what Australia at peace could be, his vision of what Australia at Peace should become in his time, he was John Curtin.”

-Former Prime Minister of Australia, Gough Whitlam

Reference:
1. Black D., Wallace and John Curtin Archives.
2. Australia Wartime Prime Minister.
3. John Curtin University.
4. National Archives of Australia (NAA)

Canberra.

Denis Connelly
Trust Fund: The WA Sailors, Soldiers & Airmen’s Relief

Hardship Coles or Woolworth’s Essentials Cards to purchase food & household items

To receive assistance, you must provide the following:

1. A proof of service
2. A recent bank statement showing your account to avoid additional charges.

What do I bring to the appointment?

To receive assistance, you must bring:

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- A recent bank statement showing your account
- Any other relevant documents

191. It is important you do this before the due date on the application form.

To apply for assistance, you must contact the Welfare Officer, Ms Rosalind Howat on 9287 3707 or 0412 009 191. It is important you do this before the due date on the account to avoid additional charges.

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ANZAC Day 1916

In recent months the transformation of the Perth Esplanade has been a hot issue. It was reclaimed from the shallows of the Swan River in the last decades of the 19th century and reserved for public usage. Well before the Great War of 1914-18 the Perth Esplanade was the scene of ceremonial parades and featured the annual ANZAC Day ceremony from 1916 to 2011.

In 1916 there were no plans for an annual ANZAC Day parade only a common hope expressed by the editor of The West Australian:

“ANZAC Day is surely a unique celebration – something that touches national sentiment infinitely more closely than any day Australia has ever kept before. It is a memorial and will, we hope, be observed everlasting-ingly as a memorial to those who have fallen, and it is an occasion for honour to those who have safely returned. It is no holiday in the accustomed sense. There is none of the carnival spirit abroad, reflected for instance in hilarious street scenes. Our rejoicing cannot but be tinged with sorrow for the loss of those brave souls who have fought their last fight and our pride mingled with reverence of the gallantry, courage, endurance and self-sacrifice that have won for all ANZACs an immortal fame.”

25 April 1916 was a sunny day when an estimated 50,000 men, women and children lined streets decorated with flags and bunting to cheer the Gallipoli veterans who had assembled at the Army Drill Hall in Francis Street for Perth’s first ANZAC Day march. The parade included other Great War veterans, a Boer War contingent, mounted 10th Light Horse replacements, recruits from Blackboy Hill and other training camps and senior Army Cadets. The route was Beaufort Street, Barrack Street, Hay Street, Victoria Ave, St Georges Terrace, Barrack Street and onto Perth Esplanade through a magnificent arch decorated with the flags of many nations and the single word ANZAC.

The parade was a hollow square with wounded men in cars forming a line behind the saluting dais and the Gallipoli veterans in the centre ready to be inspected by the Governor, Major General Sir Harry Barron, who addressed the assembly:

“Our far-flung battle fronts men are performing every day, countless deeds of valour. But in the minds of the Australian people, ANZAC Day stands out in bold relief. It reflects the heroism of their own men; and it has given to the Commonwealth a long roll of national young worthies.”

At the Gallipoli luncheon at the Perth Town Hall, the Governor expressed the hope that when the war was over and a memorial erected in Perth it would carry the simple inscription, “They did their duty they did their bit. You are heroes all”.

The Mayor of Perth, Mr Frank Rea, spoke of the landing at Gallipoli as that single day in the history of all nations when they answer the call to defend their liberties and he firmly believed that on 25 April 1915 the Australian Nation was born; a reminder that Australia was recently six independent colonies, not a Nation. During the Governor’s address a young soldier, one of three Northam brothers to serve in the war, quietly entered the hall and Premier Jack Scadden introduced him, “Gentlemen, I give way to Lieutenant Hugo Throssell Victoria Cross” and the cheers and applause rocked the Town Hall.

Hugo Throssell was the first of ten Western Australians so honoured in the Great War. He returned to Fremantle three days before ANZAC Day and was reluctant to talk about Gallipoli. Eight months earlier he took part in the assault on Hill 60 recorded as a Gallipoli slaughter house, where he was severely wounded and evacuated to England. He returned to active service in the Middle East and in 1917 was again wounded in an action that killed his brother. He returned to his regiment and was at the head of the 10th Light Horse Guard of Honour at the fall of Jerusalem.

ANZAC Day has become an annual event, Mayor Rea’s vision of a Nation united is a reality and Governor Barron’s plea for a Perth memorial with the words, “They did their duty they did their bit. You are heroes all” gave way to three immortal words carved into the grey granite of our State War Memorial in Kings Park; LEST WE FORGET.

Dr Neville Green AM

Ex-WRANS Visit Bruce Rock

Seventeen ex-Women’s Royal Australian Naval Service Association WA (WRANS) visited the Bruce Rock War Memorial on 25 May 2012.

The War Memorial was erected in remembrance of their comrades, the combined service and ex-service women and men who served in World War II, Vietnam, Papua New Guinea, Korea and the Peace Corps.

Plaques commemorating the service and valour of these men and women are fixed onto great boulders which are set in a memorial garden for all time.

The Ex-WRANS of WA was formed in 1971 and last year celebrated its 40th anniversary. They have 100 financial members, including 17 World War II members and meet monthly at ANZAC House in Perth.

The group exists to link old shipmates and provide a venue for these old friends to meet and to provide financial support to charities.

During the year they hold lunches, organise bus trips and enjoy guest speakers.

This was the first time the ex-WRANS had visited the war memorial garden in Bruce Rock.

The group of women chartered a bus and left the city in the early morning and travelled through Quairading, then on to Shackleton to see Australia’s smallest bank and finally arriving in Bruce Rock for lunch at the hotel.

The manager and staff of the Bruce Rock Hotel opened the bar and put on a special lunch for their visit.

Photos and article courtesy of the Merredin Mercury, 5 June 2012.
The Avenue of Honour in Balingup was re-opened in a moving ceremony on Saturday, 28 April 2012. It was originally opened in August 1932 by Field-Marshal Sir William Birdwood in honour of those who enlisted from the district and lost their lives in World War I. The Avenue, consisting of 56 oak trees, had fallen into disrepair and most of the original plaques were missing. The Balingup Lions Club have replaced the plaques and further enhanced the Avenue through planting commemorative gardens and installing picnic tables.

A crowd of more than 300 attended, many of them descendants of the soldiers being commemorated. The ceremony began with a parade headed by four members of the 10th Light Horse (Re-enactment) Troop and the Bunbury City Band. A jeep carried a lady who had attended the original opening ceremony, and this was followed by descendants, local RSL members and ex-servicemen.

Steve Dilley, President, Shire of Donnybrook-Balingup, performed the re-opening ceremony and Father Ian Johnson, Chaplain to 7th Field Battery, re-dedicated the Avenue. Descendants were then invited to inspect the new plaques and lay wreaths.

Steve Dilley, President, Shire of Donnybrook-Balingup,
On 3 March 2012, Terry Reynolds was invited to a ceremony at Adenia Park in Ferndale by the Sikh Community.

The ceremony was held to pay tribute to one of their pilots who was flying for the RAF and was killed in action. The pilot, Flying Officer Mammohan Singh, was flying a FBY Catalina with 205 Squadron and was on the water in Broome Harbour at the time. It was on this date, 3 March 1942, that nine Japanese Zeros attacked Broome Harbour and destroyed all fifteen flying boats still on the water. Over 100 people were killed, including Flying Officer Singh.

Throughout WWI and WWII the Sikhs contributed to the wider community. Numbering 100,000 in the Great War alone, they were the largest volunteer group out of India. They received an outstanding number of awards for gallantry including 14 Victoria Crosses. When the First World War broke out in 1914, there were six battalions of the Sikh Regiment forming part of the British Army. The 14th Ferozepur Sikhs served in Gallipoli. During that battle, the 14th Sikhs were given arduous tasks by the British. They were to capture two Turkish trench lines in an assault which took place on 3 and 4 June 1915. The Sikhs lost 371 officers, in the last two World Wars 83,005 Sikh soldiers were killed and 109,045 were wounded. They were either killed or wounded for the freedom of Britain and her allies during shell fire wearing nothing but their Turban, a symbol of their faith.

This article was taken from an extract from the Sikh brochure at the memorial

From pages: 28x587

How Do You ‘Age Positively’?

Ageing is the one thing that all people ultimately have in common. However, the experience of ageing varies greatly from one person to the next. So, what contributes to such differences? And perhaps more importantly, what factors lead to ageing positively?

Researchers at the Griffith University Memory Clinic are seeking to understand how important life factors such as relationships and attitudes towards time affect wellbeing and the way people age. Lydia Hohaus, Director of Griffith University Memory Clinic, told DPS News researchers were interested in finding out the experiences of older adults living in the community and are seeking volunteers aged between 60 and 80 years to complete a questionnaire, which can be completed online or by mail.

“By volunteering you would be contributing to an important body of research that could change the experience of ageing for future generations,” Ms Hohaus said.

The growing proportion of older adults in Australia stimulated interest in the concept of ‘healthy ageing’.

“Previous research found a person’s sense of wellbeing is linked to improved quality of life, including a decreased chance of illness and quicker recovery from periods of illness.”

If you are aged between 60 and 80 years of age, are healthy and living independently, visit https://prodsurvey.rcs.griffith.edu.au/prod/s190/index.php?sid=9542K&lang=en to complete the questionnaire online.

If you prefer to have a paper questionnaire mailed to you with a reply paid envelope, researchers@live.com.au or au.researchers@alita.walters and Jessica Spark.

Reproduced from DPS Aged Care Guide

Bomber Command Commemoration

This photo is of the four West Australians who travelled to London for the recent unveiling of the Bomber Command Memorial.

Doug Arrowsmith

1 Left to right: Doug Arrowsmith, John Crago, John Ricahrds and Bill Utting.

Curtin Family Home

2012 Program of Events

11 July – 12 August

The National Trust of Australia (WA) invites you to learn more about the life of wartime Prime Minister John Curtin, his wife Elsie and their family. You can join a talk and tour of the house, come to an Open Day or discover how researching public life can be at our annual lecture.

Curtin in Collie...

“...[Collie]... will ever remain home” (John Curtin).

Talk and tour at Curtin Family Home. Sessions will include readings from John and Elsie’s diaries, letters, newspapers of the time and oral histories with the family. Morning/afternoon tea is provided. See over for parking. Bookings essential.

Days: Monday – Friday 11 July – 10 August

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The Curtins in Cottesloe 11 July – 10 August

“To me …[Cottesloe]… will ever remain home” (John Curtin).

Talk and tour at Curtin Family Home. Sessions will include readings from John and Elsie’s diaries, letters, newspapers of the time and oral histories with the family. Morning/afternoon tea is provided. See over for parking. Bookings essential.

Days: Monday – Friday 11 July – 10 August

Tours: 10am – 11.30am or 1.30pm – 3:00pm

Location: Curtin Family Home, 24 Jamail St, Cottesloe.

Cost: $10 ($5 National Trust Members)

Bookings essential. Groups (max 20) or individuals. Phone 9321 6088 or email trust@ntwa.com.au

Curtin Family Home Open Day

Sunday 5 August

One of only three homes of former Australian Prime Ministers open to the public, Curtin Family Home was lived in by members of the family for over 75 years. Games for children and an opportunity to follow ‘Elsie’ as she takes you on an audio tour of the house.

When: 11am – 4pm. Readings at 2pm

Location: Curtin Family Home, 24 Jamail St, Cottesloe.

