Remembrance Day 2012
Lt Frederick Bell VC Memorial Lecture 2012

Dear Editor,

I enclose for your information a copy of my Lt Frederick Bell VC Memorial Lecture 2012 which I presented to the Cottesloe RSL Sub-Branch on Friday, 9 November at Cottesloe Civic Centre, in the event you wish to extract any of it for publication.

Full copies of the printed booklet containing the Lecture are available from me on phone 9367 9771 or email rkoconnor@iinet.net.au at the cost of $10 plus $2 postage.

Thank you and kind regards,
Robert K O’Connor QC

Phone: 08 9367 9771

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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>13 February</td>
<td>1965</td>
<td>First Australian SAS Squadron advance party departs for Borneo</td>
<td>The SAS served in Borneo during Confrontation to gather intelligence, conduct reconnaissance patrols and collect information on topography.</td>
</tr>
<tr>
<td>18 February</td>
<td>1943</td>
<td>9th Division arrives in Fremantle</td>
<td>Having served in North Africa the 9th Division was ordered back to help defend Australia against the Japanese.</td>
</tr>
<tr>
<td>19 February</td>
<td>1915</td>
<td>Allied warships shell Dardanelles</td>
<td>This was the first allied attempt to force a passage through the Dardanelles and attack the heart of the Ottoman Empire. Its failure ultimately led to the ill-fated Gallipoli campaign.</td>
</tr>
<tr>
<td>25 February</td>
<td>1951</td>
<td>Hill 614, Korea</td>
<td>12 Platoon, D Company, 3rd battalion, Royal Australian Regiment, captured this important piece of high ground at the second attempt, enabling the United Nations' forces northward advance to the Albany Line to continue.</td>
</tr>
<tr>
<td>28 February</td>
<td>1991</td>
<td>Gulf War ends</td>
<td>With Iraqi forces having been driven from Kuwait and defeated in the field the coalition forces called a halt to the fighting.</td>
</tr>
<tr>
<td>1 March</td>
<td>1901</td>
<td>Naval and military forces of the States transferred to Commonwealth control</td>
<td>With Federation state and federal authorities began planning for the establishment of federal military forces.</td>
</tr>
<tr>
<td>22 March</td>
<td>1942</td>
<td>Japanese aircraft bomb Katherine</td>
<td>This was the only air raid against Katherine in the Second World War, one man was killed.</td>
</tr>
<tr>
<td>27 March</td>
<td>1953</td>
<td>Last engagement between Meteors and MIGS in the Korean War</td>
<td>Meteors had been found to be inferior to MIGS in air to air combat in Korea and were transferred to ground attack duties.</td>
</tr>
<tr>
<td>31 March</td>
<td>1921</td>
<td>Formation of the Australian Air Force</td>
<td>The Australian Air Force became the Royal Australian Air Force (RAAF) on 31 August 1921.</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

CHRISTMAS LUNCHEON AT THE ANZAC CLUB
SERVING TRADITIONAL CHRISTMAS LUNCHEON
TABLES DECORATED WITH ALL THE TRIMMINGS (MUST BE RESERVED)

TWO COURSE MENU $24.00 PER PERSON
Roast Turkey & Pork Stuffing with Ham, Roast Potato & Seasonal Vegetables
Served with a Crusty Bread Roll & Butter
FOLLOWED BY
Traditional Plum Pudding & Brandy Custard
Tea & Coffee with After Dinner Mints

THREE COURSE MENU $30.00 PER PERSON
Shrimp Salad with a Marie Rose Cocktail Sauce
(can be substituted with Farmhouse Soup of the Day with a Crusty Bread Roll & Butter)
FOLLOWED BY
Roast Turkey & Pork Stuffing with Ham, Roast Potato & Seasonal Vegetables
FOLLOWED BY
Traditional Plum Pudding & Brandy Custard
Tea & Coffee with After Dinner Mints

*** OPTIONAL FRUIT MINCE PIE only $1.50 per person additional, available with either menu ***

Book your group or office table now on 9287 3714.

Note: Available until 21st December 2012
Welcome to the final edition of The Listening Post for 2012.

In reviewing the activities and achievement of the past year I believe we have been able to maintain momentum as we progress towards the Centenary of ANZAC and the foundation of the League. We have been able to deal with governance issues in a very professional manner and maintain the excellent public image of the League. By the end of the year many of the current issues will have been resolved and future directions set in place. We enter into a new governance regime occasioned by government regulation and this will impact on how the RSL and its Sub-Branches do business and demonstrate accountability to its members, government and the wider community. As previously advised to Sub-Branches it will require office bearers to undertake training courses to ensure meeting the requirements of the government. I am confident the RSL, at all levels, will embrace the new requirements and move into the future with greater confidence in Branch and Sub-Branch management.

ANZAC Centenary Activities

Whilst Albany will be the focus of commemorative activities associated with the ANZAC Legend it will up to local communities, led by ex-service organisations, to engage in the presentation of functions that honour not only the original ANZACs but all those who have and still are serving their country.

The Return & Services League of Australia welcomes this opportunity to provide input to the public consultation about the Government’s proposal to conduct a ballot to allocate the 8000 spaces available for Australians at the Gallipoli commemorative site on 25 April 2015.

The League accepts the limit of 8000 and the reasons given for that limit. The League also accepts there is likely to be many more than 8000 Australians who will wish to be at Gallipoli on the centenary of the landing by the ANZAC force in 2015 and thus that a ballot will be required.

There is diversity of opinion amongst members of the League about how this ballot might best be conducted.

Some consider there should be a three stage ballot at follows:
1. The first ballot restricted to only descendants of persons who died or are buried at Gallipoli.
2. If places are still available, a second ballot for direct descendants of those who served at Gallipoli.
3. If places are still available, a third ballot for all other applicants;

Some consider there should be an open ballot with no preference for any applicant;

Others consider that as the ballot was a Government initiative it is a matter for Government through the Department of Veterans’ Affairs to resolve. A further view is that consideration should be given to those who have the foresight to research, plan, book and pay for trips to Gallipoli in advance of the Government’s announcement of a ballot in the reasonable expectation they would have access to the commemorative sites on 25 April 2015.

For your consideration.

Rear Admiral Kcn Doolan AO RAN (Retd)
NATIONAL PRESIDENT
The Returned and Services League of Australia Ltd
Rear Admiral Sir David James Martin KCMG AO

David James Martin was born on 15 April 1933 in Sydney; his father was Commander WH Martin.

David Martin came from a long line of Naval Officers. Among his descendants was H George Johnstone from The Royal Marines of the First Fleet and Esther Abrahams. Their son Robert Johnstone was the first Australian born person to enlist in the Royal Navy (RN) in 1805.

The young David Martin attended Scots College from 1939-1946 and enjoyed sailing VJs at Rose Bay and was a cheerful and keen sailor who learnt the art of yacht racing and was the apple of his mother’s eye.

In 1947 the young Martin joined the RAN as a midshipman after completing his course at the Royal Australian Naval College. Midshipman Martin attended the Royal Naval College, Greenwich and RMS EXCELLENT for gunnery and guided weapon’s courses and staff courses.

With the outbreak of the Korean Conflict Midshipman Martin saw action on the Korean Peninsula from mid-September 1951 to mid-February 1952 on HMAS SYDNEY. Postings followed on HMS VENGEANCE, HMS MURCHISON and HMS MELBOURNE. In 1959 Lieutenant Martin was appointed Gunnery Officer on HMAS BATTLEAXE during the Cyprus and Iceland emergencies, HMAS VOYAGER in 1963 and served as Executive Officer of HMAS VAMPIRE in 1967.

In 1967 Martin attended the Royal Australian Naval College, 1969, he was CO of HMAS QUEENSBOROUGH, HMAS TORRENS 1974, HMAS SUPPLY 1978 and later HMAS MELBOURNE in 1979.

In 1973 Martin was Commander of the Third Australian Destroyer Squadron. In 1974 the recently promoted Martin was Director of Naval Reserves and Cadets and Director of Naval Manpower in 1981. In 1982 the newly promoted Martin was promoted to Flag Rank serving as Chief of Naval Personal and later as Flag Officer Commanding Naval Support Command and retiring in 1988.

Soon after retiring from the RAN, Rear Admiral David Martin (Rtd) was knighted as a Knight Commander of the order of St Michael and St George (KCMG) and was appointed as Governor of New South Wales. Following his appointment as Governor, Sir David James Martin KCMG AO (Officer of the Order of Australia which was awarded in 1981) was subsequently offered service to the RAN as a midshipman after completing his course at the Royal Australian Naval College.

With rapidly deteriorating health, Sir David resigned as Governor and passed away on 10 August 1990 in Sydney as a result of deadly plural mesothelioma caused by exposure to asbestos during his naval career. While Governor, Martin established the Sir David Martin Foundation which runs programs that help young homeless and disadvantaged Australians. Sir David married Suzanne Millear, daughter of Spencer and Sylvia Millear from Victoria. The Martins had three children, Sandy who is married to CDRE VEB Di Petro (RAN), Anna married Michael Beaumont and William who is a serving captain in the RAN and shortly to become CO HMAS WATSON.

The Honourable Nick Greiner then premier of NSW said of the passing of Sir David Martin KCMG AO KSTJ RAN; “With the sad passing last week of Sir David Martin, Australia lost one of its most distinguished citizens. After a proud career of public service with the Royal Australian Navy, Sir David made the Office of Governor of New South Wales extremely accessible. He earned the epithet of ‘The People’s Governor’ and made his mark on Australian society in the warmest and most human way. The bravery of the man, when clearly suffering the pain of his illness, was displayed for all to see during his farewell ceremony through the streets of Sydney on August 7. It was then that he left us with the message that Australians were looking for decent standards and ethics and were reaching out for guidance and example. Sir David called on all of us to stand up for an Australian community which is fair, healthy, happy and industrious, where children can grow in safety with hope and opportunity. We have lost a wonderful man and we shall miss him. But we shall remember his message.”

