

# THE LAST POST



KEEPING THE ANZAC SPIRIT ALIVE FOR AUSTRALIA'S  
VETERANS AND THEIR SUPPORTERS

ISSUE 21

THE LAST POST INTERVIEW  
JOSE MCLAUGHLIN

NAT YOUNG

COLD CHISEL

ROBE TO RECOVERY

JACK MUNDEY

TIM PAGE

THE COLOURED DIGGERS

JAPAN SUPERNATURAL



# The Last Post Story

Through bloodlines, The Last Post magazine started at Gallipoli. Its acorn then fought with the 2/10th in Milne Bay, Buna and Balikpapan and trekked the Kokoda in WW2. By the late-sixties, The Last Post magazine was ready to be born.

Raymond Thorsby Ross, who had fought in PNG and the son of Joseph Thorsby Ross, who had fought at Gallipoli, leased a small office in George Street, Sydney. Raymond had decided that a small magazine, designed to help RSLs and their members, should be introduced in New South Wales. To do this he would need advertising to help pay printing and distribution costs. Daily, Raymond would take the train from suburban Chatswood to the city and phone local businesses and sporting clubs, asking for their support. This ex-digger and RSL member worked long hours to get each edition out and was effectively the magazine's editor, graphic designer and distributor.

In 1974, Raymond and his partner moved to Scarborough in suburban Perth and continued The Last Post in Western Australia until his death in 1983.

Twenty-eight years later, Raymond's son and Joseph's grandson, Gregory Thorsby Ross brought his father's magazine back to life. Greg had lived with his father as a 15-year old, when he started working as a copy-boy and cadet journalist at The Sydney Morning Herald. The teenager became a first-hand observer of the early days of the ex-servicemen and women's publication. By 2011 he had put everything in place to re-introduce The Last Post to a public in desperate need of a modern, quality magazine to assist the veteran community. Only this time it would be a national. And this time, it would be for all Australians.

With this humble background, and from a history steeped in the Anzac tradition, the new national TLP was born and is now respected and read by not only Australian veterans but the wider global community.

Featuring profiles on contemporary and historical veteran issues as well as honourable Australians, organisations, institutions and companies, TLP has matured to be Australia's most recognised independent online and print veteran magazine.

Acclaimed for its quality and journalism The Last Post is unlike any veteran's magazine seen before.

The reason?

It speaks to all Australians as a reminder that the legacy of the Anzac Spirit is relevant to us all.

With editor Greg T Ross' up-close interviews with famous Australians, stunning layout and production and input from great writers covering relevant topics in history, music, arts, entertainment, sport, travel, gardening, this magazine is so well received by a wide audience that reaches far beyond the veteran community.

Pte Raymond Thorsby Ross, founder of the original The Last Post, left, during his time with the 2/10th in Papua New Guinea during WW2.





# from the publisher GREG T ROSS

I remember it as early November, during a trip to Sydney. But it had been going for some time before that. Memories blur doing events like the recent bushfires but it started in northern New South Wales and Queensland. Then it seemed like there was a new fire every day in different parts of the country. It became the greatest natural disaster in Australia's history.

It impacted The Last Post. I was in Adelaide putting the 21st edition together when I received photos of fires close to my house in Long Beach, NSW. I flew home and had to spend two nights in Sydney before the roads south opened long enough for me to return home. I walked into an ordeal of some magnitude. Over the next week or so there were orders to leave, as the fires drew closer. There were notices that it was too late to leave. Then there was packing of bags and belongings with a plan to head to the beach as separate fires closed in from the north-west and north-east. Then the power went off. I met those stranded at the Hanging Rock Evacuation Centre and met Hamish McDonald and his crew from the ABC. I also met the crew from a television station in Paris, France.

So now, at last, we have this monumental Issue 21 of The Last Post. Since 2011, each edition has carried its own indelible stamp but this one will forever be remembered for its association with the bushfires of 2019/20. We will have a close look at this disaster in the Anzac Day edition but meanwhile, here we are with Issue 21.

In this edition we take a look at the magnificent town of Robe in South Australia. There has been a combination of good people doing good work here, aimed at improving the health and outcomes of veterans, with the Robe To Recovery program. On Anzac Day this year there will be an historic football match in Robe and, with the help of Jacqui Bateman and Robe Mayor Alison Nunan we have been able to bring this story to the world. I will be there over the April weekend and look forward to catching up with people I first met during my magazine's first coverage of Robe in 2018.

We introduce you to new RSL NSW CEO Jonathon Black. In his Foreword, Jon speaks of the changing face of the RSL and the importance of its engagement with younger veterans and the community.

Cold Chisel are an iconic Australian band. They have become, over the years, almost an institution. In this edition we look at the group teaming with NSW Rural Fire Service and staging a concert on Friday, January 24th, with Hoodoo Gurus for RFS volunteers and their families. All proceeds from the sale of Cold Chisel/RFS T-Shirts at the concert will go to the RFS. The concert is part of the groups Blood Moon Tour.

Jose McLaughlin is a former member of England's Gerry and the Pacemakers and since moving to Australia, has played in a number of great Aussie bands and over 150 albums. In our chat with Jose he tells of his growing up in Liverpool, his mother's musical legacy and his time in Australia. Jose reckons everybody in Liverpool's a comedian and here he displays his great scouse humour.

In this edition we have poems from myself and New Zealand's amazing Jeremy Roberts and a review of former Dingo John Bois' new album, If I'd Gone To Nashville.

We also look at Jo Stone and Paulo Castro's Theatre for Change that is using performances from veterans to help fight Post Traumatic Stress Disorder.

Photographer Tim Page is a good friend of The Last Post. Within these pages we look at Tim's NAM Contact and the sheets of proofs and the art of capturing the perfect 35mm frame from his time in Vietnam, recording this defining conflict.

Surfer Nat Young has been a famous Australian since he rose to public attention as a young surfer in the 60's. I have interviewed Nat and that will soon be online and in the meantime, in this issue, we feature an extract from his latest memoir, Church of the Open Sky. Alongside that we also look at surfer and author Murray Walding's latest book, The Last Dance.

Like surfing, tennis is an integral part of Australian summers. We feature too, in this edition, tennis great Rod Laver's latest book, The Golden Era.

We also look at famous Green Bans activist Jack Munday and the book on Jack, by his friend and architect, James Colman. The book, The House That Jack Built, underpins the knowledge that preservation of Australia's historic regions and buildings is just as important now as it was back then.

Writer and filmmaker Jemma Pigott writes for The Last Post with her story of indigenous veterans, The Coloured Diggers and Wing Commander Mary Anne Whiting takes us to Point Cook in Victoria for a story on the Rededication of the AFC and RAAF Memorial.

We have too, an update on the amazing work being done by Veterans SA, Justin Brown and the Partnerships Hub. Since opening in 2018, The Hub has facilitated visits from over 3,000 veterans.

We interview Dr Mark Hinton, who is working on studies with Phoenix and Uni Melbourne to find new, more personalised and effective ways of treating PTSD.

Over in Western Australia, young veteran Dane Greenstreet, the Bunbury RSL and Forrest Personnel are helping to deliver disability employment services to veterans. It's an example of "cutting through the crap" of negative news and showing Australians engaging in positive, intelligent work.

It's another packed issue and you'll find plenty to read. We continue to bring you modern stories from great writers and a salute to our veterans that have dedicated their time to ensuring we're able to live in a community that strives to be fair to all and is able to debate without recrimination.

*Greg*



- The Maritime Union of Australia (MUA) acknowledges the central role of the Navy protecting our vital sea lanes and borders, in both peacetime and times of conflict
- The MUA also acknowledges and salutes the role of the merchant fleet in supporting the Navy and pays tribute to the many civilian seafarers who have lost their lives in supporting the defence effort
- The Navy and the domestic civilian fleet remain as active partners in supporting and facilitating Australia's shipping dependency as an island nation
- The MUA looks forward to continuing to work closely with Navy on the many synergies that exist in Navy operations and commercial shipping operations

For more information go to [www.mua.org.au](http://www.mua.org.au)



# foreword

JONATHON BLACK  
CEO RSL NSW

**I**t was only after speaking to a fellow former serviceman who I have always respected that I decided to apply for the leadership role at RSL NSW. Like many others I had not joined the RSL when I left the Army in 2005 because I only saw it as a club where you could gamble on pokies, enjoy a cheap 'parmi' and ale. This image had not changed until I started to prepare my application for the CEO's role. No wonder so many alternative 'ex-service organisations' had sprung up, many of which I have been asked to get involved with over the intervening years.

The RSL's core purpose of looking after veterans and their families has been hidden behind the façade of clubs and arguably a lack of strategic leadership to modernise the 100 year old institution to enable it to refocus on its purpose. Now that I have 'jumped inside' the organisation in NSW, my first impression is one of great potential. There are so many passionate and committed people who want to respect the past but unlock and mobilise its resources and reclaim its position as the leading ex-service organisation.

My youngest son has joined the Army this year. He is now a rifleman in the 6th Battalion, RAR and I'm pleased to report that teamwork and initiative are values he has experienced and told me about so far in his journey. 'Mateship' and camaraderie are strong and according to him he's already "sorting things out with his 'Q ee' and 'clerk' mates!" While the look and equipment worn has changed (thank goodness) since I retired, the most important aspect reflected by these values has not. Therefore, I'm now asking myself why, from my observations, has the most recent history of the RSL in NSW not reflected these core values of our armed services?

Long periods of introspection, closing the doors to change and localised self-interest have stifled the potential of the RSL to modernise and more effectively meet the needs of younger veterans. In saying this, I have also learned very quickly that what sets us apart from other organisations are our members and the camaraderie that RSL sub-Branched around the state and across the country can offer all veterans.

I'm seeing membership, sense of belonging and participation to help others as a strength. It's not the time to change the fundamental basis of this iconic institution, but work out how to turn this strength into something truly special. We can't just talk about changing, we have to do something to make it happen alongside and with the support of our members.

The wicked sense of Aussie humour and larrikinism is alive and well in our older generations and it is fun to be around. While younger generations seem to be happy connecting in cyberspace, both for services they need and socialisation, the negative consequences of the latter are coming to be known, such as isolation and not having a sense of belonging. Humans are social beings and our health, particularly mental health, can be improved if we interact in person. The RSL can unleash its potential by making some simple changes around how it engages with younger generations. It is this social connection and personal engagement which will make a difference. This positivity and drive from members for relevance in today's cyber world will drive the modernisation needed for the RSL to become the organisation all veterans want to join to help other veterans, ensure they are supported, and have fun.