Cost: Entry by donation

Curtin Family Home Lecture

Wednesday 3 October

The pressure of high profile public life can be draining both personally and professionally. Many of our politicians and their families have had to deal with the demons that can plague us all under the spotlight of constant scrutiny and demanding worldwide. Andrew Robb AD MP, Federal Member for Goldstein, has gone public with his personal fight with depression. Hear his story in this year’s Curtin Family Home Lecture.

For more details contact the National Trust via trust@ntwa.com.au or phone 9321 6088.

Curtin Family Home Souvenir Booklet

This attractive illustrated 10 page booklet provides an insight into the lives of one of Australia’s wartime Prime Ministers and his family. A wonderful keepsake for visitors or for a greater understanding of early 20th century Australian politics and family life. Buy an entry ticket from the National Trust $10 ($5 National Trust Members).

Please note there is no parking available at Curtin Family Home. Follow parking signs on the day.
Psychological Resilience and PTSD

Modern warfare is still exacting a price on our military service men and women, their families and their communities. Traumatic events that involve death and fear often elicit the symptoms of what is now known as post-traumatic stress disorder in those afflicted. During the First World War the public became aware of this condition, and it was known as shell-shock, battle fatigue, and traumatic war neurones. Probably as a consequence of PTSD some 266 British soldiers were executed for cowardice, but they were all posthumously pardoned in 2006.

The catastrophic consequences of the Vietnam War saw PTSD recognised as a discrete condition, and thrust into the public domain. The factors that exacerbated PTSD in Vietnam veterans were primarily the failure of the home countries to support their troops during the war (the wharfties refused to load the supply boats); the personal nature of the warfare experiences; the lack of unit support when individuals flew home through Sydney airport; the attacks on individual service men and women on their return by the violent, Leftist elements; and while society shunned the individual service men and women on the warfare experiences; the lack of unit support when individuals flew home through Sydney airport; the attacks on individual service men and women on their return by the violent, Leftist elements; and while society shunned the returned, it publicly rewarded those who protested loudest, as many became the next generation of state and federal politicians.

What we are now seeing is that PTSD did not disappear with the Vietnam veterans, and Australia’s involvement in a variety of conflicts has continued to generate new PTSD cases, even among elite troops. While there is a huge personal cost to those afflicted by PTSD, Dao (2012) reported in The New York Times that a diagnosis of PTSD could cost the government $1.5m for the term of the soldier’s life. Dao’s (2012) article also suggested that the American military is labelling some soldiers with “Personality Disorder” to circumvent future PTSD claims.

There has been a growing interest in the development of military resilience as an effort to shift military culture away from a medical model of care to a model that focuses on rehabilitative psychological health. The new American program called “Comprehensive Soldier Fitness: Strong minds, Strong bodies”, addresses physical, emotional, social, family and spiritual training. The aim of CSF is “… a long term strategy that prepares the Army community – including all Soldiers, Family members and Department of the Army (DA) Civilians – not only to survive, but also to thrive in the face of protracted warfare and everyday challenges of Army life”. The intent of resilience training as shown in Figure 1.2 (below) indicates how soldiers are expected to progress from casualties to “warrior status” on the path to recovery.

A major change in CSF is that the NCOs have a strong educative and mentoring role in ensuring each soldier’s mental fitness, as they take on the roles of Master Resilience Trainers (MRT). While the training skills are variations and extensions on what good officers and NCOs would already do, the training package gives a research-based approach to enhancing positive thought and extending consequential resilience at squad and family levels.

This short update is to bring all of our RSL members up to speed with current thought about PTSD, and to acknowledge that the Australian Department of Defence/DVA are now developing their own programs. The American RAND study reasserts that individual, family, military unit and community level factors all need to be coordinated to ameliorate PTSD and its effect on our military and their families. Significantly, the principles of resilience training are applicable in all uniformed services including the police, prisons, fire and ambulance. PTSD is a price that families and society should not have to pay in this modern era.

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DYCFL is a not for profit organisation. For further information please contact us on 1300 880 309 or visit www.defibforlife.org.au

Lest we forget.
Dr Neil MacNeill

HM The Queen Unveils the Bomber Command Memorial in London

More than 2,000 Bomber Command veterans and their families watched as the Queen dedicated the Bomber Command Memorial in Queen’s Park on 28 June. Included in their number was an official Australian government delegation of 31 veterans from the RAAF who flew with the RAAF squadrons or were posted to RAF squadrons and more than 70 who travelled after receiving assistance from the government, the RAAF Association and Bomber Command Commemoration Day Foundation.

CAF AIRMSHL Geoff Brown led the Australian Defence delegation which included 13 members of the RAAF contingent of Australia’s Federation Guard. A highlight was a Bypass of the Battle of Britain Memorial Flight Lancaster bomber which dropped one million paper poppy petals as a tribute to the 55,573 fallen and to signify the dedication of the memorial. The memorial took more than three years to design and construct. Its roof is made from sections of a Handley Page Halifax III bomber which was found in Belgium well after WWII ended. The centrepiece is a sculpture of a Bomber Command aircrew which appear to have just returned from a mission and are gazing wearily to the sky waiting for other aircraft and their mates to return from a mission. Former Australian Lancaster bomber rear gunner Robert Charles Chester-Master said the memorial captured the spirit of Bomber Command aircrews.

“It epitomises what our whole crew would look like after coming back from a raid,” Mr Chester-Master said. “We’d be tired, a little bit buggered and looking forward to our bacon and eggs. “We’d also be looking to the sky to see how many more aircraft were going to come home.”

Repatriation Commissioner for the Department of Veterans’ Affairs and the Bomber Command Mission Director MAJGEN Mark Kelly said the Australian Bomber Command veterans were great Australians. “They are national treasures and we are lucky to have these men to be able to travel to the United Kingdom,” MAJGEN Kelly said. “They are just like the Australian young men and women who are in our ADF today and particularly they represent the early years of the RAAF.”

From the Royal Australian Air Force
Greater people who think they are ‘over the hill’ are reportedly more likely to end up with a dementia diagnosis.

A study has found older people who think they are old had worse scores in memory tests. They were five times more likely to end up with a diagnosis of dementia, simply because of their attitude towards ageing.

In contrast, people of a similar age who felt younger received better scores. The findings from researchers at the University of Exeter suggest attitudes towards ageing could have a huge impact on dementia diagnosis.

The study was presented yesterday (Tuesday, 12 June 2012) at the International Conference on Social Identity and Health at the university.

It involved 68 people, aged between 60 and 70 years, who were primed to either feel older or younger than other test participants. Those in the ‘older’ group were told participants ranged from 40 to 70 years, encouraging them to think of themselves as being at the upper end of the age spectrum.

Those in the ‘younger’ group were told the ages of participants ranged from 60 to 90 years, which encouraged them to think of themselves as younger than everyone else.

All participants were then given one of two articles to read, which either focused on the effects of age on memory or the impact of ageing on general brain functioning.

The startling findings showed 70% of people who were encouraged to see themselves as older and to believe that ageing was associated with a general decline in ability met the criterion for dementia.

In comparison, just 14% of those primed to see themselves as ‘younger’ fitted the diagnosis.

Lead author, Dr Catherine Haslam, said people who see themselves as ‘older’ could be labelled as having dementia as a result of their attitude.

She said: “Our research shows that the effect of age perceptions on performance can be dramatic, and that seeing oneself as ‘older’ significantly increases a person’s risk of being diagnosed with dementia.”

New South Wales dementia expert, Harrison Bentley, told DPS News the international study does hold some truth.

“Research in Australia also shows thinking yourself young has beneficial impacts on health in general,” he claimed.

Wrinkle-Free with Tomatoes

Forget the expensive skin creams, tomatoes may provide the best defence to keeping skin looking young and safe from sun damage, say scientists.

Tests show eating tomato paste could help protect against sunburn and skin ageing caused by sunlight exposure.

The age-defying ingredient is lycopene – the natural pigment that makes tomatoes red – with highest levels found in processed or cooked tomatoes used in ketchup, paste, soup and juice.

In the study, women eating a diet rich in processed tomatoes had increased skin protection, as seen by a reduction in skin redness and less DNA damage from ultraviolet (UV) exposure.

Researchers compared the skin of 20 women, half of whom were given five teaspoons (55g) of standard tomato paste with 10g of olive oil every day for 12 weeks.

The effects on their skin were compared with the remaining volunteers, aged between 21 and 47 years, eating just olive oil for the same length of time.

The volunteers were exposed to UV rays found in sunlight at the beginning and end of the trial.

The researchers found significant improvement in the skin’s ability to protect itself against UV among those eating tomato paste.

Compared with the other women, the tomato-eating group had 33% more protection against sunburn in the form of less redness.

There was also less damage to mitochondrial DNA in the skin, which is also believed to be linked to skin ageing.

Professor Helena Prince, dermatology scientist at the University of Melbourne, told DPS News the protective effect of eating tomatoes on our mitochondria is important as they are the energy producers in all our body cells including skin.

“Therefore, being kind to our mitochondria is likely to contribute to improved skin health, which in turn may have an anti-ageing effect,” she said.

Reproduced from the DPS Guide to Aged Care

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 local newspaper.

It read ‘This Bidet toilet seat simply replaces your existing toilet seat and will automatically clean you without toilet paper’, it also said the Bidet can be installed in just a few minutes. 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 and 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 in just a few days. Trevor was delighted to find that the installation process was easy as Stephen explained and 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 Bidet toilet 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 Bidet is the best investment 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 more information please call The BIDET SHOP* on 6102 5610 (local) or 1800 243 387 (national).

Don’t forget to mention our RW8 to receive the RSL Members Discount!
Vitamin D and Calcium Longevity Link

Vitamin D and calcium supplements could help older people live longer, according to a review of existing research.

Scientists from the Aarhus University Hospital in Denmark compared eight randomised, controlled trials that looked at the vitamin D intake of more than 70,000 adults in their 60s and 70s. They found people who took vitamin D supplements, along with their calcium supplements, were 9% less likely to die over a three-year period, compared with people who took no supplements.

Vitamin D is an essential nutrient that helps our bones absorb calcium. Our bodies produce vitamin D when we are exposed to sunlight, or it can be taken in supplement form.

For every 151 people who took vitamin D and calcium supplements daily, one less person would die, according to the researchers.

The study author, Professor Lars Rejnmark, said while the results showed reduced mortality in elderly patients using vitamin D supplements in combination with calcium, these results were not found in patients on vitamin D alone. Taking the supplements for less than three years did not appear to affect people's mortality.

Professor Rejnmark claimed calcium and vitamin D was particularly important for post-menopausal women and men from the age of 50.

Carol Nowson, a professor of eating and nutrition at Deakin University, was not surprised by the results, stating plenty of previous studies have shown taking vitamin D, with or without calcium, can increase longevity.

"There is more evidence that if you've got more vitamin D, you're going to live longer, you're going to have lower rates of cardiovascular disease and you're going to have lower rates of cancer," she said.

However, new Swiss research released on Monday, 18 June 2012, suggested calcium supplements doubled the risk of heart attacks.

University of Zurich researchers found people who took the pills were 86% more likely to have a heart attack than those who did not take them.

The risk more than doubled for people taking only calcium supplements, the researchers claimed.

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Have You Had Your Caffeine Hit?

Elderly people who regularly drink coffee are more likely to maintain their strength and reduce their chances of falling and injuring themselves, a new study has claimed.

