The 22nd Anniversary of the Sandakan Memorial Day was held in Boyup Brook on Tuesday, 10 September.

Although the weather turned very grey and threatening it did not deter the elderly or the student delegation from the St Mary’s Primary School, local primary school and District High School, helped by the local choral group. The recent inclusion of a youthful Cadet Honour Guard capped it off to make it a successful morning.
LISTENING POST MESSAGE BOARD

Deadline for next edition: 15 November 2013

For contributions to next edition.
If possible, submissions should be typed and double-spaced. Preferred method of receiving submissions is via email. Photographs can be black and white or colour. This is your journal and contributions are welcome.
Address to: The Editor, The Listening Post
RSL, PO Box 3023 East Perth, WA 6892
Email: listeningpost@rslwahq.org.au

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ANNUAL ANZAC CLUB

Springtime Tea Dance

11.00 am – 2.00 pm
Tuesday, 15 October 2013

Including dancers from Daile Fraser Dance Studio
Morning Tea, Dancing, Lunch and Bar Services and the usual fantastic value of the ANZAC Club.

Reserve your table or group for this fantastic morning of memories
Ph: ANZAC Club on 9287 2714

STATE EXECUTIVE 2012-2015

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Mr Graham Edwards AM
State Vice President
Mr Denis Connelly
State Treasurer
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State Executive
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Mr Scott Rogers
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CMDR Phillip Orchard AFNI RAN (Rtd)
From the Presidents Pen!

A Worrying Spike in Welfare Support

A source of concern for welfare services stems from a considerable increase in requests for financial assistance to ANZAC House. Our Welfare office Rosalind Howat reported that she has recently experienced a rise in requests for financial assistance to help with water, electricity and other utility and associated costs. While some of this might be attributable to increased heating in a cold and wet winter the spike is concerning.

For instance in the month of August ANZAC House was approached by 75 people seeking assistance in a range of areas including requests for financial, emotional, crisis, advocacy support and resulted in some cases in referral to other services or financial assistance for food, accommodation, utilities and personal help.

Rosalind also assisted a 91 year old member who was very distraught when told the house she had rented for 20 years was to be sold and she would need to move out. The considerable assistance provided to her resulted in a Department of Housing unit where she has adequate security.

The welfare volunteers were also kept busy with 11 home and hospital visits undertaken.

While the number of people seeking welfare support is of concern, of equal concern too is the number who might be slipping through the cracks and who are not aware of our services or for one reason or another are not coming forward. The provision of welfare services and support is a key, indeed core, part of the DNA of the RSL. If you are aware of a member or eligible person who might need assistance please point them in our direction and we will take it from there.

If a person is not sure of their eligibility then present anyway and if not eligible for direct assistance Rosalind will refer them to the appropriate agency. Those eligible include any veteran, widow, dependant, or ex-ADF member.

Having spent a number of years in welfare related work I know it can be very taxing and demanding on a personal basis. It is of course a very satisfying area when endeavour turns to fruition on behalf of a client.

However, I think it is timely to acknowledge and show appreciation for those who work in this area to provide services for our members. Be it out of ANZAC House, or through our sub-branches, on behalf of RSLWA I say many thanks to all of our welfare officers for the tremendous work they do.

Be assured, it is appreciated.

State Executive

Following the recent resignations of two members of the Board of Directors (Digger Cleak and Peter Fardon, both because of other pressing duties) and the earlier existing vacancies necessary changes and adjustments have been made to the Board & State Executive structure.

John McCourt will transfer from State Executive to the Board and two new members have been accepted. They are Judy Bland, who will be known to many of you through her long involvement with the Returned Ex-Service Women's Sub-Branch and contemporary veteran Gavin Briggs. Gavin is currently a serving member of the RAAF reserve and also a member of our Younger Veterans forum.

Another recent addition to the Board is Scott Rogers, President of the Bellevue Sub-Branch. Scott is ex-army and the son of a veteran who served in Vietnam with the 7 Battalion RAR, so Scott comes with a good pedigree.

I welcome our three newcomers who bring with them fresh ideas and vast experience from Judy and the younger perspective from Scott and Gavin which RSLWA will need to carry it into the future.

John McCourt will take over as chair of the WA Veterans' Affairs Committee and will be amalgamated with Gavin and the Younger Veterans Committee to become WAVAC.

I have asked Judy and Donna Prytulak to oversee a “Women in the RSL and Ex-service Community” Forum to be held early in the new year.

It seems to me if we are going to grow the RSL into the future it will become crucial to ensure the views of serving and ex-service women are listened to and understood. However, more on the forum in the near future.

National Congress

Our National Congress has just concluded and myself and your State Secretary attended. More detail is published in The Listening Post and will be available on various websites, however while WA is small in number with just two delegates in comparison to other states we made sure our voice was heard.

An important document which was accepted is the National Priority List for government consideration and these priorities included Fair Indexation, Veterans Disability Pension Rates, Additional Resources for the Improvement of Mental Health and BEST funding.

Another Resolution of Congress was:

“To endorse the decision of the Australian War Memorial to change its criteria for inclusion on the Roll of Honour those who have given their lives on peacekeeping or humanitarian operations.”

In conclusion I would like to congratulate Blue Ryan for his recent election to the position of National President of the T&PI Assoc. Blue is no stranger to this position and the challenges that go hand in hand with holding a national Chairman’s position from WA.

I wish Blue well and I look forward to working constructively and in cooperation with him and his association in the future in the interests of veterans.

RSL ANZAC Club Recognised for Excellence in Training

Matthew Holaday (ANZAC House Manager), Theresa Pangilinan (Apprentice Chef) and Michael Hatcher (Chef)

The restaurant at ANZAC House continues to excel at producing award winning chefs. The latest winner is Theresa Pangilinan, an apprentice chef.

At the Group Training Awards 2012-13

Theresa was awarded the prestigious Margaret Johnson Award for the most outstanding first year apprentice. This award is an Australia wide award for apprentices in commercial cooking.

Denis Connelly

Gold Card Specialist Fees

In recent times there have been some reports of Specialists not accepting the Gold Card, in the past the TPI Federation has had an input into addressing this issue by providing information to DVA and Government. We need accurate details when this occurs to enable us to compile a submission to DVA/Government.

If you are made aware of this could you please provide the following, the doctors name, the date it occurred, the town/city and the specialist area IE: vascular, orthopaedic etc and pass this information to me. This is an important matter and the sooner it is dealt with the better.

Blue Ryan – TPI Association Australia
blueryan@iinet.net.au

THE LISTENING POST October 2013

THE LISTENING POST  October 2013
Vietnam Memorial Service at Stirling Gardens

Perth North Sub-Section of the NAA continues to conduct a Vietnam Veterans’ Day Service for veterans and relatives in the Northern Suburbs.

Saturday, 17 August was no different except that they introduced a nautical theme as they also commemorated the 45th Anniversary of the Australian Submarine Flotilla.

A crowd of some 90 people turned out for the day including veterans, ESOs and the public.

The Gods were smiling and rain ceased just 10 minutes prior to the service and held off for the completion and for the “allers”.

Captain Angela Bond delivered the main address and Sid Corbar presented an excellent run-down on the history of submarines in the RAN.

The three Councils of the Northern Suburbs are fully supportive for these services and not only contribute in kind but make a worthwhile donation as well. As usual navy staff from HMAS Stirling provided an immaculate display for the Signal and Cenotaph Party.

Bringing on 2013.

Jack le Cras

Kalamunda RSL’s Vietnam Veterans’ Day

Left to Right: Peter Cowley (Padre), Ross Stuckeke, Chris Milne, Mal Stone, Fred Smith (President), Bill Manns, Keith Battersby, George Kenedy and Wayne Loughrey (Snr Vice-President). With the exception of Peter, Fred and Wayne, they are all local Vietnam Veterans. They are representative of our Sub-Branch’s Vietnam Veterans. The photo was taken in front of our local War Memorial in Kalamunda. Photo taken by Di Magrath.

A small but dedicated group of local Vietnam Veterans attended the Kalamunda RSL’s Vietnam Veterans’ Day (Long Tan Day) service held at the local War Memorial on Saturday, 17 August. Senior Vice-President, Wayne Loughrey said “we were extremely lucky that the rain held off for the service.”

After the short service, the veterans, other service members and their families returned to the Kalamunda RSL Hall for morning tea and refreshments, and a moving commemorative address given by the Sub-Branch’s Secretary, Doug Carpenter, regarding the Battle of Long Tan, including the recitation of the names and ages of those 18 Australians killed in that battle.

Doug Carpenter – Secretary - Kalamunda RSL Sub-Branch

Vietnam Veterans’ Day Service 2013

Vietnam Veteran’s Day is an important occasion in Vietnam Veterans’ calendars. Originally known as Long Tan Day it marked the anniversary (18.8.1966) of that important battle but it then was widened to be more inclusive of the contributions of all who served in Vietnam.

On a surprisingly bright and sunny morning, after days of rain, a large crowd gathered at the Vietnam Veterans’ Memorial in Kings Park. The day was made special by the attendance of the 1 Field Regiment, HQ Battery and 103 Battery RAA, on the occasion of their 47th anniversary reunion, to the pivotal support role that these batteries provided to D company 6 RAR, during the Battle of Long Tan.

The service commenced with units marching on parade, accompanied by the pipes and drums of 51 ACU Swan Regiment band and an honour guard of Guildford Grammar school cadets. Richard Williams (State President, VVAA WA), who had earlier, along with other veterans and family members, paid homage to our war dead at the Perth War Cemetery and Karrakatta cemetery, officially welcomed invited guests, veterans, their families and visitors. The 2013 Memorial Service, was dedicated to the allied countries, that supported South Vietnam from 1962 to 1975. Flags from 6 of the allied countries, were carried on parade. Richard Carter was the Master of Ceremonies. Poignant addresses by Peter Ramsay (NZ) and Dr Larry Davis (USA) and Mrs Thom Nguyen, added to the sense of ceremony delivered by Chaplain Don Dowling, with participation from Mike Donnelly (North American Veterans); and Rod Simpson and Barry Campbell (103 Bty RAA). Strong, and colourful support was again given by the Vietnamese community. (Neil MacNeill, Editor CONTACT!)

Due to the forecast of rain the RSL City of Cockburn moved their Vietnam Veterans Memorial Service from the Monument to the RSL Hall.

We erected a make shift monument from tables draped with the Australian and New Zealand flags. At the commencement of the service of the RAN HMAS Stirling Catafalque Party marched through the hall to take up position at the monument. There was a Tri-Service Address commencing with Commander Peter Foster CSM, who spoke on the RAN involvement during the Vietnam War. He was escorted by RAN Vietnam Veteran Digger Cleek OAM. Brigadier Stephen Cain spoke on the Australian Army involvement, he was escorted by Vietnam Veteran Wally Schwartz. The RAAF spokesperson was RAAF Vietnam Veteran Lester Leaman. Wreaths were laid on the monument.

There was an estimated crowd of 100 members and guests that thoroughly enjoyed the service and the comforts of being indoors. The service was followed by refreshments and a light luncheon, after which RSL Members moved the wreaths and placed them at the base of the Wall of Remembrance, a fitting end to a very memorable day.

Doug Carpenter – Secretary - Kalamunda RSL Sub-Branch

Arthur J Stanton
Ceremonial Advisor
City of Cockburn Sub-Branch.

Vietnam Veterans Memorial Service:

Vietnam Veterans

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Arthur J Stanton
Ceremonial Advisor
City of Cockburn Sub-Branch.
Sub-Branch News

Vietnam Veterans’ Day 2013

Pinjarra Sub-Branch Commemorates Vietnam Veterans’ Day

18 August is Vietnam Veterans’ Day. The Pinjarra RSL Sub-Branch celebrates this special day on the Friday night prior so the members can attend other services and reunite with other veterans and friends on this special day.

Mike Humphrey the Sub-Branch Treasurer presented the address in which he paid an emotional tribute to the wives and children and how they coped during this time.

The wives attending commended Mike on his address for recognising the stress and problems related to the home front during this time.

Thank you Mike.

Sue O’Donnell – Secretary - Pinjarra Sub-Branch

Battle for Australia Day Ceremony

The Applecross Sub Branch conducted a ceremony on 4 September to mark Battle for Australia Day.

About 50 people gathered at the Melville City Memorial to hear an address from the President, Mr Kevin Costello, and lay wreaths in remembrance of those who lost their lives. Those attending included Mr Denis Connelly, State RSL Vice President, Mr Dean Nalder MLA Member for Alfred Cove, His Worship the Mayor City of Melville, Mr Russell Aubrey, members of ex service organisations, staff and students from local schools and members of the public.

Following the ceremony, the Melville Council kindly provided morning tea for all participants.

Helen Pickering, Secretary

Dawesville Sub-Branch Annual Dinner

The Dawesville Sub-Branch held it’s Annual Dinner on Saturday, 31 August at the Port Bouvard Sport & Rec Club.