My son has quickly recognised that there is strength in mateship. My job now is to make sure the RSL is there for him and all other veterans in the future, and I couldn't think of a more fulfilling challenge.



# contents

'The Last Post' magazine is owned and published by GTR Publishing, a subsidiary of B4E Pty Ltd, 42b Broomfield Crescent Long Beach, NSW 2536

## MANAGING DIRECTOR & PUBLISHING EDITOR

Greg T Ross

## ART DIRECTOR & GRAPHIC DESIGNER

Kirstie Wyatt  
0419 035 000  
kirstiewyatt@internode.on.net

## ADVERTISING

[www.thelastpostmagazine.com](http://www.thelastpostmagazine.com)

## SUBSCRIPTIONS

[www.thelastpostmagazine.com](http://www.thelastpostmagazine.com)  
[www.isubscribe.com.au](http://www.isubscribe.com.au)  
[www.magshop.com.au](http://www.magshop.com.au)  
[www.au.zinio.com](http://www.au.zinio.com)

## ENQUIRIES

GTR Publishing  
42 Broomfield Crescent  
Long Beach 2536 NSW  
0419 165 856  
[www.thelastpostmagazine.com](http://www.thelastpostmagazine.com)

Front and Back Cover:  
Cold Chisel Blood Moon Tour.  
Photo: Robert Hambling.

## FEATURES

- 34 Wing Commander Mary Anne Whiting takes us to the rededication ceremony at the Australian Flying Corps and Royal Australian Air Force Memorial at Point Cook in Victoria.
- 36 Best We Forget – Matthew Hepplewhite looks at the role of the media and the importance of facts when discussing climate change and its link to the recent Australian bushfires.
- 96 Your Conservation Questions Answered by Endangered Heritage.

## ARTS

- 4 Cold Chisel – Legendary rock bands Cold Chisel and Hoodoo Gurus play Bankwest Stadium to help firefighters.
- 6 The Last Post Interview – Jose McLaughlin. Born and raised in Liverpool, UK, Jose was thrown into a world of music and excitement at a time of the Merseyside cities emergence as a focal point for rock 'n roll.
- 12 Theatre for Change – Jo Stone and Paulo Castro write, direct and perform works for festivals and venues around the world. Their work with Disability Arts is well known as is their helping veterans overcome PTSD.
- 16 Nam Contact – Photographer Tim Page's book explores Tim's contact sheets and the art of capturing the perfect 35mm frame. These visual diaries are Tim's observation of humanity and inhumanity through war.
- 20 Japan Supernatural – Experience an astonishing world of magical creatures and phenomenal beings in Japanese art this summer at the Art Gallery of NSW.
- 22 Nat Young – Church of the Open Sky. Extract from the surfing legends latest book.
- 24 Murray Walding – The Last Dance. Extract from the surfer/author/pop historian's latest book on the 1960's surf and dance culture.
- 30 The Coloured Diggers – Writer/director Jemma Pigott writes of her work with indigenous veterans and of their fighting for Australia while being mistreated at home.

## HEALTH

- 38 The South Australian Veteran Partnership Hub. Situated in Glenside, SA, good work continues to be done by Veterans SA and Justin Brown. Since it's inception in 2018, The Hub has worked with over 3000 veterans.
- 41 Have Your Say to Improve Veteran Mental Health.
- 42 Interview with Dr Mark Hinton, Director of the Centenary of Anzac Centre's Treatment + Research Collaboration.
- 44 Too Many Veterans in South Australian prisons.
- 48 Bunbury RSL's Young Veteran Engagement. The Bunbury RSL is engaging in a program to encourage young veterans to get involved.
- 50 Discussing What Matters Most for Older Australians.
- 52 What Would You Give for a Peaceful Death with words from Dr Roger Hunt.
- 59 The Last Post March for PTSD.

## TRAVEL

- 61 Robe To Recovery – The Robe to Recovery program assists veterans + their families by providing them with a break in this beautiful, sea-side town in the south-east of South Australia.
- 72 Follow the heroes + walk in the footsteps of ghosts. Don't just keep it on your wish list. Take the next step + visit the Western Front battlefields. Travel with RSL SA's Keith Harrison and gain a deeper appreciation of service and sacrifice.
- 74 An Uplifting Adventure by Steven Skeet.
- 80 The Sunshine Coast – From beautiful beaches to hinterland hideaways, Queensland's Sunshine Coast offers a range of natural wonders.

## SPORT

- 88 Rod Laver – The Australian tennis legend takes us into his life with this extract from his latest book, The Golden Era. The Golden Era looks at the three decades when Australian players dominated the world rankings.
- 90 Living Legends – As the horse racing capital of Australia, it's only fitting that some of the country's most famous horses live out their retirement in this beautiful ranch, on the outskirts of Melbourne. Living Legends is the international home of rest for champion horses.

## GARDENING

- 94 Gardening Australia's summer gardening tips.



## designer / art director KIRSTIE WYATT

The Last Post Magazine has been praised nationally and internationally since it was launched in 2011 and is designed by Kirstie Wyatt from Wyatt Creative. Kirstie is a freelance graphic and web designer and can enhance your marketing to get the results you want in your business.

0419 035 000 [kirstiewyatt@internode.on.net](mailto:kirstiewyatt@internode.on.net)



[www.facebook.com/thelastpostmagazine](http://www.facebook.com/thelastpostmagazine)




Cold Chisel teamed up with the NSW Rural Fire Service Association to design this fantastic T-shirt, on-sale at all of the remaining Cold Chisel shows. All proceeds are going to the NSW RFS. Get one at the shows!



Cold Chisel's new album Blood Moon out now. Limited tickets available for Blood Moon Tour 2020. [www.ticketmaster.com.au](http://www.ticketmaster.com.au)





A large crowd of people is gathered at a concert at dusk. In the foreground, a security guard wearing a high-visibility yellow vest with the word "SECURITY" on the back is visible. The crowd is dense, and many people are holding up their phones to take pictures. The background shows a sunset sky with orange and yellow clouds. The text is overlaid on the right side of the image.

Legendary Australian rock bands Cold Chisel and Hoodoo Gurus will play to a full house at the first ever concert at Bankwest Stadium, with the crowd including thousands of Rural Fire Service volunteers and their families who will be honoured guests at the venue.

Minister for Sport and Member for Parramatta the Hon. Dr Geoff Lee, MP, has announced that Venues NSW, which owns the Stadium on behalf of the NSW Government, has donated more than 2500 tickets to volunteers as a "thank you" for their extraordinary service and sacrifice during the current bushfire crisis.

As part of their first ever outdoor summer tour, Cold Chisel will be joined at Bankwest Stadium on Friday 24 January by Hoodoo Gurus, Birds of Tokyo and Busby Marou.

Cold Chisel frontman Jimmy Barnes said the band was looking forward to seeing RFS bravehearts at the concert.

"We've been really moved by the sacrifices that these courageous volunteers have made in this desperate time," says Barnes. "We're excited to have them join us for this great night of rock & roll – and to raise our voices and say 'thank you'."

Good seats are still available for the Blood Moon Tour 2020 show at Bankwest Stadium on Friday 24 January via Ticketek here: <https://premier.ticketek.com.au/shows/show.aspx?sh=COLDCHIS20>. Gates open at 4.30pm.

Fans attending the concert will be able to donate directly to the NSW Rural Fire Service and the official tour charity Foodbank, which has been providing relief for fire-affected communities. Cold Chisel has already pledged a six-figure sum to fire services and other support networks.

Cold Chisel have been playing to rave reviews around the nation since the tour started on New Year's Eve. Their album Blood Moon debuted at #1 on the ARIA Chart in December and the band's album All For You – The Best of Cold Chisel has just been announced as the second highest selling Australian album of the past decade.

Cold Chisel Blood Moon Tour.  
Photo: Robert Hambling.

Jose McLaughlin was a key part of famous Liverpool group Gerry and the Pacemakers when the group re-formed in 1972.

These days he calls Brisbane home, and works as a session guitarist and teacher. Jose also has formed his own bands, including jazz bands McJazz and Ambrosia and has played on more than 150 Australian albums.

Here, the musician displays the famous Liverpoolian humour in his memories of growing up in a time and place that is part of musical royalty. He speaks of his mothers legacy and on arriving in Australia on his first tour with Gerry and The Pacemakers.

*The Last Post:* Hello Jose and welcome to The Last Post.

*Jose McLaughlin:* Good morning Greg, nice to be here.

*TLP:* You have a fantastic musical history. You're living here in Australia now, of course. What are you doing up there in Queensland, you're with the conservatorium?

*JM:* I am, these days. I'm in my 70's so I'm just doing enough to keep my hand in and keep myself occupied. I lecture in music at the Queensland Conservatorium of Music and I still do the odd gig.

*TLP:* That's a good thing for us all. I think you were involved in the Sydney, 2000 Olympics?

*JM:* I was, yes. I co-wrote the theme song for the Sydney Games, yeah.

*TLP:* For anyone that is not aware, your history includes a stint with the famous Liverpool group, Gerry and the Pacemakers. Tell us how that came about.

*JM:* Well, I'd been playing...I started playing in groups in Liverpool from the time I was 13, starting out in a small way, feeling your way, playing in the suburbs and local clubs and stuff and graduated through the ranks of the bands and the muso's so when it got to the stage where Gerry was looking for a new piano player after the original one had gone and I was kinda...I got myself to the stage where I was an obvious pick. There were lots of recommendations and stuff like that. So I went to see Gerry and he said, "Yeah, okay, you're in the band", he said "You're coming to Australia next week".

*TLP:* What a nice introduction, Jose. When you say it was obvious. Had you known Gerry? Had you been playing with some of the people associated with them? I guess, in Liverpool, everyone knows everyone?