References:
1. Australian War Memorial Canberra, ACT

Green Tea: A top all-rounder

Antioxidants have protective qualities

Green tea is lauded for its many health benefits – it guards against heart disease, diabetes, cancer, weight gain, even tooth decay. New research continues to stack up its merits. Its secret? This brew is protective effect. “Green tea has a higher concentration of catechins and appears to benefit bone health more than other kinds of tea, such as black and oolong,” says Dr Leslie Shen of Texas Tech University. Early research from Hong Kong also suggests green tea’s catechins can benefit the eye, with signs that it is absorbed by the lens, retina and other eye tissues.

The medicinal brew

What makes green tea so special? Unlike black tea, its production involves little processing and fermentation, keeping catechin concentration especially high.

Flu fighter

A University of Florida study looked at the effect of green tea during flu season.

Those participants who took a capsule with decaffeinated green tea extract twice a day for three months experienced 32% fewer cold and flu symptoms compared to the placebo group. Of those who did become ill, only 6% needed a doctor.

By Thomas Moore

Reproduced from Readers Digest
The City of Armadale Remembrance Day 2012 also commemorated the unveiling of a two year project undertaken by The City of Armadale, instigated by Mr Linton Reynolds and a working party consisting of City of Armadale staff, Community Members and RSL in the form of the ‘Memorial Ribbons’. A total of five columns were erected. These ribbons commemorated WWII, WWI, Korea, Vietnam and the fifth a combination of the current ongoing conflicts of Afghanistan, East Timor, Iraq, Solomon Islands and Iran.

Each column of ribbons represents the ribbons of the war medals with a photo and explanation wording incorporated within. Those in attendance laid wreaths at the five columns as a commemoration and reflection (as well as laying wreaths for the Remembrance Day Service at the Cenotaph) were: Armadale RSL President, Mr Peter Hillbrick; City of Armadale Mayor, Cr Henry Zelones JP; Former Armadale Mayor and Freeman of the City of Armadale and instigator of the Memorial Ribbons project, Mr Linton Reynolds JP AM; Member for Armadale and Service personnel Hon Mr Tony Buti and the Member for South East Metro Hon Ms Helen Morton.

The City of Armadale Remembrance Day and Memorial Ribbons Project

Support the RSL

MY Community is a loyalty program where the customer at Cash and Carry in WA can determine where much needed funds are able to be directed in the community.

For every $100 (excluding tobacco and liquor products) spent the customer will receive one MY Community token. This token is then placed by the customer in one of our charity bins. Each month these bins will be emptied and the tokens tallied, ready for payment to the charity group. Payments to the charity will be quarterly.

Each one of our three Cash and Carry branches (Canning Vale, Balcatta and Bunbury) will have 20 Community groups participating in the program. The way the program works is for every $100 a customer spends in the store, they will receive one token to donate to the local community group of their choice. For example, if a customer spends $300 they will receive 3 coins to donate. Customers will deposit the coins they have received into a Community group’s deposit box.

Mundaring RSL Sub-Branch

Remembrance Day Service held at the Memorial Obelisk and Rose Garden on Sunday 11 November had increased community support and estimate over 100 attended the event.

The RSL wishes to thank all those who assisted in the Poppy Day collections, the local Scouts and our delightful bugler, Isabelle, who has volunteered for the past five years and most of all the community that attended on the day. The Mundaring CWA Ladies group are to be congratulated for the excellent luncheon held at their Cottage in the Park.

It is hoped that more business and Local Government representatives attend future services. We also desperately need the help of all teachers, parents and grandparents to share their knowledge of our history and help ensure the awful sacrifices of the past were not made in vain.

LEST WE FORGET. Ryan Rowland

The Return of Herb Mallard’s Spirit to Northampton

Aboriginal soldiers have served with the Australian military with distinction and recently across Australia ceremonies have been taking place as their remains are returned to their home country.

Herb Mallard from Northampton was killed in the last three months of WWII and was buried in Lae War Cemetery in Papua New Guinea. His spirit along with other indigenous service men’s spirits have been returned to Australia to allow them to rest in peace in surround-ings they knew. Ceremonies have been held in NSW and Victoria for the other Indigenous servicemen.

Neil MacNeill and Frank Mallard

In the photograph WO1 Colin Watengo, WO2 Frank Mallard and Sgt Boysie Mallard attended the Spiritual return of Pte Herb Mallard from the Lae War Cemetery in New Guinea, after 67 years. Mallard family from the Yamatji area of Kalbarri all attended the ceremony.

City of Armadale Remembrance Day and Memorial Ribbons Project

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Welfare & Pension News - Surviving the Festive Season

Many people find Christmas a very difficult time of year. Christmas may have previously been a time spent with loved ones who are no longer in your life. Additionally, many people have more expenses at this time of year adding further difficulties to the holiday season.

If you are having difficulties paying utility or other essential household accounts please contact the Welfare Officer at ANZAC House. Some assistance may be available to eligible Veterans and their dependants experiencing financial hardship.

Christmas can also be a difficult time for people who have suffered major losses since the previous Christmas. Perhaps you don’t have any family and you are not looking forward to spending another Christmas alone. Whilst this can be reason to dread the festive season, there are alternatives. Check out what’s happening at your Sub-Branch and participate.

Many community organisations and Churches have special activities for the festive season. Mission Australia has an annual “Christmas Lunch in the Park” This event is attended by around 2000 locals and offers, free of charge, companionship and a fun filled day. Every guest will enjoy a traditional Christmas lunch under an air-conditioned marquee, receive a gift and enjoy entertainment throughout the day. Santa will distribute donated gifts and volunteers will welcome each guest as they arrive.

The event is held at Wellington Square Park, East Perth on Tuesday 25 December 11.30am to 2.30pm. The event is attended by around 2000 locals and is funded by the Government.

Sources of Assistance During the Holiday Period ANZAC House will be closed from 24 December 2012 until 14 January 2013. During this period the Welfare Officer will be contactable on mobile number 0417 905 742 should you need assistance. Other useful sources of assistance include: Veterans & Veterans Families Counselling Service 1800 011 046 Carers Association Counselling Line 1800 007 332

There are less than six months to go until analog signals are switched off across Perth. People will need to be digital ready by 16 April 2013 to keep watching free-to-air TV.

What is the digital switchover?
By the end of 2013, analog free-to-air TV signals across Australia will be switched off and replaced with digital-only TV signals.

Australia is moving to digital TV to improve viewing experience, keep up-to-date with technology and to free up broadcast space for other innovative services, like high-speed mobile broadband. Switching to digital TV means you will be able to watch the full suite of 16 free-to-air digital TV channels from the ABC SBS and commercial broadcasters. As part of the switchover process, the Government, in partnership with broadcast, is also improving TV access right across the country. This means if you live in regional or remote Australia, you will have the same number of channels and choice as people in metropolitan areas.

How long do we have to go before analog TV signals are switched off?

HOSPITAL VISITORS LIST

<table>
<thead>
<tr>
<th>Volunteer</th>
<th>Contact Number</th>
<th>Hospital Visited</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ms Remah Glencorse &amp; Ms Bernadine De Beaux</td>
<td>0447 007 522 As Above</td>
<td>Hollywood Private Hospital</td>
</tr>
<tr>
<td>Mr John Duffy</td>
<td>9401 5815 or 0413780278</td>
<td>Joondalup Hospital</td>
</tr>
<tr>
<td>Mr Mike Harness</td>
<td>9293 1076 or 0419 091 708</td>
<td>Kalamunda Hospital</td>
</tr>
<tr>
<td>Mr Bill Adamson</td>
<td>9295 5354</td>
<td>Mercy Hospital</td>
</tr>
<tr>
<td>RSL welfare Officer</td>
<td>9287 3707 or 0412 009 191</td>
<td>Royal Perth Hospital</td>
</tr>
<tr>
<td>Rev Canon Ken Barrett</td>
<td>9581 2519</td>
<td>Peel Hospital</td>
</tr>
<tr>
<td>Mr John Rankin</td>
<td>0438 264 371</td>
<td>Fremantle Hospital</td>
</tr>
</tbody>
</table>

There are useful sources of assistance including:
- LifeLine 131 114
- The WA Sailors, Soldiers and Airmen’s Fund Trust assists veterans and their dependents experiencing financial hardship or in crisis. The Trustees meet on the second Tuesday of each month to consider applications for assistance. The Trustees will evaluate all reasonable requests for assistance. Financial grants are restricted to those that are genuinely in need and unable to pay for some essential item or purpose required to preserve quality of life. For further information please contact the Fund Administrator on 9287 3707 or mobile 0417 905 742.

I would like to take this opportunity to wish you all a merry Christmas and a safe, happy and prosperous New Year.

Take care until next time

ROSALIND HOWAT
State Welfare Officer

Pinjarra RSL Sub-Branch

Members from the Pinjarra RSL Sub-Branch had a stall at the Pinjarra Expo in November with the intention of recruiting younger and older service and ex-service members in the community.

What they did discover is the confusion over membership. Service and Ex Service (people don’t have to have served overseas) are entitled to join the RSL as service members and family members (wife, mother, father, brother sister etc) can join as affiliate members. This was a successful exercise with a number of new memberships.

If you would like further information please contact the Secretary on 9537 8559 or visit the RSL office in Pinjarra Road on a Tuesday morning 9.00am-11.00am.

Sue O’Donnell
Secretary 9537 8559

Perth Digital Switchover: Six Months to go!
A function was held at Curtin University that saw Shahira Binti Muhammad Abdul Qadir from Singapore successfully complete a nine month course in advanced nursing and midwifery.

Brigadier Konrad Ermert (RTD) addressed the gathering speaking of how the scholarship was founded at the end of WWII by survivors of the Japanese prison camps. The Scholarship was bought to fruition by Captain McGregor of the 8th Division.

Denis Connelly
Editor

AIF Malaya Nursing Scholarship

Army Museum of WA
Foundation World War II Gallery Opens at Army Museum of WA at Fremantle

Completed over a two year period at a cost of over $750,000, the new, WWII gallery is regarded as equal in its professional design and layout to any commercially constructed museum gallery in Australia.