It is known that muscle strength declines as we age and it can reduce quality of life. In the new study, researchers at Coventry University looked at whether caffeine could also have a strengthening effect on pensioners.

Their study on mice revealed caffeine boosted power in two different muscles in elderly adults – an effect not seen in developing youngsters.

"With the importance of maintaining a physically active lifestyle to preserve health and functional capacity, the performance-enhancing benefit of caffeine could prove beneficial in the ageing population," Jason Tallis, who led the study, was quoted as saying by The Daily Mail.

In the study, the researchers isolated muscles from mice ranging in age from juvenile to elderly and then tested their performance before and after caffeine treatment. The stimulant is found in coffee and a number of soft drinks.

They looked at two different skeletal muscles, which are the muscles we can control voluntarily. The first was the diaphragm, a core muscle used for respiration; the second was a leg muscle called the extensor digitorum longus (EDL), used for locomotion.

"Despite a reduced effect in the elderly, caffeine may still provide performance-enhancing benefits," Mr Tallis said.

Consuming caffeine has also been linked to improved thinking processes and improved memory skills in later life. However, previous research has shown excessive caffeine intake may cause the body to rid itself of calcium, which is a nutrient vital in supporting bone strength in later life.

It can also temporarily increase blood pressure, although the long-term effects of this are unclear.

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Turning 50 Really is Fabulous

Have you hit ‘fabulous 50’ and wonder what you are in store for? Don’t fret – it’s all good news from here.

The UK’s Mail Online reports some of the benefits of hitting middle age – and it will make you breathe a sigh of relief.

Allergies decline: After the age of 50, we tend to be less affected by seasonal allergies such as hay fever due to producing less of the allergic antibody IgE which triggers the reaction.

 Fewer migraines: Studies are showing as many as 40% of women who suffer migraines no longer have attacks by the age of 65 years. Many find their migraines stop or improve significantly after menopause as estrogen drops.

Less sweaty: As we age, our sweat glands reportedly begin to shrink, so this is why studies finding women aged 52 to 62 years sweat less than those aged 20 to 30 years.

Better sex: Inhibitions reportedly drop as a person ages, meaning older people report more enjoyable sex after turning 50. International studies have found 74% of men and 70% of women, aged 60 years and over, reported more satisfying sex lives than in their 40s.

Although menopause can cause a drop in libido, some experts claim a woman’s sex life can in fact improve as orgasm reportedly becomes easier with age.

Fewer colds: American studies show the average person aged 50 years and over has just one or two colds each year, compared to two or three colds for those aged in their 20s or young children.

Less sensitive teeth: Symptoms of sensitive teeth reportedly ease as you grow older because more dentin (the tooth’s inner hard tissue) is laid down between your enamel and nerves.

Better stamina: American sports scientists report older runners are more mentally resilient and determined to win as they train more often. A 16-year study at Yale University shows runners aged 50 years and over show greater improvements in marathon times than their younger counterparts.

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From the President’s Pen

New Policy Documents Released

We are pleased to announce that new RSL Policy Documents have been prepared and, following endorsement by the State Executive, will be placed on the RSL website. “Hard” copies will also be available upon application to ANZAC House.

The documents to be released are:
- “Strategic and Corporate Plan 2012 – 2015”
- “Communication and Public Affairs 2011 – 2015”

Other projects in progress include:
- “The Future of ANZAC House” – an analysis of the future needs of The Longue Headquaters - RSL “Governance Review” – an analysis of how new legislation will impact on the Not-for-Profit Sector
- “Constitution & By-Laws” -  a review of our current Constitution to ensure compliance with Laws applicable to our Income Tax Exempt Status. This will, in all probability result in a total rewrite of our current Constitution and By Laws

As reviews progress regular status reports inviting member feedback will be published in The Sub-Branch Newsletter and The Listening Post.

Field of Poppies

The photo shows the newly erected Totemic Silhouettes “Field of Poppies”, which are located at the RSL Memorial Park in Spearwood Avenue, Spearwood.

Included in the photo is RSL Secretary Lawrie Scott with Mayor Logan Howlett and the design artist Bridget Norton. This new addition to the park was provided by Cockburn City Council in consultation with the RSL Sub-Branch Executive.

The silhouettes are designed to represent a patrol of soldiers, there are eleven totemic silhouettes standing in single file behind the monument. A mass of poppies laser cut from each glow red with use of an internal sheet of red acrylic back lit by the sun. As shown in the picture, it makes an impressive sight and is worthy of a visit. The Sub-Branch will be conducting the Vietnam Veterans Memorial Day Service at the park at 10.30am on Saturday 18th August.

The City of Cockburn RSL Sub-Branch extends our great appreciation to the long standing support and cooperation of the Cockburn City Council.

Arthur J Stanton - RSL Vice President (Ceremonial) - RSL City of Cockburn Sub-Branch

50th Anniversary

of Australia’s involvement in the defence of Freedom and Democracy for Vietnam

Fought with courage

Sacrificed in honour

MANJIMUP RSL SUB-BRANCH: ANZAC DAY 2012

The Memorial is located in the centre of Manjimup and approximately 350 people attended the service. Following the Service we provided a Gunfire Breakfast for about 200 people at our RSL Hall in Brockman Street, Manjimup.

John Crook - Secretary - Manjimup RSL - Sub-Branch

Applications to the Australian Veterans’ Children Assistance Trust (AVCAT) are now open. The Trust is a national independent charity helping the children and grandchildren of ex-service men and women to a better future through higher education.

Students attend universities, TAFE colleges and other approved tertiary institutions around Australia. The AVCAT administers scholarships for the children of those who have served our country in peace and war in the Australian Army, Navy and Air Force. Scholarship selection is on a need and merit basis.

Applications will open on 18 August 2012.

To apply for a scholarship please contact us to add your name to our expression of interest list.

Applications strictly close on 31 October 2012. All applications should be received by this date.

www.avcat.org.au - Phone: (02) 9213 7999 - Fax: (02) 9213 7307 Email: avcat@dva.gov.au

THE AUSTRALIAN VETERANS’ CHILDREN ASSISTANCE TRUST

(AYCAT) is a national independent charity helping the children and grandchildren of ex-service men and women to a better future through higher education.

Through the help of generous donors, AVCAT administers scholarships for the children of those who have served our country in peace and war in the Australian Army, Navy and Air Force. Scholarship selection is on a need and merit basis.

Students attend universities, TAFE colleges and other approved tertiary institutions around Australia. The Australian Veterans’ Children Assistance Trust is an independent organisation sponsored by the principal Australian ex-service associations. It was established in 2003 by the former Vietnam Veterans Trust, as a lasting legacy from Australia's use of the Agent Orange Funds.

Applications will open on 18 August 2012.

To apply for a scholarship please contact us to add your name to our expression of interest list.

Applications strictly close on 31 October 2012. All applications should be received by this date.

www.avcat.org.au - Phone: (02) 9213 7999 - Fax: (02) 9213 7307 Email: avcat@dva.gov.au

YOUR CHOICE – Older People Speak Out – People’s Choice Awards

WIN A TRIP TO BRISBANE AND $1,000 AT THE OPSO MEDIA AWARDS PRESENTATION 2012

DO YOU THINK THE COMMUNITY GIVES OLDER PEOPLE A FAIR GO?

We invite you to help us identify the Media portraying older people positively.

DO THIS BY ENTERING ONE OR BOTH MEDIA COMPETITIONS BELOW:

1. Collect as many quality media items that show older people ageing positively.

2. Choose a media item that illustrates positive ageing, and, in fifty words or less, tell us why the item should win an award.

Entries must have been published between 13 September 2011 and 31 August 2012.

Send your entries, including your name address and phone number to: OPSO: PO Box 623 BRISBANE QLD 4001

Entries Close: September 1 2012

More information can be obtained at: www.ops.com.au or on 07 3002 7612
Pictures of the 50th Anniversary of Australian Commitment to the Vietnam War. Starting from top row left: Australian Vietnamese War Memorial, Kings Park., top row right; LCDR Winston James DSC (Retd) ... starting from left; Laying of carnations by individuals of the ceremony., second row middle; Mr William Gaynor OAM RFD, State President of RSL WA, laying a wreath, second row right; Presentation of plaque to Mr Kevin Trentham OAM RFD, President of BAR, by Mr Thanh Van Nguyen, President of the Vietnam third row right; Colour Party of former ARVN Veteran’s. Bottom row left; Section of ESO’s attending, bottom row middle; Inscription on the Australian -
Anniversary
Australian Commitment to the Vietnam War

50th Anniversary of Australian Commitment to the Vietnam War.
Pictures of the 50th Anniversary of Australian Commitment to the Vietnam War.

Starting from top row left: Australian Vietnamese War Memorial, Kings Park.
Top row right: LCDR Winston James DSC (Retd), Mr William Gaynor OAM RFD, State President of RSL WA, laying a wreath.
Second row middle: Mr Kevin Rent OAM RFD, President of the Vietnamese Community.
Second row right: Pipe Major Stuart Bradford playing the Lament alongside LCPL Dave Scott, Bugler.
Third row left: Colour Party of former ARVN Veterans.
Third row right: Section of ESO’s attending.
Bottom row left: Inscription on the Australian – Vietnamese War Memorial.
Bottom row middle: Dr Anh Nguyen, President of the Vietnamese Community, addressing the assembled ceremony.

DSC (Reid) laying a wreath on behalf of Fleet Air Arm Association. Second row starting from left: Laying of carnations by individuals of the ceremony. Second row middle: Mr William Gaynor OAM RFD, State President of RSL WA, laying a wreath. Second row right: Mr Kevin Rent OAM RFD, President of the Vietnamese Community. Third row left: Pipe Major Stuart Bradford playing the Lament alongside LCPL Dave Scott, Bugler.

- Vietnamese War Memorial, bottom row right: Dr Anh Nguyen, President of the Vietnamese Community, addressing the assembled ceremony.
We are proud to announce the release of the first two decades of The Listening Post online. The Listening Post was first published in December 1921 and has continued to serve as the official organ of the RSL in Western Australia.

The look of The Listening Post has changed many times over the years as has the publication run. In the 1920s and 1930s, The Listening Post was a monthly publication and was a separate subscription to membership. Advertising was also an important component of the paper, with advertisements appearing for products and services. Interestingly, despite the League stance of being non-political, there are a number of political advertisements to support candidates that are returned service personnel.

The Listening Post then, as it is today, was open to contributions from ‘Diggers’ as a paper representing the views and issues faced by all returned service personnel. Sub-Branches were also keen contributors, with information about Sub-Branch activities printed throughout the publication. The Listening Post was also a vehicle for communicating State RSL policy, Government policy in relation to repatriation and National RSL Policy. With the growing threat posed by Japan and Germany, The Listening Post dedicates some space to editorialise what was to be the lead up to WWII.

To access the issues of The Listening Post from 1920 and 1930, you can find the link via the RSL website, or go to www.rslcentenary.org.au. Currently there is no search function but you will be able to download individual issues, the search function is coming soon.

Naomi Lam
RSL Archivist
Honouring those who were only 19

They were the forgotten diggers. A generation of young men who fought for Australia like their fathers before them. But they returned as outcasts, casualties of a war nobody understood. Yet time heals the injustices of the past. Now they are heroes, as revered as the warriors of Gallipoli, Tobruk, Kokoda and Korea. Veterans of South East Asia, your time has come. The Bradford Exchange is proud to honour these brave diggers with a quality timepiece imbued with the spirit of the Anzacs that flows in their veins.