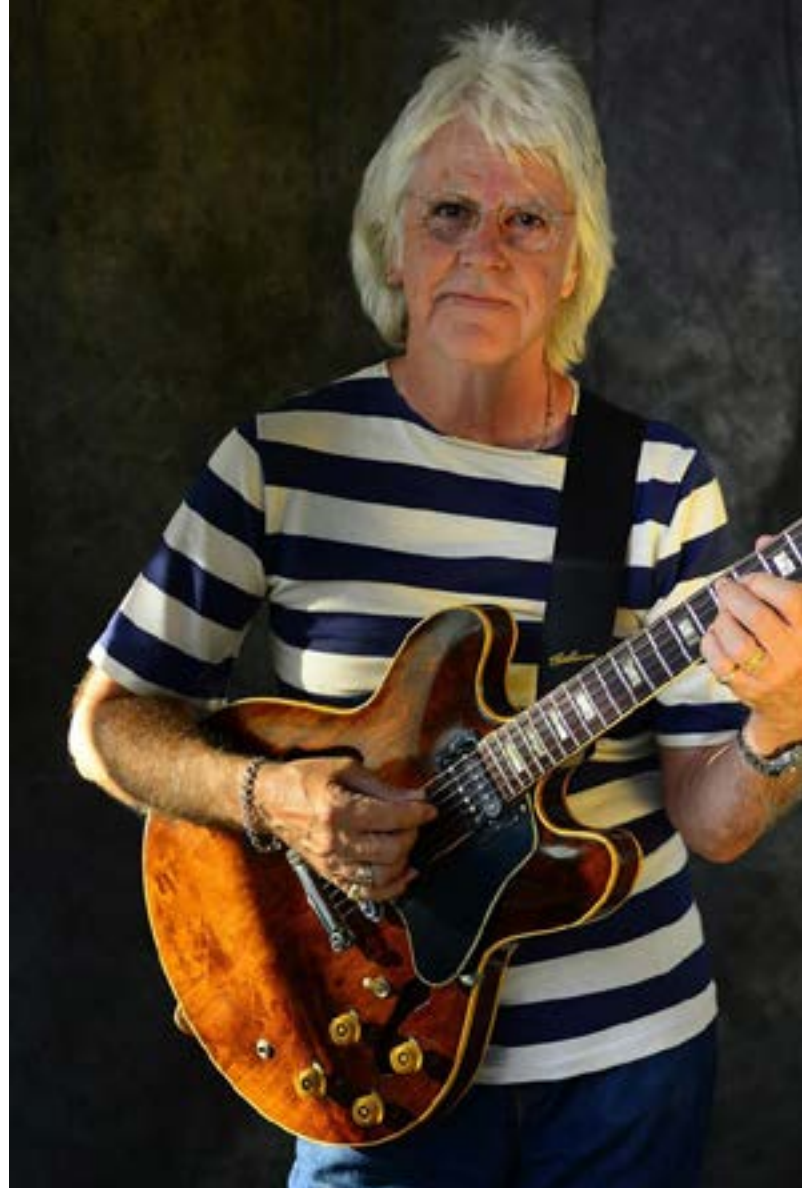
*JM:* More or less. Back then it was a very big scene. There were lots of bands. The umbrella name that was given to it was Merseybeat. But, there were lots of bands and you'd run across each other all the time. If you weren't playing one night, you'd go and play in somebody else's band. It was a big scene and it took a while to rise-up through it because there were so many musicians. Eventually I was playing with the cream of the guys from Liverpool.

*TLP:* What did it feel like? There must've been a constant buzz going around Liverpool after that initial launch of Merseybeat, of course. I guess Gerry himself had some connection with all of that and with Epstein when he was alive., being Gerry's manager and George Martin did some work the group too.

*JM:* Yeah, that was all part of it. Not just The Beatles and Gerry and The Pacemakers, there were some other groups in Liverpool who were under the same wing, like Billy J Kramer and the Dakotas, Fourmost, The Big Three. Quite a few groups got their start in that way.

*TLP:* Did that have the feel of being a family within a family, with all those people under that umbrella?

*JM:* Prior to that, everything musical in England was based in London. Liverpool was this provincial kind of outpost, up in the north that nobody ever really gave any bother to. "Oh Liverpool? That's just a port, up north, you know". So the scene in Liverpool managed to develop and form its own



identity all on its own. Because it was cut off from the rest of the music industry in England, it just went on and developed its own thing and we got on with it and there was then a big scene in Liverpool. Once that broke out and The Beatles and Gerry and The Pacemakers started making records, newspapers started coming to Liverpool to see what else was coming out of there. Because of that, a lot of the other Liverpool groups were able to jump on the coat-tails of what was already going on and to get some success out of it too. The Liverpool sound really took off.

*TLP:* It must've been good for you knowing and seeing people from London coming up to Liverpool on hearsay and from what they'd heard themselves from what was an amazing pool of talent. How did that all happen?

*JM:* How did what all happen?

*TLP:* The emergence of talent in Liverpool. I know John Lennon had spoken about the music that would come across from overseas, mainly America, on the ships. How do you look at that evolution of talent from within Liverpool?

*JM:* It was a pretty rough place, Liverpool. When I think back to my childhood in Liverpool I invariably see it in black and white and not in colour. The weather was terrible, it was cold, it was dank, dark. It was miserable. People were broke and poor and I think, in a lot of respects, for a lot of the kids in Liverpool at the time, they had two choices. They were either going to get in trouble with the law or they were going to find some other outlet for their energies. It was a situation in Liverpool that grew out of trad-jazz and then skiffle music, like Lonnie Donegan. Pretty soon the kids in Liverpool worked out they could buy cheap guitars, get an old tub and a broom handle with some string and that's be a bass and get their Mum's washboard and that'd be like the drums and for virtually no money at all they could get together"



# Jose McLaughlin



"A LOT OF THE KIDS IN LIVERPOOL AT THE TIME, THEY HAD TWO CHOICES. THEY WERE EITHER GOING TO GET IN TROUBLE WITH THE LAW OR THEY WERE GOING TO FIND SOME OTHER OUTLET FOR THEIR ENERGIES."

and play music. I think it evolved from...this went on a lot and I think it all just evolved from there. They mightn't have been talented but certainly enthusiastic and I think talent came from just years of doing it before the whole scene was discovered.

*TLP:* Yes, and when you've got that selection of what to do, to end up in jail if you like or to pursue an outlet of creativity, it's pretty easy to turn to music. How did you get into music? Was it jazz for you, from the start?

*JM:* My mother was a great piano player. She used to play Fats Waller. She died when I was six. All of a sudden there's no piano playing in the house anymore. So I took it upon myself, at age 6, to continue piano music. I'd sit there and pick out tunes and over the years, this just grew and grew. By the time I was 13 I was...I could get around the piano pretty well and I had some mates in the area where I lived, they were forming bands and they said, "Do you want to come and play?". I jumped at the chance. That was it.

*TLP:* From there on, the road continued until...I guess, with Gerry. What was touring with Gerry like?

*JM:* Well, it was exciting. I'd been playing in Liverpool during this exciting period but not in a band that was doing a lot of touring and making records and stuff like that. We were all doing our local thing, you know. With all the other Liverpool musicians, there was always the dream there that somehow, somehow you'd break through and be part of the bigger thing. So, when I got the chance to join Gerry, it was really exciting. The thing is, if it hadn't have been for that, I

don't know what I would've ended up doing in Liverpool. All of a sudden I was touring and seeing parts of the world that I thought I'd never, ever see. I was going to the far-east and to Australia and to America, all over Europe. Everywhere. All of a sudden I'd been thrust into this situation I wasn't used to. So it was really, really exciting.

*TLP:* How old were you then?

*JM:* About 19.

*TLP:* Do you remember much of your impressions on your first tour of Australia?

*JM:* Yes. Not a lot that I could tell you about in this interview (laughs).

*TLP:* Yes, well, we'll save that for the book.

*JM:* Coming out here to Australia was unbelievable. Out of being in Liverpool, because it was the first major tour I did. To all of a sudden land in Australia and experience never-ending skies and sunshine and fresh fruit and vegetables with the healthy atmosphere and lifestyle, it was a real eye-opener. The band was still at the stage we're we were still so popular we had a really good following out here. The concerts and everything were great. We were meeting up with all these other world-famous people out here and sharing the stage with them. At that time there were bands like Three Dog Night that we were touring with along with some of the other English groups like Freddie and The Dreamers. All of a sudden I was in a different world. It was great.

*TLP:* What made you come to Australia as a permanent resident?



“...THEY SAY EVERYBODY IN LIVERPOOL IS A COMEDIAN, WHICH IS TRUE BECAUSE YOU’VE GOT TO HAVE A SENSE OF HUMOUR TO LIVE THERE.”

*JM:* Well, we’d been out here a few times and obviously I’d made some contacts out here, in the music industry and I’d been with Gerry and The Pacemakers for quite a few years. Things get to a point often, where you instinctively know it’s time for a change. At that particular point, in 1974, things were pretty bad in England. We had a three or four-day working week, there was a lot of protests and rioting going on...

*TLP:* The troubles in Ireland as well...

*JM:* The troubles in Ireland and this kind of all banded together for me to think, this isn’t a very good place to be at the moment. My thoughts turned to Australia. I had an Australian girlfriend at that time. One day, out of the blue I said, “Let’s give Australia a try” and she said, “Yeah, okay”. So we got a one-way ticket on a Qantas flight. It was an old 707 so it took about 3-years to fly here. It was like getting a bus in those days. It stopped everywhere, you know. I was coming out to give it a try, I always had an option of returning. So we arrive at Tullamarine Airport and the customs guy says, “G’day, sir, how long do you plan on staying for?” and I said, “Possibly for good” and he said, “Fine” and he stamped my passport and in I walked. It was as easy as that. So, I was in Melbourne, which for me was the hub of music in Australia. I’d made some contacts, one of which was Buddy England and he’d just been made the A+R for Astor Records and he told me he was putting a House band together and asked if I’d join. There was me and Peter Robinson and Garth Thompson from The Strangers. So, we started making all these records for Astor. At the same time there was this show on Channel 9 called New Faces, a forerunner for all the other talent shows they have these days. And I said to Julie, my girlfriend, “Let’s go on that” and she said, “No, oh no” (laughs). But I had my way and we went on and we won the Grand Final and we got a recording contract with Phonogram and then one thing led to another and I just ended up staying here.

*TLP:* So, you were playing with some good musicians in Australia and it evolved from there. What are some of your favourite memories from that time? Did you stay in Melbourne long?

*JM:* Yes, I stayed in Melbourne for a while, around 10-years. I ended up being in quite a few prominent Australian bands at the time. Not names that people would know these days but...