The gallery covers the entire period of the Australian Army’s commitment in WWII from the declaration of war in Europe in 1939 until the Japanese surrender in 1945. The entire design was created by the volunteers of the Gallery Design Committee under the guidance of the Museum Curator, Mr Robert Mitchell. Input was sought from the 120+ volunteers who serve at the museum on a regular basis. The actual construction of the displays was undertaken by BK Design, a locally based exhibition design company in co-operation with the museum’s volunteer work force.

Hundreds of hours were spent by volunteers in assembling the numerous displays and exhibits utilising personal skills ranging from dressing the mannequins in authentic military uniforms: researching the various campaigns: sourcing the material for the printed display panels and cartography: setting up radio installations to the provision and dis-commissioning the weapons on display.

The campaigns highlighted range from the opening hours of the war in Europe (Tobruk and El Alamein) and on to Libya and Syria. The impact of the war on the home front in Australia is profiled as is the fighting in Malaya and the Battle for Singapore.

The tragic story of the independent forces based at Rabaul and on Ambon and in Portuguese Timor is followed by an impressive floor to ceiling diorama of the Kokoda Track and the fierce fighting that led to the ultimate victory in Papua New Guinea.

The campaigns in the islands of the South West Pacific: along the north coast of New Guinea and on to Borneo are dramatically revealed, as are the activities of the secretive ‘Z’ Force.

The WWII Gallery is a fitting tribute to the men and women of the Australian Army who served our nation and the British Empire against the Germans, Italians and the Japanese.

As the years pass few of our World War II veterans remain, but the gallery will serve to ensure that they will not be forgotten. The gallery now complements the Post 1945 Gallery also located on the 1st floor of the Army Museum and covers the Australian Army’s commitment from 1939 until the present day in Afghanistan.

Within the next six months the Colonial and Post Colonial galleries will be refurbished, followed by a completely new WWI gallery.

For further information, the Army Museum of WA website can be found at www.armymuseumwa.com.au, email info@armymuseumwa.com.au or phone 9430 2535.

The Army Museum of WA Artillery Barracks, Burt Street, Fremantle, WA 6160

The Museum opening hours are from 11.00am to 4.00 pm, Wednesday to Sunday inclusive.

Story and photos by Ian Menzies
From the Archives with

Naomi Lam

With the centenary of World War One fast approaching, the Western Australian Museum (WAM) has been thinking of ways in which to commemorate this milestone which will involve all of our communities and RSL branches. The Western Australian Museum (WAM) is in the early stages of organizing a ‘dispersed exhibition’ which will see regional museums, historical societies and other interested groups including RSL Sub Branches telling their community’s history of the war, in their own words. WAM are operating with the support of the RSL who believe this to be an opportunity for sub branches to collaborate with local historical societies and regional museums in putting together a locally significant exhibition.

The focus will be on the impact the war had on the community. Each participating group will look for up to three stories which come out of their place’s experience of the war and will relate to a number of themes. These themes might include: a local man or woman who went to war and his or her experiences; the impact of the war on the community – loss of men to work the land, worker shortages slowing or closing mines – how did the community cope? Other themes could include the impact on the local economy; longer term impacts on the community or people – how did those involved and the community recover? WAM has already made contact with a number of regional groups with regard to this exhibition and is receiving positive feedback on the idea of the scheme. We are keen to get sub branches of the League in Western Australia involved in the project as well and would encourage your sub branch to get in touch with your local museum or historical society, or with CF or Amy at the Development Service at the WA Museum, who can help to put you in touch with your local heritage place to help you be involved in the project.

The number to use is (08) 9212 3700 or toll free on 1800 02 33 33.

Facts about Dark Chocolate

- Dark chocolate is made from the roasted beans of the cacao tree, native to South America. Columbus ‘discovered’ these beans, and the returning crew of his fourth voyage took them to Europe. Originally cocoa was consumed as a beverage made by combining the ground beans with water. Chocolate was first seen in bar form in about 1910. It’s made mainly from cocoa solids and cocoa fat (aka cocoa butter) plus sugar. Milk chocolate also contains milk or milk powder. White chocolate (mostly sugar, milk powder and cocoa butter) lacks the cocoa solids that provide the health benefits of its darker cousins. Cocoa butter’s melting point is just below human body temperature - the reason chocolate melts so beautifully in your mouth.

- Late melts so beautifully in your mouth.
- Benefits of its darker cousins. Cocoa butter’s melting point (for white chocolate) plus sugar. Milk chocolate also contains milk or milk powder. White chocolate (mostly sugar, milk powder and cocoa butter) lacks the cocoa solids that provide the health benefits of its darker cousins. Cocoa butter’s melting point is just below human body temperature - the reason chocolate melts so beautifully in your mouth.

- 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 squares every day unless you’re trying to lose weight.

- Buying right: Buy from a shop with good turnover and look for clean, neat packaging – a sign the chocolate is fresh. Store chocolate in foil and plastic wrap. Chocolate may develop a light coating or ‘bloom’, but this won’t affect flavour or texture.

Healthy 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.

Christmas Luncheon at the ANZAC Club

**MINIMUM ATTENDING 50 PERSONS**

**TWO COURSE MENU**
$24.00 PER PERSON
- Roast Turkey & Pork Stuffing with Ham, Roast Potato & Seasonal Vegetables
- Served with a Crusty Bread Roll & Butter

**THREE COURSE MENU**
$30.00 PER PERSON
- Shrimp Salad with a Marie Rose Cocktail Sauce
- (Can be substituted with Farmhouse Soup of the Day with a Crusty Bread Roll & Butter)
- Roast Turkey & Pork Stuffing with Ham, Roast Potato & Seasonal Vegetables

- Traditional Plum Pudding & Brandy Custard
- Tea & Coffee with After Dinner Mints

Optional Fruit Mince Pie only
$1.50 per person additional, available with either menu.
Book your group or office table now on 9247 2974.

MY STORY

George Angus Roy McLeod (“Rusty”) - Leonora RSL Sub-Branch

1. Where did you spend your years prior to joining the Armed Services?
 Went to primary school in Ballarat, Victoria then moved to the Mallee on a farm prior to joining the Army.

2. Why did you join the Armed Services?
 Was called up for National Service in 1953 at Puckapunyal and enjoyed the lifestyle.

3. What Armed Service did you join and what is the reason for this choice?
 Royal Australian Regiment yet I preferred the Infantry to Corps.

4. What was your most memorable event in the Service?
 Being with great mates in the service.

5. How do you see the future of the RSL?
 I can see a great future for the RSL as there is a lot more people involved with it.
Welcome to the West 2013

Welcome to the West provides access to practical information for Defence members and their families in a fun and festive environment, with entertainment and attractions, a live band, face painting, sausage sizzle, fairy floss and much more.

Sunday the 17th of February 2013, 11:00 to 15:00, Leeuwin Barracks, Riverside Road, East Fremantle.

A variety of community organisations will attend the event with a focus on youth, community, education, training, career, and relocation support.

Bring your picnic and enjoy live music from the Australian Army Band Perth

Time to plan.
Time to reflect.
Time to celebrate.
We give you time.

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Discounts for RSL members and their spouses

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<th>Location</th>
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<td>239 Great Eastern Hwy (Cnr Brockman Rd)</td>
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<td>NORTH PERTH</td>
<td>15 Scarborough Beach Rd</td>
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<td>SOUTH FREMANTLE</td>
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<td>WANGARA</td>
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If you have any questions about Welcome to the West you can contact DCO WA on 9591 9596 or email dco.wa@defence.gov.au

Dr Neil MacNeill

Remembrance Day at Greenbushes

Greenbushes Primary School students and the Greenbushes Sub-Branch of the RSL combined to present a community Remembrance Day service on Friday 9 November.

Students presented readings and ran the service which included lighting candles and laying wreaths at the War Memorial situated in Thomson Park opposite the school. After the ceremony, members of the community enjoyed morning tea at the district hall.

Debbie Walsh

Dr Tony Thatcher

Riverton RSL Sub-Branch Poppy Day

Ray Pearce, President; Bill Collidge and Joe Kuzmanich spent three hours counting out a massive $15,549.40 of Poppy Day collections. President Bill remarked that their efforts were nothing to the selfless endeavour given by many Riverton RSL Sub-Branch members who toiled for days throughout our area of responsibility.

Joe and Biscuits McGuiness worked both our major shopping centres and Ray toiled with stalwart Ron Bennett at Murdoch. Such altruistic undertakings are often dismissed as just our duty; however, Riverton RSL Sub-Branch service members and the residents of Riverton showed the State of Western Australia we are forerunners in our efforts to never forget those who served.

Lest We Forget.

Dr Tony Thatcher
Mundaring Anglican Parish

A Remembrance Day Service was held at our memorial as we at Mundaring encourage the young to remember the sacrifice of those military personnel who went before us, so that we who are left behind can live in peace. The service was a success with 100 locals in attendance. This picture tells it all.

Peter Lamprey

Pickering Brook Heritage Group

On Sunday 11 November 2012 a dedication and Memorial Service was held at and new memorial situated at the Pickering Brook Heritage Group site in Pickering Brook.

Guests included RSL WA President William Gaynor, a representative from the City of Kalamunda and a representative from the Mandurah ex National Service group.

Father Michael MacMahon read the prayer of remembrance and dedication. Shirly Mooney gave the address and Gerry Hemy read the ode.

Beverly Giunelli
President of the Pickering Brook Heritage Group

Remembrance Day at Pinjarra

The Pinjarra RSL Sub-Branch had a busy Remembrance Day and on Monday 12 November with another service from Pinjarra at McNamara Lodge in the RAAFA Estate in Mandurah.

Pinjarra mother Sandra O’Donnell and her 10 year old daughter Akala gave a moving recital of a Remembrance Day poem “The Inquisitive Mind of a Child”.

Sue O’Donnell
Secretary of Pinjarra RSL Sub-Branch

North Beach RSL Sub-Branch Remembrance Day 2012

North Beach RSL Sub-Branch conducted a Remembrance Day Service at the Monument on the Charles Riley Memorial Reserve (named after a World War II veteran who lost his life in 1954 while rescuing two girls in the surf at Watermans Bay).

Members gathered to pay their respects to their fallen comrades, those who had served and those who continue, to serve their country.