A Moving Achievement in Craftsmanship and Design

As a bold salute to our heroes, this handsome chronograph is hand-crafted from rugged stainless steel and intricately engraved with a wealth of icons associated with the war. Against the jungle green face, the famous Iroquois ‘Huey’ chopper looms large and proud in a gleaming silver tone. The side is engraved with the words Sacrifice • Mateship • Pride and serve as a reminder that the courage of these men will always be appreciated. The reverse of the case is etched with a touching quote recalling the mateship and courage which defined a generation of veterans.

Exceptional Value — Immeasurable Significance

The perfect way to show your remembrance, or a great gift for the veteran in your life, this magnificent watch can be yours for just $199.95, payable in five easy, interest-free instalments of $39.99, plus $19.99 postage and handling. But the edition has been strictly limited to just 1,972 issues, so you need to act fast. To secure one of the low edition numbers valued by serious collectors, send no money now. Just return the coupon today.

The Face

- Jungle green face presents the famous Iroquois ‘Huey’ helicopter
- Chronograph measures up to 12 hours in seconds, minutes and hours
- Precision date display

The Watch Casing and Band

- A touching quote recalling the brotherhood of the veterans is engraved on the reverse
- Sacrifice • Mateship • Pride is engraved on the side of the watch
- Crafted in rugged stainless steel
- Fully rotating bezel

Expertly Engraved!

Arrives in a custom-crafted presentation box

Order Now!

YES! Please reserve the “Veterans Remembered Watch” as described in this advertisement. This watch is available for five instalments of $39.99, a total of $199.95 plus $19.99 postage and handling. I understand I need pay nothing now.

Fastest way to order:
www.bradford.com.au
quoting reference code: 64025

Please select your preferred reservation option:
1. MAIL no stamp required, to: The Bradford Exchange, Reply Paid 6763 Wetherill Park NSW 1851
2. FAX to: (02) 9841 3399 – 24hrs

Please respond promptly.
I have had some requests for an update on what is happening at Hollywood Private Hospital.

Hollywood’s reputation continues to grow within the general community, but we remain focussed on care for Veterans and War Widows.

We recognise that we share the same struggles as the Department of Veterans’ Affairs in our common goal of providing a high quality of care to a diminishing number of increasingly diverse group of very special Australians. We have certainly noted a significant decrease in the numbers of Veteran patients coming through our doors in response to access to greater number of Tier 1 hospitals. However, Hollywood remains focussed on provision of accessible, compassionate care when you need it most.

We continue to offer a range of general and subspecialty services for Veterans, including general and respiratory medicine, rehabilitation services, oncology and haematology, as well as general surgery, orthopaedics and urology. The Hollywood Clinic remains very focussed on general psychiatric care and specifically on trauma recovery programs for Veterans, including our Post Traumatic Stress Disorder (PTSD) program which is targeted at Vietnam Veterans, and the trauma recovery programs which are for younger veterans and currently serving personnel.

There have not been any significant new building developments at Hollywood over the past 12 months but we have approval to extend and expand the Hollywood Clinic. Work should commence in October and should be completed by July 2013.

We have regrettably relinquished eye surgery. The numbers of patients utilising this service was very low. In that environment it is difficult to retain staff with appropriate skills and also to keep very expensive and delicate equipment up to date. The doctors who performed this surgery are committed to continue to cater for Veterans, but surgery will be scheduled at other facilities.

If you haven’t been to Hollywood for a while and you are booked in for an elective admission, you will notice that we have ‘got with the 21st century’ by offering some services on line. Most of you will be familiar with booking air travel and quite possibly shopping on line. Our new online admissions system invites you to directly enter your information into our database over a secure internet connection. This will include details about you and you previous health issues. Once the information is entered, it is there, and if you require a future admission this information can be called up for you to check through. This means that when you actually get here, there will be a couple of questions along the lines of “who are you and what are you here for?” But otherwise the whole process of getting into hospital is very streamlined.

But most importantly we recognise that periodically you will have an acute illness and require hospital admission. When you visit your GP and the need for hospitalisation has been determined, your GP can call Hollywood, and if it is appropriate, can arrange for you to be admitted directly under the care of the on call specialist or under your regular Hollywood specialist. At times, if you are very unwell, it is more appropriate for you to go to an emergency department. That is the case and you wish to ultimately be in Hollywood, simply let the staff in the ED know and they will arrange for you to be transferred over when it is safe and appropriate to do this.

I am always happy to chat with members of the ex-service community and I can be reached on 9346 6249.

Dr Margaret Sturdy - Director of Medical Services

POC:
Bob Gillmore - gillmorerobert@gmail.com
Doug Rasmussen - dras7236@bigpond.net.au
Brett Saunders - bretrish@bigpond.net.au

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RSL SUB-BRANCH CHALLENGE CUP

**TO BE PLAYED AT SECRET HARBOUR, 20 SEPTEMBER 2012**

**COST $80 per head includes share of cart, free bucket of balls on driving range pre tee off; sausage sizzle pre tee off & other food on completion.**

**18 holes**

**Room for 140 players in 4 person teams. AMBROSE RULES**

**Bag drop off and check in at 11 o’clock**

**Tee off: 12 o’clock – shotgun**

**POC:**
Bob Gillmore - gillmorerobert@gmail.com
Doug Rasmussen - dras7236@bigpond.net.au
Brett Saunders - bretrish@bigpond.net.au

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Pro Rata Rates
(New Members only)

**July - September:** $20.00
**October - December:** $40.00
*(Makes financial until 31 December 2013)*

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**Breakfast at ANZAC House**

The famous Friday Breakfast has returned to ANZAC House on Fridays from 7.00 - 9.00 am for only $12.00!

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

Come on down and support the Club that supports you!
They Came To Say Goodbye

On 10 June 1966, 5 RAR were on patrol with National Policemen and South Vietnamese soldiers. A pair of enemy mortars were engaged and destroyed. When 10 Platoon neared the area they were engaged by another enemy mortar. The location of the mortar was observed and the patrol raced for an airstrike, which struck the mortar’s location with cluster munitions and napalm, but not before Corporal Brendan "Danny" Coupe and Private Les Farren were killed and four soldiers were wounded. For his leadership in this and the action on 3 June, Second Lieutenant (2LT) Dennis Rainer was Mentioned In Despatches.

After the noise had stopped and the dust had cleared, Corporal Brendan "Danny" Coupe and Private Les Farren of 10 Platoon, D Company, 5 Battalion, Royal Australian Regiment (10 Pl, D Coy, 5 RAR) had been Killed in Action, 10 June 1966. Four other members of the Platoon had been wounded and the young soldiers, mostly National Servicemen, had tasted the worst part of war.

10 Platoon continued the remaining 10 months of the 12 month tour with many successful actions against the enemy. Unfortunately the Platoon lost another member, Private Graham Warburton, Killed in Action (KIA) on 1 October 1966. Since returning to Australia, the remaining members of 10 Platoon have taken the opportunity to formally farewell Privates Les Farren and Graham Warburton, but have never been able to assemble for Corporal Danny Coupe’s farewell. Last year, it was decided that the remaining members of 10 Platoon had been wounded and the young soldiers, mostly National Servicemen, had tasted the worst part of war.

10 Platoon had been wounded and the young soldiers, mostly National Servicemen, had tasted the worst part of war.

It was the embodiment of this uniquely Australian spirit as exemplified by Danny which led to the unbelievable amount of money raised (nearly $5 million) to date by the appeal. Doc's speech finished with an emotional toast to "Fallen Comrades". Guest speaker Roger Wainwright (Platoon Commander 8 Pl, C Coy SRAR 1966-67) toasted the Royal Australian Regiment and Graeme Ashton gave a toast to the "Ladies". The after dinner address was given by Dennis "The Skipper" Rainer, MC, (MID). Rainer was the Platoon Commander during 10 PPs tour of Vietnam 1966-77. On Sunday morning at 1100hrs, members of the Platoon and Danny's family and friends gathered at his graveside to formally farewell him. Chaplain (Colonel) Peter Hayes from Victoria Barracks, Paddington and Bugler Lance Corporal Tim Dain from 23 Field Regiment Band, Royal Australian Artillery added to the occasion with their kind attendance and professional touch. Eric Leask, OAM (Pte Regular 1966-67) read the Regimental Ode, Ross Hore (Pte National Serviceman 1966-67) followed with the RSL Ode. Colin Illman (Pte National Serviceman 1966-67) led the service with the Regimental Prayer. At the completion of the service and after many photographs, the gathering adjourned to the Chatswood RSL for Danny's Wake.

Special thanks to the management and staff of the Courtyard Motel, Chaplain (Colonel) Peter Hayes and Lance Corporal Tim Dain who kindly volunteered their services on a Queen’s Birthday long weekend, their presence was so welcomed.

Thanks to the Chatswood RSL for their wonderful hospitality and a special thankyou to Mr Bruce Tyrell, AM from Tyrell’s wines and Mr Clinton Taylor from Taylors Wines, their kind donation help keep the cost of the weekend under control.

This was, indeed, a great weekend and a fitting manner to farewell Danny.

Lest We Forget" Col Lee

Remember Indigenous Service

National Reconciliation Week 2012 took place around Australia from 28 May to 3 June, providing an opportunity to focus on reconciliation between Indigenous and non-Indigenous Australians.

As part of National Reconciliation Week, DVA, the RSL, State and Federal Agencies and Indigenous veterans worked alongside ex-service and community organisations to hold a ceremony to commemorate the contribution of Indigenous servicemen and women.

There were around 500 members of the public, veterans, schoolchildren, representatives of theADF and ex-service groups and invited guests at the ceremony held on 30 May at the State War Memorial in Kings Park.

The theme for this year’s activity was Let’s Talk Recognition and reflects how important it is to be recognised for who we are and what we contribute. It was also a time to reflect on our shared histories, contributions and achievements.

The guest speakers at the ceremony were Mr Len Ogilvie, a veteran of the Korean War and Nathan Hansen, an officer in the WA Police Service.

Guests were able to enjoy a morning tea in the Wildflower Pavilion after the ceremony.

Sandra Aldritt - DVA

Centenary of the First World War, 1914-1918

The Australian War Memorial will be commemorating the centenary of the First World War through changes to our First World War galleries and a number of public programs and events.

This section of our website is here to help you learn more about the First World War, become involved in our various projects, and even create your own. A schedule of gallery plans and progress, as well as updates of events and projects for the Centenary will be made available here. You can also sign up for our monthly e-newsletter to keep up to date with what is happening across the Memorial.

The Australian War Memorial appreciates your support and invites you to join us in Remembering the First World War, 1914 – 1918: www.awm.gov.au.

From the Australian War Memorial
Catalina Club Corner

For those that visit ANZAC Club, you may have noticed a painting in the corner of the club that is known as ‘Catalina Corner’. This painting was donated to the RSL by the artist, Mr Ray Byfield. Sadly, on 22 May 2012, Mr Byfield passed away aged 87.

Vale Ray Byfield
Denis Connelly

Media Releases

Funding Boost for Veteran Health and Wellbeing Initiatives

The Minister for Veterans’ Affairs, Warren Snowdon, announced funding for 62 projects that will benefit the health and welfare of veterans across Australia.

Mr Snowdon said the funding is part of the Australian Government’s Veteran & Community Grants program, which provides support for ex-service and community organisations.