*TLP:* Give it a try, see if...

*JM:* Okay. I was in New Dream.

*TLP:* Well, right off the start, we know them. John Bois used to play with them on bass...

*JM:* Yes. I was with another band called Pantha.

*TLP:* I’ve heard of them too.

*JM:* Yes, we had an album out. And then the next band was called Daniel, a Little River Band type.

*TLP:* What happened to Daniel? Where did that come from?

*JM:* It was a combination of country-rock, Little Feat. Most of the material we were playing was original. The band were originally from Newcastle, NSW and had come to Melbourne and were managed by Mike Rudd from Spectrum. The band had got a deal with Yamaha who supplied all the instruments and a recording contract with Image. I joined them just before they made the album so I played on the album with them. The album ended up getting to number three on the charts in most places in Australia. We toured and played on Night Moves...

*TLP:* With Lee Simon...

*JM:* On Channel 7. We did the Night Moves Concert with Skyhooks and Jo Jo Zep and The Falcons and Sports and that was recorded and came out on an album on Mushroom Records.

*TLP:* That was an exciting time in Australian music. There were a lot of new bands and most of them were good. There was a lot of good music happening.

*JM:* The Seventies were a great time in Melbourne...

*TLP:* Yes, they were. There was also The Dingoes who left for America in ’76, I think...

*JM:* Yes, I ended up working with Broderick Smith. He had a group called...

*TLP:* Big Combo?

*JM:* Just before that, called Hired Hands.

*TLP:* Do you ever see Gerry when he comes out to Australia or when you go over there?

*JM:* The last time I spoke with Gerry would’ve been around 10-years ago. I think I was in Perth and he found me in Perth. He’s retired now.

*TLP:* He comes across as a good person and a dedicated musician. How did you find him?

*JM:* Well, I just walked around the corner and there he was...(laughs). Yes, he’s a cheeky chappy. He’s a typical Liverpool funny...they say everybody in Liverpool is a comedian, which is true because you’ve got to have a sense of humour to live there. Gerry was the epitome of that, happy-go-lucky, cheeky, cheerful but he was a very good singer and guitar player and he wrote really good songs so he had the full package really.

*TLP:* It’s been fantastic sharing some of your memories. I think there’s a book in this.

*JM:* I do have a lot of stuff and stories like that, yeah. There is a book there and one day I might get around to doing it. Meanwhile, my Facebook page works as an archive.





# Frank's Coffee Shop

1. Frank's coffee shop is an original '50s diner with one cook, one waitress. I order burger & coleslaw. The waitress smiles, notes it down. The coffee will be refilled for nothing. The cook gets busy. The waitress fills the cook's eyes like a plate of hot fries, as she clutches her cell-phone, staring out the window.

She is deep in the digital universe because this is where dreams now live. She is waiting for something - in a uniform that is slightly too small. I want her to be an old-fashioned girl, a 1950s girl -

who smokes Lucky Strikes.

Her favourite actress is Natalie Wood.

She digs Elvis, admires Rosa Parks.

Senator McCarthy sucks.

She's not sure where she fits into 'The American dream'.

After her shift, she's picked up by a guy driving a '57 Chevy.

She jumps in beside him, he burns rubber ...

Sixty years later, I finish eating, pay, leave a tip

& walk back outside.

2. Not much is known about how thoughts arrive, but the process involves 'neurons' & 'synapses.' For instance, decades may wobble around in the brain, before forming a soft pillow of nostalgia. Today, electronic portals connect us to Cyberspace - where games of survival & yearning also exist. This type of 'being in the moment' is regarded as de rigueur, a virtual reality of living nerves.

JEREMY ROBERTS





## A look at America.

### Episode # 17. Michael Moore and the poisoning of Flint.

Because I have stayed in Flint, Michigan with other ex pats I am drawn to the actions of the Michigan Governor who apparently thought that black lives didn't matter in regards to lead levels

in the water and when black Americans protested

and the police manhandled a black woman and the woman's husband yelled, "Don't touch my wife" he was set upon and arrested.

Good white people like

the Sheriff who had fought in the Middle-East and had been a Democratic candidate believe the Mayor should be jailed.

This guy said he would not shut up for nobody and he was tired of hearing that America was the greatest country in the world because it is not, he said.

Speeches at the women's march inspired the women candidates who were kicked out of meetings with Trump because he wouldn't allow questions.

Women fighting for America by speaking up.

New wave women in America being encouraged not to rock the boat,

Women being taught to expect to lose and to just be quiet. Like Levi who struggled against the moderates, proving that sometimes

the

greatest fight comes from the ones you least expect.

Teachers get paid shit in West Virginia.

They live on food stamps and work two jobs. Teachers wearing tracking devices installed by a Governor called Justice.

Teachers strike in West Virginia being told they could go to jail. Labour strikers wearing red bandanas, tired of being underpaid.

Kids in America are pissed off and want more than thoughts and prayers for shooting victims. Americans are pissed off.

Dylan from Parkland is pissed off. Mallory is pissed off.

Cameron Kasky is pissed off too. Welcome to the revolution

kids say,

with no adults allowed.

Back in Flint, the Governor apologises while the President visited and sat with the Mayor and pretended to drink a glass of water.

All good here in the poisoning of Flint.

**GREG T ROSS**



#### HOW IT ORIGINATED:

'Theatre For Change' began as a discussion between State Theatre Company South Australia and The Road Home and in 2019 received funding from The Office for Ageing Well to run a pilot program. Jo Stone and Paulo Castro were approached by State Theatre Company South Australia to put in a workshop proposal for the program with an anticipated start date of September 2019.

#### OUR EXPERIENCE:

The original proposal was designed to be responsive to the pathways taken by the participants and has developed into a space for creating a collaborative new script. It became clear the participants have an incredible ability to write. We have seen a huge evolution and commitment and are constantly surprised by the beautiful offerings of writing and material. It has been a humbling journey for both myself and Paulo with these amazing people and I believe nutritious and fruitful work for all of us. We are very excited and honored to help guide the beginning drafts of a new work.

#### MENTAL HEALTH AND ART:

Global Conference for PTSD: As a part of this journey, Jo was fortunate enough to attend the Global Conference for PTSD an afternoon and sat in on the key note speakers and panels on the role Sport and Art play in healing trauma. David Wiseman spoke about the 'narrative' of the 'changed' as opposed to the 'broken', and how emotive stories are the most published as they are effective for fundraising and entertainment. He spoke about the importance of not treating VETS as a resource or commodity that belongs to a brand ie: Recovery Narrative. Paulo and I are very clear that the work we are doing is not therapy driven. We don't want these sessions to be focused on recovery of trauma, but a space to share stories, reflect and create whatever participants are interested in. By default, theatre practice allows space for stories to be told, shared, feelings to be utilized and it is celebrated and at the heart of the practice.



# Theatre FOR CHANGE

Jo Stone and Paulo Castro formed Stone/Castro in 2002 in Europe. They have since been commissioned to write, direct and perform works for Festivals and Venues worldwide. Individually and together they have run workshops for Tertiary Institutions and Schools, as well as worked for Disability Arts Companies, independent theatres and initiatives for specific community groups.

## PAULO CASTRO

Paulo Castro is a Portuguese theatre director, performer living in Australia since 2006. As Associate Director / Actor for the Portuguese National Theatre, he directed "Red Black and Ignorant" (Bond), "Chaos is near god" and "Licence to Kill" (Noren), and performed "Giants of Mountains" (Pirandello), "Lessons" (Inonesco), "The Hour We Knew Nothing" (Handke), "Endgame" (Beckett). Other directions include: "Happy Days" (Beckett), "Category 3.1" (Noren)/European Capital of Culture Portugal, "Blackout" and "The Country" (Crimp) /Adelaide Festival 14 / 16, "Wake Up Hate" (Fabre), "Cada Sopro"(Benedict Andrews), "Mission and Mauser" (Muller) (Awarded best director in Portugal), "B-File"(Levy) (nominated Best Direction Green Room 07), "Motortown" (Stephens), "Crime of the 21st Century"(Bond), "Hamletmachine" (Muller), "Phaedra's Love" (Kane), "Roberto Zucco" (Koltes) and "La La Luna" (Castro). Recently he directed "Hello my name is" (Bond) for OzAsia Festival which toured Portugal National theatres.

Paulo's Australian performances include: Chunky Move's "Black Marrow" Melbourne Festival 2009, "I only Came to use the Phone"/Netta Yaschin. Film and TV include: Double Happiness (Cole Larson), The Strangest Alien on Earth (Anthony Fith), Plonk:Series 2 Ch:9.