Rob Sweet Secretary

Australia’s Greatest Naval Heroes Celebrated at The National Maritime Museum, Sunday 11 November

There was an event held at the Maritime Museum on Sunday 11 November, 2012 - Remembrance Day. This was a celebration of Australian maritime heroes as well as an opportunity to hear Robert Macklin discuss ‘Bravery in War, Peace and Politics’. Macklin is the author of One False Move, the never before told story of Mine diffusers from World War II. This was the first time the families of the officers written about in the book have met.

Former Minister for Foreign Affairs and Trade, Alexander Downer joined other family members to celebrate Australia’s four most highly-decorated naval officers at a special ceremony at the Australian National Maritime Museum. The families came to Sydney from around Australia to honour the four heroes of World War II whose stories have been told for the first time in a new book, ONE FALSE MOVE by author Robert Macklin.

The naval officers, Leon Goldsworthy of Perth, Hugh Syme of Melbourne, Stuart Mould of Sydney and George Gosse of Adelaide all won the George Cross and became the most highly decorated officers in Australia’s naval history. In the early days of the war they travelled to the U.K. and volunteered to defuse the fearsome parachute mines the Germans were dropping over the cities and ports of Britain. The mines – which were Hitler’s vaunted ‘secret weapon’ – had the power to level a city block or break the back of a capital warship. The mines were designed to explode when ships passed over them or when their delicate instruments were disturbed. They were followed by pressure mines and others that exploded when exposed to the light. And they came equipped with booby traps designed to kill or maim the men who fought to defuse them day after day throughout the entire length of the war. Theirs was courage beyond compare. And though many of their colleagues fell victim, all were present when the final victory was won.

While all four of the men have now died – the last being Leon Goldsworthy in 1995 – they shared a very close bond during and after the war. However, Sunday will be the first time that the families have met.

An Armistice Day ceremony was held beside the celebrated WWII commando boat Krait at the Museum’s Darling Harbour wharf at 10:40 am. This was followed by an informal luncheon and at 2 pm Mr Downer spoke at the museum theatre. He introduced Robert Macklin, who is also the author of the official biography of former Prime Minister Kevin Rudd and then gave a talk on ‘Bravery in War, Peace and Politics’.

The LisTening POS T December 2012 11

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The mines were designed to bring Britain to her knees; and they very nearly succeeded. All that stood between them and defeat for the Allied cause was a small group of astonishingly courageous men determined to defuse the monsters before they exploded. And leading among them were four remarkable Australians. At first ‘magnetic’ mines were designed to explode when ships passed over them or when their delicate instruments were disturbed. They were followed by pressure mines and others that exploded when exposed to the light. And they came equipped with booby traps designed to kill or maim the men who fought to defuse them day after day throughout the entire length of the war. Theirs was courage beyond compare. And though many of their colleagues fell victim, all were present when the final victory was won.

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The LisTening POS T December 2012 11
Northam Sub Branch Remembrance Day

The Northam Sub-Branch hosted a Remembrance Day Service on Sunday, 11 November with over 100 people attending on a fine and warm morning.

The President, Donna Prytulak, opened the service and welcomed everybody before speaking on the meaning behind Remembrance Day and the red poppy.

The Secretary Reg Stevens gave the address in which he spoke of the massive numbers of men mobilised and the casualties for all countries involved in WW1. He also mentioned the mateship formed between soldiers and the reliance they had on each other. The names and the details of the seven Australian soldiers who died on service in Afghanistan in the past year were read out.

The Sub-Branch Treasurer Geoff Scarterfield read the Prayer of Remembrance with Wardens Jim Donovan reciting the poem "In Flanders Fields" and Ed Freeman-Smith reciting the ODE.

Bugler Luis Lim again travelled to Northam to perform the Last Post and Reveille which is appreciated by our members. Wreaths were laid by the RSL, the Women’s Auxiliary and many service groups and schools. Members of the public were invited to place a poppy on the Memorials.

The Australian National Anthem was played to conclude the service and everyone was invited into the RSL Memorial Hall to enjoy some refreshments that were provided by the Women’s Auxiliary.

Reg Stevens Secretary

Graham Spencer

Retired Royal Australian Navy Members to Help Primary School in Thailand

Recently, 40 members of the 22nd Intake Junior Recruit Training Establishment (JRITE) gathered together in Patong, Thailand for their 44th year Intake Reunion.

Several members now reside in Thailand and it was decided to hold the reunion in Patong to help offset some of the travel costs for these members. The 22nd JRITE members, friends and their wives spent a week in Patong before travelling North by bus to Hau Hin and then on to Kancanaburi and Hellfire Pass for another week.

During the Reunion, it was decided by those members present, to assist and sponsor a Thai Primary School by donating furniture and equipment to the school. The chosen school is in the home village of Peter Mundy’s wife, Sao, who attended the school in past years. The Primary School is located in the small village of Nonglag (pronounced Nongleck), in Surin Province, half-way between Sankat and Sisaket and about 35 minutes by car from the Cambodian Border. Travel time by bus from Bangkok to Nonglag is approximately 8 hours North East.

The school is the focal-point of the village and ceremonies are held in it all year round. The school has a website which is currently written in Thai (www.thai-school.net/nonglag/) but in the future, Peter and Sao hope to help them set up a page in English. In the future, if funds permit, the sponsorship may be extended to other schools in the area. The sponsorship involves the 22nd JRITE Intake and friends funding items such as desks and computers, needed by the school to improve the delivery of education to the local children. It is planned to have a transparent philanthropic arrangement in place by mid 2013 and to continue to sponsor this cause for the years to come.

Other JRITE Intakes and interesting people who wish to contribute to this worthy cause are encouraged to contact Graham Spencer at eaglegraham@bigpond.com, Peter Mundy at petemollymundy@hotmail.com, or the 22nd JRITE website at http://www.roy-all22nd.net.

Graham Spencer

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.

ALL SMILES... happy customers Aileen and Trevor Brown.
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 an 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) or www.thebidetshop.com.au

Don’t forget to mention our RW12 to receive the RSL Members Discount!

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Huge RSL Rates
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Huge RSL Members Discount Limited Time!

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With just the push of a button...

this ‘paperless’ Bidet toilet seat will clean you with warm water and then dry you with a gentle stream of warm air. It simply replaces your existing toilet seat and installation only takes minutes.

For more information please call The BIDET SHOP® on 6102 5610 (local) or 1800 243 387 (national) or www.thebidetshop.com.au

Don’t forget to mention our RW12 to receive the RSL Members Discount!
The attendance at the Remembrance Day Ceremony increased again this year.

The Nedlands Council provided a large marquee and also covered light refreshments for all after the Service. Secretary, Doug Arrowsmith conducted the Service and was assisted by member and Air Force veteran, Brian Minchin. The guest speaker was Craig Boyd, the Assistant Deputy Commissioner for Veteran Affairs and Nedlands Mayor, Max Hopkins gave a reading and led the gathering in prayers.

Being a Sunday, Joe Sullivan and Mat Dale usually read the prayers and provide the Last Post on a Gallipoli bugle however due to being involved in their Services, other arrangements had to be made and which were covered by the Hollywood Primary School. Students from Dalkeith, Hollywood, Loreto and Nedland's Primary Schools each read prayers which were written by their students. Once again the Aero Club had three vintage aircraft flyover on the dot of 11.00 am. Grateful thanks are due to Ms Peta Alderman and her staff of the War Graves Commissioner for the immaculate surroundings. Photo shows students from the four schools with Craig Boyd and Doug Arrowsmith behind the Mock Memorial - the wreaths cover an airman's flying helmet and a navy person's beret.

Doug Arrowsmith
Secretary
Nedlands RSL Sub-Branch

Wishing all our readers
A Merry Christmas
and a
Happy New Year

The Listening Post Committee
& Staff of ANZAC House

PLEASE NOTE:
ANZAC House will be closed from
Noon, 21 December until 14th January 2012

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Remembrance Day 2012
Remembrance Day 2012
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IN THE CONFUSION AND EMOTIONAL NUMBNESS THAT FOLLOWS WHEN A PERSON DIES, IT CAN BE DIFFICULT FOR GRIEVING RELATIVES TO MAKE DECISIONS ABOUT FUNERAL ARRANGEMENTS.

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

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Contemporary style inspired by tradition
Taking inspiration from the watches worn by servicemen during the war years, our exclusive design unites past and present to create a warm, masculine design. Crafted by hand in durable stainless steel, the watch is given a contemporary finish with a gleaming golden rose tone. On the face, the stirring words 'Lest We Forget' loom large in raised lettering surrounded by oversized numerals. The 24-hour dial boasts traditional hands evoking memories of a bygone age. On the reverse, Laurence Binyon's immortal 'Ode' has been reproduced as a reminder that through the courage of our diggers, past and present, Australia remains free. His service to his country will truly never be forgotten. A genuine leather strap completes a look that any man will be proud to wear.

Limited Edition. Act now or miss out.
Limited to just 1,915 issues, the "Ode of Remembrance Watch," may sell out fast. You need to act now to secure one of the low edition numbers valued by serious collectors. The watch is very affordable, too: only five interest free payments of $39.99. That's just $199.95, plus $19.99 postage and handling, with a risk-free 120-day money back guarantee. Send no money now. Just return the coupon today.

"At the going down of the sun and in the morning, we will remember them" – Laurence Binyon

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Australian War Memorial
Remember Me – The Lost Diggers of Vignacourt

On exhibition 2 November 2012 until 31 July 2013 at the Australian War Memorial

The small French village of Vignacourt was always behind the front lines. For much of the First World War it was a staging point, casualty clearing station and recreation area for troops of all nationalities moving up to and then back from the battlefields on the Somme. Remember me: the lost diggers of Vignacourt tells the story of how one enterprising photographer took the opportunity of this passing traffic to establish a business taking portrait photographs. Captured on glass, printed into postcards and posted home, the photographs made by the Thuillier family enabled Australian soldiers to maintain a fragile link with loved ones in Australia. The Thuillier collection covers many of the significant aspects of Australian involvement on the Western Front, from military life to the friendships and bonds formed between the soldiers and civilians. The exhibition showcases a selection of the photographs as handmade traditional darkroom prints and draws on the Memorial’s own collections to tell the story of these men in their own voices.