“I am pleased to announce $555,589 has been allocated towards 62 projects around the country that help veterans, war widows and widowers lead healthier and more fulsome lives,” he said.

“This funding will assist a range of initiatives and activities, from undertaking bus trips to reduce social isolation, to purchasing equipment to produce community newsletters and enhance social activities.”

Veteran & Community Grants are available to ex-service and community organisations, veteran representative groups and private organisations to support projects that aim to improve the independence and quality of life for the veteran community.

Since 2008, the Australian Government has supported more than 1,200 organisations with over $13.6 million in funding.

“It is important that the ex-service community has access to activities and programs to give them skills to remain independent, healthy and active, particularly for the elderly living by themselves,” Mr Snowdon said.

“These projects improve access to community care services, encourage social interaction and ultimately enrich the lives of Australian veterans, young and old.

“I encourage local and community organisations to apply for funding to ensure our veterans continue to engage in a healthy lifestyle.”

Organisations interested in applying for funding are encouraged to visit www.dva.gov.au/grants or contact their nearest DVA office on 133 254 (metropolitan callers) or 1800 555 254 (regional callers).

Veteran And Community Grants – March 2012 Funding Round

Western Australia

<table>
<thead>
<tr>
<th>Recipient</th>
<th>Location</th>
<th>Funding description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Legacy Fund of Perth Incorporated</td>
<td>West Perth</td>
<td>To assist with the purchase of an eight seater bus for transporting widows to meetings and social events.</td>
<td>$24,461</td>
</tr>
<tr>
<td>Bicton Men’s Shed Incorporated</td>
<td>Palmyra</td>
<td>To purchase audiovisual and kitchen equipment to convert part of the Shed into a Drop-in Centre.</td>
<td>$2,073</td>
</tr>
<tr>
<td>The SAS Historical Foundation</td>
<td>Swanbourne</td>
<td>To purchase tools for the Foundation’s Workshop to enhance activities for members.</td>
<td>$30,763</td>
</tr>
<tr>
<td>Geraldton City RSL Subbranch</td>
<td>Geraldton</td>
<td>To install airconditioning in the Birdwood House RSL Hall for the wellbeing of the local veteran community.</td>
<td>$27,724</td>
</tr>
<tr>
<td>Rockingham Community Shed For Men Incorporated</td>
<td>Rockingham</td>
<td>To install airconditioning in the Men’s Shed for the wellbeing of the local veteran community.</td>
<td>$4,500</td>
</tr>
<tr>
<td>The Woodturners Association of WA Incorporated</td>
<td>Australind</td>
<td>To purchase 6 stools and new equipment to enhance the social and healthy lifestyle activities provided to members.</td>
<td>$7,826</td>
</tr>
<tr>
<td>Far East Strategic Reserve Navy Association WA Division</td>
<td>Como</td>
<td>To purchase computer equipment for the production of a newsletter.</td>
<td>$1,399</td>
</tr>
<tr>
<td>Leschenault Men’s Shed Incorporated</td>
<td>Australind</td>
<td>To purchase tools and equipment to facilitate activities provided by the Men’s Shed.</td>
<td>$11,000</td>
</tr>
<tr>
<td>Total Grants – WA - 8</td>
<td></td>
<td>Total $</td>
<td>109,746</td>
</tr>
</tbody>
</table>

Education Support For Veteran Families

More than 1,900 primary and secondary school students in the veteran community will receive education payments from the Australian Government this week to help keep more money in parents’ pockets.

Minister for Veterans’ Affairs Warren Snowdon said the Australian Government was introducing a new Schoolkids Bonus to assist with education costs for all primary and secondary students for eligible families.

“Students in receipt of DVA education allowances under the Veterans’ Children Education Scheme (VCES) or the Military, Rehabilitation and Compensation Act Education and Training Scheme (MRCAETS) will benefit from the support,” he said.

Mr Snowdon said payments would assist with the cost of additional education expenses like purchasing school books and uniforms or towards the cost of school excursions and camps.

“The Australian Government recognises how expensive the start of each school year can be for working families and these payments will help ensure they have extra money in their pockets when they need it most,” he said.

“Families will receive $409 for each primary school student and $818 for each full-time secondary school student in nominated bank accounts this week.”

Mr Snowdon said the June payments marked the transition from the Education Tax Refund, previously administered by the Australian Taxation Office, to the new Schoolkids Bonus.

“The Schoolkids Bonus will begin in 2013 with instalments in January and July. Eligible families will receive an annual amount of $410 for each primary school student and $820 for each full-time secondary school student,” he said.

Payments will be made into the nominated bank account where the recipients’ current DVA education allowance is paid. Families with shared custody arrangements will receive an amount of the payment in line with existing arrangements for the split of their benefit allowance.

Payments are automatic and no claim is required or receipts needed. Payments are tax-free, do not count as income for taxation purposes and will be indexed annually from 2014-15 in line with the Consumer Price Index.

For more information, clarification or other assistance regarding education allowance payments visit www.dva.gov.au or call DVA on 133 254 or, for non-metropolitan callers, 1800 555 254.

Statement on Gallipoli 2015

The Minister for Veterans’ Affairs, Mr Warren Snowdon MHR, said the Australian Government is working closely with the governments of Turkey and New Zealand to determine how the Gallipoli centenary will be commemorated in 2015.

“Careful consideration is being given to ensure the dignity and solemnity of the centenary commemorations at Gallipoli, and I expect to make an announcement when arrangements are finalised between all three governments,” Mr Snowdon said.

“Gallipoli has special significance to many Australians and the upcoming centenary commemorations in 2015 will be particularly poignant.

We want as many Australians as possible to have the chance to pay tribute to the sacrifices of those brave soldiers who landed at Gallipoli and we know many Australians will want to make the trip.

However, as anyone who has made the trip would know, there are size and geographic constraints – the terrain on the peninsula does not allow for any expansion of the current maximum visitor numbers which is 10,500.

Australians will have an opportunity to share their thoughts on who they believe should be allocated a place for the 2015 Gallipoli Down Service later this year through a community consultation. An announcement regarding arrangements for the service will be made following this and the finalisation of discussions with the Turkish and New Zealand Governments.”

Update on Latest Vandal Attack on Libyan War Graves

Reports of further vandalism attacks at a war cemetery in Benghazi, Libya have now been investigated. The damage has been confirmed at the Benghazi British Military Cemetery, not the Benghazi War Cemetery, as initially reported.

There are no Australian graves in the Benghazi British Military Cemetery.

The damaged headstone at the British Military Cemetery was that of a British citizen. This cemetery was also damaged in the same attacks that affected the Benghazi War Cemetery in February.
Borneo Exhibition Group Inc. WA

On behalf of the Borneo Exhibition Group Inc WA (BEG) I wish to advise the highly acclaimed WWII exhibition, Borneo 1942-45 Sandakan, (the story that must be told) will be presented in the local cannery gallery, in Esperance from 6 to 26 August 2012.

The chairman of the Borneo Exhibition Group Inc WA, Mr Ryan Rowland, in conjunction with the Esperance RSL Sub-Branch, is proudly presenting this poignant gallery of historic details relating to the atrocities committed on allied POWs captured in Singapore at the time of the Japanese occupation and then sent to Borneo in 1942. The gallery will specifically cover their transportation, incarceration and inhuman treatment as Prisoners of War sent to build roads and airfields in Sandakan, Borneo, is known now as East Malaysia.

The BEG has acquired the Honour Rolls of the 2,485 Australian and British POWs lost there, official records of the ‘death march’ track and army photo records of the area and the Sandakan 8 mile camp. They believe to have the only working replica of the ‘secret radio’ constructed by Australian and underground operatives whilst in the camp. The main feature of the exhibition will be the 40 foot life sized mural depicting the death marches, painted by Mrs Non Meston, the daughter of WA POW, Alec Cadgwan who died on the second march in June 1945.

There will be details of the underground activities by the heroic local people and the arrest of many POWs and locals who were tortured and beaten into final submission by the Kempai Tai, Japanese Secret Police. Only six Australian prisoners escaped the death marches, their lives saved by the local villagers until handed over to the liberating commandos. However, allied officers who were transferred away prior to the 1945 marches were also able to bear witness to the earlier events of torture, starvation, lack of medical supplies in the Sandakan Camp, as well as the cages used to punish the prisoners by being locked in for periods of 10 days to a month. A real size model will be seen in the gallery.

Mr Rowland has also indicated that the exhibition will also promote their PASS Program (Partnership with Australia and Sabah, Sarawak Scholarship) which is a high schools program that commenced in 2003 in Boyup Brook. It invites students to enter an assignment based competition using the Borneo WWII history, and present amongst their peers to win a 14 day all expenses tour to Borneo for the April ANZAC period. This is an exceptional experience that has affected over 70 students since its inception.

It is BEG’s aim to continue to bring these hidden events of one the worst in the annals of Australian war history, to the community and the younger generation as a strong education program, so as to make sure our war dead and all veterans are honoured accordingly. It is also hoped that many will also accept the legacy being left to maintain all our memories and memorials. Lest We Forget.

Ryan Rowland

Battalion into battle

The 2/11th Australian Infantry Battalion was the first battalion to be raised in Western Australia for service with the Australian Imperial Force in the Second World War. Formed in November 1939, the unit sailed for the Middle East in April 1940 as part of the 6th Australian Division.

The 2/11th Battalion, under the command of Lieutenant Colonel Thomas Louch MC, took part in the Western Desert Campaign 1940-41 and was involved in the capture of the Italian Strongholds of Bardia and Tobruk. The unit was then tasked with the capture of the Derna aerodrome and town (25-30 January 1941), during which the first of many individual gallantry awards were earned. In April 1941 the unit participated in the ill-fated Greek Campaign and fought an important rear-guard action at Brallos Pass before being evacuated to the island of Crete.

On Crete the 2/11th Battalion, together with the 2/1st Battalion and supporting Australian and Greek troops, was tasked with defending the Retimo airstrip. Its greatest test came on 20 May 1941 when the Germans launched an airborne assault on the island. The battalion fought until overwhelmed on 30 May. Nearly 600 of its officers and men were killed or captured on Crete but a small number managed to escape and helped rebuild the battalion for service in Syria.

Following the entry of Japan into the war, the battalion was brought home to help defend Australia. The unit formed the nucleus of the infantry defences in Western Australia from May 1942 until July 1943 when it was transferred to Queensland for jungle training.

In November 1944 the 2/11th Battalion sailed for New Guinea and took part in the hard fought Aitape-Wewak Campaign. The unit was still on active service when the war ended on 15 August 1945. The 2/11th Australian Infantry Battalion was officially disbanded on 7 December 1945.

Wes Olson
To commemorate the 70th anniversary of Australian involvement in Bomber Command Commemorative Services were held between 24 and 30 June 2012 in the United Kingdom. During WWII, 10,000 young Australians participated in Bomber Command; 3,486 members were killed, making it Australia’s costliest WWII campaign.

Australian Defence

RAAF Bomber Command Veterans in front of a British Lancaster Bomber at the Imperial War Museum, Duxford. The Commemorative Bomber Command Mission visits the Imperial War Museum at Duxford, United Kingdom. The museum, within the grounds of the famous World War I and II airfield, houses some of the most iconic aircraft in the world. Photo by CPL Chris Moore.

Wreaths at the Bomber Command memorial. Vice Chief of the Defence Force, Air Marshal Mark Binskin, delivered an address at the annual Bomber Command Commemorative Wreath Laying ceremony at the Australian War Memorial Canberra on Sunday 3 June 2012. The service remembered the service and sacrifice by personnel from Australia and Allied nations during Bomber Command operations in Europe in WWII.