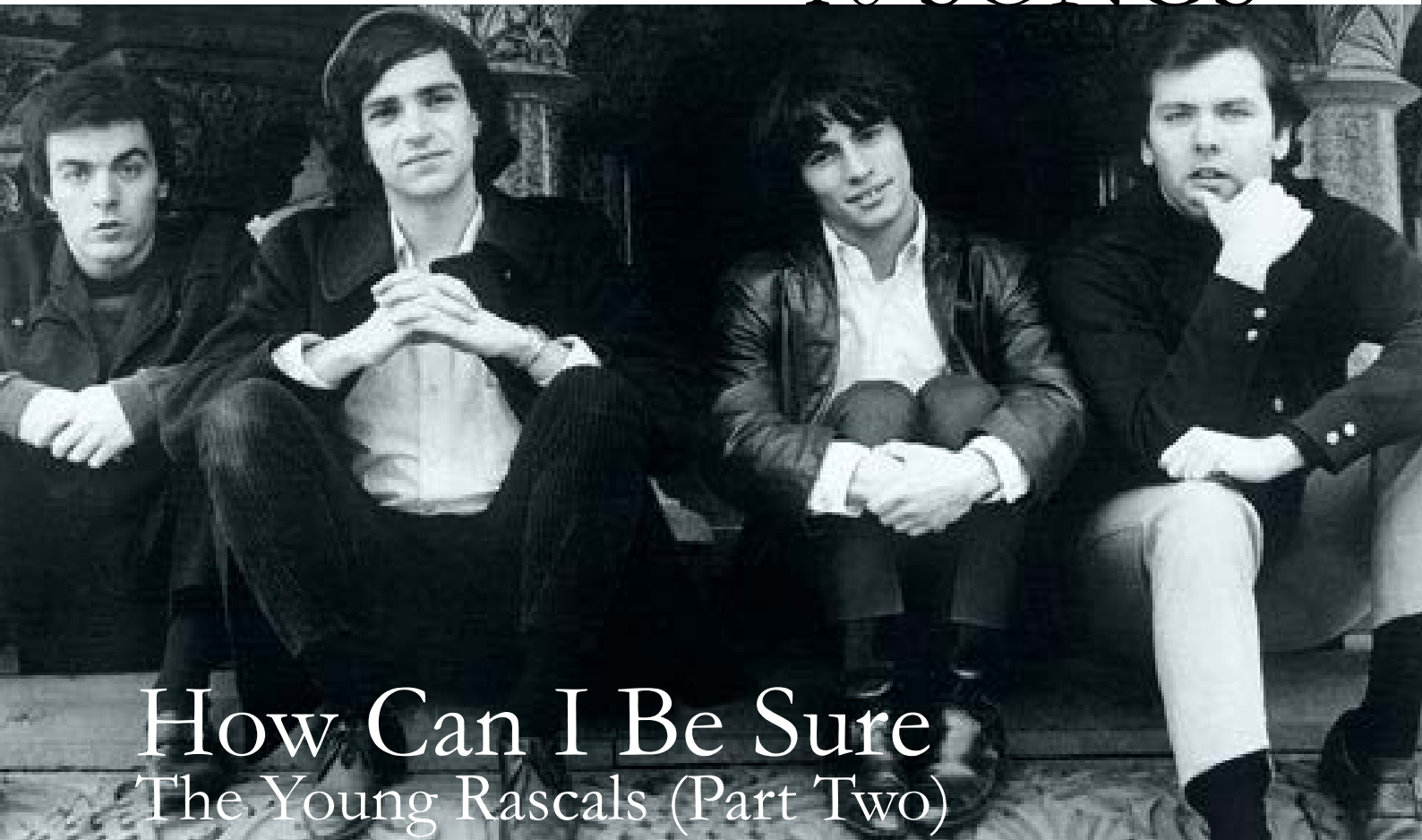
## JO STONE

Jo Stone graduated from Flinders Drama Centre, and works in Theatre, Film, TV and dance theatre as an actor, director and choreographer. She formed Stone/Castro with Paulo Castro in 2002.

Theatre credits include; 'Welcome the Bright World' (Sewell)/Charles Sanders/ STCSA, 'The Country' (Crimp)/Stone/Castro and 'Blackout' (Stone/Castro) Adelaide Festival 14/ 16, 'White Rabbit, Red Rabbit' (Soleimanpour), 'Information for Foreigners'/ Benedict Andrews, 'B-File'/Castro (nominated Best performer Green room awards 07), 'Superheroes' (Stone/Castro), 'MiWi 3027' (Glenn Shea)/ STCSA/ Country Arts SA/ Julian Meyrick. Directions include; 'Dis-integration' (DanceNorth), 'Untitled', 'Birds', and 'Fragments of Faith' /ACArts Dance), 'Private Lives' (Feast Festival), 'Fury'(Murray Smith)/ ACArts Acting).

Dance theatre /Opera performances include; '9x9' and 'Foi' (Sidi Larbi Cherokau) / Co les Ballet C de la B), "Blue Love"/co-directed/performed with Shaun Parker, 'Big in Bombay' and 'Back to the Present' (Constanza Macras), 'Writing to Vermeer' (Peter Greenaway), 'Madam Butterfly' (Oxenbould/-Barclay) State Opera SA. Film and TV credits include; "The Big Nothing" (Sharptooth Pictures) (nominated Best Actress FirstGlance Hollywood), 'Grounded' (Luke Wissell), Going for Gold (Glen Pictures) and 'Double Happiness Uranium' (Cole Larson). Children's TV series "Music Shop" (Ch:9 Series 1, 2), 'Changed Forever', 'Plonk' Series 2, 'Anzac Girls' and 'Pine Gap'.

# 10 SONGS



## How Can I Be Sure The Young Rascals (Part Two)

It was 1974/75 in Perth and David Cassidy was the pop rage. He had done a respectable cover of The Associations Cherish and then a passable take on The Young Rascals How Can I Be Sure.

It was at the time, a reminder to me of the importance of The Young Rascals. I remembered their contribution to pop music in the late 60's when I thought they were nearly as good as The Beatles. Life. What an amazing journey.

5 years after David had covered The Rascals, I'm in Adelaide. I'm shopping in a record store and I come across a 45 vinyl double A-side of Groovin and It's a Beautiful Morning. I bought it. Years later, Felix Cavaliere from The Young Rascals told me that single was a rare release from Atlantic, cashing in on the groups history. How this vinyl turned up in the record store I visited one lunch time in Adelaide, is beyond me. But I loved it and it took me back to when I was a 12-year old. And then I would become friends with Felix, many years later in an interview that went so well he told me to stay in contact. Listening to good music is meditative and will help convince you that life is beautiful and too short to imagine we change to any great degree. Maybe I'm still the kid that loved The Young Rascals in the summers of love in the late 60's. Maybe I'm still the young adult that found the 45 vinyl in a record store in Adelaide. The roots for being an observer and a recorder were planted by songs like this. And it all came together to help connect with a man I admire from a group that left an imprint on my youth and a generation of kids lucky enough to be part of something special. Felix had been taught piano from an early age and used that to write great tunes with words expressing the sensitivity of a young male who felt peace could be achieved and that girls and women were an important part of his life.

**JACK P KELLERMAN**



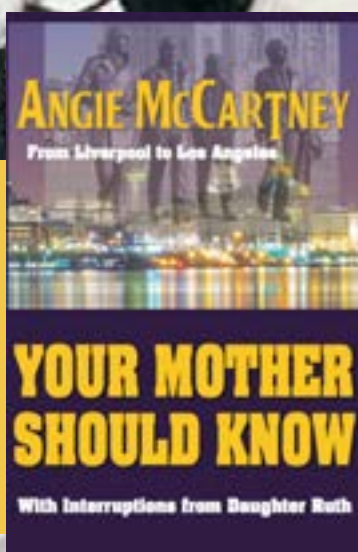
# From the Beatles, to World Travels, to Tea...

## MCCARTNEY'S COLLECTION OF STORIES A FAB READ FOR ALL AGES

Your Mother Should Know is the second book from McCartney, who published her first book, "My Long and Winding Road," in 2013. Now 90 years old, she shows no signs of slowing down. Her latest work is a collection of often hilarious and always heartfelt quips, memories and observations. Along for the ride is McCartney's ever-loyal and equally saucy daughter Ruth, who as a young child greeted her future stepbrother Paul at their first meeting with "I know who you are! You're on my cousin's wallpaper."

McCartney shares a variety of experiences from her colorful life including opening a fruit wine company, performing a stint in the improv comedy world with National Lampoon's Lemmings, and even delving into the world of artificial intelligence and learning more about the ever-changing world of cyberspace. "Your Mother Should Know" also has an appealing bonus feature: QR codes that readers can scan with their smartphones to link to audio and video clips pertaining to the stories.

"Your Mother Should Know" is available online for purchase at [www.amazon.com](http://www.amazon.com) and [www.decisions-books.com](http://www.decisions-books.com)



Born in Liverpool, England, "terminally cheerful" Angie McCartney has enjoyed a life of amazing ups and downs, tempered by a breathtaking blend of optimism and determination to succeed no matter what may befall her. Amid tragedy, World War II, illness and endless entertainment, McCartney gained a firsthand knowledge of Beatlemania and has amassed a collection of stories during and since.

The Last Post interview with Angie McCartney – Anzac Day 2020

Tim Page  
NAM Contact



Photographer Tim Page became world renowned for his coverage of the Vietnam War. Wounded on multiple occasions he defined and epitomised the war photographer of his generation. As an activist and photojournalist he pushed the boundaries of press freedom to bring home the "truth". NAM Contact explores Tim's contact sheets and the art of capturing the perfect 35mm frame. They are Page's visual diaries, his observations and his storyboards of humanity and inhumanity through war.





## 1966

#24

NAM CONTACT

AUSSIE ARTILLERY NUI DAT, 1966

CONTACT SHEET #3

It was always a hard call when to anticipate touching the shutter when you're shooting artillery pumping out rounds. Even when you know all the moves of the gun crew and can expect to anticipate the actual discharge you are still always a micro second from the explosion, tensing for the shock of it. Even when the rhythm has been going a while on a long fire support mission.

The Australian task force down near Vũng Tàu at the estuary of the Saigon River had a large base 15km from the old French colonial seaside resort at Nui Dat. They didn't get a lot of media coverage, in reality they didn't like the media so they didn't encourage visitors.

From day one back on May 6th when the first Diggers arrived at Bien Hoa, I had drawn the straw. Being a Brit, a Pom, I would be sacrificed to kindred spirits by UPI and somehow got accepted for those very peculiarities. They thought it weird that you wanted to be there of your own free will and a Pom. I was even gifted an Aussie bush hat, a good and envied score. Being there on Day One sealed going back out twice with 1RAR, before the move to the permanent base outside of Vũng Tàu at Nui Dat. The press affairs lads made a point of dropping into UPI and the next door down, the Melody Bar. A few trickled back to the joys of 'Frankie's House' – two of it's inmates being Aussies and Sean Flynn who could have been one. They let us know when something of interest was upcoming and arranged for a lift.

Weekends, even later in the war we would ride our 90cc bikes down to Vũng Tàu for a Sunday out, a two hour, flat out ride on a very dodgy road though we never encountered the V.C.

It was mid summer '66, I had just celebrated turning 22 and being hit by M79 shrapnel during the Buddhist revolt in Da Nang. I had fresh wounds to head and hands, bad concussion from the thumper round that went off a few meters from my head and wounded Bob Poos of AP and Alain Taieb of Paris Match seriously. I got an Aussie medic to pull the sutures out at their base at Nui Dat.

Staying at the Dat was one of the best in terms of military accommodation. We were given clean racks with mozzie nets, good army food in the mess, lots of tea and later in the day beer. While waiting for the assault on the next operation 'Hayman Island', I went on WHAM missions (Wining Hearts and Minds), did resupply runs and spent a deafening afternoon with an artillery unit. The 101st field battery was firing in support of a ground unit probing the Horseshoe, a high prominent feature to the N.E. of the base. The lightweight 105mm pieces were in a synchronised mission pumping rounds out as fast as the 4 man gun crews could reload. In the nonchalant Aussie way they were all stripped to the waist in the 37° heat, attire that would not be condoned today.