About the photographs
The Louis and Antoinette Thuillier Collection contains almost 4,000 glass-plate negatives depicting British, French, Australian, US, and Indian soldiers, Chinese labour corps, and French civilians. More than 800 of these glass-plate negatives featuring Australians were generously donated to the Memorial by Mr Kerry Stokes AC in August 2012. You can view all the Thuillier images donated to the Memorial on these webpages.

The Australian War Memorial’s exhibition Remember me: the lost diggers of Vignacourt showcases 74 photographs specially hand-printed in the Memorial’s darkrooms from the original glass-plate negatives. You can see more images from The Louis and Antoinette Thuillier Collection on Seven Network’s Lost Diggers Facebook page.

Join us for a special tour each Wednesday (except Boxing Day)

Courtesy Kerry Stokes collection, the Louis and Antoinette Thuillier Collection

Sub-Branch News

Narrogin Sub-Branch Hold Annual Dinner

On Saturday, the 3 November the Narrogin RSL Sub-Branch held their annual re-union dinner at the Soldiers Memorial Institute.

Guests included the State President, Mr Bill Gaynor OAM RFD; the Narrogin Mayor, Mr Don Ennis and his wife and Mr Ryan Rowland, Chairman of the Borneo Exhibition Group.

This event was first introduced after the Great War and the tradition has been upheld over the years. Photos of that era show the ball to be full but unfortunately over the decades; membership of the Sub-Branch has declined to only twenty members and guests attending the dinner.

The State President in his address informed those attending of upcoming policies and the changes planned for the future. Member and guests then enjoyed a magnificent meal by caterers Narrogin Takeaway.

Mr Hendrikus Chattillon President

Bicton/Palmyra RSL Sub-Branch Members

The Bicton/Palmyra RSL Sub-Branch is currently experiencing a mini crisis numbers attending the meetings and social events have dropped dramatically.

I’m sure some of the other branches are suffering the same dilemma, however, as we have a membership in excess of 250 including Affiliate and Social it is disappointing when only nine or ten members turned up for general meetings.

Election of Office Bearers is becoming a huge problem with only the diehard long standing members filling the positions each year. We have a few of our WWII veterans who still attend, however we don’t except them at this time of their life to volunteer to serve on the committee. It’s the younger generation that we would dearly love to come forward and it is to those members that I am appealing to.

It’s your Sub-Branch please support it.

On a happier note, our dedicated Secretary/Social Director Kevin Hastie is providing us with a number of social events throughout the year.

We have furnished our garden area with new glass tables and comfortable chairs which we hope will attract members now that the weather is improving and even though we have had to recently raise the price of our liquor sales, the cost is still very reasonable.

In August, a donation was made to the children’s section of the Fremantle Hospital for them to purchase “Zimmer Frames.”

The money was from a collection tin we placed on the bar and each year this money is donated to a worthy cause.

AG Meyer AM President

Sub-Branch Challenge Presidents Cup

After much too-ing and fro-ing between HQ and the City of Rockingham Sub-Branch, the Golf Day got up and running for the Sub-Branches participating after a two year hiatus.

The Secret Harbour Golf Club was selected for this year’s venue. The Rockingham RSL President Bob Gillimie was the ground running on the day after a short period of organising the event.

Once the invitations had been sent, teams from Nollamara, Ocean Reef, Pinjarra and the Totally and Partially Disabled Veterans of WA came for the day, not forgetting the City of Rockingham RSL Sub-Branch.

The day commenced with the old favourite sausage sizzle in the morning. At 11.50am the teams were briefed and given their marching orders before heading out in their carts to their respective holes. Once everyone was in place, tee off was at 12 noon.

After an afternoon of sun, wind and 18 holes of golf, teams returned to the 19th hole (Clubhouse) to partake in refreshments and brag about their achievements. At the presentation, Nollamara took out the main prizes and the shield with the minor prizes being distributed between Rockingham and the other teams.

Everyone who participated in the day had a great time and thoroughly enjoyed themselves and vowed to come along next year. It was suggested on the day that the Golf Challenge have a new name and no longer be called the President’s Cup. We will have to wait until next year to see what will happen with that.

So, come along next year, meet new friends and have a great day out.

Mark Stevens Assistant Sec.
City of Rockingham RSL Sub-Branch

Bakers Hill

Bakers Hill RSL Sub-Branch had their best Remembrance Day attendance in memory.

The ceremony commenced at 1045 hours, with approximately 75 people in attendance. Most of the people attending stayed afterwards for a free sausage sizzle provided by the Sub-Branch. The ceremony and sausage sizzle effectively brought many of the community members together, and people were standing and talking in groups everywhere.

All in all a very successful ceremony, which the Sub-Branch intends replicate next year.

Lin Booth
The Listening Post October 2009

Toodyay Sub-Branch News

Toodyay

Toodyay Sub-Branch 2016 representatives and the Dotizzi family laying wreaths

Toodyay Sub-Branch Avenue of Honour

Toodyay Sub-Branch 2/16 representatives and the Dorizzi family laying wreathes

Toodyay Sub-Branch L-R is Ron Badock (93 years old), Bernie Dorzzi & Dick Ridgwell (94 years old)

Toodyay Sub-Branch Relatives and members of the public

Toodyay RSL

On 7 October 2012 was a big day for the Toodyay RSL. We celebrated our 93rd birthday; this was the day in 1919 that we received our charter. We are now entering the 94 year which our humble Sub-Branch have supported and tried to live up to the ideals of the Returned & Service League of Australia.

One of our members, Alan Clabaugh, with the aid and support of the Toodyay Historical Society, has put together a brief history of the Toodyay RSL since our inception. The reason the history is so brief is that the Toodyay RSL Sub-Branch had not retained any records or if they have, we don’t know where they are. We only have minute books for the last 15 years. We would be very interested if any members of the public have any old photos or recollections of our Sub-Branch.

On 7 October 2012 our President, Mr John Clarke, presented two copies of “The RSL in Toodyay” one went to the Toodyay Shire President, Cr Kevin Hogg, who told us it would be lodged at the Toodyay Library where it will be available to the public of Toodyay to peruse at their leisure. The other copy was presented to Mr Denis Connelly, the State Vice President, of the Returned and Services League of Australia WA Branch, for safe keeping.

You can contact Lou 9574 4310 or lou101@bigpond.com

Second World War Plaques Dedication Service

We also had a dedication service for the plaques the Sub-Branch has put together to honour those individuals of the Toodyay community who paid the ultimate sacrifice during the WWII to enable us to live the lives we lead today. This project was commenced some years ago and we now have an Avenue of Honour with plaques for WWI and WWII service personnel who lost their lives.

Avenue of Honour

This particular service was to dedicate the plaques of those individuals from the WWII. We had advertised the event in the “Can We Help You” column of the Western Australia and the Toodyay Herald, we tried to contact other publications to get the message out but were unsuccessful. We were still able to attract individuals from all over Australia and had people come from Cairns in Queensland, South Australia and Tasmania. We had representatives from the 2/4 Machine Gun Battalion, including two spritely veterans Ron Badcock (93) and Dick Ridgwell (94). 2/11 and 2/16 Infantry Battalions were represented as well as the Borneo POW.

Relatives Association

The proceedings were opened with the aid of our Secretary/Treasurer, Mr John Adams, who acted as the MC and introduced the dignitaries. John Clarke, Toodyay RSL President, gave a welcome speech with a brief resume on how the project was started and funded. He then handed over to our Shire President, Cr Kevin Hogg, who said a few words about the service personnel who had joined up during the WWII from the Toodyay district. He also had some kind words to say about the Toodyay Sub-Branch and how we are one of the longest serving volunteer organisations in the Toodyay district.

The service was then addressed by Major Olga Hedemann AARC OAM RFD JP (RAANC) retired army nurse, who unveiled the plaques. The reason for selecting Olga to recognise the role females play in our lives. Olga told us the fascinating story about Alma Beard, her life, training and eventual death at the hands of the Japanese.

Wreaths were laid by the Toodyay RSL, 2/4 Machine Gun Battalion, 2/11 Infantry Battalion, 2/16 Infantry Battalion and relatives of the departed. During the wreath laying Rick (Padre) Turner and Ron Larkin read out the Role of Honour. Father Giles then blessed the plaques, Lou Kidd Recited the ode.

We estimated that there were about 160 individuals present what made the day extra special was that it was all about families, people were able to catch up with relative they had not seen in a long time and together they could at last say goodbye to their loved ones.

After the service we retired to the Toodyay Club for light refreshment. We feel that our dedication service was well received by the relatives and interested members of the Public. We feel the whole day was very successful.

John Adams
Another successful annual Tea Dance was held at ANZAC House on 7th November.

Amoungst the participants were from the left Mr Bob Dunnell (POW Singapore), Mr Wally Holdie (POW Singapore), Ms Marion Mathews (Widow of POW), and Mr Arthur Leggett (POW 11th Battalion Singapore).

Also present was Mr Bill Price and his wife.

The Legacy Ladies.

WO Gary Browne’s Farewell

With the promotion of WO1 Gary Browne RSM to an Eastern States Army Unit, a small ceremony was conducted at ANZAC House during a Western Australian Veterans’ Affairs Committee (WAVAC) meeting on 25 October 2012.

WO Browne contributed to up to date issues that affect and have affected separating service personnel. We thank WO Browne for his contribution to the WAVAC and wish him well in his new position.

Returned Ex-Servicewomen

The Dutch Choir performing for the Returned Ex-Servicewomen at ANZAC House

Thank you Synergy

A Certificate of Community Service was presented to Mr Trevor James CEO of Synergy (WA) for supporting ANZAC Club.
Past Warden of the State War Memorial

It has been both an honour and a privilege to have been Warden of the Kings Park War Memorial during 2011-2012.

My year of duty has been a remarkable experience for me. I have been both moved and impressed by the different cultures and causes represented by the people who have held services during the year. Despite our differences, our common bond of freedom and democracy serves to strengthen our ties. The recognition of our past is a contemporary reminder of the values of freedom and peace which endure over many generations, cultures and creeds.