Guests included the State President of RSLWA, Mr Graham Edwards AM, Mayor Paddi Creevey and Councillor Rhys Williams.

Mr Edwards presented Ivy Raynor with a Certificate of Appreciation, and Mr Fred Abbott presented Mayor Creevey with a picture of the 2013 ANZAC Day Dawn Service on behalf of the veteran community of Dawesville.

Denise Gibson PR

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NAIDOC Week Dawn Service in Geraldton

On 7 July 2013 Geraldton City Sub-Branch held a dawn service for National Aborigines and Islanders Day Observance Committee (NAIDOC) Week.

This was the 7th NAIDOC Week Dawn Service held at Birdwood House to commemorate the contributions of Aboriginal and Islander people to Australia’s military. Approximately 120 people attended, about half of them Aboriginal, including around 20 ex-service members, mostly CMF. Sons and daughters of ex-service Aboriginal and Islanders also attended.

Graham Taylor was born in May 1952 and enlisted in the Army in early 1970. He underwent basic training at Kapooka and infantry training at Ingleburn before departing for South Vietnam on 13 May 1971 aboard HMAS Sydney, an 11 day trip. He served in the 4th “ANZAC” Battalion RAR as a rifleman/forward scout until around August 1971 and as a stretcher bearer until December 1971.

On 21st September 1971, whilst based in Nui Dat an engagement with the NVA and Vietcong resulted in 16 of the 24 men in his platoon being wounded from bullets and mortar shrapnel. On return to Australia Graham worked for the Department of Main Roads for 10 years. He was selected NAIDOC Elder of the Year in 2008 for his work with the Aboriginal Street Work Organisation and inducted into the NAIDOC Hall of Fame at the NAIDOC Ball in 2012.

Ken Morris

Walk on the Wild Side

Monday, 17 June saw 29 members of North Beach RSL Sub-Branch led by President, Alex Lennox, embark on a bus trip to the Perth Hills Forest Centre for a short walk on the Bibbulmun Track, 4km to Ball Creek campsite and return.

On completion the group proceeded to the Mundaring Weir Hotel for lunch and a social gathering while the ex-forward scouts regaled us with tales of their walks in the “real bush”. The day was enjoyed by the entire group who appreciated trees instead of the scenery on our normal coastal walks.

Rob Sweet
Secretary

Wanneroo – Joondalup Sub-Branch

On Tuesday 17 September the Wanneroo-Joondalup Sub-Branch hosted a community seminar run by the Department of Veterans’ Affairs (DVA).

Representatives from DVA Perth, Act Belong Commit, the City of Joondalup, the Joondalup Volunteer Resource Centre, Mens’ Sheds, Rotary and Lions Clubs attended the Sub-Branch to make a presentation to everyone in attendance.

RSL WA State President and CEO were also in attendance and thanked the Wanneroo Sub-Branch for their hospitality.

Nollamara

On Tuesday, 10 September the State President and CEO presided over a Sub-Branch Presidents Roundtable at the Nollamara Sub-Branch.

Some 45 members attended from the 63 responses from various metro and country branches. This gathering allowed the State President and CEO the opportunity to discuss and update the attendees on several matters including the constitution rewrite, ANZAC Day and Centenary preparations/plans for 2014 and some general points of progress over the last 9 months.

These roundtable gatherings are an important part of our communication policy to be open and transparent and we will continue to conduct these at least twice a year.

Thank you to all who attended and to the Nollamara Sub-Branch for hosting the event and their generous hospitality.

Phil Orchard

Pinjarra

As part of the regional familiarisation the Upper South West Region Sub-Branches gathered together on Tuesday, 27 August.

This get-together was organised by the State Executive Upper South West Regional Representative, Mr Tony Fletcher who was unfortunately unable to attend on the day.

Tony Fletcher was represented by State Executive member Bob Allen and CEO Philip Orchard represented the State President as Graham was also unable to attend. Mr Orchard thanked the Pinjarra President for his Sub-Branch’s hospitality during the event.

Vale: Jack McRoberts

Lt Col Jack McRoberts passed away on 10 September 2013.

After a distinguished army career Jack dedicated himself to his family, the Veteran Car Club of WA and to organising jeeps for veterans who found it difficult to march in the Perth ANZAC Day Parade but still wanted to participate.

Jack’s organising skills will surely be missed. President of RSLWA, Mr Edwards stated “Jack McRoberts was a great friend of the organising committee for ANZAC Day and will be missed by all.”

Denis Connelly
Stanley Melbourne Bruce CH MC FRS PC (15 April 1883 – 25 August 1967)

In this edition we look at the 8th Prime Minister of Australia, Stanley Melbourne Bruce CH MC FRS PC, who served as a captain in the British Army during WWI.

Stanley was born on 15 April 1883 in Toorak, Victoria into a wealthy family. The family wealth came from his father, John Bruce. John was a very talented businessman who was a partner in an importing firm that became known as Paterson, Laing and Bruce. Stanley had four siblings, Mary, Earnest, William and Robert.

Despite the family’s Presbyterian faith, Bruce was sent to Melbourne Church of England Grammar School (now Melbourne Grammar School). As a result Stanley later identified himself as being Anglican. He was an average student academically but was extremely active in sports, this led to him becoming the captain of the schools AFL team and then captain of the school in 1901.

The Bruce family was hit hard by the 1880s and 1890s Depression. Stanley’s father lost most of the fortune when the Victorian banks collapsed in 1894. In 1899, William committed suicide not long after seeking treatment for mental illness. Two years later, John took his own life whilst on a business trip to Paris as he could no longer cope with the depression caused by the pressure on his business and finances.

After he completed his schooling, Stanley went into the family business but he was determined to further his education so he enrolled in Trinity Hall, Cambridge. In 1902, using loaned money, he moved to the United Kingdom with his mother and sister to attend the college. Stanley’s brother Ernest stayed behind to look after the family business.

In 1906 Ernest lobbied the directors of the company to allow Stanley to take over as Chairman of Paterson, Laing and Bruce. Ernest’s bid was successful so Stanley managed the exporting and financial interests from London and Ernest managed the importation and sales operations in Melbourne. Soon the financial fortunes of the business and family underwent a rapid recovery. Whilst working for the company Stanley also trained and worked as a solicitor and then a barrister for Ashurst, Morris, Crisp & Co. His work for this firm saw him travel to Mexico in 1908 and Colombia in 1902 dealing with international affairs.

Over the next few years the family suffered more tragedy. Mary died in 1908 from a long term illness, this was followed by his mother’s death in 1912.

In 1912 Bruce was reacquainted with a childhood friend, Ethel Dunlop Anderson. They shared many common interests and had the same political outlook. In July 1913 they married.

In 1914 Bruce returned to Australia, in August WWI broke out so Stanley and his brother Robert enlisted. They chose to serve in the British Army rather than the Australian Imperial Force. On 7 February 1915 Stanley was commissioned as a Lieutenant and was attached to the 2nd Battalion Royal Fusiliers in Egypt which later joined the British 29th Division. Bruce’s regiment landed at Cape Helles in mid-1915 and over the coming months suffered heavy casualties. On 3 June Bruce was shot in the arm, this injury spared him from a major assault on his battalion which took place the next day and resulted in the loss of most of the battalion.

On 5 August he was promoted to the rank of Captain and on 23 September he was wounded once again. This time he was shot in the knee, an injury which left him crippled for several years. Bruce received the Military Cross and the Croix de Guerre for his service during August and September. He returned to England to recuperate whilst the rest of the regiment were transferred to France after the Gallipoli Campaign was abandoned.

Before the war Ernest had agreed to stay and manage the company whilst his brothers were serving. However, in 1915 he decided to enlist. As if the Bruce family had not suffered enough tragedy, in 1919 Stanley’s beloved brother Ernest shot himself as a result of physical and mental injuries sustained during his military service in WWI.

In September 1916 Stanley requested that he resign his commission and return to Australia to resume managing the family business. His request was refused by the War Office but they granted him leave to go to Australia to recover from his injuries.

Whilst in Australia he was enlisted as a spokesperson for government recruitment in Australia. His success and popularity caught the attention of the Nationalist League and, in particular, Prime Minister Billy Hughes. Hughes lobbied the British Government and convinced the War Office to allow Bruce to relinquish his commission in June 1917. In 1918 Bruce was elected as the Member for Flinders, a seat he held until 1923.

In 1923, after surprising his colleagues by announcing his intention to resign on 2 February, Prime Minister Hughes asked Bruce to take over as leader of the party and ultimately become Prime Minister. This later became a decision greatly regretted by Hughes and he became one of Bruce’s most outspoken critics.

Stanley’s appointment as Prime Minister was seen to be an important turning point in Australian political history as he was the first Prime Minister that had not been involved in the Federation. He was also the first to head a Cabinet of all Australian-born ministers. On 9 May 1927 the Australian Government moved to the planned federal city, Canberra with Hughes as Prime Minister.

In 1929 Stanely was heavily defeated and even lost his own seat. This was the first time this had happened to a sitting Prime Minister. He was measured in defeat stating “the people have said they do not want my services, and I am going into the banishment to which they have sent me.”

Stanley returned to England for a holiday after his defeat. In April 1931 he announced that he would be returning to politics and try to recapture his seat of Flinders. In 1932 Prime Minister Lyons appointed Stanely to be the Resident Minister in the United Kingdom with his mother and sister to attend the college. Stanley’s brother Ernest stayed behind to look after the family business.
Honey isn’t just a treat for the taste buds – it’s also loaded with natural goodness

What’s not to love about honey? Drizzled on crumpets, it’s a comfort food; in a marinade, it makes chicken wings divine. No wonder it’s as appealing to us as it was to the ancient Egyptians. Many people think of honey as just an alternative to sugar, but while it has about the same number of kilojoules as table sugar, it has a lot of healthy benefits that sugar doesn’t. Honey has a large amount of fructose, which is better than other sugars for controlling blood-sugar levels. Table sugar has a GI value of 65, while “monofloral” honey varieties – made using mostly the nectar from one flower species – have a GI value of 55 or less. Yellow box, stringybark, red gum and ironbark are all good choices.

But the sugars in honey will go the distance. Microbiologists have found honey is particularly good at fuelling the growth of bifidobacteria and lactobacilli – the bacteria so prized in yoghurt and fermented drinks.

Generally, the darker varieties do the most good. They contain more antioxidants, which are compounds that protect body cells from damage by free radicals. Antioxidants are particularly prevalent in dark honey, which is made from the nectar of plants that flower for a long period during the winter, containing more biological diversity. Antioxidants are waved as magical on humans.

At the other end of life, studies in animals show that honey’s antioxidants may slow age-related memory loss, although it’s not known yet if it works the same magic on humans.

Engeseth’s tests also found dark honey slowed the oxidation of LDL (bad) cholesterol, a process that can lead to heart disease. However, the National Health and Medical Research Council warns against feeding honey to babies under a year old as it’s a potential source of Clostridium botulinum spores – which can form a toxin that causes infant botulism, a rare but serious form of food poisoning.

The type of sugars in honey are also important to gut health; new research shows they boost healthy bacteria in the intestine. Sucrose, aka table sugar, has no prebiotic activity, which means it’s broken down in the small intestine before reaching the large bowel. But the sugars in honey will go the distance. Engeseth’s tests also found dark honey slowed the oxidation of LDL (bad) cholesterol, a process that can lead to heart disease. However, the National Health and Medical Research Council warns against feeding honey to babies under a year old as it’s a potential source of Clostridium botulinum spores – which can form a toxin that causes infant botulism, a rare but serious form of food poisoning.

The facts about honey

Honey isn’t just a treat for the taste buds – it’s also loaded with natural goodness

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But the sugars in honey will go the distance. Microbiologists have found honey is particularly good at fuelling the growth of bifidobacteria and lactobacilli – the bacteria so prized in yoghurt and fermented drinks.

Generally, the darker varieties do the most good. These are the by far richest in antioxidants – some even have the same level as many fruits and vegetables. “If you ate as much honey as you did melon, for example, you would be getting a similar dose of antioxidants in your diet,” says Nicki Engeseth, professor of food chemistry at the University of Illinois.

Few could stomach the richness or kilojoule blowout of that much honey, but it’s useful to know that, far from containing “empty” kilojoules, honey is packed with antioxidants that really go to work.

Reference

1. Australia War Memorial, Canberra

2. Wikipedia
National Congress 2013

The State President and CEO represented RSLWA as delegates at the National Congress on 22 - 23 September. The event was held at the Australian War Memorial in Canberra.

The full content of the Congress will be available on the National Headquarters website (http://www.rsl.org.au/) in due course, however this article is penned to provide a brief summary and in haste to meet the printing deadlines of this edition of The Listening Post. Readers should note that some of these speakers will be attending our State Congress on 26 October and that I do not wish to steal the thunder of their presentations.

On arrival of the Governor General, Her Excellency the Honourable Quentin Bryce AC CVO, the National Executive and attendees conducted a wreath laying ceremony in the Hall of Memory followed by the Governor General formally opened the 2013 conference.