# John Bois

## If I'd Gone To Nashville

After The Dingoes disbanded in 1979, bassist John Bois remained in America, gained a master's degree in Boston, taught high school biology in Maryland, produced singer-songwriter Cheryl Wheeler's sophomore album *Half A Book*, wrote an excellent memoir *Dingoes Lament*, accepted a teaching post in Arcadia, Florida shortly after The Dingoes 2010 reunion album *Tracks*, released his first solo offering *Tassie Wolf* in 2016 and three years on follows through with *If I'd Gone To Nashville*, an eleven song opus that explores John's love and understanding of Country Music idioms.

*If I'd Gone To Nashville* comes across as a rootsy shotgun marriage of Country Rock, Southern back porch Folk, rustic singer/songwriter and favours a broad, but uncluttered, sound where electric guitars mingle with fiddles, harmonicas, accordions and banjos. Overall, it's a lean soundscape that allows the warm grace in John's unhurried vocals to take centre stage. Lyrically, the eleven originals chronicle a small town worldview where isolation, restlessness, vulnerability and second thoughts are often offset by dry humour.

No two songs sound alike -the opener, *Heartbreak Hill*, lets a jangly Byrds-like guitar frame the tune's reflective lyrics whereas *Movin' On*, a talking Country Blues channeled through Roger Miller, delivers a humorous road tale full of homespun wisdom. The cry-in-your-beer lament of the title track captures everything that's right about the best of Country songwriting in that the subject matter can be taken both ways. Eclecticism leaks into the Tex-Mex rhythms that colour *Over The River* plus the driving Folk Rock of *Standing On The Threshold* and *Comin' Home*, the latter a poignant ode to returning war veterans.

Un-clichéd romanticism filters into *A Night With You* and *True Love*, two songs that up the Country quotient and carry an attention to lyrical detail that would surely please Willie Nelson. John tears up roots on Johnny's *The Last One*, originally the closing track to The Dingoes 1979 album *Orphans Of The Storm*, and retools the song into a charming slice of Celtic folk undercut with a gentle wash of tin whistles and pipes.

Pushing the boundaries on *Matilda Walks The Mallee* and *Alabama Pearl* deftly takes both songs into an almost Alt-Country framework. A paean borne out of homesickness, *Matilda* marries a 70s singer-songwriter feel with Aussie bush balladry and is reinforced by a soulfully eloquent vocal. An Appalachian string band sound, all hammered banjo and sawing fiddle, introduces the adventurous *Alabama Pearl* before John's gnarly electric guitar drives the song deep into the heart of the honky tonk blues. However, the fuller sound doesn't swamp the narrative sweep of the lyrics that owe more to Stephen Foster than Stephen Stills.

While it's reasonable to pigeonhole *If I'd Gone To Nashville* as a variation of Americana, it owes nothing to contemporary Country music and avoids the bumper-sticker sloganeering that leaks into a lot of mainstream Country songwriting. In a world of Auto-Tuned pseudo-cowpokes crooning about their farm machinery, it's nice to have both *If I'd Gone To Nashville* and John Bois around as authentic alternatives.

**MICHAEL MACDONALD**





Greg Champion's song, *Dancing on the Darling* was written to bring attention to the plight of Australia's second largest river.

**T**he Darling River has not flowed for some time. Australia's second largest river (by most measurement) is now just a series of waterholes. Drought – but also water allocation for farming – are the reasons. It's a situation we Aussies just cannot allow to happen.

In May of this year the town of Menindee staged the Dancing On The Darling Festival. Its mission was to draw attention to the plight of their sacred river. A number of artists came to perform, among them Greg Champion, who thought the name of the festival could be turned into song.

Champs finished off *Dancing On The Darling* on the journey to Menindee via Mildura and Pooncarie, and aired it first for the locals that weekend. Top Broken Hill indigenous singer Nyirey Kickett was also performing that weekend, and joined Greg on stage for the new song. Now *Dancing On The Darling* is ready for release, on Roody Doody Records. Recorded in Montmorency, suburban Melbourne.

Which takes us back to the mission of *Dancing On The Darling*: The Darling River is entirely too vital to be allowed to die. It's too vital to the many communities for whom The Darling is lifeblood: Brewarrina, Bourke, Wilcannia, Menindee, Pooncarie and others. And, its survival is equally critical to Australians everywhere – not just to those living along it. It's our heritage – and it has to be there for future generations.

Stand on the banks of the mighty Darling and admire the grandeur of massive red gums, and pelicans standing on half-submerged logs. See where a paddle steamer has been abandoned in the middle of a dry river bed, having once run aground. *Save The Darling*.

---

For further information:  
[admin@gregchampion.com.au](mailto:admin@gregchampion.com.au)  
[www.gregchampion.com.au](http://www.gregchampion.com.au)  
 0415 806 906





# Japan supernatural

GALLERY OF NSW, UNTIL 8 MARCH 2020

Experience an astonishing world of magical creatures and phenomenal beings in Japanese art this summer at the Art Gallery of New South Wales.

Featuring over 180 wildly imaginative works by some of the greatest Japanese artists of the past and present, from historical master Katsushika Hokusai to contemporary superstar Takashi Murakami, Japan supernatural is part of the 2019–20 Sydney International Art Series.

Japanese artists across the centuries have created a lively parade of magical animals, fiendish imps, legendary monsters and ethereal spirits. Known in Japan by many names including *yōkai*, *yūrei*, *bakemono* and *mononoke*, manifestations of the paranormal are prevalent in folklore, literature, theatre and art.

As audiences step into the realm of the supernatural across almost 300 years of Japanese art they'll view magnificent paintings, large-scale installations, miniature carvings,

humorous illustrations and the vibrant *ukiyo-e* woodblock prints that define the tradition of the supernatural in Japanese art.

Centred on a monumental installation of painting and sculpture by Takashi Murakami, Japan supernatural features works by the late manga artist Mizuki Shigeru and contemporary artist Tarō Yamamoto as well as masks by Hideta Kitazawa. Also in the exhibition are rich and nuanced works by leading female Japanese contemporary artists Fuyuko Matsui, Miwa Yanagi, Tabaimo and Chiho Aoshima.

These artists continue the creative lineage of visualising the unseen, their works presented together with some of the greatest Japanese artists of the past including Katsushika Hokusai, Utagawa Kuniyoshi, Tsukioka Yoshitoshi and Kawanabe Kyōsai.





SID71275#detail01#M

Takashi Murakami

In the Land of the Dead, Stepping on the  
Tail of a Rainbow 2014 (detail)  
acrylic on canvas mounted on wood panel  
300 x 2500 cm

The Broad Art Foundation, Los Angeles  
© 2014 Takashi Murakami/Kaikai Kiki Co.  
Ltd. All Rights Reserved  
Photo: courtesy Kaikai Kiki



125.1995#detail06#M

Itaya Hiroharu

Night procession of the hundred demons  
(Hyakki yagyo) c1860 (detail)  
handscroll; ink and colour on paper  
29.5 x 600 cm

Art Gallery New South Wales, Asian  
Collection Benefactors Fund 1995  
Photo: Jenni Carter, AGNSW



SID72999#3#M

Utagawa Kuniyoshi

Mitsukuni defies the skeleton spectre conjured up by  
Princess Takiyasha 1845—1846  
woodblock triptych print  
triptych 36.9 x 74.2 cm

Donated by American Friends of the British Museum  
from the collection of Prof Arthur R Miller



## book extract

### FOREWORD BY WILLIAM FINNIGAN

Nat Young was famous where I grew up, on the beaches of Southern California. My family made the trek to San Diego to watch the 1966 World Surfing Championships, which Nat won, defeating my hero, David Nuuhiwa.

Nat was only eighteen, a big rangy kid absolutely ripping on a mysteriously thin board he called Magic Sam. He wasn't a humble, aw-shucks type. He won a Chevy Camaro V8 convertible along with the title, sped off to Las Vegas to celebrate, wrecked the car, and didn't seem to miss a beat. A year or two later, he reportedly surfed First Point Malibu on a big south swell. I don't know how I missed it — those were my Malibu grom years — but everybody talked about it like a divine visitation. Nat had blessed our waters.

It must have been odd, being worshipped like that. I only realized how odd, though, when I picked up this book and learned that, while still a teenager, Nat started writing a weekly column for the Sydney Sunday Telegraph, and wrote it for the next nine years. A surfer barely out of school with a regular column in a major newspaper? That could not happen in the U.S., either then or now. Antipodal celebrity is different, I know — surfers count. Still, it's a bizarre measure of young Nat's extreme renown. Not only that, but Nat's mentor, Bob Evans, also had a column in the Sunday Telegraph.

Evans, a surf film maker and magazine publisher, comes off, by the way, in this account as a thoroughly charming fellow. He takes Nat on surf trips, introduces him to the Sydney business world, churns out films and magazines, and in Hawaii loved, of all places, dirty old overbuilt Waikiki. "He would plan his whole day around the cocktail hour" at the Royal Hawaiian Hotel, where he would sip a mai tai and watch the sun set "listening to Harry Lyman singing 'Yellow Bird.'"

Nat could have been a reporter. An eyewitness to several chapters of surfing history, he takes real pains to set down here his version of the shortboard revolution (though he abjures that term, for arcane reasons). In the standard history, there are

only a few characters — George Greenough, Bob McTavish, and, quite centrally, Nat — driving the big transformation of our little world, but now he adds a dozen more, all furiously experimenting with variations on what Nat calls "edge boards" in a collective breakthrough of design and performance that he neatly describes as "diffuse." Vinny Bryan, Bob Smith, Dana Nicely, the Value brothers — you won't find any of these names in the Encyclopedia of Surfing, or, for that matter, in the collective surf memory, but here they get their due. And the main test wave for these experiments, we learn, was a single obscure reef on Kauai. Who knew?

Organized competition and surfing are an uneasy mix. Riding waves is, after all, much like dancing, the intensity of the experience can be quasi-religious, relatively few surfers compete, and the ocean is a wild, unlevel playing field. Nat has lived these contradictions more intensely than most. He started off winning a long string of titles, both in Australia and overseas, and then became, like Hamlet, a troubled philosopher prince, beset by ambivalence. He went country, living barefoot on the northern New South Wales coast, still surfing his brains out and starring in surf films, but largely avoiding contests. Later, during the longboard revival of the 1980's, he re-emerged as a competitor — riding, ironically, the very type of board that he had once helped consign, we thought, to the dustbin of history — and completely dominated the new longboard circuit, winning four world titles between 1986 and 1990.