The loyalty and commitment of the many groups who have held services during my year of duty has impressed me enormously. There have, however, been many other special components. I have especially enjoyed the many and varied characters who have been involved. These range from the generations of veterans who themselves have served, through to the family members - and especially the younger people - who continue to honour the memory of their loved ones.

How touched their ancestors would be to know that they were honoured with such duty and fondness.

The simple tranquillity of Kings Park is appropriate for a memorial of such significance. And attending services in a range of weather - rain, sun, wind, and a few bitterly cold mornings - helps one appreciate this environment in its many moods.

I also enjoyed the lighter contrasts to the solemnity of the occasion. On one occasion the crows drowned us out completely. On another, the ducks cavorted in the water around the Flame of Remembrance. On a third, the flies descended in their thousands. And speaking of things aerial, one of the greatest thrills of my life has surely been the many fly pasts of the last twelve months: what a buzz, and what goosebumps they inspire.

In my next life I want to be a Wing Commander!

As some would know, my dad Max Shean, himself a former Warden, died in June 2009. When I told Mum about my invitation to wardenship, she accepted it as just one of the things that we Sheans did and I got the nod of approval.

For several months we arranged our Sundays together around the Kings Park services. We lost Mum on 2 May 2012. The week before, on 25 April, I sat with her and together we watched the ANZAC service on the ABC evening news. I told her about my day and held her hand, and she in turn held Dad's medals.

My year of duty has given me great comfort through a period of grief and loss. The fellowship of all has been just so welcome and such a huge and relevant support.

One of my enduring memories as a child was from Perth Legacy functions where Dad was a very active member. At the end of each function we would recite the Ode. Each recital of the Ode over the last year has reminded me not just of all that our fellow Australians have offered to our nation, but about the community work that so many people continue to do, borne out of the comradeship of service to their country. The RSL is living testament to the strength of this work across Australia.

I am indebted to the RSL for this opportunity; a year of such significance and moment which I could never have imagined in advance. I am especially grateful to Deputy Warden Geoff Simpson for his way, dry and efficient coordination, and his no-nonsense approach to what looked like being a terrifying year for me.

I am equally grateful to his helpful and cheerful and ever young team of Highgate Sub Wardens who welcomed this new recruit with warmth and positive suggestions. Thank you all for the setting up and putting away which you did for every service, and most of all for your kindness and friendship. And thanks too to the various buglers who stood us fast, played the Last Post and Reveille.

After each service, I would return home saying "Well, this was the best one ever!". Our last service - the one with Ministers Carr and Smith, and Secretaries Clinton and Panetta - was a pretty good finale. But the enduring memory for me of all services will be the haunting blend of bagpipe and didgeridoo at the Indigenous War Veterans service.

My husband Michael and I very much enjoyed the RSL social functions, and were especially grateful to yourself and your wife Joan, and Phillip and Isabel Orchard for the friendship over the year. We also both enjoyed the RSL hospitality, Max Kay's humour, and the warmth from all RSL members at so many gatherings. Thank you for welcoming us into your lives and fellowship.

I enclose a picture which Michael took at my last service showing Geoff Simpson, Sub Wardens and Scotty the bugler. I also have a picture from the same event of me with the national and international dignitaries - but the picture of Geoff and the Highgate team is my favourite. I will miss you all.

So - thank you all for the opportunity to serve in this way, for your helpful guidance and most of all, your warmth and friendship. This year, this honour, I shall never forget.

Ruth Shean

Can you help

RAE Vietnam Honour Roll and a Veteran Grandfather’s Prayer

We have just celebrated the 2012 Remembrance Day where we honour all those who served this nation in all conflicts, those that paid the ultimate price, those that came home wounded both physically and psychologically, and those that did their duty and returned home unscathed. We also remember those families who stayed at home keeping the home front functioning, those that suffered the loss of a loved one and those that have nurtured a wounded or ailing Veteran.

Lest We Forget

Welcome to the West 2013

Welcome to the West provides access to practical information for Defence members and their families in a fun and festive environment, with entertainment and attractions, a live band, face painting, sausage sizzle, fairy floss and much more.

The event is on Sunday 17 of February 2013, 11.00am to 3.00pm at Leeuwin Barracks, Riverside Road, East Fremantle.

A variety of community organisations will attend the event with a focus on youth, community, education, training, career, and relocation support.

Bring your picnic and enjoy live music from the Australian Army Band Perth.

This event is targeting current serving members for Defence.

Kindest regards,
Hans (John) Sahariv
Shari Freeman

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Bring your picnic and enjoy live music from the Australian Army Band Perth.

This event is targeting current serving members for Defence.
Reunions & Services

2nd Intake Junior Recruit Training - HMAS Leeuwin 1961
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 davtk@bigpond.net.au or (02) 9520 2810

2013 RAN Aircraft Handlers Reunion
The 2013 RAN AH, AVN, FF, MTD and WRAN MTSs Reunion will take place in the City of Rockingham RSL Club on Saturday 2 March 2013 from 10 am.
Admission is free but bring your wallet and lunch will be available. For further information and notice of intention to attend, please phone Tubb Gilmore on (08) 9592 4216.

Australian Army Nursing Sisters
The Applecross RSL Sub-Branch will conduct a Memorial Service for the Australian Army Nursing Sisters from the SS Vyner Brooke who drowned, were massacred on Bangka Island or died as prisoners of war. This service is taking place at the Memorial, Honour Ave, Point Walter Reserve, Bicton on Thursday 14 February 2013 at 11am.
Members of Ex Service Organisations and the general public are invited to attend and lay a floral tribute if desired. BYO chairs if required. For enquiries please contact, 9364 8564 or 9330 3586.

Helen Pickering

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.home- stead.com or for more contact Don Hogarth via don.hogarth@hotmail.com or 0438 641 043.

HMAS Voyager
The Daring Class Destroyer HMAS Voyager was commissioned into the RAN in February 1957. She was lost follow ing 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 data base 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, Eastons Hill, Qld 4037 (07) 32462589 or lnis@inet.net.au.

Naval Association - Geraldton
The Naval Association of Australia wishes to form a sub-section in Geraldton and welcome expressions of interest from serving and ex-serving members of the Navy who would like to join the Association. Telephone (08) 9409 1014 or email jack. lecras@ozemail.com.au

HM S 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 member- ship please contact.

The secretary Ian Critchley on 9419 3437

RAN - HMAS Leeuwin 8th Intake (January 1964) Reunion
23 to 26 April 2013, Wollongong NSW
All replies direct to either of the following: Bob Green – (02) 4283 5201 – E: robertmcgrew@optusnet.com.au
or Rick Watkins – (02) 4256 2620 – E: rick.w2@bigpond.com

Royal Australian Corps of Signals Association (SA)

RASigs National Reunion – 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/

Notes

Biography of Father Bob Maguire
I’m writing the biography of Father Bob Maguire, the Catholic priest in Melbourne, who from 1969-1972 was an instructor in the character-training courses for new soldiers going to Vietnam and the character- leadership courses for officers serving during Vietnam.
These were courses designed after the Korean War to strengthen the emotional and spiritual resilience of soldiers as it was found, in Korea, that some of the men weren’t able to withstand the stresses, and things like captivity and interrogation, so there were high numbers of deserters.
All new recruits had to go through these three day courses (Character Training), and then the officers had to do a five day course Character Leadership.
I wondered if any of your contacts remem bers going through these courses, and would be willing to talk to me about what they were like. In an ideal world, someone out there might even have gone through a course run by Father Bob.
Sue Williams 0412 416 641
mail@suewilliams.com.au
www.suewilliams.com.au

Gregory Keith Judd
RAN – Searching for R85895 ABCK Gregory Keith Judd HMAS Yarra Vietnam Date of Birth 11 January 1951
If you have knowledge of the above member, please advise:-
Glenn Thompson Co-ordinator
Rockhampton Hostel Community Support 233 Alma St Rockhampton QLD 4700

P 07 4937 4280
M 0418 713 282 F 07 4922 8637
E Glenn.Thompson@ozcare.org.au
W www.ozcare.org.au
Regards Ted Hawkins

Help Needed
I was wondering if anyone knows the whereabouts of this Ex WRAAC? Pam MacCallum (that is her maiden name) unknown if she married but she preferred to be called Scotty. I believe she was a QLd girl, posted to Singleton and left there around 67/68.
I offered to put this out through the grapevines, so maybe someone will know her or know of her. This request is on behalf of a friend who lost contact 47 years ago at Singleton.
If you can help or have any update, all info would be appreciated.
Thank you in anticipation
Trish Lesina
raypayne@veteranweb.asn.au

HMAS Sydney II - Relatives
 Wes Olson is gathering data for a sec ond book about HMAS Sydney II and he has noted that the following men all have letters or diaries in the Australia signals Association (sA) please reply to Bob Trotter direct at email address: btrotter@bigpond.net.au

John Sizeland – ex RA Inf [RSM]
Iain Stewart – ex RA Inf ACT
Les Hubble – ex RA Sigs NSW
Don Randall – ex RA Sigs NSW
Ray Johnson – ex RAE [I think] QLD
Iain Stewart – ex RA Inf ACT
Philip KudningVIC
John Rawson – ex Education Corps VIC

Vince Metroff [Mezroth]

Don Hogarth via don_hogarth@hotmail.com

Locating People
I am in the process of organising the 50th Anniversary Reunion of our OCS graduating class of June 1964. As part of the reunion I am trying to contact staff members who were at OCS at the time. Unfortunately the contact details I have are very much out of date for a number of them and of course some may even no longer be with us. I am hoping that from the list below, you may be able to check your memberships and let me know if you have any current contact details for these members.
I understand that you may not be able to supply that information to me but if you are able to contact any on the list maybe you could pass on my details and then they will have the choice to contact me.
Our reunion is planned for the weekend of 13 – 15 Jun 2014 and will be held at the Twin Towns RSL, Coolangatta QLD.
Thank you for any help you are able to provide.
List of Missing Staff:
Officers: Last State:
Les Hubble – ex RA Sigs NSW
Ray Johnson – ex RA [I think] QLD
Twin Towns RSL, Coolangatta QLD.
Thank you for any help you are able to provide.