In doing so she also presented the ANZAC Peace Prize to Mr Andrew Harper who leads the UN humanitarian efforts to help the thousands of Syrian refugees who make the perilous journey into Jordan. The United Nations says the civil war in Syria is causing the largest humanitarian crisis in history. Over 2 million people have fled fighting in Syria - more than half of them are children.

Andrew Harper runs the UN operations in Jordan, his job to liaise with Jordanian authorities and to ensure the world's second largest refugee camp runs as smoothly as possible. The Governor General described Andrew as a 'beacon of light' at the coal face in his dealings with authorities and to ensure the world's second largest refugee camp runs as smoothly as possible. The Governor General described Andrew as a 'beacon of light' at the coal face in his dealings with authorities and to ensure the world's second largest refugee camp runs as smoothly as possible. The Governor General described Andrew as a 'beacon of light' at the coal face in his dealings with authorities and to ensure the world's second largest refugee camp runs as smoothly as possible.

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Under capability he highlighted the JSF, LPH, AWD, Growler (Super Hornet), combat vehicles and cyber ops as the key projects with the biggest challenge being integration into the current structure. When talking about the people the emphasised was on education, training, retaining the right people. He also included the need to be more corporate in having FTE, PTE and Casuals employees. This would meet both Service and individual's needs.

He also spoke of the importance of the centenary and its commemoration. Indexation will be recognised and addressed. Similarly, the federal government is committed to the success of the commemoration and has allocated an addition $25,000 to the previously allocated $100,000 grants for each federal electorate. Full details will be available on the Senators website (http://www.michaelronaldson.com.au/). The minister put on public record comment about the treatment of Vietnam Veterans. The Shadow Minister, Warren Snowdon responded in support of the Ministers aims and spoke briefly of processes and democracy and the need to work together as well as the need to have changes; for example the need to continue ‘on base advisory services’ and to foster other organisations such as ‘soldier on’.

The Secretary for DVA, Simon Lewis PSM in brief, highlighted the challenge of demographics and the need for DVA to meet this challenge. The continued enhancement of mental health program’s and age care reforms and service delivery of these programs. I am sure Simon will talk more on these subjects and others at our State congress in October and I will not steal his thunder.

Two panel discussions took place entitled ‘Building Bridges of Understanding between Contemporary Veterans and Veterans of Earlier Wars and Conflicts’. I was particular pleased with the comments made by this team rating RSLWA as having the best website of all States. That said, we are aware that more needs to be done but it is fitting reward for the work done to date. The second session involved Highgate’s John Cleary and was entitled ‘The Aspirations of Contemporary Veterans and the Needs of their Families’.

As per my preamble this is an overview of the opening sessions of National Congress. More detail on these and the business sessions will follow with links to websites and speeches.

Philip Orchard
HMAS Canberra Memorial Service

HMAS Canberra (D33) held a Memorial Service at the WA State War Memorial in Kings Park at 1030hrs on 9 August for the loss of HMAS Canberra and 84 crew members at the Battle of Savo Island.

There were in excess of 40 personnel at the Service including the sole remaining WA survivor (Ernie Rudland) and we had two WWII surviving members from the Shropshire with us, Jack Gallagher and Bill Kynaston. All three men are staunch Shropshire with us, Jack Gallagher (HMAS Shropshire) WWII Veterans Bill Kynaston (HMAS Shropshire), Ernie Rudland (Survivor of the sinking of HMAS Canberra) and Jack Gallagher (HMAS Shropshire).

Also in attendance were CDRE’s Steve Davies and Phil Orchard RAN Rtd. Members of the public and a class of children from Presbyterian Ladies College stood respectfully to the rear. The children were briefed before the Service and they all had their iPads running hot during the event, it was good value for them to see the Service. Additionally the Higher Authority smiled down upon us with sunshine on an otherwise rainy day.

David Shine
Secretary
HMAS Canberra-HMAS Shropshire Association WA Div Inc

Sandakan Memorial Day

The 22nd Anniversary of the Sandakan Memorial Day was held in Boyup Brook on Tuesday, 10 September.

Although the weather turned very grey and threatening it did not deter the elderly or the student delegation from the St Mary’s Primary School, local primary school and District High School, helped by the local choral group. The recent inclusion of a youthful Cadet Honour Guard capped it off to make it a successful morning.

A contingency was made to relocate everyone into the Shire Hall but this did not occur as the Shire President, Mr Michael Giles, having recently returned from attending the Sandakan Memorial Day in August, directed that if we were in Borneo we could also get wet and the Service would continue. Thankfully only a short spell of rain caused some concern, the main content was spared and the completion with fine weather drifting back over the Memorial site for the wreath laying and final Blessing.

The Service was the inspiration of local farming pioneer, Mr Ted McLaughlin, former Thai Burma POW, also Legacy Life Member. Boyup Brook was the first location in Australia to conduct a Sandakan Memorial Service and also has the recognition of having the second memorial site built in Australia of thanks on behalf of the family.

Dr Michael Peck gave a touching tribute to the Borneo Veterans she met on her ANZAC Journey to be able to the Borneo Veterans she met on her ANZAC Journey to be able to the Borneo Veterans she met on her ANZAC Journey to be able to

The outgoing Scholarship Winner Miss Sabrina Peck gave a touching tribute to the Borneo Veterans she met on her ANZAC Journey to be able to meet many Borneo families who also had wartime experiences to tell her. All adding new chapters to what she had studied of this ‘unknown Australian wartime atrocity’. The gallery were utterly stunned and brought to tears when she sang her own composition then to introduced to this year’s winner, Miss Keeley Morgan. She presented her assignment trilogy that won her the ANZAC Trip for 2014. Many were utterly stunned and brought to tears when she sang her own composition and emotional rendition of this wartime tragedy, What About Those Left Behind. It was an exceptional culmination to a very special service that must be remembered. Lest We Forget.

Ryan Rowland
Celebrate RSL Helps WA Maltese

Kings Park War Memorial early in September becomes the focus of the annual National Maltese Day Ceremony.

This year, on Sunday 8 September on a splendid and sunny day, members of the Maltese Community gathered at the famous site to pay their respects to the men and women who died in their country’s service in wars dating back to 1565.

Malta’s history dates back to 5200BC and the first Maltese to arrive in Australia were convicts, who were transported in the 1810 for deserting their British regiments. Malta was then a British colony.

The significance of this special day in September to the Maltese are:

1565 The lifting of the Great Siege Knights of St John’s era.
1800 The French Capitulation after a two year siege.
1943 Italian amnesty to the allied forces of World War 2, and the subsequent surrender of the Italian Fleet in Malta.

The Maltese Community is deeply appreciative and honoured that the RSL conducts this annual ceremony – the Wreath Laying, the raising and lowering of the flags, the playing of the last post, and the speech of Dr Anthony Sciberras, the Honorary Consul of WA for the Maltese Community.

Judy Pavia

From the CEO Philip Orchard

Sub-Branch Governance

Increased public scrutiny of charities and the passage of the Australian Charities and Not-For-Profits Commission Act (the Act) means that Office Bearers in not-for-profit organisations such as the RSL, its state branches, and local Sub-Branches have essentially the same duties and obligations as office bearers and directors of incorporated for profit organisations.

The main difference is that the Act will take into account the size and scope of the organisation.

The fundamental duties and obligations of the office bearers regarding Compliance is in reviewing and monitoring the work of the organisation and its management to ensure that it is achieving its performance objectives and operating in accordance with its legal and regulatory obligations. It also encompasses the analysis and evaluation of strategic objectives and achievements.

Office Bearers vary considerably in the way they operate. There are no rules or pro forma models for the governance of an organisation. The Committee of an organisation makes decisions having regard to the objectives of the organisation and the risks involved, and these will be different for every organisation.

Some responsibilities of Office Bearers include:

• Operating according to Commonwealth and State laws and regulations and within the objectives set out in its constitution
• Ensuring that proper management of the organisation. It has the responsibility for recruiting and monitoring the performance of the senior Office Bearers
• Sufficient and secure funding to carry out its activities

These guidelines are to remind Sub-Branch Office Bearers to ensure they comply with any relevant legislation, to act ethically and to be aware of any liabilities to which they commit the Sub-Branch. Office Bearers should also be alert to the vicarious liability that may arise when they use third parties to carry out work on behalf of the RSL.

Under new legislation, ignorance is not accepted as a defence and it is up to the office bearers to ensure they make themselves fully aware, to the extent that it is reasonably practice to do so, of what is going on. Failure to meet these duties and obligations is now a personal liability which is a marked change from the previous arrangements.

However, don’t despair. Help is at hand for any Sub-Branch Office Bear. If in doubt, contact State Branch, any member of the Board of Directors, or your Regional Representative. The State President, State Secretary and the State Executive have all received training in the duties of directors and they would be happy to provide you with any guidance you may need in respect of your duties as a Sub-Branch Office Bear.

Melbourne Cup Lunch

Tuesday, 5 November 2013
Race at 12 noon
Sweeps Available

The usual great value of the ANZAC Club all day!

To book your table phone the ANZAC Club on 9287 3799
Other News

Macedonian Community Remembers our Fallen Heroes

The United Macedonian Communities of Western Australia (UMCWA) held a Wreath Laying Ceremony at the State War Memorial in Kings Park on 4 August to remember and commemorate all those who paid the ultimate price for the freedom and democracy of Australia and Macedonia throughout history.

There were over 200 guests at the Memorial, along with politicians, mayors and representatives of all the Macedonian communities in Perth and Western Australia. The ceremony included a Blessing and Prayer by His Very Rev Father Vesko Karanfilovski and His Very Rev Father Stanko Jovanovski and the Macedonian Orthodox Churches in Perth, speeches by the UMCWA President Goce Siljanovski and President of the Macedonian Youth Organisation Angela Velevski, and a special service by the RSL.

The ceremony was conducted to remember and pay respects to both Australian and Macedonian soldiers who fought and still fight side-by-side in numerous peace keeping missions around the world such as Afghanistan, Somalia and Bosnia. It was also conducted to mark the 110th anniversary of Macedonia’s battle to establish the first democratic republic in the Balkans after 500 years of Ottoman rule - known as the Ilinden Uprising of 1903. It also marks the 69th anniversary of Macedonia’s proclamation of nationhood after the division of Macedonia in the then Yugoslav Federation.

The United Macedonian Communities of Western Australia would like to thank all of its guests for coming along on this beautiful day to pay respects to our Fallen Heroes. We would also like to especially thank the RSL for allowing us to use the Memorial and for all of their assistance on this very special day and their continued support of the Macedonian community in Australia. We look forward to working with the RSL in the future.

Lest We Forget – Вечна Им Слава

Goce Siljanovski - President – United Macedonian Communities of Western Australia

Sandakan Day Memorial Service

The 2013 Sandakan Day Memorial Service was held on 18 August at the Sandakan Memorial on Honour Avenue, Marri Walk Kings Park.

Carine Senior High School, as custodians of the Memorial for the Borneo POW Relatives’ Association of WA, conducted the service. It was attended by members of the Association, staff and students from Carine Senior High School, representatives of the Premier’s ANZAC Student Tour and the general public.

Robyn Cleaver

2/4 MGB Commemorative Service

Veterans: L-R John Gilmour, Ron Badock, Dick Ridgwell, Wally Holding.

Victory in the Pacific Service conducted by the 2/4 Machine Gun Battalion Ex-Members Association.

Robyn Cleaver - Principal Consultant - K-12 Coordination - Department of Education
Malcolm Small
AKA Tiny
City of Cockburn RSL Sub-Branch

1. Where did you spend your years prior to joining the Armed Services?
Born and raised in the small village of St Peters Kent, England my first school was built in 1694 and the second one was brand new and named after a famous author - Charles Dickens.

2. Why did you join the Armed Services?
Always wanted to join the Navy from a very early age.

3. What Armed Service did you join and what is the reason for this choice?
Navy, having lived on the coast all my life it was a natural choice.

4. What was your most memorable event in the Service?
My first draft chit – HMS Troubridge based in Bermuda. On completion of Submarine school – HSM/M Tabard. 4th Submarine Squadron, Sydney.

5. How do you see the future of the RSL?
I believe the RSL has a very good future if we can convince contemporary veterans that we can offer them a great deal.

Bluesky Healthcare Mobility Solutions

Are you tired of one size fits all mobility solutions that don’t work for you? Then why not try the unique range of mobility products from Bluesky Healthcare.

Since 2001, Bluesky Healthcare has been a leading provider of quality and stylish mobility solutions, dedicated to helping Australian’s enjoy a better quality of life. Their extensive range of customisable mobility products are specifically designed and manufactured to help you maintain your independence while at the same time giving you more comfort and enjoyment of your home.

Bluesky Healthcare is proud to support WA RSL and more importantly it is proud to support your local RSL club.

At Bluesky Healthcare our number one concern is the independence and mobility of our clients and having an active lifestyle goes a long way towards achieving that. So that is why Bluesky Healthcare will offer a 20% discount to all RSL members and then donate $100 from every sale from an RSL member directly to their club.