Major General Mark Kelly AO DSC welcomes Bomber Command veterans and their families to the Australian War Memorial in Hyde Park, London. Australia’s Federation Guard mount a catafalque party as part of a commemorative service. 13 members of Australia’s Federation Guard participated in the Bomber Command ceremonies. Photo by CPL Chris Moore.

Australia’s Federation Guard provided a catafalque party at the Air Forces Memorial at Runnymede. RAAF Bomber Command Veterans visit the Air Forces Memorial at Runnymede, Surrey. The memorial commemorates more than 20,000 British Commonwealth air force personnel lost from bases in Great Britain and North-West Europe during World War II who have, or had, no known grave. Australia’s Federation Guard provided ceremonial support with a catafalque party at a service with the veterans on 26 June 2012. Photo by CPL Chris Moore.
2nd Intake Junior Recruit Training HMS As Leeuwin 1963
First Ever Reunion
To be held in the Shellharbour area NSW about 110 km south of Sydney.
Approximate date is yet to be confirmed, assume Feb/March 2014.
To register your interest and for further details contact Dave Turner davkat@big-pond.net.au or (02) 9520 2810

6RAR Association National Reunion
14 - 16 September 2012
It’s on and going to be great!!!
FORMAT
Friday 14 September; Meet and Greet at Rigby’s Tavern
Saturday 15 September; Gala Dinner at RAAF Centre, Bullcreek
Sunday 16 September; Memorial Service and BBQ at Temporary Permanent
& Disabled Veterans of WA, Old Mandurah Road, Baldivis
Come along and rekindle old friendships.
For info & Rego contact:
Bill Cody - 6RAR WA Representative - 9447 1255 - 0438 990 875 - blcody@bigpond.net.au

106 Field Workshop RAEK Nui Dai SVN
An Australian wide reunion will be held for all past members (all ranks, all Corps) and their partners in Mandurah WA on the weekend of 19-21 October 2012. A number of events have been organised.
Please contact Fred on 0438 001 420 or go to www.106fdwksp.com for details.

HMAS Leeuwin 42nd Intake Reunion
There will be a 40th Reunion of the 42nd Intake from 8-10 February 2013 in Canberra.
Visit http://42ndintake.homestead.com/ or for more information contact Don Hogarth via dhogarth@hotmail.com or 0438 641 043.

Ex HMAS Quickmatch Association Inc
HMAS Quickmatch will celebrate the 70th Anniversary of her commissioning with a Commemorative Reunion Monday 17 September 2012 in Melbourne. All ex personnel who served on her, along with their partners, are invited to attend.
A march to the Glen Waverley cenotaph for a commemorative service will precede the reunion luncheon at the Waverley RSL.
As it is the 70th Anniversary of all ‘Q’ class ships any interested ex ‘Q’ members are invited to attend the celebrations.
Contact Bryan Burdett (President) – (03) 9877 4443 / burdettbryan@yahoo.com

Ex Bataan Shipmates
HMAS Bataan Veterans Association of Australia NATIONAL AGM & Re-Union 2012 to be held at Greenmount Beach Resort, Coolangatta Queensland on Thursday 13 September until Sunday 16 September 2012.
Contact National Secretary/ Treasurer - John F Laughton JP – (03) 9704 7799 - 0417 536 423 - johnfl@aapt.net.au

HMAS Voyager
The Daring Class Destroyer HMAS Voyager was commissioned into the RAN in February 1957. She was lost following a collision with HMAS Melbourne in February 1964 with the loss of 82 lives - there were 232 survivors. During her 7 years in service, between 1200 & 1400 men served in her. A database is being compiled of former crew for the purpose of reunions.
Please send your name and details to the webmaster, Les Sheehan, 9 Bunya Park Drive, Eaton Hills, Qld 4037 (07) 32462589 or lins@linet.net.au

Korea War Veterans Memorial Reunion Australia, Canberra ACT
19 - 21 October 2012 sees the reuniting of ‘Veterans’, family and friends for the annual commemorative service and functions.
For information packs and bookings please contact Ms Wendy Karam on 0418 124 677 or email: wendykaram@yahoo.com.au

HMAS Ganges Association
The WA Division would like to extend a welcome to ex Ganges boys and ships company to join the Division. We meet regularly on the 4th Thursday of the odd month at the Swan Yacht Club in East Fremantle. The HMAS Ganges Association exists simply to encourage links, maintain comradeship between shipmates and keep the “Ganges Spirit” alive.
If you wish to know more about membership please contact the secretary Ian Critchley on 9419 3437

RAN - HMAS Leeuwin 8th Intake (January 1964) Reunion
23 to 26 April 2014, Wollongong NSW
All replies direct to either of the following:
Bob Green – (02) 4283 5201 – E: robertmcgreen@optus.net.au or Rick Watkins – (02) 4256 2620 – E: rick.watson@bigpond.com

National Service Training Western Australia Annual Reunion, 2012
Friday 21 February 2012 - 11.00 am for sit down at 12.00 noon.
RAAF Association Club, Bullcreek Drive, Bullcreek
Cost: $40.00
RSVP, with payment, no later than 14 September 2012 to: Kerryn on 9228 4149

Ladies’ Gathering
The Partners of Veterans Association West Australia Inc would like to invite all partners, and their families to a screening of ‘Lady Soldiers’ at the Carer Centre, 182 Lord Street, Perth on Sunday 21 August at 10.00 am.
It tells the story of 16 women who enlisted in the Australian Army from the 1950s to the 1990s. All except three were teenagers when they enlisted.
A gold coin donation would be appreciated for Legacy.
Please contact Kerriann on 9228 3350 for numbers.
We will be holding our Annual General Meeting at the Legacy Camp in Busselton on Monday 3 September 2012. We will be having an information session on ‘Planning Ahead – Do you know what to do and who to contact when your partner passes away?’ We will be at the Legacy Camp for the week so come along and join in the activities planned for the week.

Park Poppy Laying at Gravesites of Vietnam Veterans
Perth War Cemetery and Karrakatta Cemetery
Saturday 18 August 2012 - 8.00 am
A large proportion of the war graves for WA servicemen killed during the war have been visited on Vietnam Veterans Day. On 18 August 2012, a group of interested people will say the Ode and lay a poppy on each of the graves (this will take about 3 hours and includes a walk of approximately 5 km to visit all of the graves). All are welcome to all or part of the proceedings.
Please come to the Perth War Cemetery, Smyth Road, Nedlands, at 8am on Saturday, 18 August 2012.
Phone Peta Alderman, State Manager WA, Office of Australian War Graves on 9386 3807 for further information or simply turn up.
On the same day, a Remembrance Day service will be held at the Vietnam Veterans Memorial at 11.00 am. The Memorial is situated in May Drive, Kings Park, overlooking the lake and interpretive playground.

‘Lady Soldiers’
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For further Information on Membership or Reunion:
Geoff (Wiggy) Bennett - 0417 592 123 (Geoff) or 03 6267 9931 (Email): benhim@bigpond.net.au or chjemon@southcom.com.au

Sponsored by RAN Battle Class Social Club
RAN – Gunny Branch Reunion
24 to 26 April 2013, Hobart Tasmania
All replies direct to:

Royal Australian Corps of Signals Association (SA)
RASigs National Reunion – 1990s, Barossa Valley SA 25-28 October 2013
The President and Members of the RASigs Association (SA) request the pleasure of your company for the 2013 RASigs National Reunion.
Register your interest at http://www.rasigs.com/

Vietnam Veterans’ Day - Saturday, 18 August 2012
Darling Range RSL will be holding a local Vietnam Veterans Day commemorative service on this day at Calamunda. While primarily for Vietnam Veterans living in the Calamunda Shire area, all are welcome to attend, along with their family members.
We will hold a morning commemorative service at our local War Memorial on Saturday (Kostera Oval), followed by a light luncheon buffet and companionship back in our Hall. We are hoping for a DVA grant, but in any event the service will go ahead. Details are currently being finalised, but names/details of those who wish to attend must be advised for catering purposes etc.
Contact Doug Carpenter on 9257 3713 or email: dcarpenter@linet.net.au no later than 16 August.
Meeting of 16 August 2012

**ANZAC Coin Competition**

The winners of our ANZAC Coin Competition have been notified however, you now have another chance to win a coin donated by the Perth Mint. Please see page 29 for details.

**Denis Connelly**
Editor

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**Battle of Brigade Hill**

Vincent Ross is creating a record of the soldiers of the 2/27th Infantry Battalion who were involved in the Battle of Brigade Hill during the Kokoda Track Campaign in September 1942 and later action at Gona on the north coast of Papua New Guinea during the Battle of the Beachheads. Vincent is looking for any information from battalion members or their families, including copies of memoirs, letters or photos. They will be considered for use in the compilation of a book on the World War II experiences of the 2/27th Battalion.

*Please contact Vincent Ross: kokoda227th@gmail.com or PO Box 431, Hove SA 5048.*

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**Letter to the Editor**

**UWA: Research Request**

Dear Returned and Services League of Australia (WA),

We are PhD research students from the School of Psychology at the University of Western Australia (UWA), working with Prof. Romola S. Bucks and Prof. Colin MacLeod. We are currently researching how people differ in their way they deal with emotions as they age, so that we can better understand the factors that may help or hinder successful age- ing. We are looking for community volunteers aged 60 years and above who may be willing to help us with this research. Participation would involve filling out some questionnaires, either online or at home. Some volunteers may then be approached with an invitation to come to UWA and complete some simple and interesting tasks that require no experience. We can arrange parking and will provide $10 to cover travel costs. Your assistance with this research will enable us to greatly extend knowledge of mental health and well-being across the lifespan. Previous participants in this age group have reported finding the experience very interesting and enjoyable. We would like to highlight that all participant details are kept completely confidential.

We hope that some of your league members may be interested in assisting with this work and we would greatly appreciate the opportunity to inform them about the research through your website, newsletter or via a group email. Could you please advise us if this would be possible and let us know what costs would be involved?

If promoting this study through your website, newsletter or email group is not possible, but you are open to us communicating the relevant information in a different way (e.g. notice board flyers), such alternatives would also be very helpful. Thank you for taking the time to consider this request.

Please do not hesitate to contact us if you would like to discuss this request, or if you require further information.

Cindy Cableira
Tel: +61 8 6488 7171
Email: cableir01@student.uwa.edu.au

Melissa Burgess
Tel: +61 8 6488 7850
Email: burgem02@student.uwa.edu.au

This research is supervised by:

Prof. Romola S. Bucks
Email: romola.bucks@uwa.edu.au

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**RAAF Welfare Recreation Company (RWRC)**

The RWRC provides low cost holi- day facilities in Queensland on the Gold Coast, at Merimbula on the far South Coast of NSW and in Darwin. While these facilities are predominately for current serving mem- bers, our ex-service personnel may also access these facilities on an availability basis. Our website www.raftholidays.com.au has all our details, including those of the Winter Special which has just been launched. The website also has links to other available holiday facilities.

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**World War One Project**

I’m a WWI researcher from Belgium. For the moment I’m doing a lot of research for Australians, New Zealanders, Irish, Canadians and British to locate their family members who were killed during the WWI Belgium or France. The Flanders Field Museum in Ypres is setting up a database of all the fallen from the Commonwealth. To complete these files we would like to have the pic- tures of the soldiers who made the supreme sacri- fice. This way we’re able to honour them and in the meantime safeguard this ever rare documenta- tion for future generations. If you have any relatives who fought in Belgium or France during the WW1, I would be glad to locate them and sent you a picture of his headstone. This is free of charge. I will plastiﬁ this picture and insert it in the Book of Remembrance at the cemetery.