Class Coordinator
OCS Portsea
Graduating Class June 1964
Mob: 0422 412 586

Twin Towns RSL, Coolangatta QLD.

NCO’s
John Sizeland
PTI
Allan Bell
Vince Metrotff [Mezroth]
Jack Pearce
Joe Vegzoff
Brian Tyrrell – ex RA Inf [RSM at the time]
Paddy Brennan – ex RA Inf [RSM]
R.E. [Acky] Dummett – ex RA Inf
John Rawson
John McGuire
Peter Ingram [Service Member South
Lake Macquarie RSL No. 0233830]
Graduating Class June 1964
Class Coordinator
OCS Portsea
Graduating Class June 1964


Royal Australian Corps of Signals Association (SA)
Sudoku

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

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

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

Provided by Sudoko.com.au

Easy Sudoku

Hard Sudoku

Crossword

Correction

In the last edition of The Listening Post on page 13 under the heading ‘Men’s Health Peer Education Program,’ the post nominal for Mr John O’Shea was incorrect. The article should have read BEM and not as published OAM.

Provided by Sudoko.com.au

PLEASE SUPPORT OUR ADVERTISERS

The Listening Post relies on support from advertisers who contribute to our newspaper. It is important that when you are using their services or shopping for goods, you mention that you are responding to an advertisement in this newspaper. Then advertisers’ then know that their advertisements are working and will continue their support of the RSL in this way.

It makes sense, doesn’t it?

So please remember to tell the person you are dealing with

"I saw your advertisement in The Listening Post"
15 of the best super foods

Super foods contain exceptional nutritional value and protective qualities. Here’s 15 of the best super foods to include in your diet.

Avocados are high in fibre and mono-unsaturated fats that help to lower cholesterol. Use in place of butter in sandwiches.

Blueberries are one of the top three anti-oxidant fruits. They can offer protection against some cancers and heart disease. Add to yogurt and cereal.

Butter beans and some anti-oxidant fruits. They can help with weight loss as they can help reduce appetite.

Cashews are full of good fats, fibre, vitamin E, B vitamins and folate. Great for satisfying hunger, they can help with weight loss as part of a balanced diet.

Chicken is a good source of all the amino acids, including tyrosine, which helps promote mental alertness, and niacin, to boost energy levels. Choose lean chicken for the most health benefits.

Garlic is rich in alliin, an anti-oxidant that can help reduce the risk of cancer. Roast heads of garlic and spread on bread.

Ginger may help relieve arthritis and join pain, and its anti-oxidants help protect against heart disease and some cancers. Delicious in stir-fries.

Nectarines are a good source of potassium, which lowers blood pressure, so they may protect against stroke. Slice and add to cereal or salads.

Oats can lower the risk of Type 2 diabetes when eaten regularly. As part of a low-fat diet, they can also lessen the risk of heart disease.

Olive oil is the centrepiece of the Mediterranean diet, whose followers enjoy better health and live longer than those who follow a more meat-based diet.

Red capsicum is a good source of vitamin C – just half a fresh red capsicum will provide your total daily vitamin C requirement! Snack on raw strips or add to stir-fries.

Red meat is a key source of haem iron, which is essential for healthy blood, and zinc to boost the immune system. Lean cuts are the healthiest choice.

Seafood contains immune-boosting zinc and the anti-oxidant selenium, which helps protect against heart disease. Rich in iodine for a healthy metabolism.

Sweet corn gets its yellow colour from its lutein content, which can help protect eyes from age-related macular degeneration.

Tuna is packed with omega-3 fats, proven to help protect against heart disease and good for joint and brain health, and vitamins D and B12, to fight fatigue.

Readers’ Digest

Senator Glenn Sterle ANZAC Remembrance Tour 2013

I was very happy to attend the Annual Congress of the WA RSL on behalf of the Federal Minister for Veterans’ Affairs and I trust the Congress was a success.

During my presentation to the delegates, I spoke of my efforts to keep the ANZAC legend alive. As Patron of the Darling Range Sports College, located in Forrestfield, I proposed and received the overwhelming support from the Principal of the College, Mr Peter Noack to hold the Senator Glenn Sterle ANZAC Remembrance Tour 2013.

The Remembrance Tour, departing on the 19th of April and returning on 29 April next year will take students from year 11 on a journey through Paris and Belgium visiting numerous WWI sites across the Western Front. Highlights of the Tour will include visits to Messines Ridge, Tyne Cot, Flanders Field, Ypres and Pozieres culminating in the 2013 ANZAC Day Dawn Service at Villers Bretonneux. It is here that we will pay tribute to Australian serviceman who fought and paid the ultimate sacrifice for our country.

The ANZAC legacy has remained strong for almost 100 years and the interest surrounding our Diggers and the sacrifices which they made for Australia continues to grow. Sadly, however, there are no more surviving WWI Diggers with us but it is heart-warming to see that each year more and younger Australians are getting involved in ANZAC Day commemorations.

The main priority of this tour is to give these students the opportunity to visit world famous landmarks and war sites which are significantly important to our country and to our history. It is my hope that upon the students return, they will have a greater appreciation for what the ANZAC legend means and ultimately, what it means to be Australian.

I am delighted that we have accompanying the students and me on the tour, two young mentors, the Principal and Deputy Principal of the College, a parent and the President of the Shire of Kalamunda.

The ANZAC Remembrance Tour will not be a holiday. As part of the Tour, each student will research a fallen soldier whose final resting place is in one of the Commonwealth War grave sites which we will visit. Studying a soldier and paying tribute to their memory provides much more meaning to the ANZAC legacy and will hopefully be a life changing experience for the students.

If you would like any other information on the tour, please do not hesitate to contact me.

Warm regards,
Glenn Sterle
Senator for Western Australia
I am writing to inform you that all DVA offices will be closed from close of business Tuesday 25 December 2012 to Tuesday 1 January 2013. The offices will re-open for normal business on Wednesday 2 January 2013.

As in previous years, DVA services over the Christmas-New Year period will be provided through the Department’s after-hours arrangements, such as those in place for the Easter break, public holidays and weekends. Under these arrangements, key DVA services are available, including: transport - while our transport booking service will be closed, transport remains available if it is booked prior to the weekend period. Alternatively, it can be paid for upfront and reimbursement sought from DVA at a later date. Transport can also be booked and reviewed, and travel expenses can be claimed through MyAccount, DVA’s online services module.

hospital admissions - doctors can admit DVA patients into hospital without admissions approval over this period, and can seek any relevant approvals when DVA re-opens.

crisis counselling - VVCS-Veterans and Veteran Families Counselling Service offers 24-hour crisis counselling through Veterans’ Line. This service is available toll free on 1800 011 046 to veterans of all conflicts and their families, including members of peace operations, and Defence Service Homes Insurance - help with policy and claim enquiries is available 24-hours a day on 1300 552 662, while payments can be made on 1300 304 989, for the cost of a local call.

People who require Rehabilitation Appliances Program (RAP) supplies are advised to ensure they have enough supplies to last them through the Christmas-New Year period. RAP suppliers will be closed on weekends as well as 28 December and 1 January during the Christmas-New Year period. In case of emergency, people should contact their Local Medical Officer or health care professional. Pension payment dates will not be affected by the closure of DVA offices.

I would appreciate it if you would circulate this information among your members.

On behalf of the Department, I extend my best wishes for the festive season to all members of the veteran, defence force and ex-service communities and their families.

Peter King - Deputy Commissioner WA

Bill the Bastard
The story of Australia’s greatest war horse
By Roland Perry
Published by Allen & Unwin

Overview:
Bill was massive. He had power, intelligence and unmatched courage. In performance and character he stood above all the other 200,000 Australian horses sent to the Middle East in the Great War. But as war horses go he had one serious problem. No one could ride him but one man, Major Michael Shanahan. Some even thought Bill took a sneering pleasure in watching would-be riders hit the dust. Bill the Bastard is the remarkable tale of a bond between a determined trooper and his stoic but cantankerous mount. They fought together on each other for their survival. And when the chips were down, Bill’s heroic efforts and exceptional instincts in battle saved the lives of Shanahan and four of his men. By September 1918, ‘Bill the Bastard’ was known by the entire Light Horse force, who used his name not as an insult, but as a term of endearment. Bill had become a legend, a symbol of the courage and unbreakable will of the ANZAC mounted force. There was no other horse like Bill the Bastard.

Uncommon Soldier
Brave, compassionate and tough, the making of Australians modern diggers
By Chris Masters
Published by Allen & Unwin

Overview:
Chris Masters, the country’s foremost investigative journalist, pens his penetrating gaze on the modern Australian soldier. Moving away from our ongoing fascination with Anzac story, he looks at the rich and illuminating present to write a character study of the modern Australian soldier - war fighter, peacekeeper, street-level diplomat and aid worker. Having been taken into their ranks in a way barely before afforded an outsider, Masters gives heart and shape to the contemporary digger: how they are selected, how they are led, and how they are transformed from civilians to disciplined professional soldiers. And in asking if they are unique, he examines what it is that allows these young Australians to lend moral authority to communities teetering on the precipice of violence in places such as Iraq and Afghanistan. By sharing the experiences of the young men and women who make up the Australian army, Masters puts under severe challenge the notion that soldiering is the province of dumb grunts. In doing so, he argues that the best measure of this country’s military legend is found in the present. Uncommon Soldier is a rare and powerful work.

Department of Veterans’ Affairs services during the Christmas-New Year period

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On behalf of the Department, I extend my best wishes for the festive season to all members of the veteran, defence force and ex-service communities and their families.

Peter King - Deputy Commissioner WA

2 Volume Boxed Book Pack

Canister! On! FIRE! by Chris Masters
ISBN: 978-1-84650-703-0

Published by Allen & Unwin

Overview:
The remarkable, but little known story of Australian tanks in the Vietnam War.

Canister! On! FIRE! by Chris Masters, historian and ex-tanky, Bruce Cameron (Big Sky Publishing, RRP $9.99, 2 Vol, Vol 1 Hardback) is based on twelve years of research, including personal letters and diaries, extensive searches of official records and numerous interviews. This fascinating book tells the story of a previously unheralded aspect of the conflict.