Our lives can be slowed down by the effects of father time but they should not come to a stop, so consider our products and the benefits they can bring and keep on going.

Get the best sleep you have had in years with Bluesky Healthcare’s range of adjustable beds, which are explained to provide comfort and relief, combining the look and feel of a stylish ensemble with the benefits and convenience of an adjustable bed.

Enjoy the comfort of a custom made lift and recliner chair. Bluesky’s chairs are individually crafted to your measurements and are available in a range of colours and fabrics, designed to give you the utmost in comfort and style.

Keep mobile with a scooter and be able to choose from Bluesky’s extensive range of scooters which have been sourced from industry-leaders Heartway. Heartway Scooters are internationally renowned for their research, design, innovation and quality.

Bluesky Healthcare also specialises in stairlifts and platform lifts, both of which offer a safe and reliable solution for individuals who have trouble climbing stairs.

With Bluesky’s extensive product range, friendly staff and impeccable customer service, you are sure to find all of your mobility needs in this one stop shop. You will find the Bluesky showroom in Osborne Park.

My Story

3. What Armed Service did you join and what is the reason for this choice?
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Christmas Luncheon at the ANZAC Club

***Gallipoli Room Prices***
Minimum attending: 50 persons

Serving Traditional Christmas luncheon - tables decorated with all the trimmings (must be reserved)

Two Course Menu - $30 per person
Roast turkey & pork stuffing with ham, roast potato and season vegetables. Served with a crusty bread roll and butter
Followed by
Traditional plum pudding and brandy custard
Tea & coffee with after dinner mints

Three Course Menu - $35 per person
Shrimp salad with a Marie Rose cocktail sauce (Can be substituted with Farmhouse soup of the day with a crusty bread roll and butter)
Followed by
Roast turkey & pork stuffing with ham, roast potato and season vegetables. Served with a crusty bread roll and butter
Followed by
Traditional plum pudding and brandy custard
Tea & coffee with after dinner mints

***Optional Fruit Mince Pie only $1.50 per person additional, available with either menu***

BOOK NOW ON 9287 3714

Barbara’s Best Kept Secret!

Barbara Nash simply dreaded going to the toilet, the combination of arthritis and a bad back made what is a simple thing for most people almost impossible for her. Usually she had to have a shower after going to the toilet; it was a secret she kept to herself for years.

Her doctor had said a Bidet would solve her problem but the cost for installation and space required for the traditional stand alone BIDET to be installed in her home was just too expensive.

Barbara’s luck changed when visiting her friend Norma. While visiting she had to go to the toilet - a thing she dreaded most while she was out.

Barbara was amazed by what was on her friend’s toilet! She asked Norma what it was and Norma explained that she had a Bidet toilet seat installed a few weeks ago by The BIDET SHOP®. “The chair was so nice and helpful; he had the Bidet installed in a jiffy.”

“It has a heated seat and soft closing lid but the best thing is, once I have finished going to the Loo I simply press the wash buttons on the remote control and the Bidet cleans me with a stream of warm water, the in-built fan then dries me off with warm air and I haven’t used toilet paper since. It’s the best thing since sliced bread!”

Barbara hesitantly went in to the toilet and used the COWAY Bidet, she pressed the large button on the remote control and she was clean.

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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>1 October</td>
<td>1918</td>
<td>Australian Light Horsemen take formation of the Australian Regiment</td>
<td>The Light Horse advances into Damascus, the Syrian capital, at the end of the long and victorious advance that ended the First World War in the Middle East</td>
</tr>
<tr>
<td>3 October</td>
<td>1992</td>
<td>Dedication, Australian Vietnam Veterans’ National Memorial</td>
<td>The Vietnam Veterans’ National Memorial, ANZAC Parade, Canberra, was opened by the Prime Minister, the Hon. Paul Keating, MP, and honours those Australians who served and died in the war in Vietnam.</td>
</tr>
<tr>
<td>3-8 October</td>
<td>1951</td>
<td>Battle of Maryang-San, Korea</td>
<td>The 3rd Battalion, Royal Australian Regiment, made a successful assault against Chinese positions on Hill 317 (Maryang-San) and held the important feature in the face of fierce counter-attacks.</td>
</tr>
<tr>
<td>25-26 October</td>
<td>1942</td>
<td>Private P.E. Gratwick, VC</td>
<td>Private P.E. Gratwick, 2/48th Battalion, originally from Katanning, Western Australia, wins the Victoria Cross at El Alamein, Egypt.</td>
</tr>
<tr>
<td>1 November</td>
<td>1914</td>
<td>First AIF sails</td>
<td>The first Australian and New Zealand contingent sails from Albany, Western Australia, bound for Egypt. Only one in three of those who sailed in the first convoy would return physically unscathed at the end of the First World War.</td>
</tr>
<tr>
<td>5 November</td>
<td>1950</td>
<td>No. 77 Squadron supports 3RAR</td>
<td>No. 77 Squadron, for the first time in the Korean War, flies in support of the 3rd Battalion, Royal Australian Regiment, in the Pakchon-Sinanju road area, Korea. Australian Mustang fighters strafed Chinese positions just before 3RAR commenced its assault at Pakchon.</td>
</tr>
<tr>
<td>11 November</td>
<td>1918</td>
<td>Germany signs armistice</td>
<td>Germany signs an armistice ending the fighting on the Western Front. The First World War ended at the eleventh hour of the eleventh day of the eleventh month.</td>
</tr>
<tr>
<td>15 November</td>
<td>1944</td>
<td>Australian government approves sending of Australian Women’s Army Service members overseas</td>
<td>Australian Women’s Army Service went to Lae, New Guinea, and served in the forward area for the first time. Members of the Australian Army Nursing Service and the Australian Army Medical Women’s Service were already serving in New Guinea.</td>
</tr>
<tr>
<td>23 November</td>
<td>1948</td>
<td>Formation of the Australian Regiment</td>
<td>Formation of the Australian Regiment, which became the Royal Australian Regiment (RAR) in March 1949. The Royal Australian Regiment has taken a prominent role in Australia’s wars and peacekeeping operations since its formation.</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

ESCORTED ANZAC TOUR VIETNAM

Departing Perth Sunday 20th April 2014 & Returning Sunday 27th April 2014

Our tour is designed to capture the charm of Ho Chi Minh, the food, the history and the shopping, all in this vibrant city, with its wide boulevards and happy people. It’s then on to Vung Tau to capture the atmosphere of the ANZAC spirit. Memories of long ago and shared by veterans and holiday makers, with visits to the battlefields in the Long Hai, then to Nui Dat after the commemoration service at Long Tan on ANZAC day. The annual service on the historic site is well attended, solemn and reflective, but highlights the spirit of the Australian soldier.

Attendance at the annual Australian Rules match in Vung Tau is on the itinerary to show participants that the game is ‘almost’ international.

Join us to experience the magic of Vietnam!

Package Inclusions: • Return Economy Class airfares flying Singapore Airlines • Current airline taxes, charges and levies • Land transportation including airport transfers with driver & guide throughout • 4 nights’ accommodation at Grand Hotel Saigon with daily breakfast • 3 nights’ accommodation at the Imperial Hotel Vung Tau with daily breakfast • ANZAC day dawn service at Long Tan • Sightseeing excursions • Tour prices & services of an escort subject to minimum 20 persons travelling

For bookings and information contact Maxiema Lager on 98325044 or email: maxiema@traveltree.com.au

ANZAC day in Vietnam April 2014

Each year travel tree organise an escorted tour to Vietnam to enable interested persons, veterans and families to attend the service at Long Tan Battlefield.

George Booth, who was a National Serviceman, retired Captain CMF and visited Vietnam in 1971 escorts the tour and has escorted many tours to Vietnam.

The tour next year departs Perth on Sunday 20th April 2014 and spends time in Ho Chi Minh to enjoy the city, visit the interesting sites and shop or to even enjoy the great Vietnamese food. During the stay in Ho Chi Minh the tour has included a city sightseeing visit to the famous Cu Chi Tunnels to see the underground system used by the Viet Cong.

The trip then moves to the seaside city of Vung Tau to ensure rest before the early morning rise to attend the dawn service at Long Tan, visit Nui Dat and Phuoc Long tunnels. Next day up to the Long Hai Mountain area to join the 8 RAR service for those that lost their lives at that spot.

No visit would be complete without attending the Aussie Rules football match at Vung Tau, an annual event that sees the Vietnamese Swans play the Jakarta Bintangs.

There is an opportunity to extend the tour in Vietnam or Singapore on the way home. For those interested in the 8 day tour please contact Maxiema Lager on 93825049 or email: maxiema@traveltree.com.au
Entitled DVA Clients

Entitled Department of Veterans’ Affairs (DVA) clients may be referred for clinically necessary Exercise Physiology treatment by their General Practitioner on a valid D904 referral form.

The DVA Pays
For Clinically Necessary Treatment

- Increase mobility and balance
- Reduce and manage age related illness
- Assist with the management of chronic health conditions, lower back pain, cardiovascular disease, arthritis & diabetes
- And the list goes on...

GET STARTED TODAY!

Farewell to Naomi and Fleur

After almost 4 years Naomi Lam and Fleur Rondoni have completed their respective projects as Archivist and Records & Information Management Officer and now move on to other challenges.

Employed through support from Lotterywest, Fleur and Naomi have worked closely together to ensure we now have an archive system and electronic management of all records that is now up with the 21st century.

Additionally, they were responsible for the Living History project which was exhibited at the State Library and is now touring the State. It continues to receive very positive feedback.

Welcome to Helen Starkey the new Records Information Management officer. Helen will be part-time and has vast experience in record keeping. That experience comes from over 20 years working in state and local government and the private sectors within Western Australia and the Eastern states where she has undertaken various roles at managerial, consultancy and project level.

A New Face

Helen Starkie commenced as Records and Information Manager in August, maintaining the library, archives and records management systems established by Fleur Rondoni (Records Officer) and Naomi Lam (Archivist).

Both Naomi and Fleur have moved onto further study and career challenges. The Records and Information Management role is now a part-time position with Helen covering three areas of responsibility - library, records management and archives.

Helen has qualifications in Library Media, Library and Information Management, and Records Management and has worked in Information Management roles in the public, private and not for profit sectors for over 20 years.

In recreational mode, Helen enjoys the beach, reading, a large garden that is also home to two chooks (Silver Laced Wyandottes), feasts and family activities with three adult children and partners (all finally back in WA after many years abroad) and the delight of becoming a first time Grandmother in February 2013.

Contact details:
heleg@relswhq.org.au
(08) 9287 3713

Christmas Luncheon at the ANZAC Club

Serving Traditional Christmas luncheon - tables decorated with all the trimmings (must be reserved)

Two Course Menu - $20.50 per person
- Roast turkey & pork stuffing with ham, roast potato and seasonal vegetables. Served with a crusty bread roll and butter

Followed by
- Traditional plum pudding and brandy custard
- Tea & coffee with after dinner mints

Three Course Menu - $31.50 per person
- Shrimp salad with a Marie Rose cocktail sauce
  (Can be substituted with Farmhouse soup of the day with a crusty bread roll and butter)

Followed by
- Roast turkey & pork stuffing with ham, roast potato and seasonal vegetables. Served with a crusty bread roll and butter

Followed by
- Traditional plum pudding and brandy custard
- Tea & coffee with after dinner mints

***Optional Fruit Mince Pie only $1.50 per person additional, available with either menu***

BOOK NOW ON 9287 3714
Members of the 6th Battalion, The Royal Australian Regiment – New Zealand (Anzac) (6RAR-NZ (Anzac)) during the ceremony at which a white cross was erected as a memorial to those who died during the battle of Long Tan. The ten men lined up on either side of the cross are veterans of the battle which took place on 18 August 1966. The ceremony took place three years after the battle in an area where a North Vietnamese Regiment was known to be and required A and D Companies to secure the area the previous day, before members of the Battalion could move in and erect the cross. The nine foot concrete cross was erected on the exact spot of the battle and is surrounded by a chain fence. The brass plaque on the cross reads “In memory of those members of D Company and 3 Troop 1 APC Squadron who gave their lives near this spot during the Battle of Long Tan on 18 August 1966. Erected by 6RAR/NZ (ANZAC) Battalion 18 August 1969”. During the night after the ceremony, North Vietnamese soldiers stole the chain fence from around the cross, but did not harm the cross itself. The cross was removed after the Australians left Phuoc Tuy Province, and was later discovered by the people of Long Dat District and laid in the Dong Nai Province museum at Bien Hoa. In 1989 a replica cross was erected by the Long Dat District Committee on the original site, along with another plaque inscribed in Vietnamese acknowledging the Battle of Long Tan.
Vietnam. 1966-08-19. Troops of 6th Battalion, Royal Australian Regiment (6RAR) on board Armoured Personnel Carriers (APC's) of No 1 APC Squadron waiting to return to base at Nui Dat after the Long Tan Battle during Operation Smithfield.
Are you having trouble paying your utility and other household bills? We may be able to help you. RSL Welfare provides financial assistance to help ex-service members and their dependants who are experiencing financial difficulties pay their utility and other household bills. Allied service members are also eligible to apply.