If you have more questions do not hesitate to contact me - Johan Moors

**Letter to all Sub-Branches**

Please forward all Vietnam Veteran Day commemorations articles and photos to reception1@rslwahq.org.au after your service for inclusion in The Listening Post.

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**Can you help?**

**Allan John Grant**

My name is Paul Grant and I am the son of ex-serviceman Allan John Grant (A5504). We are seeking information on the following to assist in our research for an Appeal with the AAT on Monday 13 August in Perth this year.

The basis of our appeal will be the series of logical events that happened on and around the de- nation of Totem 1 on Thursday 13 August 1943 and the lack of research done by the Department of Veterans Affairs on the RAF crewed flight of a Lincoln aircraft that took place on Friday 16 October, the day after the de- nation.

My father is seeking information on the Lincoln aircraft used by the RAF in Australia at Woomeera in 1953 for the British Atomic Tests in Woomeera/Maralinga/Emu Field area and any involvement with RAF林colns used in track- ing/cloud sampling from airborne clouds, etc for Totem Tests or ear- lier “Kitten” minor tests in Sept/ Oct 1953.

Paul Grant - grunter42@ bigpond.com - (08) 9593 8885 - 04011 34 295 (m)

**Colin Edward Smith**

My name is Tracey-Lee Smith. I am trying to get in touch with my father whom I haven’t seen in about 20 years. I am now 27 years old living in Auckland, New Zealand. I heard he could be living in Perth and thought he may have joined as a marine at one of the RSL branches.

I understand that you could not give me personal information on a member but his name is Colin Edward Smith and if you know him I would very much appreciate it if you could pass my details onto him: tlesmith@hotmail.com

**Major Kenneth Gwynn**

I am searching for a former col- league of mine who served with me at the US Army Aviation Centre, FT Rucker, Alabama, circa 1991- 1993. Major Kenneth Gwynn, Royal Australian Air Force, was assigned as a UH60 Blackhawk Standardisation Instructor Pilot. I have lost contact with Ken and would like to learn anything you might be able to provide me about his present contact information.

Kevin Zemetic - USA (334) 447- 0271 - kevin.zemetic@ameri- casmp.org

**Ross Wormald**

I am looking for 24011 RC (Ross) Wormald, CSM 1966/67 (5 RAR). We last served in PNG in 1969/70 and I would like to get in touch re some info.

JN (Dutchy) Hemerik - RSM 2/4 BN RAR, 1977/79 - jhemerik@ bigpond.net.au

**Age gracefully by eating right**

Food has the power to prevent illness – but research is also showing certain foods can slow the ageing process and the appearance of wrinkles.

The key is to eat foods that fight inflammation, are rich in antioxidants and are easy to digest – foods which nutrition guru Lee Holmes calls “supercharged” in her book, Supercharged Food (Murdoch Books).

Ms Holmes notes in her book, Supercharged Food, there are certain foods which are full of anti- oxidants, prevent inflammation and cellular damage by destroying free radicals in the body – which are “unstable oxygen molecules produced by such things as stress, pesticides and sun.”

She has been researching the healing and anti-ageing benefits of food since 2006 after her severe autoim- mune disease diagnosis. After overhauling her diet, Ms Holmes has completely recovered and shared her tips to success:

- **Vitamins:** Contain an antioxidant helping to strengthen damaged cells.
- **Garlic:** Promotes the growth of white blood cells, the body’s natural germ fighters.
- **Broccoli:** One of the most powerful immunity boosters available.
- **Quinoa:** Contains all the essential amino acids your body needs to build muscle and repair itself.
- **Kale:** Contains essential vitamins and minerals and lutein, an important nutrient.
- **Wild salmon:** Known as the ultimate anti-ageing nutrient – plus loads of vitamin D.
- **Nuts:** These contain healthy oils, fibre, vitamins and minerals.
- **Spinach:** Contains phytomagnesium and antioxidants, including vitamins K and C, and folate, iron and carotenoids.
- **Sardines:** High in omega-3 fatty acids, they contain almost no mercury and are loaded with minerals such as calcium and iron.
- **Eggs:** Contain high-quality proteins, essential minerals and every vitamin except C.

DPS News – Aged Care
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 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9 only one time each. The puzzle setter provides a partially completed grid.

Provided by Sudo.co.com.au

Consult doctors without leaving home

A new telehealth program will enable older Australians with cancer and those in palliative care to regularly consult their doctor even if they are hundreds of kilometres away.

The $20.6 million pilot program will start in July and use the national broadband network to deliver health services to older Australians.

More reliable in delivering e-health services, the program will reportedly “transform” the way health care is delivered in Australia – particularly in rural and remote areas.

Federal Health Minister Tanya Plibersek says the National Broadband Network (NBN) will allow a patient to receive medical consultations and healthy living support in the home and doctors will be able to take blood pressure online.

There are hopes the government’s telehealth system will connect aged care facilities, homes, doctor surgeries, pharmacies, clinics and allied health professionals.

DPS News – Aged Care
Memorial to Remember Australia’s Worst Maritime Disaster

The unmarked Japanese prison ship Montevideo Maru was sunk by an American submarine off the Philippines on 1 July 1942 and more than 1,000 Australian soldiers and civilians perished. It remains Australia’s worst, and least known, maritime disaster.

Seventy years on, hundreds of relatives converged on Canberra to attend the dedication of the Rabaul and Montevideo Maru Memorial on Sunday, 1 July 2012. The service at the Australian War Memorial was attended by the Governor-General.

The Australian soldiers were taken as Prisoners of War (POWs) in the aftermath of the Japanese invasion of Rabaul and the New Guinea Islands on 23 January 1942. They were members of the 2/22nd Infantry Battalion, the 1st Independent Company, and the New Guinea Volunteer Rifles along with small associated units.

The civilian internees were officers of the then Australian Administration, businessmen, bankers, planters, missionaries and merchant seamen. They included relatives of some well-known Australians - Kim Beazley’s uncle was a builder with the Methodist Mission; Peter Garrett’s grandfather was a planter; and one time Prime Minister Sir Earle Page lost a brother who was the senior government official in Rabaul.

Women and children had been evacuated to Australia in the weeks preceding the Japanese invasion and for many it was not until 1945 when the war ended that they learned whether their husbands and fathers were alive or dead.

About 400 Australians did manage to escape but many died trying to do so. Some were captured and summarily executed; others died from illness and starvation, or drowned crossing fast flowing rivers.

Apart from the dedication service at the Australian War Memorial, there was a luncheon at Rydges Lakeside on Saturday 30 June and a concert at the Salvation Army’s Melbourne Staff Band.

Frank Beadie – the Rabaul and Montevideo Maru Memorial Society

Weightlifting for Your Brain

Older people who do regular resistance training, such as lifting weights, could be improving their mental functioning and reducing their risk of dementia, according to new Canadian research.

Over the course of six months, University of British Columbia researchers compared the cognitive skills of 28 elderly women who did weight training twice a week with 28 who did aerobic training, as well as 28 who did balancing exercises.

The researchers found the women in the weight training group, who were aged between 70 and 80 years and had high baseline cognitive function, performed best on a test of conflict resolution, attention span and memory.

The researchers, who presented their findings at the Alzheimer’s Association International Conference in Vancouver, found the weightlifters had specific changes in the memory regions of the brain. The aerobic training group did not have the same improvements.

“So we found the aerobic training group had improved performance on a different memory task called the Rey Auditory Verbal Learning Test,” lead researcher, Lindsay Nagamatsu, a PhD candidate at the university, said in a media release.

“So both exercise groups improved their memory scores, but on different types of memory. More research is needed to determine the differential effects of these two types of exercise training.”

For your chance to win an ANZAC Day $1 coin please answer the following questions and send your answers, along with your name, address and phone number, to The Listening Post PO Box 3023 EAST PERTH WA 6892 by Monday 10 September 2012.

1. Who does the 2012 commemorative ANZAC Day coin pay honour to?

Name ____________________________
Address _______________________
Phone number ___________________

ANSWERS

Easy Sudoku

Hard Sudoku

SUDOKU SOLUTION

CROSSWORD SOLUTION

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. Lest we forget.

ANZAC Day $1 coin

Navy
H63927; Farrell, Robert – General Branch
21727; Gibson, Daniel – Geraldton and Geraldton District Sub Branch
34121; Holden, Robert – Palmerston Sub Branch
5261; Hunter, Leonard – Butterworth Sub Branch
5649; Keals, Ian – City of Cockburn Sub Branch
43799; Male, Norman – City of Rockingham Sub Branch
515408; Moss, Strelley – Serpentine – Jerrabomberra Sub Branch

Army
WX5445; Bruce, Bernard – Osborne Park Sub Branch
WX48382; Illoe, H.C – Scarborough Sub Branch
540488; Brooz, Stanley – City of Perth Sub Branch
54189; Bullock, Patrick – Junior Bay Sub Branch
WX21215; Crispell, Ron – Gloucester Sub Branch
WX22357; Craft, John – City of Perth Sub Branch
5762; Freer, Murray – York Sub Branch
562192; Fawley, David – City of Mandurah Sub Branch
778102; Gulliver, Tony – Denmark Sub Branch
5293811; Harrie, Eric – Bunbury Sub Branch
55208; Brabander, George – Port Hedland Sub Branch
WX26394; Jones, Gwenda – Greenslopes Sub Branch
241536; Jones, Bernard – North Beach Sub Branch
604822; Martin, Alan – Eastern Road Sub Branch
WX3270; Neale, Frederick – Dunsborough Sub Branch
WX2405; Price, E.T. – Bunbury Sub Branch

ANZAC Day $1 coin

Air Force
98443; Barkley, Alwyn – City of Mandurah Sub Branch
4952; Boulter, Ronald – Collie Cardwell Sub Branch
45731; Gratwick, Richard – Cambridge Sub Branch
119261; Goodall, Goonulk – Bellarine Sub Branch
42704; Hurst, Stephen – Jarrah Park Sub Branch
44141; Hurst, Arthur – Denmark Sub Branch

Ocean
59599; Holman, E.G – City of Mandurah Sub Branch
82461; Knight, K.I – City of Mandurah Sub Branch
455864; Taylor, Don – City of Mandurah Sub Branch
455271; Nicholson, Mark – City of Subiaco Sub Branch
90479; Simmonds, Jan – Returned Ex-Servicewoman Sub Branch
48825; Taylor, Roland – City of Mandurah Sub Branch
470089; Taylor, Alec – Wanneroo Joondalup Sub Branch
460979; Watson, Russell – Applecross Sub Branch

Merchant Navy
MD396; Harley, Charles – City of Cockburn Sub Branch
**C20006; Knox, Charles – Glenelg Sub Branch
WA Launches Seniors Awards

The Western Australian government has launched its 2012 Seniors Awards, calling for the nominations of exceptional older people in the community.

Seniors and Volunteering Minister, Robyn McSweeney, said WA's older people bring a tremendous amount of value to our society, particularly through volunteer work and many of them remain unsung heroes.

“I urge all Western Australians to nominate someone they know for these awards, which are now in their 27th year,” she said.