In 1968, the deployment of a squadron from 1st Armoured Regiment was controversial; their Centurions were considered totally unsuited to jungle warfare. Not only did the men and machines prove their worth, but they became an indispensable part of Australian combat operations. So much so, their subsequent withdrawal was equally as controversial as their deployment.

The Centurion tanks were not only involved in intense fighting in conjunction with infantry and artillery to capture enemy defences and defeat attacks, but also fought their own battles against enemy mines, ambushes, and an unforgiving terrain and climate. This exciting and enthralling narrative takes the reader inside the Centurion tanks to share the experiences of their crews in action in the jungle. Canister! On! FIRE deserves to be read, not only as a military history, but also as a contemporary account of the modern Australian attitude of Australian soldiers often asked to do the impossible. It is the story of a select group of soldiers, both regular and conscript, serving their country against all odds.

About the Author
Bruce Cameron served in the Australian Regular Army for 19 years. After commanding the last troop of tanks in action in Vietnam, his career saw him attend the UK’s Long Armour Infantry Course and Royal Military College of Science, as well as the Australian Command and Staff College. His last appointment involved responsibility for developing the Army’s future ground mobility requirements. He left the Army in 1987 to take up a position with the Office of Defence Production. Now retired, Bruce lives in Canberra with his wife, Jasmine.
Bunbury War Heroes & Bunbury War Memorial

www.bunburywarheroes.com.au

This website is dedicated to the memory of all War Service Men and Women who are buried, ashed placed, or memorialised within the grounds of the Bunbury Cemetery/crematorium Gardens. There is an Alphabetical Listing PDF file written to assist Family History Researchers.

Details are listed under the following Columns; Surname/Christian Names/Service Number/Rank/Division/Date Enlisted/Date Discharged/Date of Death/Death/ Age at death/ Burial Details/Other Information. The website is updated for each death of a service person that is buried or cremated at the Bunbury site. The first step in developing the website was to read every inscription on Headstones and memorial plaques within the Cemetery/crematorium Gardens.

As there are obviously many graves that do not include details to identify War Service, we then spoke on ABC Radio and had articles in the South Western Times to have relatives come forward to assist. We also opened the Bunbury Cemetery on ANZAC Day 2012, and I personally stopped and interviewed each visitor from 9.00am to 5.00pm to ascertain if they were visiting a war service person. I had my alphabetical spread sheet with me, so when a name was not listed, I took details, researched and added details to the website. I also have photographs of all graves and Memorials which will be added to the website in the near future.

The website has personnel categorized under various theatres of war, such as ANZACs at Gallipoli, Boer War, Honours Medals and Awards, Kokoda Trail, Korea, Rats of Tobruk, Vietnam, Women at War, etc.

On the lower right hand side there is a heading BIOGRAPHIES. These biographies have come about in 2 ways. Firstly, I have visited the homes of sons and daughters of Veterans to collect their memories and thoughts of their parent and to collect photographs where available. A written transcript is prepared, then submitted to the family for their authorisation, prior to publishing on the website. Secondly, I have requested Family Members to write Biographies about their Family Member and had their authorisation to publish the record. This is pertinent to the Clive Bleechmore and Thomas Brooke Stanley biographies, in particular. I am currently awaiting two further biographies of particular interest: (1) Thomas Hayward Rose, ANZAC at Gallipoli, Military Medal Winner and winner of the First Division Sniper shoot-off in Egypt, prior to transfer to Gallipoli his life-long mate Ray Clarke of Roelands finished second in that Sniper shoot-off, and they were both appointed personal bodyguards to Sir Ian Hamilton on his visit to the Gallipoli Peninsula; these two men are buried within five rows of each other in the Bunbury Cemetery. (2) The Shaw family of Bunbury had five brothers enlist for active service in the Boer War (two of them are buried in the Bunbury Cemetery), and one of the brothers also fought in both the First and Second World Wars. Their grandson is an experienced Family History Researcher, and he is to submit a Biography in the near future.

The Bunbury War Heroes website Development was reimbursed with a Grant from the Federal Government under the “Saluting their Service” program.

www.bunburywarmemorial.com.au

This website was developed to honour those local War Service Personnel who were killed in action, or subsequently passed in the short term from injuries suffered in the First and Second World Wars. Due to many instances where Initials and/or surnames were spelt incorrectly, the task of proving we had the right person became quite challenging and time consuming. There are still four personnel that are unable to be located. I have recently returned from the Western Front where I was able to photograph graves and dedication inscriptions on Memorial Walls, for many of the World War One listings on the Bunbury War Memorial. A friend also recorded Video dedications at each graveside, as I spoke about the deceased soldier and thanked him for his sacrifice. Photographs and Video dedications will be added to www.bunburywarmemorial.com.au over coming weeks.

Our aim is to also load photographs of the Men in uniform, and of their Medals, where available. The Bunbury War Memorial website Development is being reimbursed by David Smith, Mayor of the City of Bunbury.

I also mention that David Smith and I are working on publishing a website, and subsequently a book, to acknowledge each individual from the South West Local Government Districts who has enlisted for war Service from the Boer War to date. I currently have approximately 3000 names; however there appears to be a lack of Nominal Roll information available in the South West, particularly for World War II, which is known to your archivist Naomi, when we spoke last week. I will attempt to contact each RSL Sub-Branch, local Historical Society, and Library to seek out any other possible resource material.

I would appreciate any mention in the Listening Post to alert the South West of my research and need for assistance, and also to stimulate other Communities throughout Western Australia to undertake the rewarding work that culminates in the websites such as www.bunburywarheroes.com.au and www.bunburywarmemorial.com.au.

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Annual RSL Congress
Wreath Laying Service

On the eve of State Congress a wreath laying service was conducted at the Kings Park State War Memorial. Wreaths were laid by National RSL President, Rear Admiral Kenneth Doolan AO (RTD); State President, Mr William Gaynor OAM RDF and Mr Shane Carmondy, Commissioner of Department of Veterans’ Affairs.

Pictures 1: Dr Ruth Shean (Warden State War Memorial), Read Admiral Kenneth Doolan (National RSL President), Mrs Elain Doolan and Mr William Gaynor (RSL WA State President).

Denis Connelly
Editor
Cpl Keighran was promoted to Lance Corporal in 2005 and then served within Mortar Platoon, Delta Company, 6 RAR. In 2010, Cpl Keighran was posted to the 6th Battalion, the Royal Australian Regiment (6 RAR), where he served as a Riflemen in Delta Company. He deployed to Rifle Company Butterworth Malaysia in 2001, on Operation CITADEL - East Timor in 2003/2004 and again to Rifle Company Butterworth Malaysia in 2004.

Cpl Keighran was promoted to Lance Corporal in 2005 and then served within Mortar Platoon, Support Company, 6 RAR. In 2006, he deployed on Operation CATALYST Iraq where he served as a Bushmaster driver, a role he also filled on deployment to Afghanistan with Operation SLIPPER in 2007, where he served in support of the Special Operations Task Group Rotation 4/5. In 2009, he was promoted to Corporal and posted back to Delta Company, 6 RAR. In 2010, Cpl Keighran deployed to Afghanistan on Operation SLIPPER with Mentoring Task Force 1 (MTF-1), becoming a mentor midway through his tour. For his actions carried at Derapat, Uruzgan Province, Afghanistan, he was invested with the Victoria Cross for Australia by His Excellency the Governor-General of Australia at Government House, Canberra on 1 November 2012.

Cpl Keighran transferred to the Active Reserve in 2011, at the same time commencing a civilian career in the mining industry. He is currently posted to the 11th/28th Battalion, the Royal Western Australian Regiment (11/28 RWAR), a Reserve infantry battalion of the Australian Army. He is married to Kathyrn.

Cpl Keighran has been awarded the following honours and awards:

- Victoria Cross for Australia
- Australian Active Service Medal with Clasp Iraq and Clasp ICAT
- Iraq Campaign Medal
- Afghanistan Campaign Medal
- Australian Service Medal with Clasp East Timor
- Australian Defence Medal
- United Nations Mission in Support of East Timor Medal
- NATO Non Article 5 Medal with Clasp ISAF
- Meritorious Unit Citation for 1-MTF
- Infantry Combat Badge


Our members had a wonderful day on the 9 November (Poppy Day) collecting for the RSL.
We raised $1,969.95 on the day and are very pleased that our small contribution adds to the total amount raised. Many nationalities asked about the day and its significance and it was with much pleasure that our members explained the history of Remembrance Day. We look forward to participating again next year.

Bruce Rock this year was as usual a fabulous tea. We had over 40 people at our afternoon tea and many of these ladies marched in the parade on the Saturday afternoon. Our trading table was again very well patronised and our raffle was very well received. First prize went to a young lady from Maidens Vale, second went to Albany and third prize went to a lady in Clevedale. Congratulations to all the winners. They were fabulous prizes and we thank our sponsors.

We attended the Department of Veterans Expo in Bunbury on 22 November and were gratified by the large amount of people who attended. We have had our end of year lunch at Hogsbreath Café in Northbridge with a surprise visit by Father Christmas. A fantastic time was had by all who attended.

On 4 December we had a Market Day Stall at the Carers Centre and many members and personnel from the building attended. We also had an afternoon tea with members and Minister McSweeney in the afternoon.

The office is in chaos at the moment as we are currently installing new computers, printers, etc, due to a grant from Lotterywest. The old computers were very quickly dying and the news ones arrived just in the nick of time. Thank you Lotterywest.

The office will be closing for the Christmas New Year break from 14 December until 4 February.

Don’t forget the Family Picnic at Burswood Park near the outdoor movie theatre. It will be Tuesday 22 January. Come along and bring the family and friends.

Kerryn McDonnell
Secretary
Patron: Mrs Judith A Parker AM CDJS Incorporated since May 2001
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Mission Statement
The Partners of Veterans Association of Western Australia Inc aims to improve the lives of members by providing care, support and information in a participative social environment.
We aim to ease the isolation, despair and loneliness from the lives of partners of veterans through being helpful, uplifting and non-judgmental friends.
AMAZING HEROES

Hollywood has been serving our Veterans for over 70 years.