How do I apply?
To arrange an appointment and apply for assistance you must contact the Welfare Officer, Ms Rosalind Howat on 9287 3707 or 0417 905 742. It is important you do this before the due date on the account to avoid additional charges.

What do I bring to the appointment?
To receive assistance you must provide proof of service and a recent Bank statement, showing your financial situation and accounts requiring payment.

Food & Household
RSL can also provide veterans in financial hardship Coles or Woolworth’s Essentials Cards to purchase food or other necessary household items.

Emergency Accommodation - Short Term
Cypress Cottage, a share house offering short term affordable accommodation to ex-service members currently has vacancies. Cypress Cottage is located in Maylands close to Public Transport, Medical Centres and Hospitals. Cypress Cottage can also accommodate the Partners of country members in the city for medical treatment. Rent at Cypress Cottage is $125.00 per week this is inclusive of utility charges and some basic provisions. If interested please contact Mr Steve Raflinger, Welfare Officer on 0404 680 928.

South West Pension Office Now Open
Mr Bob Wood is available by appointment only at the Pensions Office situated in Busselton RSL at the corner of Causeway Road and Rosemary Drive Busselton.

Opening times are Wednesday and Friday 9.30am to 12.00.
Bob is a level 4 Advocate and has been helping veterans and members with Pension related issues for approximately 18 years.
For an appointment please ring Bob on 0417 091 765 Monday to Friday during business hours only.

The WA Sailors Soldiers & Airmen’s Relief Fund Trust
Another area of assistance available to ex-service members interested in PrePaid Funeral Plans.

Special extras for RSL members:
• Free extra limousine
• No administration fee for immediate payment in full
• 5% discount on selected coffins

For more information
Call John Ranger at Bowra & O’Dea on (08) 9231 5100
Bowra & O’Dea. Simply a matter of trust.
The Lest We Forget Cuckoo Clock
Honouring those who served our country courageously

See & Hear
the Spirit of the Anzacs

From the shores of Gallipoli to the deserts of Iraq, Australia’s armed forces have served us proudly with courage and valour. Now, you can remember the bravery of a loved one who served with the “Lest We Forget Cuckoo Clock,” a unique tribute bringing the spirit of the Anzacs to every minute of your day.

A moving tribute in sculpture, sound and motion
Poignant and inspiring, the clock showcases a montage of a century of Australians at war. Journey from the trenches of Gallipoli, to the deserts of Tobruk and to the jungles of Kokoda and South East Asia, where you will witness the courage which made your digger the proudest son of our nation. Laurence Binyons’ immortal Ode graces the art, reminding us of the debt of gratitude our nation owes to the men who sacrificed all for our freedom. The artwork is flanked by two magnificent sculptures of diggers, heads bowed in silent prayer for their fallen mates. At the start of every hour, a trio of diggers emerge from the top of a clock as a faithful rendition of The Last Post fills the air. Each man represents a hero – your hero – never to be forgotten by their families or their country. Through the artistry of the “Lest We Forget Cuckoo Clock,” we will remember them...

Limited Edition. Act now or miss out.
Available only from The Bradford Exchange and limited to just 1,915 issues, the “Lest We Forget Cuckoo Clock” may sell out fast. You need to act now. The clock is very affordable at only $299.95, payable in five easy, interest-free instalments of $59.99, plus $19.99 postage and handling. Our world-famous 365-day money-back guarantee assures your complete satisfaction. To reserve your clock, send no money now. Just return the coupon or go online today.

Antique-style wood-grain toned case
Intricately detailed Rising Sun sculpture crowns the edition
Accurate quartz movement

Worldwide Edition Limit of 1,915. Earliest reservations will receive the lowest edition numbers.

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A.B.N. 13 003 159 617

Measures approx. 61cm high from top of clock to bottom of pendulum. Requires 1 AA battery and 2 D batteries (not included). Sound may be turned off.

For quickest delivery, order online: www.bradford.com.au
Quoting promotion code: 69860
The Returned & Services League of Australia
WA Branch Incorporated
proudly presents the

Poppy Picnic

Monday, 11 November 2013
11.45 am
State War Memorial, Kings Park

Bring your own picnic lunch and show your support
for our Service & Ex-Service Community

Tea, Coffee and Cake provided for a gold coin donation
by the Salvation Army

Treasure Hunt for School Children available

The RSL invites you to attend the

Remembrance Day Commemorative Service

Monday, 11 November 2013
10.50 am
(Please arrive by 10.30 am)
Flame of Remembrance, State War Memorial, Kings Park

Seating for Wreath Layers will be on the grass near the podium – facing the Flame of Remembrance

Note: guests not laying wreaths will be in the tiered seating around the Flame

For more information please contact the RSL on 9287 3799 or rslwahq@iinet.net.au
Luscombe Bowl - The Concert Stage

Until now, the history of the Luscombe Bowl has never been recorded, its importance almost forgotten. With the help of veterans all over Australia, I have been able to piece together the story of the Luscombe Bowl for the Vietnam Veterans Commemorative Walk here in Seymour, and I’d like to take this opportunity to thank every one of those veterans for assisting me so enthusiastically with their information, memories and photos. I could not have achieved this without you. Please share it, add to it, and never let the history be lost again.

Carolynne Burgess

Australia.) Under the supervision of SSGT “Darby” Munro, 9 and 10 Troops of 17 Construction Squadron, as well as tradesmen from 1 Field Squadron when available from operational duties, began building the concert stage in late July 1967, with the pine and Oregon timbers being supplied by the US Military. 1 Field Squadron’s diaries first mention the stage in their work sheets on 27 July 1967 as “Concert Stage 5%” (complete).

“... the construction was boxed beam erected portal frame at the front with boxed beams spanning from rear to front. Timber pylons went across the beams to take the corrugated iron sheeting. The intermediate wall gave mid-span support to the beams.”

- Fred Abbot, 9 Tp, 17 Const Sqn

The frame was then lined with ply, weatherboards used to finish the exterior, and the stage floorboards polished until they shone like mirrors.

“... I remember standing on the roof of the stage when two gunships ‘buzzed’ us. We nearly fell off the roof in fright.”

- Alan Rothwell, 17 Const Sqn

The stage took awhile to build,” Peter Allen recalls. “We had many more jobs to complete during that time at the Dat.” Alan Rothwell also remembers the stage being low priority, to be used as a “filler” when other jobs couldn’t be carried out. A number of Col Joye/Little Pattie concerts were held on the 18 August 1966 when the Battle of Long Tan took place. Adrian Roberts, OC of 3 Tp, 1APC Squadron at the time, recalls:

“... heavy artillery fire beginning just to the right, and almost over the top of, the troops in the concert audience”.

He then slipped away to find out what was going on. He remembers having to pull his men away from the concert when he was ordered to pick up A Coy, 6RAR in his APCs and go to the aid of D Coy, 6RAR on the battlefield. Some of the other famous performers of the time included Johnny Cash before the ABC Show Band and Dinah Lee. A couple of the more popular songs

The Entertainers

with the troops were ‘These Boots Were Made For Walking’ and ‘We Gotta Get Outta This Place’, and Lorrae Desmond was well-known for her soulful rendition of ‘Leaving On A Jet Plane’. The entertainers also made time to give small, intimate performances to the sick and injured in the hospitals.

“One of the interesting things I remember about The Bowl was that everyone took a chair... and their rifle!”

- Gordon Taylor, 104 Sig Sqn, 1968

“... we sat on the ground in the heat/rain/monsoonal weather just to attach oneself to a bit of Aussie!”

- Person unknown

Other Uses of the Luscombe Bowl

Luscombe Bowl also served other purposes as well. It was used for the awarding of military medals and citations at the end of tours and many veterans have memories of Christmas Mass held at the Luscombe Bowl by the Task Force Chaplains. Vin “Jerry” Neale remembers Christmas 1969 when hundreds of men attended, weapon in one hand, folding chair in the other and a couple of cold ones, as well.

“What a sight! There were drunken diggers all over the stage and all around the altar (... taking communion). Some were serious in their befuddled intent, and others just following the crowd. But it was all goodhearted... the Spirit of Christmas in all its forms was in ample supply.”

Luscombe Bowl, the concerts, the entertainers... hold wonderful memories for Vietnam Veterans. By their very presence, the entertainers lifted the morale of the Australian troops and reminded them that they were supported by their families and friends back home. We’d love to have you visit!...
7 Reasons to Eat More Popcorn

We love our potato chips and pretzels, but for a great salty treat, you really should switch more often popcorn. Here’s why:

1. Popcorn has more protein and phosphorus than potato chips. (And more iron than eggs and spinach!)
2. Popcorn is a weight watchers dream snack – it’s sugar free, fat free and low in calories. Just 31 calories for 1 cup air popped popcorn!
3. Popcorn is a “whole grain,” which means it’s a good source of dietary fibre. In fact, 1 cup has 1.3 grams of fibre.
4. Popcorn is an incredibly versatile snack. Eat it plain, or spiced, or sweetened, or lightly buttered. Have it dry or gooey. It’s all good.
5. Popcorn is one of the least expensive snack foods on the market today.
6. Popcorn is a great between-meal snack. “Popped corn” is mostly air, which makes it highly effective for staving off hunger cravings without damaging your diet.
7. Popcorn is gluten free. Finely ground, it can be used in place of breadcrumbs for a great crunchy coating on chicken and fish, or seasoned like croutons and topped on a salad.

The health benefits of tomatoes

Do you want to live to a ripe old age? Eat tomatoes. They contain a compound called lycopene that may help fight cancer and boost the immune system.

The substance that turns a tomato red may help keep your body healthy. It’s a plant pigment called lycopene, a potent antioxidant. Some studies suggest that lycopene may reduce the risk of prostate cancer. A recent review concluded that on average, men who ate 10 weekly servings of tomato products were 55 per cent less likely to develop the disease. There is also some evidence that lycopene helps ward off cancers of the lung, pancreas and digestive tract. And population studies suggest that people who eat more tomatoes are also less likely to develop heart disease.

Here are some tomato tactics:

Fresh tomatoes are rich in vitamin C, but cooking releases the lycopene from tomato cell walls so our bodies can best absorb it.

Commercial tomato sauces contain lycopene in a highly absorbable form, so go ahead and fill the pantry with your favourite brand.

To add interest to a jar of tomato sauce, sauté a chopped onion in a little olive oil until soft, add the sauce and toss in a large, chopped, fresh tomato with a little freshly chopped garlic and some dried oregano. Toss it with fresh pasta.

For a super-healthy pizza, make or order it with extra tomato sauce and vegetables, and skip cheese.

Grapefruit: A hidden danger for many veterans

Last year a piece of Canadian medical research produced a flurry of warnings across the world about the danger that grapefruit presents when the person who ingests the fruit also takes blood pressure, and cancer tablets. Dr David Bailey, the lead researcher, has stated, “One tablet with a glass of grapefruit juice can be like taking 5 or 10 tablets with a glass of water”. The multiplier effect for some medication in the presence of grapefruit is because grapefruits contain a group of chemicals, furanocoumarins. Furanocoumarins can be found in celery, turnips, grapefruit, marmalade, and grapefruit juice.

Wikipedia reports that the following drugs may be affected by grapefruit juice, but readers are referred to their doctors/pharmacists for more up-to-date advice:

Dr Neil MacNeill

References

The Dawn Service on ANZAC Day has become a solemn Australian and New Zealand tradition. It is taken for granted as part of the ANZAC ethos and few wonder how it all started. Its story, as it were, is buried in a small cemetery carved out of the bush some kilometres outside the northern Queensland town of Herberton.

Almost paradoxically, one grave stands out by its simplicity. It is covered by protective whitewashed concrete slab with plain cement cross at its top end. No epitaph recalls even the name of the deceased. The Inscription on the cross is a mere two words – ‘A Priest’.

No person would identify the grave as that of a dedicated clergyman who created the Dawn Service, without the simple marker placed next to the grave only in recent times.

It reads:
“Adjacent to, and on the right of this marker, lies the grave of the late Reverend Arthur Ernest White, a Church of England clergyman, 44th Battalion, First Australian Imperial Force. On 25 April 1914, at Albany in Western Australia, the Reverend White led a party of friends in what was the first ever observance of a Dawn parade on ANZAC Day, thus establishing a tradition which has endured, Australia wide ever since”.

(Reverend White’s marker at St Johns church in Albany, WA. Before embarkation, at four in the morning, the Reverend White led a party of friends in what was the first ever observance of a Dawn parade on ANZAC Day, thus establishing a tradition which has endured, Australia wide ever since”.