You can feel his double-mindedness throughout this memoir. On the one hand, we find him and the American enfant terrible, Miki Dora, agreeing that professional surfing "would be the final blow for the art of surfing as we had known it." And he is certainly



right when he announces, on the first page of this book, that surfing is "not a traditional sport ... not something you do casually, like playing a round of golf with your mates on weekends." (This point seems lost on the several billion people now trying to take up surfing casually, as it were, as adults. It doesn't work that way. It's all or nothing.) On the other hand, Nat argues at length for the idea that surfers should be paid for the commercial use of their likenesses — in films, in photographs. When footage of him surfing appears in a film (he can be seen in more than seventy-five films) and he is not compensated, he considers it "in breach of my copyright as a professional surfer."

The truth is, while he clearly worships sincerely at the Church of the Open Sky, Nat has also made a grand career. I notice him up in the National Portrait Gallery, with Gough Whitlam and Cate Blanchett. He spends the Northern winters skiing in Sun Valley, Idaho, where Ernest Hemingway ended his days. Like Hemingway, Nat came from nowhere in particular (Collaroy — he barely mentions his parents) and rode a huge wave of talent and determination into the spotlight, where he has spent his entire adult life. Not incidentally, he has managed to be in interesting places at interesting times, which has left him with a boatload of stories. So you should pull up a chair. The man they used to call the Animal has mellowed, somewhat, and he's had adventures in every corner of the world, with plenty of lessons learned, and he's ready to share.





The Last Post interview with Nat Young – Anzac Day 2020

My sister was a rocker, a widge. She went to rock dances. My brother Ian was a jazzier, and he went to jazz dances. He and his mates took over the local lifesaving club hall and ran a weekly jazz dance they named Newport Jazz Club.

They even managed to book Melbourne's hottest jazz outfit, the Red Onion Jazz Band, for their opening night. But a new dance known as Kingston had opened in the old Unity Theatre on the highway. It wasn't a jazz dance—it was a rock and mod dance. It quickly stole the limelight and turned the bay-side jazzers on to the new sounds of Normie Rowe, his Playboys and Bobbie and Laurie. The new dance in the old theatre was a huge success and every weekend crowds poured from the trains at Edithvale station or greasy old cars on the highway and forked out their couple of shillings to get in. By the following summer the jazz dance in the lifesaving club had gone broke, but occasionally it was the venue for 'A Dance for Young Moderns!' and because it had once been kind of groovy, it promised to be heaps groovier than the dance at the local guide hall.





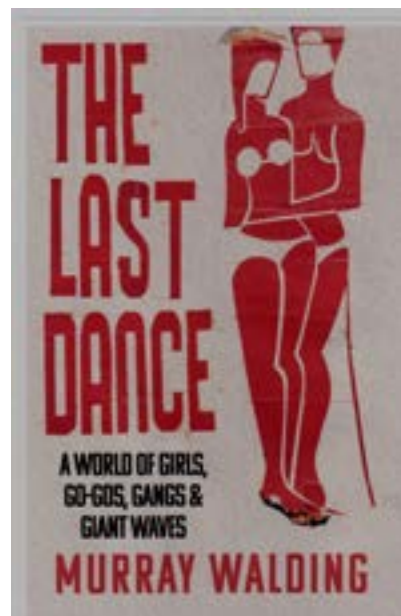
## book extract

As far as my parents were concerned, a jazz dance was about as raunchy as a Sunday school fete and the inequity of their concern always rubbed rock-fan Janis up the wrong way. Every weekend, battle lines were drawn over who could go where and with whom, and for how long. So when I was invited to my first form party and my parents said I could go, I was surprised. It was a really big deal and because it was my very first form party, I wasn't completely familiar with all the protocols. I knew it would be no use asking Janis or Ian for advice, but I did know that I had to look nice and wear my best clothes. I knew there'd be girls from my form there and that they might look different to what they did at school. I knew there might be dancing. But that was about it.

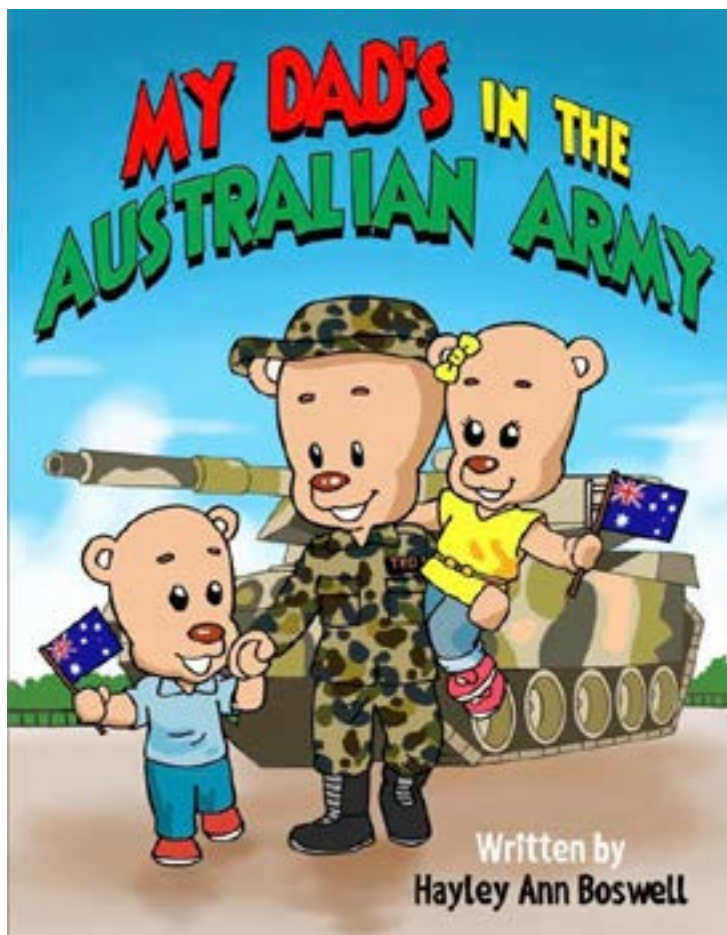
It was Lorraine's birthday party. She'd invited everyone in her form, and after some gentle coaxing from her mum was forced into asking two aunties, two freckly twelve-year-old cousins and

three teenage kids from up her street that no one knew because they went to a different school. Her mum had stacked the kitchen table with bottles of tepid creamy soda, Passiona, and paper plates of shrivelling and flaccid cocktail sausages. Shy, shrivelling and flaccid boys stood on one side of Lorraine's lounge, and small clusters of summer-dressed moppets in new white stockings and pre-mod perms crammed themselves into a lumpy lounge suite, until someone slipped 'Twist and Shout' onto the stereogram.

Zing! It was like Tinker Bell had cast a magic spell. Toes started tapping and everyone was moving and spilling further across Lorraine's dining room and suddenly the cocktail sausages seemed less shrivelled and the creamy soda felt almost chilled and the girls seemed prettier and friendlier and the boys seemed cooler and by the time the record needle had wound its way into the play-out grooves everyone was dancing.



"The Last Dance" by Murray Walding. RRP \$34.95. Published by Lorne Beach Books.



## MY DAD'S IN THE AUSTRALIAN ARMY

BY HAYLEY ANN BOSWELL

\$12.95 [www.thepoppyemporium.com.au](http://www.thepoppyemporium.com.au)

Deployment is a fact of life for Australia's defence personnel. But for a child, having a parent on deployment can be confusing and stressful, especially if it's for a long period.

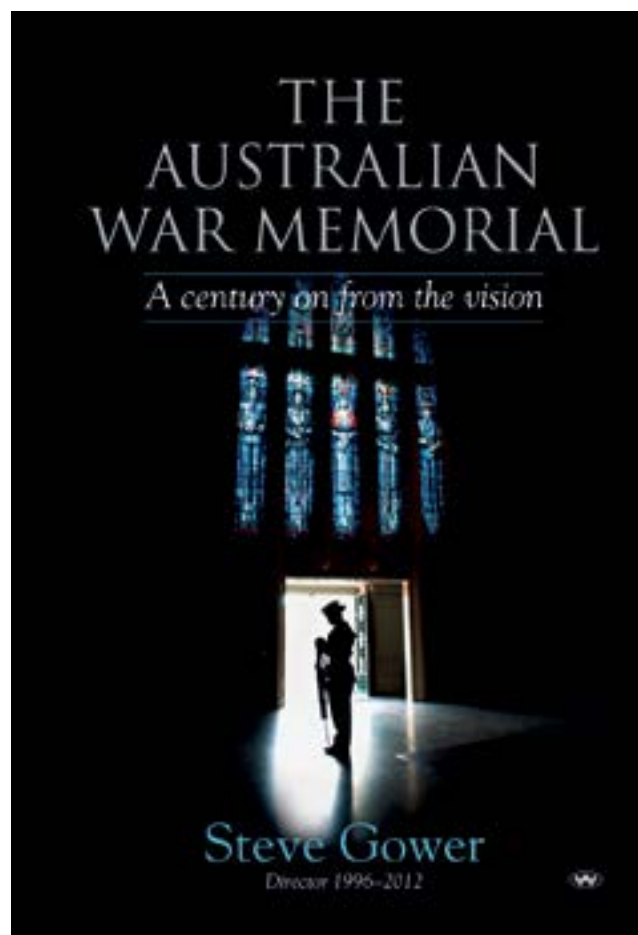
When author and human rights lawyer Hayley Ann Boswell had her first child in early 2017, this issue was sharply magnified. Hayley is the proud partner of Chief Petty Officer Bradley Lynch, of the Royal Australian Navy. With the delightful joy of Evie May's birth came the realisation that Evie would someday be trying to understand what her dad does and why he's required to deploy for lengthy periods.

Hayley decided to write her book – *My Dad's in the Australian Navy* – to help Evie better understand her dad's important job. Almost immediately, she found keen interest amongst other Navy families and the idea took on a life of its own.