Nominations are open in the following categories:

- Community Award for voluntary work and serving the community
- Intergenerational Award for working with children and young people under 25
- Beyondblue Inspiration Award for Wellbeing for seniors involved in promoting mental health and wellbeing
- Westscheme/COTA WA Champion for Seniors Award for an individual of any age who works in a paid or voluntary capacity to improve the quality of life for seniors or retirees

The Bendigo Bank Active Ageing Leadership Award for recognising organisations for their innovative planning or services that improve the quality of life of seniors?

Nominations close on Friday 10 August, 2012.

Award winners will be announced at a ceremony on Sunday 11 November, marking the start of Seniors Week 2012.

Reproduced from the DPS Guide to Aged Care

7 Wellington (Wellington’s own) Hawkes Bay Battalion Group

Alpha Coy 7 WNHB Reunion

5 – 7 October 2012

Gisborne

NEW ZEALAND

Open to all past and current serving Regular and Territorial Force members posted or attached to Alpha Coy. Interest can be registered with SGT Su Gingles on 0064210383835 or email gary.grant@xtra.co.nz for a registration form.

Close off date 7 Sep 2012.

The Listening Post online 🤝

The first two decades of The Listening Post have now been released. A link will be available via the RSL website or you can go to www.rslcentenary.org.au. This is a screenshot of the Website, to access issues of The Listening Post either click on the image of The Listening Post, or The Listening Post tab at the top of the screen. From there you will be able to download issues of the publication to read at your leisure, a search function will be added in the coming months.

Enjoy our history.

Naomi Lam

Australia's First Commando Squadrons in East Timor - World War II

At a time when Australia’s defences were at their most vulnerable with the bombing of Darwin, the surrender of 22,000 soldiers in the Pacific and the sinking of the HMAS Sydney, a small force of 300 Australian commandos fought a successful guerrilla campaign in East Timor. Staunchly refusing to surrender to the Japanese, their success was due to their guerrilla style of warfare and the active support of the Timorese people, especially the young ‘criados’ who assigned themselves to help each commando. Following the withdrawal of Australian soldiers in early 1943, the Timorese were to pay a terrible price at the hands of the Japanese for their support of Australian commandos: 40,000 to 60,000 East Timorese died from the fighting or from war-caused famine and disease.

There are plans for an Education Resource to be developed to highlight the story of the 2/2nd Commando Squadron and their unique connection to East Timor. The resource aims to target high school teachers across the country to encourage their students to form a historical and empathetic understanding of the Commando Soldier experience of WW II and their enduring relationship with Timor-Leste.

We call upon the RSL community to share their 2/2nd and/or 2/4th Independent Company stories, photos and memories with Shiona Herbert, Director of Ignite Your Audience, who is passionate about getting this story told in schools across the nation.

Shiona can be contacted at shionaherbert@hotmail.com or send information to: Shiona Herbert - P.O Box 1067

- Innaloo City - WA 6918

Dicko Cartoons
Facts About Dark Chocolate

Dark chocolate is a healthy treat loaded with anti-oxidants.

Healing powers
Dark chocolate contains hefty amounts of disease-fighting flavonoids, anti-oxidants also found in red wine and lots of different fruit and vegetables. In fact, it appears to have more flavonoids than any other food. Studies find its anti-oxidants can significantly improve blood pressure, prevent blood clots, slow the oxidation of LDL cholesterol (making it less likely to stick to artery walls) and reduce inflammation. Some research suggests that eating a few squares a day can cut heart attack risk by 10 per cent. Eating dark chocolate can also lower insulin resistance, the main problem behind diabetes.

Healthy hint
For the most anti-oxidants, look for dark chocolate that contains at least 60 per cent cocoa. How much is enough? About one or two squares is considered one serving. You can have one to two serves every day unless you’re trying to lose weight.

Overview:
Dogs are not called ‘man’s best friend’ for nothing. Over the centuries, we have enjoyed a close connection with canines: they have provided invaluable help with hunting, tracking, guarding, haulage and rescue work, and have been affectionate and loyal companions without peer.

In this fascinating book, Nigel Allsopp lifts the lid on the world of police dogs, examining the vital roles they play both in Australia and around the world. Despite the numerous high-tech devices now available to law-enforcement officials, ‘K9’s – as they’re known in the trade – remain an indispensable part of police work in a range of fields, notably terrorism and border protection. K9s may sometimes be sent into difficult and dangerous situations, but this is never done without care and concern, for at the heart of their role is the intimate and symbiotic relationship between dog and handler.

K9 Cops explores the history, training and current use of police dogs, as well as considering what future dogs have in modern law enforcement. It also includes an A–Z of police canine units in 47 countries.

For all police and military personnel, K9 Cops is an informative, must-read book. For the rest of us, it is an entertaining and heart-warming account that dog lovers the world over will enjoy. Company, Cannonball.

About the Author:
Nigel Allsopp is a world authority on dogs and his new release K9 COPS.

Nigel has written numerous articles on Canine training for International Law Enforcement Magazines and has been a contributing author to the prestigious British Royal Army Veterinary Corps Journal and other Military journals in the United States. He has been the Canine subject matter expert on TVs Mastermind. He has also appeared on the TV series Who Let the Dogs Out. Nigel is a vocal ambassador for the establishment of Animal Memorials to recognise their role and contribution in all Wars.

Even better than expected

These apartments will change your mind about retirement living

The first thing that surprised us was just how big the apartment is. It’s one thing looking at the plans but we were very impressed when we saw it in the flesh for the first time,” Bill A.

Imagine living the retirement lifestyle you’ve always dreamt of. A lifestyle of complete privacy and security while being part of an active community of fellow retirees perfectly situated in one of Perth’s most mature and attractive southern suburbs.

Move in now or reserve an apartment in our next development – ready for you in two years.

The Royal Australian Air Force Association is a not-for-profit organisation where all retirees are welcome.

Call 9311 4488
For details and inspection
www.raafawa.org.au

Another quality development by the Royal Australian Air Force Association (WA) Inc.

Bull Creek Drive, Bull Creek

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<thead>
<tr>
<th>Size</th>
<th>Price Range</th>
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<td>1 bed</td>
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<td>2 bed + 2 bath</td>
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<tr>
<td>2 bed + 2 bath + study</td>
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**Overview:**
Since 1899, the significant role Australian gunners have played in supporting the Australian Military Forces’ campaigns has been well-documented. They have gallantly and wholeheartedly supported Australian, British, New Zealand and Indian armies in World Wars, the Malaya Emergency and Borneo Confrontation Wars and most recently the Vietnam War.

Do Unto Others is a comprehensive account of the history of counterinsurgency as Assistant Editor and now Editor of the Journal of the Royal Australian Artillery Historical Company, Cannonball.

Do Unto Others - Alan Smith

He joined the CMF in 1951 as a Recruit Gunner in R Battery, 21 Field Regiment, RAA in Newcastle and was commissioned in June 1954. He had regimental service with the Royal Artillery with SP regiments based in Bloomsbury, London and the Royal Canadian Artillery in Toronto, Ontario during 1954-55. He was promoted major with the Regiment but continued his military service with 2nd Battalion, RNZA and Support Company commander.

After further training his military education led him into logistics staff appointments in HQs of Communication Zone and 8 Task Force. He was awarded the Efficiency Decoration in 1966 and retired in 1968. He was appointed to the Executive Staff of The Broken Hill Proprietary Company Limited in 1960 and occupied Personnel/ Human Resource positions in Corporate, Steel and Wire Divisions in his 36 years service to 1992. His third ‘career’ is writing artillery history as Assistant Editor and now Editor of the Journal of the Royal Australian Artillery Historical Company, Cannonball.

**About the Author:**
Alan Smith was born in Newcastle and educated at The Armidale School and Newcastle Boy’s High School. He gained an Associate Degree in Diploma in Industrial Chemistry in 1952 and in 1982 he completed a Masters Degree from the University of Newcastle in commerce and economics.

**Dust, Donkeys and Delusion - Graham Wilson**

Dust, Donkeys and Delusion examines and clinically debunks the myth that has grown up around Private John Simpson Kirkpatrick, the so-called ‘Man with the Donkey’, the quintessential Australian ‘hero’ of Gallipoli. While the various elements of the Simpson myth have now become popularly accepted as ‘history’, Dust, Donkeys and Delusion shows clearly, based on historical documents, both official and unofficial, that almost every word ever spoken or written about Simpson following his death is false.

There is no question that Simpson performed valuable work at Gallipoli using a donkey to transport lightly wounded men to medical facilities. However, claims made that Simpson ‘saved 300 men’, that he ‘ignored orders that medical personnel were not to go out to recover wounded as it was too dangerous; that, in performing his self-appointed task he was a ‘deserter’ who would probably have been court-martialed and shot had he been in the British Army; that he was an ill-behaved insubordinate with discipline problems; that he made ‘lighting dashes’ into no man’s land to rescue wounded men under enemy fire; — these and every other posthumous statement made about Simpson are examined in forensic detail, and found to be highly inaccurate. In particular, the book examines that part of the myth connected with the supposed ‘official recommendation’ for a Victoria Cross for Simpson, a campaign that continues to this day.

Dust, Donkeys and Delusion does not criticise John Simpson Kirkpatrick himself, recognising that he bears no blame for the nonsensical myth that have grown up around him. The book is very much an attack on the myth and has been written to strip away the layer of half-truth, mistruth and untruth that have surrounded Simpson since the time of his death, revealing the man himself, while at the same time correcting the historical record. Dust, Donkeys and Delusion also seeks to rehabilitate the memory of other soldiers who served at Gallipoli, particularly Simpson’s fellow stretcher-bearers.

**About the Author:**
Graham Wilson served 26 years in the Australian Regular Army, retiring in 1996 as a Warrant Officer Intelligence Analyst. Following five years as a civilian intelligence officer in the Department of Defence, he transferred to the Defence Department’s Directorate of Honours and Awards where he worked for 10 years in the support and policy areas; the latter as Staff Officer Historical Research. Graham retired from the Public Service in February 2011 and now works as a historian.

Graham is active in a number of historical and military societies and is a prolific author of historical articles; he has been published in Australia, New Zealand, the UK and the USA and has received a number of awards for military history writing. Graham lives in Canberra with his wife Sharon, a retired Chief Petty Officer of the Royal Australian Navy, and their Bichonfrise “Ralph”. Their favourite pastime is spoiling their grandchild.

Graham has written two new books Bully Beef and Balderdash (April 2012) and Dust Donkeys and Delusions (June 2012).

**Conducting Counterinsurgency - Colonel Dan Connelly**

**Overview:**
Reconstruction Task Force 4 (RTF4) deployed to Uruzgan province, central Afghanistan, in 2008 as part of Operation Slipper – Australia’s military contribution to the war in Afghanistan. RTF4’s mission was ‘to help bring stability and security to the Afghan people through projects that support good governance and stable communities’. Their work primarily involved construction, in particular the building of bases for Afghan and Coalition forces, and smaller engineering tasks.

Conducting Counterinsurgency uses the personal experiences of officers and soldiers from RTF4 — described in their own words — to illustrate the principles of counterinsurgency operations. The book provides a vivid and personal snapshot of the work of these soldiers, the challenges they faced and their interaction with the local people during their tour of duty. This is a first-hand account of counterinsurgency operations conducted by the contemporary Australian Army in its fight against the Taliban.

Conducting Counterinsurgency sheds light on the little-understood operations of the Australian Army in Afghanistan and is a must for military professionals and commentators and those who simply seek a better understanding of modern warfare.
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