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Reverend White was serving as one of the padres of the earliest ANZAC’s to leave Australia with the 44th Battalion, AIF in November 1914. The convoy was assembled in the Princess Royal harbour at King George Sound while White, with a band of about 20-30 men gathered around him on the summit of nearby Mount Clarence, silently watched the wreath floating out to sea. He then quietly recited the words: “As the sun rises and goeth down, we will remember them”. All present were deeply moved and news of the ceremony soon spread throughout the country; and the various Returned Service Communities Australia wide emulated the Ceremony.

In 1923 the Premier’s Conference carried a resolution the ANZAC Day will be commemorated on 25 April. Eventually, White was transferred from Albany to serve other congregations, the first in South Australia, then Broken Hill where he built a church, then later at Forbes NSW. In his retirement from parish life, he moved to Herberton where he became Chaplain of an Anglican convent.

However, soon after his arrival (on 26 September 1954) he died, to be buried so modestly and anonymously as “A Priest”.

White’s memory is honoured by a stained glass window in the All Soul’s Church at Herberton, a small farming community near Forbes NSW. Members of the parish have built the church with their own hands and have put up what they refer to as “The Dawn Service Window”, as their tribute to White’s service to Australia.

Due to disharmony about whether Australia should have an ANZAC Day by 1925 a parade led by Monash seized the day forever when he spoke of the Battle of Villers-Bretonneux where Australians led by ex-Reservist now Brigadier ‘Pompey’ Elliot won the battle, “...and won the war by a feat of arms so brilliant, so valuable, as to be unsurpassed in the long story of the war”.

McMullin, 2002 records on that particular ANZAC Day over 5000 marched and 2000 lined the streets.

The Service as we know it today had its beginning at Sydney’s Martin Place Cenotaph. The term cenotaph derives from the Greek words taphos, meaning tomb, and kenos, meaning empty. ‘The frail, grey-haired’ woman was at the Cenotaph in the pre-dawn hours of 25 April 1927, and when attempting to place some flowers on the memorial she tripped and fell. Five veterans, Jim Davidson, Ernie Rushbrook, George Patterson, Len Stickley and Bill Gamble, who were on their way home after a night-out at an Australian Legion of Honour regular street end saw her fall and moved across to both help her up and retrieve her scattered flowers. The lady refused to get up, preferring to kneel in prayer instead and one-by-one the five men joined her.

One year later a Dawn Service was held at the Cenotaph and George Patterson, one of the five from the previous year, laid a wreath to the fallen. The crowd was some 130 strong. From here the Dawn Service spread to all the capital cities and to many country towns.

The designer was Sir Edgar Bertram Mackennal, the first Australian artist to be knighted. The Cenotaph statues (pictured above) were modelled by Leading Seaman John Varcoe (1897-1948) (from Dubbo, who had served in both H.M.A.S. Parramatta and Pioneer) and Private William Darley (1870-1936) (15th Infantry Battalion and 4th Field Ambulance AIF).}

Dr Tony Thatcher
Graywood Medal

Register your support today for the Federal Governments introduction of the Graywood Medal into the Australian Honours and Awards.

A submission on behalf of Korea War Veterans of NSW Inc Recognition Committee was presented to all Australian citizens by Ralph Wollmer - Member - Korea Veterans Association of Australia Inc.

Executive Summary: The Graywood Medal has been created in memory of all of those service personal who were wounded or who paid the supreme sacrifice in the service of their country in conflicts from the Korean War, to the present day.

Currently, there is no medal within the Australian Honours and Awards that recognises the service of these special people who are permanently suffering, or those who have selflessly given their lives in the service of Australia so that we may live in freedom and peace.

Korean veteran, Bob Horgan JP, has founded this medal to honour all those whose service is not recognised by our government and in conjunction with Bob Morris and his Recognition Committee is asking for your support to demonstrate to the government that there is national support from the citizens of Australia to honour our wounded and departed comrades.

The submission contains eye witness history of the Korean War and it is supported with the correspondence to date requesting this recognition and government replies in the negative.

The Coalition has committed to investigate their position in this matter.

Historically, Bob Morris and his committee have a proud record of ‘taking up the veterans cause for recognition’ and it was their efforts that were responsible for the government inclusion of the Korea Australian General Service Medal into the Australian Honours and Awards.

I ask you to please read the submission and register your support for our wounded veterans with Bob Morris.

Email Bob Morris at cr_morris@hotmail.com or Mrs Alice Burns at aliceburns34@hotmail.com

The Australian Ex-Services Atomic Survivors Association Inc

The Australian Ex-Services Atomic Survivors Association Inc is a not-for-profit Organisation with a Charter pledging support to any participant in the British Nuclear Test Programme that was carried out at in Maralinga, Emu Field and Monte Bellos Island Group in the 1950s & 1960s.

We meet on the 3rd Monday of February, April, June, August, October and December at the RSL Hall in Belmont WA, 11am to 1pm.

Any duly qualified person, is invited to attend meetings or call the Secretary for details.

A.J. (Jim ) Marlow 9455 1337 / 0411 411 849 jimmarlow@hotmail.com

The Frederick Bell VC Memorial Lecture - 2013

The Returned & Services League of Australia WA Branch Inc and the Cottesloe Sub-Branch of the RSL invites everyone all to attend Dr Neville Green AM presentation of Life’s but a walking shadow.

Colonel Frederick Bell VC at the Cottesloe Civic Centre War Memorial Hall, 109 Broome Street Cottesloe on Friday 15 November 2013 at 6.00 pm for 6.30 pm.

Dr Neville Green AM: mcnj7579@gmail.com
Sherilee, Events Co-ordinator: Town of Cottesloe ph. 9285 5000.
Admission: Gold coin donation

Can you help?

Fleet Air Arm Association of Australia (WA Division)

The Fleet Air Arm Association of Australia WA Division (FAA) is looking for the following people or family members who were found as members of the FAA Association and those who joined as members in 1977 to make a presentation of a founding member's badge:


Please contact Keith Taylor, Secretary (08) 9572 1487 ktt59345@bigpond.net.au

RAE – Book


All replies direct to: Vincent Neale - Secretary/ Treasurer - RAE Vietnam Association - 10 Ryan St, Seahorse VIC 3198 – (03) 9786 1549 - anvin4@bigpond.com

Those of us in RASigs always remember that RAE is our ‘mother’ Corps from whom we derived in 1925. Both our Corps are usually ‘first in, last out’.

Ted (Blue) Hawkins

William Donomic Ryan

I am looking for POUW (or CPO) William Donomic (Buck) Ryan.

I last saw him on TORRENS in about 1983. He loved being a PO so much, he did it twice, same as his first book. I was also with him at WATSON in about 1981. I know he married a WRAN (Jeanelle, I think). I would really like contact William again.

If you are able to assist with the following please send an email to: greg.crannage@defence.gov.au

Richard Taylor

Bob McMaster, member of Warrnambool Sub-Branch would like to make contact with 3787925 Richard Taylor formally D Coy 12 Pl 7 RAR.


Bob and I would greatly appreciate your help in this matter.

Don Roberts – Pres/Sec Warrnambool VVAA (Victoria): (03) 55 681 837 / 0467 556 818 secretary@warrnambool.vvaavic.org.au

Seeking Veteran Input for Book

My name is Graham Wilson, I am a retired W02 ARA (RAR and AUST INT, 26 years total) and now a full time military historian, researcher, writer and consultant.

I have been asked by the Head of the Army History Unit to write a book dealing with the history of feeding the Australian soldier from 1885 to 2000 and am now researching this topic and identifying sources.

I am keen to make contact with any Vietnam Veterans who would be prepared to share information, stories, anecdotes dealing with the subject of food for troops in Vietnam, both in base and in the field.

I would also like to hear from anyone (especially ex-RAN cooks) who can provide information and anecdotes on the feeding of troops in transit from and to Australia aboard HMAS Sydney.

Finally, I am very keen to contact any ex-AACC cooks and caterers who served in Vietnam and get their side of the feeding story.

I would greatly appreciate if my request for contact and information could be circulated to your association.

I can be contacted via this e-mail address: duty_first@hotmail.com or snail mail at: Mr G.F. Wilson - PO Box 6021, Lanyon LPO, CONDER ACT 2906
The photo shows PTE Evans, far left on the back row nearest the tree, possibly with other members of the 5th Tolon, SSGT Arthur John Nicholas. The POWs were: LT Robert Mace with seven other POWs from the 2/2nd Army Field Workshop, 5th Reinforcement of the 2/11th. Information is also sought of ‘Robby’ Robinson of the 2/11th Battalion or anyone who was with the 4th Robinson of the 2/11th Battalion.

Sweetcorn

Think of a fresh, steaming cob of sweetcorn smothered in butter... you can almost taste and smell it right now.

We’re truly spoilt here in Australia, as our warm climate means sweetcorn is available throughout the year.

What’s in it
Sweetcorn is high in carbohydrates and fibre, and has a moderate protein and B vitamin content.

Choosing the best
We’ve been celebrating the “fresh” part – within hours of picking, the sugar in sweetcorn begins to convert to starch, making it gradually less and less sweet. Look for cobs with the soft green husk intact, then check inside to ensure the kernels are plump and juicy.

The Australian War Memorial

The Australian War Memorial will be commemorating the Centenary of the First World War through a major redevelopment of its First World War galleries and a variety of new public programs and events. Currently, the Memorial’s First World War galleries are under construction and are not open to the public. For updates on the gallery changes please visit our stories page or the New First World War galleries page.

In November this year, a temporary exhibition, titled ANZAC Voices, will open in the Memorial’s Temporary Exhibition gallery. ANZAC Voices will follow the stories and lives of several soldiers throughout the First World War, told through their diaries, belongings, and letters.

A number of other projects are also under development and will be revealed on this page in the coming months.

These include:
• A new search function for the website, ANZAC Connections
• A travelling exhibition
• Roll of Honour soundscapes
• Commemorative Crosses project

Keep in touch with the Memorial’s upcoming Centenary commemorations by signing up for our email newsletter, following us on Twitter, and liking us on Facebook.

www.awm.gov.au

STS Young Endeavour Announces Tall Ships Regatta Crew

Congratulations to the young Australians selected to sail STS Young Endeavour during the inaugural Sydney- Auckland Tall Ships Regatta starting on Sydney Harbour at 2:00pm on 10 October 2013.

It’s the first event of its kind in Australasia and Young Endeavour is the only Australian entrant, with crew representing every state and territory! Competing ships will depart from Sydney and race across the Tasman Sea to Opua, in the spectacular Bay of Islands, before sailing down the New Zealand coast to Auckland.

Tall Ships Races are held around the world to encourage international friendship and training for young people, and remain one of the largest spectator events in Europe. Young Endeavour will race an international field including Osterschelde, Tecla and Europa from the Netherlands, Lord Nelson from the United Kingdom, Picton Castle from Canada and Spirit of New Zealand.

The Sydney-Auckland Tall Ships Regatta will mark the conclusion of the Sydney International Tall Ship Festival, being held in Darling Harbour from 3-10 October 2013 in conjunction with the International Fleet Review, celebrating 100 years since the Royal Australian Navy first entered Sydney Harbour.

The largest Tall Ship fleet to visit Australia in a generation will sail into Sydney Harbour on 3 October 2013, starting a week of celebrations including parades, open days, day sails, a pyrotechnics and light show, and the Tall Ship Regatta. Young Endeavour will be open to the public in Cockle Bay on 6-7 October 2013.

Congratulations to the Young Endeavour Tall Ships Regatta Crew:

The Sydney-Auckland Tall Ship Regatta will be marshalled by Sail Training International and the Australian Sail Training Association.

A limited number of berths remain available on the International Tall Ships participating in the Regatta. No experience is required and people of all abilities can take part. For more information visit www.tallshipsfestival2013.com.

Facts About Avocado

Like olives, this unusual fruit is an incredibly concentrated source of healthy fat.

What you’re eating
There are several different varieties sold at various times of the year. The most common ones are the dark-coloured, rough-skinned Hass and the smooth-skinned, bright green Fuerte. You may also see large, round Reed avocados in spring. Avocados are about 20 to 25 per cent fat by weight, and more than half of that fat is monounsaturated. Half a medium avocado provides more potassium than a banana, but minimal sodium. In contrast, reduced-fat margarine is about 55 per cent fat and even the salt-reduced varieties don’t meet the criteria for a low-salt food.

Healing powers
Despite their fat, or actually because of it, avocados can lower your cholesterol. Researchers find that replacing just 5 per cent of your kilojoules from saturated fat (think meat fat, butter or cheese) with monounsaturated fat – the kind in avocados – could slash the risk of heart attack by more than a third. An added benefit is that avocados are also high in beta-sitosterol, a plant sterol (also found in cholesterol-lowering margarines such as Flora Pro-activ) that blocks the absorption of cholesterol from food, and the antioxidant compound glutathione, which is known to be a powerful anti-oxidant.

Healthy hint
Use avocados to replace other fat sources in your diet, not to add to them.

How much is enough
At up to 2000 kilojoules per Hass avocado, a little goes a long way. Cut half an avocado into five pieces and enjoy one piece for just 200 kilojoules – less energy than a tablespoon of mayonnaise and much more healthy.

Buying right
Choose avocados that seem heavy for their size and store them on the kitchen bench or in the fruit bowl until they’re ripe, or place them in a paper bag to speed up ripening. Hass avocados become very dark when ripe, but other varieties may become quite soft while still bright green. To tell if an avocado is ready to eat, gently press it near the stem to see if it’s soft, or pull the stem out, and if it comes off easily and the flesh underneath is green, then the avocado is ripe.

Key nutrients
Monounsaturated fat, folate (a B vitamin), vitamin A, potassium, sterols

Clever ideas for avocado
To prevent a cut avocado from turning brown in the fridge, brush the fleshy surface with lemon juice or spray on a little olive oil spray, then wrap it in plastic. Use within three days.

Mashed avocado makes a healthy replacement for condiments. Spread it on sandwiches instead of using margarine or mayonnaise.

Mash ripe avocados with 1/2 tablespoon lemon or lime juice per avocado. Place the mix in an airtight container, cover and freeze for up to four months.

How to store
Cobs will store better if the husks are left as a natural wrapping. Keep in a bowl or basket at room temperature and aim to use them within a few days.

Did you know?
Cooking sweetcorn for longer will unleash higher levels of heart disease- and cancer-fighting antioxidants. Smart tip: Avoid sweetcorn cobs that have been stripped of their husk and wrapped in plastic. You could try…

Barbecuing corn until lightly charred, then enjoy with garlic butter, olive oil or just plain butter. Dust corn with paprika or black pepper before eating for a warm, spicy flavour.

Reproduced with permission from Reader’s Digest
The LISTENING POST  October 2009

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'.

Sudoku is a logic-based, combinatorial number-placement puzzle. The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9 only one time each. The puzzle setter provides a partially completed grid.

Provided by Sudoku.com.au

Easy Sudoku

Hard Sudoku

Crossword

Across
1 Book part
5 Pressure unit
8 Animal foot
11 That girl
14 Unhurt
18 Nonsense
19 Shade tree
20 Tree
21 Container
22 Tryout
24 Dimensions
25 Bath
26 Slide on snow
27 Picnic visitor
28 Capital of Ghana
29 Really cool
30 Hearts (2 wds.)
33 Attacking by surprise
36 Dress edge
37 Defeat
39 Jewish last name
40 Choke
41 Brash
42 Singer Billy
44 Balancer
48 Harness
50 Lot
53 Normally
57 Dieter’s joy
61 Put up
63 Regram (abbr.)
64 Grain
66 Elevate
67 Slow
68 70’s drug
70 Silly
71 Walk slowly
72 Spread
74 Fall mo.
76 Not max
77 Enclosed section of window
79 Abbreviate (abbr.)
82 Stage of life
84 French author
86 Dowel
87 Scout
88 That girl
90 Tolet
92 Cooking measurement
93 Gelid
94 Unidentified flying object
95 Iconic
96 American state
98 Terminal abbr.
99 Author Poe
100 Cooking tool
102 Sensible
103 Heal
105 Firewell
106 Unused
108 Sublime structures filled with fluid or diseased matter
110 Barron
111 Horse
112 Compass point
113 Unfold
114 That girl
115 Water carrier
116 On board
117 Friennder
118 Inhale loudly
121

Down
1 Unoriginal
2 Wait
3 Molder
4 Pear type
5 Fuel
6 Partially frozen snow
7 Color with dye
8 Went by
9 Request
10 Make a whizzing sound
11 Step
12 Large eastern religion
13 Insert
14 Deer
15 Electric spark
16 Shear, triangular scarf
17 Cornstalk
18 Soddy
19 Gumpy
20 Pros
21 Institution (abbr.)
22 Cann killed him
23 Elements
24 Type of Jet pilot seat
25 Gives a new title
26 Afloat (2 wds.)
27 What a cow chews
28 Rulers of the Lost (2 wds.)
29 Dashdie
30 Quaran
31 Eastern state
32 Unrefined metal
33 Normally
34 New York City
35 Type of cheese
36 Unfold
37 Type of cheese
38 Kangaroo bear
39 Transaction
40 American state
41 Direct
42 Kangaroo bear
43 Unoriginal
44 Name of astrological sign
45 Type of cheese
46 Type of cheese
47 Type of cheese
48 Type of cheese
49 Type of cheese
50 Type of cheese
51 Type of cheese
52 Type of cheese
53 New York City
54 Capital of Western Samoa
55 Seabird
56 Talk incessantly
57 Zip
58 Line
59 Sign language
60 Ball bolder
61 Mobsters
62 Mobsters
63 Entertainment
64 Water carrier
65 Bunt
66 Lemon
67 Plum
68 Food consumer
69 Direct
70 Polka
71 American-Indian lan
72 Quaran
73 Subway
74 Wading
75 Porpoise
76 American-Indian lan
77 Type of cheese
78 Pain
79 Boxer Muhammad
80 Ghos’s greeting
81 Archer’s weapon
82 Environmental protection agency (abbr)
83 Metric weight unit
84 Wharf
85 Communication Workers of America (abbr.)
86 Rat
87 Tongue
88 Oolge
89 Representative
90 Harder
91 Whoop
92 Sign language
93 Type of cheese
94 Married person
95 Canadian province
96 Bard’s before
97 Portable bed
98 Wield
99 Bard’s before
100 Lawer’s title
101 Ancient Greek tragedy
102 Harder
103 Type of cheese
104 Capital of Western Samoa
105 Farewell
106 Unused
107 Request
108 Foreign Agricultural Service
109 Escargot
110 Married person
111 African antelope
112 Cuvier
113 White
114 Old-fashioned Dads
115 Portable bed
116 Bard’s before
117 Crimson
118 Halter part
119 United Parcel Service
120 Dimmer
121 Kernel
122 Compass point
123 Unfold
124 United Parcel Service
125 Malevolence
126 Foreign Agricultural Service
127 Canadian province
128 Ancient Greek tragedy writer
129 Heaved
130 Flattens
131 Affloat (2 wds.)
132 Invation abbreviation
133 Heaved
134 Flattens
135 Capital of Senegal
136 Hot sandwich
137 Eyelet
138 Sauce
139 Hot sandwich
140 Onion roll
141 Hot sandwich
142 Invation abbreviation
143 Heaved
144 Flattens
145 Capital of Senegal
146 Hot sandwich
147 Invation abbreviation
148 Hot sandwich
149 Chooses a candidate
150 Mail
151 Conciliate
152 Dodger Tommy
153 Also
154 Dodger Tommy
155 Central processing unit
156 Central processing unit
157 Where you were at crime time
158 Stake
159 Association (abbr.)
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The Western Australian Philatelic Council
A State Level Exhibition with a ‘Court of Honour’
19th and 20th October 2013
Enquiries: John Dibiase
Prospectus: Ross Wood
Souvenirs: tafford@southwest.com.au
www.swanriverstampshow.com

Auction 2.00pm each day
Dealers
Free Evaluations
Activities for Juniors
Catalogues: Saturday: rosswood@bigpond.com
Sunday: Mike Kouwen (08) 9384 4981
Flags at Half-Mast:

The tradition of lowering flags to half-mast as a sign of remembrance is believed to have its origins on the high seas. As a sign of respect or honour for important persons, sailing ships would lower their sails, thus slowing the vessel and allowing for the VIP’s own vessel to come alongside and for him to board if so desired.

Half-staff or half-mast describes a flag flying approximately halfway up a flagpole or ship’s mast (though anywhere from one-third to two-thirds of the way up is acceptable.) This is done in many countries as a symbol of respect, mourning, or distress. Franklin, 1961 describes the tradition of flying the flag at half-mast began centuries ago to allow the invisible flag of death to fly on top of the mast, thus signifying death’s presence, power, and prominence. In some countries, for example the UK, and especially in military contexts, a ‘half-staff’ flag is still flown exactly one flag’s width down from its normal position, and no lower, in order to allow for this flag of death. This was the original flag etiquette.

However, with larger flags on shorter hoists in many public buildings, the practice of actual half-staff has become common, especially outside the UK, where it is now standard to fly the flag at halfway up the mast regardless of the size of the flag or hoist.

When hoisting a flag that is to be displayed at half-staff, it should be hoisted to full staff for an instant, and then lowered to half-staff. Likewise when it is lowered at the end of the day, it is to be hoisted to full staff for an instant, and then lowered.

The term ‘half-mast’ is commonly used colloquially to refer to half-staff, although military tradition indicates that ‘half-mast’ is generally reserved to usage aboard a ship, where flags are typically flown from masts.

Lowering of sails was also used to honour VIP’s who were reviewing a naval procession from the land. In time only the ship’s flags were lowered in a symbolic gesture. This practice was also adopted on land.

In Australia the protocol is as follows :-

On the death of the Sovereign, from the time of announcement of the death up to and including the funeral. On the day the accession of the new Sovereign is proclaimed, it is customary to raise the flag to the top of the staff from 11am.

On the death of a member of a royal family; on the death of the Governor-General or a former Governor-General; on the death of a distinguished Australian citizen. Flags in any locality may be flown at half-mast on the death of a notable local citizen or on the day, or part of the day, of their funeral. Recent examples include the death of naturalist Steve Irwin and actor Heath Ledger.

On the death of the head of state of another country with which Australia has diplomatic relations, the flag would be flown on the day of the funeral.

On ANZAC day the flag is flown half-mast until noon.

On Remembrance Day flags are flown at peak till 10.30am, at half-mast from 10.30am to 11.03am, then at peak the remainder of the day.

Dr Tony Thatcher
WA’s Forgotten Henderson Naval Base

Now that Australia has established a two-ocean Navy, it is well worth remembering that this concept was first proposed in 1910 with the Indian Ocean site selected being directly opposite today’s Fleet Base West, HMS Stirling which is located on Garden Island and was commissioned in 1978.

Way back in 1910, only nine years after Federation, the need for a substantial naval presence in Western Australia was recognised when the then Prime Minister Andrew Fisher pursued his ideals of a strong Navy for Australia. British Admiral, Sir Reginald Henderson was brought out from England to prepare a report on the naval defence needs of Australia.

His recommendations for rapid naval expansion were in accord with the optimistic spirit of nationalism which was prevalent in the young Australian nation at that time.

Henderson recommended that naval bases be established at Westportport, Victoria and Cockburn Sound in Western Australia to support Sydney in handling the greatly expanding Australian Fleet which was planned and armed and armed.

The long term plan for the Western Division of the Australian Fleet was to consist of four armoured cruisers, five protected cruisers, six torpedo-boat destroyers, nine submarines, one depot ship and one fleet repair ship with a total complement ashore and afloat of 7,500 personnel of all ranks.

A large area of land was resumed by the Commonwealth Government and proposed works to be carried out included a graving dry dock, building slipways, workshops, naval stores, barracks and an explosive and armaments depot.

Completion date was to be 1933 allowing for the massive expenditure to be spread over 20 years with site works to commence in 1912.

Named the Henderson Naval Base by the Minister for Defence, West Australian Senator George Pearce at the official declaration of the commencement of construction ceremony on 7 May, 1913, in an area set back behind the sand dunes bordered by Woodman Point and Jervoise Bay.

The event was attended by a large crowd of dignitaries and guests including the Premier of Western Australia, The Hon John Scadden and Admiral Sir William Premier of Western Australia, The Hon John Scadden and Admiral Sir William.

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The proposed works to be carried out included the Commonwealth Government and the workforce eventually reaching a peak of 10,000 persons.

Visibly the breakwater, dredging and important foundation work did not offer a lot to see for the outlay of more than millions of pounds before site work ground to a halt as British naval advisors, the workforce and funds were re-directed towards the war effort in 1915.

Post war in 1919, the famous British Admiral Lord Jellicoe visited the Henderson site as part of a reappraisal of Australian Western Naval Defences, recommending that construction should resume and more dredging and tidal observations should be carried out.

The following year dredging operations on the approach channel were again suspended to provide 15,000 pounds for the manufacture of cordite.

In 1921 all work ceased when it was decided that the post war economic situation in Australia saw the downsizing of the Royal Australian Navy to a cruiser squadron and a few vessels which rendered the further development of the Henderson Naval Base unnecessary.

Over the years many people have travelled to ‘Naval Base’ wondering where the name came from apart from the breakwater protruding out into Cockburn Sound and the remains of the 360 tonne former French tug Jean Bart which worked on the site before being taken over by the Navy in 1917.

Renamed Alacrat and used as a patrol vessel and minesweeper, it was sold in 1925 and employed in Fremantle until it broke its mooring during a storm whilst awaiting to be scrapped in 1929. Swept ashore near the abandoned Henderson site, her machinery was removed and the rusting hull remained abandoned, still visible in the early 1980s.

Over the years many people have travelled to ‘Naval Base’ wondering where the name came from apart from the breakwater protruding out into Cockburn Sound and the remains of the 360 tonne former French tug Jean Bart which worked on the site before being taken over by the Navy in 1917.

The area was officially named the suburb of ‘Henderson’ in 1973 and a road in the locality was named Alacrat Place.

Vic Jeffery

For enquiries or further information please email info@artillerywa.org.au or contact the Secretary, John Blyevens on 043 869 5711 or the Vice-President, Peter Mahoney on 040 040 8285.

Headquarter company 1st Australian Logistic support group (1 ALSG)

Mildura reunion: Thursday 24 April to Sunday 27 April 2014.

Meet and greet at the Inlander Resort on Thursday 24 April at 4.30pm. The main dinner at the Inlander Resort is on Sunday 27 April.

This reunion is for veterans who served with 1 ALSG and the family of veterans who have since passed on.

For accommodation and reunion details contact Tony Brown; (03) 5021 2066 Mobile: 0428 852 736.

Email: tonyraye11@bigpond.com

V Company Royal New Zealand Infantry Regiment

Auckland: 28 February – 2 March 2014

The surviving members of the Company are holding a Reunion in Auckland from 28 Feb – 2 March 2014 and extend an invitation to their Australian comrades in arms to join with them at this time.

More information: contact Brian Wilson – b.wil@xtra.co.nz

Reunions

1RAR Group Vietnam 1965-66 Reunion 2014

All former members of the Group are invited to register their interest in attending the reunion in Melbourne October 2014.

For more details Contact Ray Payne OAM at raypayne@veteranweb.asn.au or (07) 5524 7742.

Applecross Remembrance Day Service

The Applecross RSL Sub Branch will conduct a Remembrance Day Service at the City of Melville Memorial, Melville Civic Square, adjacent to the library at 11am on Monday 11 November 2013.

The Committee of the Royal Australian Artillery Association (WA) Inc would like to invite all Gunners past and present, their families and other interested parties to attend our annual Gunners’ Day march and service at St Matthew’s Anglican Church, Stirling Square, Guildford on Sunday morning, 3 November 2013.

Meet and greet at the Inlander Resort on Thursday 24 April at 4.30pm. The main dinner at the Inlander Resort is on Sunday 27 April.

This reunion is for veterans who served with 1 ALSG and the family of veterans who have since passed on.

For accommodation and reunion details contact Tony Brown; (03) 5021 2066 Mobile: 0428 852 736.

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Members of ex-service, unit and kindred associations and members of the public are invited to attend and lay a floral tribute should they wish. Those participating are requested to assemble by 10.50am.

Enquiries may be made on 9313 5649

Four Frigates Reunion

The proposed reunion of frigates HMAS Condamine, Culgoa, Murchison and the Henderson site as part of a reappraisal of Australian Western Naval Defences, recommending that construction should resume and more dredging and tidal observations should be carried out.

The surviving members of the Company are holding a Reunion in Auckland from 28 Feb – 2 March 2014 and extend an invitation to their Australian comrades in arms to join with them at this time.

More information: contact Brian Wilson – b.wil@xtra.co.nz
Once a Grunt
By Mike Ledingham
Published by BMS Books
(www.bms.co.nz)

Overview
Here’s something a bit different: Barrack-room humour that every former or serving soldier will recognise and appreciate, mixed with thoughtful insights into life in the military and in Civvy Street.

Once A Grunt is a quirky collection of 10 short stories by Mike Ledingham, a Kiwi who spent 15 years in the NZ Army (Infantry and SAS) and has since worked in a variety of jobs in his homeland and in Perth. The stories are presented in two parts: Army Life and Civvy Street. The title suggests, they’re all told from the perspective of the ‘ grunt’, the foot soldier, the ordinary bloke. And as you’d expect, senior military ranks and civilian powers-that-be cope a bit of mockery. It’s obvious that the author has a great deal of empathy with the ordinary everyday battler, the underdog. In this book, the underdog bites back. The first story set the scene in hilarious fashion – the fate that befalls a hapless head scout on jungle patrol after he suffers a snake bite on a delicate part of his anatomy. Other short and funny military stories centre on the inadequacy of mess food and on a rugby football ‘gryudge-match’ between two army units.

Two longer stories in the military section get into more serious stuff – the treatment of military prison inmates and a SAS selection course in the 1980s – well before the days of WorkSafe and HR. And as a note on the book’s back cover warns, some of the language is exactly what you’d hear in real life, in the circumstances being described.

Ex-soldiers will also identify with the book’s Civvy Street stories. Once a grunt, always a grunt – and so you have a certain world view when confronted with dilemmas and problems in civilian life.

As with the stories in the book’s military section, there’s a mixture of the funny and the serious – often in the same story. The straight-forward writing style and the short-story format makes this book an easy read. It will get you laughing and it will get you thinking.

The book has its own Facebook page: www.facebook.com/OnceAGrunt

About the author
As well as serving as a soldier, Mike Ledingham has worked as a farmhand, real estate salesman, small business operator, caregiver and, in an eight-year stint in Perth in the early 2000s, a hospital orderly and armed security guard. Mike is one of eight siblings and the father of five children, one of whom died in infancy. Once A Grunt is his first book. “Some of these yarns may have been inspired by actual events,” he says. “But they have been taken further in flights of fancy. So they are not true.”

Once a Grunt, by Mike Ledingham
Published by BMS Books, an imprint of Business Media Services Ltd
Available in hard copy and Kindle versions at www. bms.co.nz

“And Some There Be”
A novel by Vin Musgrave

This is a very human story of an Australian Army Major’s remaining 79 days of a twelve month posting in Vietnam. Major Jim Courtney, a member of the Australian Army Training Team Vietnam (AATTV), is an adviser to the Army of Vietnam (ARNV) who heads a small team of more junior advisers, a captain, a warrant officer and a couple of sergeants, both American and Australian, in the area around Hue, in 1 Corps.

The ARVN are fighting the Viet Cong (VC), the insurgent political and military organisation opposing the government of the Republic of (South) Vietnam. The VC are commanded by Ho Chi Minh’s North Vietnamese Communist Government based in Hanoi. The republic of South Vietnam is supported by the United States and its allies including Australia and New Zealand.

Although not revealed directly in the book, the time period is estimated to be in the late 1960’s during the Phase 2 stage of communist insurgency. Courtney and his team lead a relatively lonely and dangerous day to day existence where many on-going barriers have to be overcome. The frustrations they face are many. As advisers, they provide on-going daily help and advice to ARVN commanders of various ranks but are never permitted to command the Vietnamese troops themselves. They learn to communicate using a smattering of English, Vietnamese and French together with the use of signs and diagrams. At times the advisers become depressed that they don’t (and can’t) influence the way the war is conducted as much as they would like. Often overworked and deprived of sleep because of enemy activity especially at night, they also suffer hardships and occasional personal food shortages and encounter a paucity of resources hardware needed for local defence.

The 1 Corps advisers learn that the further North from Saigon (now Ho Chi Minh City) they serve, the lower priority they receive for re-supplies as well as ARVN reinforcements – all controlled from Saigon.

Needless to say, the advisory team develop a close personal relationship within their group which is sometimes crucial to their on-going day to day survival in the field. At times, their repartee is amusing, even priceless, as the writer combines his writing skills with his personal experiences as a major serving in a similar capacity it Vietnam. Throughout the book the author interpolates his expertise for the interest and amusement of the reader, skilfully revealing the dialogue, at times crude, and personal thoughts of the Advisers.

While of interest to readers who never served as Australian soldiers in Vietnam, the story would best be appreciated by those who did. Australian soldiers in war develop a close bond with one another and the memories of Vietnam veterans are sure to be re-kindled by “And Some There Be”. Retired soldiers who served as advisers in Vietnam are likely to relate to this book the most. I first met Vin Musgrave at the Army’s Jungle Training Centre (JTC) Canungra, Queensland in 1966 where I did a Tac 3 course and Vin was a Tactics Instructor. In 1968 as Infantry Majors we were both full time students at the Army Staff College, Queenscliffe, Victoria. Knowing Vin well I can identify his personality traits coming out in his book. I enjoyed reading it and feel privileged to have been invited to write its review.

Ken Bladen AM LTCOL (Rtd)
31 August 2013

Journey to Beersheba
by Kelvin Crombie

Author Kelvin Crombie has researched his subject well as he has lived in the area where this famous charge originally took place, with all the trials and tribulations that go with planning such a significant event in Australia’s Military History.

The book walks the reader through the history of the lead up to this historic charge with all of the local colour of the area and interviews of relatives of those who participated. This book has a considerable amount of personal content from Kelvin as he has spent some time living in the area. Kelvin’s meticulous research has produced a remarkable book with copious amounts of participation from locals, some of whom provided actual recollections of this event in Australia’s Light Horse history. Journey to Beersheba is an ideal companion for anyone who is proposing to travel to the Neguy Region of Israel and who has an interest in events that happened in this area on 31 October 1917. This book would be fascinating to those who are interested in Australian Light Horse Regiments of WWI.

Denis Connelly
August 2013 marked the 98th anniversary of Australia’s greatest Gallipoli success, The Battle of Lone Pine. We commemorate the landing at ANZAC Cove on 25 April but the Battle of Lone Pine is pretty much forgotten in terms of any national recognition. Despite the fact it was only a small part of a large offensive on ANZAC, it is a riveting story and deserves the full treatment. It was four days of the most gruelling fighting that produced the largest number of awards for valour of any battle in Australia’s war history.

On 6 August 1915 at approximately 5.30pm Australian soldiers in the trenches heard the whistle and ‘over the top’ they went. The Battle of Lone Pine was fought over four intense and bloody days. In this short period of time, seven of Australia’s nine Gallipoli VCs were earned — a powerful tribute to the courage and sacrifice of the soldiers involved.

Australian historian and author Simon Cameron’s book Lonesome Pine, The Bloody Ridge reveals where thousands of lives were lost in the intense battles and their life after war. Cameron hopes that his new book will educate and commemorate the landing at ANZAC Cove on 25 April 2013. He says, “We are about to celebrate the anniversary of this battle, and soon approaching the famous battle. It was four days of the most gruelling fighting that produced the largest number of awards for valour of any battle in Australia’s war history.”

Lonesome Pine offers an insight in the lives of the men of the front line, their stories from unpublished diaries, never exposed before now. It describes the days leading up to the attack and the horror of battle in gripping detail. Cameron says: “The Battalion commanders recorded some amazing accounts. Two commanders were killed fighting like heroic weekend warriors rather than cool professionals, and all were at the sharp end and lucky to survive.”

“The commander I find most fascinating is Charles Macnaghten, Commander of 4th Battalion. He was shot in the leg and refused to leave the scene until three days later. The toll on him was psychological and led to a lonely death in distant Canada. It is probably representative of many of the men.”

Lance Corporal Cyril Lawrence’s sums up the feeling on the battlefield, “Right beside me, within a space of fifteen feet, I can count fourteen of our boys dead. Ah! It is a piteous sight. Men and boys who yesterday were full of joy and life, now lying there, cold – cold – dead – their eyes glassy, their faces sallow and covered with dust – soulless – gone – somebody’s son, somebody’s boy, now merely a thing. Thank God that their loved ones cannot see them now – dead, with the blood congealed or oozing out.”

Lonesome Pine sets out the battle as it evolves, and with the support of user friendly maps, provides an insight into what war’s grand plans and tactical manoeuvres mean on the ground. Cameron also chronicles the aftermath for many of the soldiers. It is one of the unique things about the book but is, unfortunately, terribly bleak, reminding us that there is no wisdom in war.

Lonesome Pine conveys through the accounts of the men living and fighting on the front line the Australian soldiers’ determination and doggedness as well as the reckless cost of the horrors of war.

INTERESTING ANECDOTES IN WRITING THE BOOK

Decipher hand writing: Simon Cameron explains: “Trying to read pencilled notes in tiny pocket diaries written nearly a hundred years ago made me realise maps were more important. Handwriting will increasingly become a specialised skill.”

Turkish Pine Memorial Trees: A small group of surviving soldiers gathered pine cones from ‘Lone Pine’ before returning home. These pine cones were propagated and seedlings have been planted all over Australia as memorial trees. The propagation is now handled by the Yarralumla nursery in Canberra.

The current problem is that many of these trees were planted close to 100 years ago and they are beginning to die from both old age and the Australian climate. The question must be asked, what we are doing to preserve and re plant these trees.

Eat your greens

Leafy green vegetables are the go-to food to live on your winter menu - and also help keep seasonal nasties like the flu at bay.

Packed into one cup of cooked mixed greens:

About 120 kilojoules.

Beta-carotene that is converted into vitamin A in the body.

Half the daily requirement for vitamin C.

Anti-oxidant vitamin E to protect the heart.

Phytonutrients known as organosulphur compounds that detoxify potential carcinogens.

At the market

Season

A variety of cooking greens is always available.

What to look for

Pick brightly coloured, crisp leaves. Avoid bruised as well as limp or yellowing specimens – all signs of age. Woody stems and coarse veins in the leaves suggest the veggie will be tough.
AMAZING SPIRIT

Hollywood has been serving our Veterans for over 70 years.