Hayley has now released *My Dad* and *My Mum* versions of the children's book covering all three defence areas with the aim of releasing another book this year. "I am delighted and proud that these books are serving an important role in helping ease children's anxiety and discomfort when a parent is deployed," Hayley said.

To keep up to date with the next release or purchase a book, go to [www.facebook.com/thepoppyemporium](https://www.facebook.com/thepoppyemporium) or [www.thepoppyemporium.com.au](http://www.thepoppyemporium.com.au)

## books



## THE AUSTRALIAN WAR MEMORIAL A CENTURY ON FROM THE VISION

BY STEVE GOWER, DIRECTOR 1966 – 2012

\$59.95 [www.wakefieldpress.com.au](http://www.wakefieldpress.com.au)

In this book, Steve Gower, the highly successful director of the Australian War Memorial from 1996 to 2012, gives a comprehensive account of the development of the Memorial from its inception just over a century ago.

Official permission was given in 1917 for the collection of war relics for display in a proposed museum in Australia. It would honour and commemorate all those who had served, especially those who had lost their lives, and help Australians to understand what they had experienced. Essentially the vision of one man, official war correspondent Charles Bean, supported by the head of the Australian War Records Section, John Treloar and others, it led to the opening in 1941 of the Australian War Memorial in Canberra, now a 'must-visit' place for Australians and overseas visitors.

The book recounts the many challenges in establishing the Memorial and then in developing further its galleries and displays, the extensive collection, associated events and the overall supporting facilities. The Australian War Memorial: A century on from the vision also goes behind the scenes to provide insights into the many facets of a major, modern cultural institution.



## PETER LILLIE: SURFERS PARADISE LOST – COLLECTED WORKS: WORDS & MUSIC

BY DAVID N. PEPPERELL

\$49.95 [www.ozmuse-books.myshopify.com](http://www.ozmuse-books.myshopify.com)

Peter Lillie, the subject of this profusely illustrated and quite beautiful book, was an artistic polymath.

Peter sang, played guitar, performed as a standup comic and compere, drew comic strips and cartoons, wrote amazing songs about Australian culture and formed bands with magic names like Relaxed Mechanics, Pelaco Brothers, Fabulous Nudes, Autodrillers and Leisuremasters..

He packed a lot into his short life of 60 years. Many would say it was a miracle he lived that long given his love of danger and the bohemian path he followed.

Peter lived the life of an itinerant performer/writer and regrettably flew pretty much under the radar of the vast majority of the Australian public. Much of this could be blamed on his "difficult" nature and his determination to live his life to the full, totally in his own way. He rejected compromise of any kind and pursued his artistic vision to the very end of his days. I always thought he would have been ideal to write and perform a satirical song every night on one of the current affair programs, but I expect that would have been too restricted for him, and plus the people who hire artists for those spots would have been very unlikely to have hired Peter!

This book reprints his epic poems and much of his musings about Australia and life in general. It also contains, thankfully, a CD of his amazing songs, many sung by him but also by great vocalists like Stephen Cummings - who Peter discovered and recruited for the Pelaco Brothers – Paul Madigan, the madman of Melbourne, Fred Negro lead singer of the Fucjk Fucks and his long-time collaborator and partner-in-crime Johnny Topper. Throughout the book Peter's single voice rings so true and calling him a new Henry Lawson for a new time would not be an exaggeration of his talent. I am particularly delighted that "The Man From Brash's", Peter's satire of/tribute to of "The Man From Snowy River", has been included in the text as to me it is one of the most moving poems I have ever read about the torrid life of musicians. He used Phil Manning as the star of the work but I do believe that he was very much talking about his "years in bands". Hopefully Peter's heartfelt reciting of it will be included in some compilation of Peter's works in the future.

The epic poems are pure Australian but not the outback experience of Lawson rather the day to day survival in the suburbs of Melbourne – Fitzroy, Carlton, St. Kilda and Prahran – where Peter roamed like a wiry and weary ghost along the streets of High, Commercial, Fitzroy, Lygon, Brunswick, Gertrude, Acland and Smith. Those dark and sometimes dusty places come alive in his description of them and the denizens of those boho jungles live again in desperate dives and hell-raising hotels.

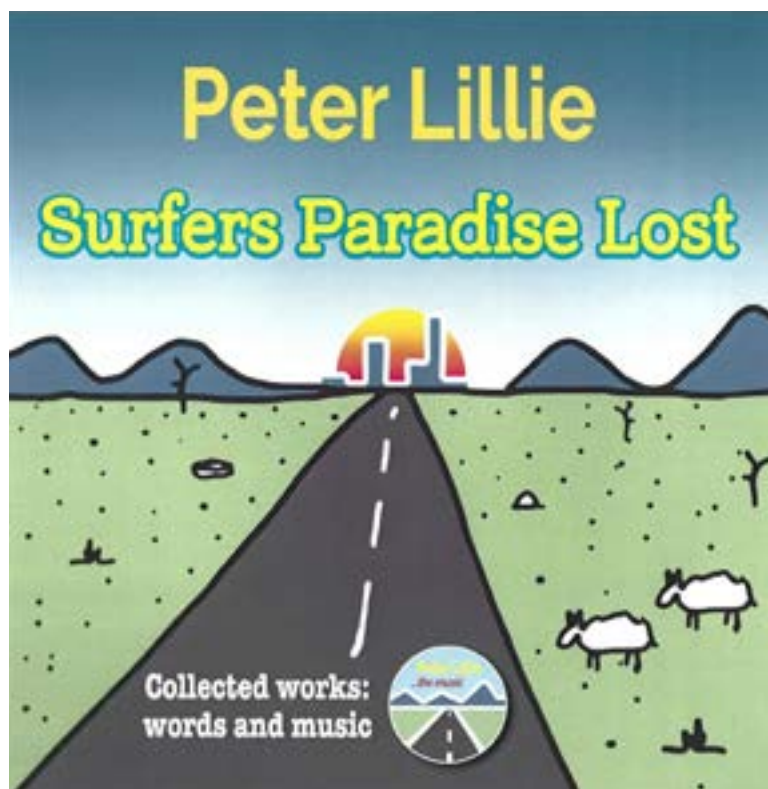
Peter is the guardian angel of dole-bludgers, junkies, poets, buskers, working girls, con artists and all the other phantasmagoria that makes a city wonderful and unique.

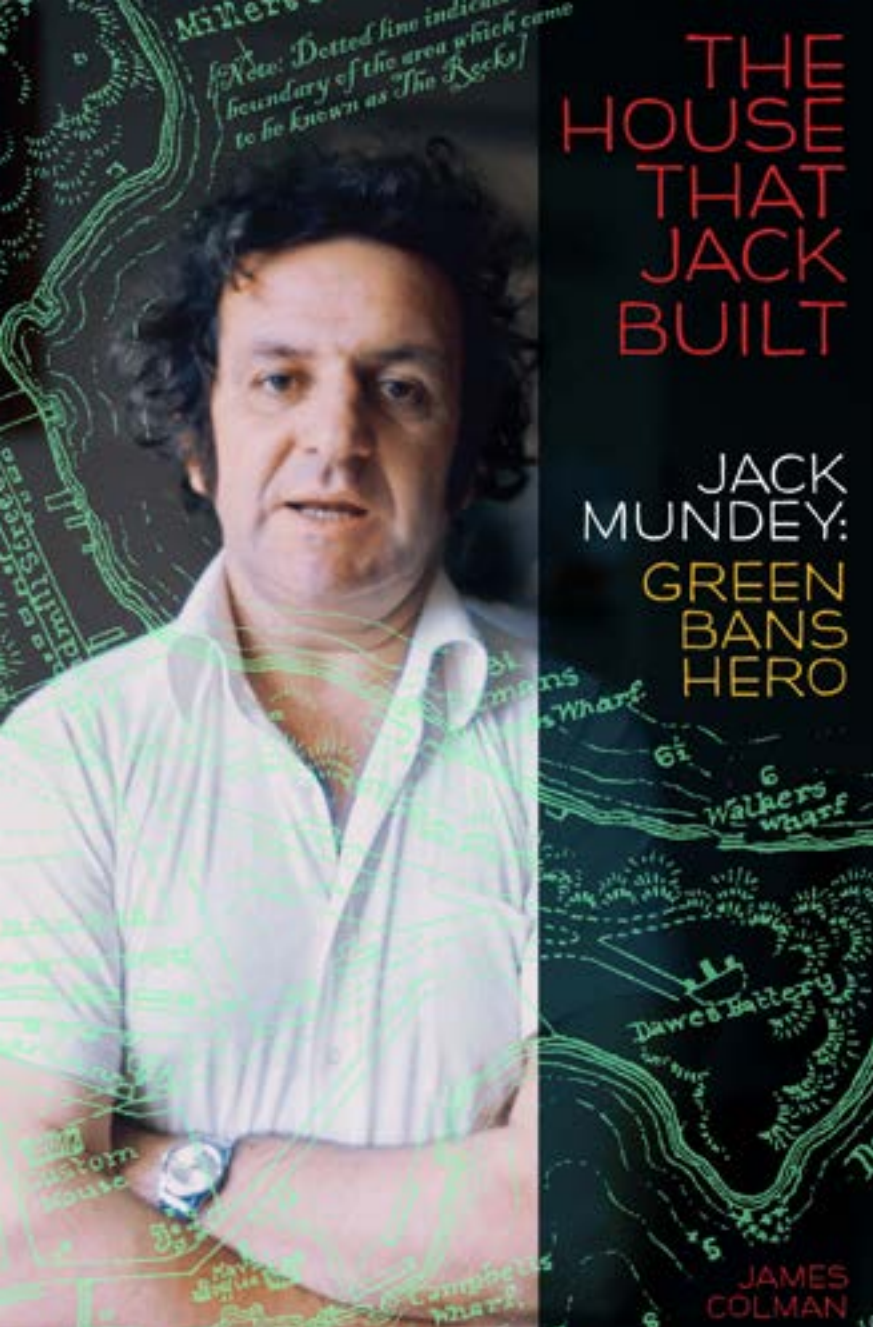
It is such a joy to take this journey inside the head of such a special artist and performer as Peter. He should have lived a much longer and happier life but he chose his own road and lived it to the fullest.

This is a book by someone who cared about this country and about all who lived in it.

Peter was a true observer of the Australian soul on many levels but maybe mostly of that subculture that has defined the Land Of Oz since the first jazzers and folkies manifested in the big cities in the late 50's/early 60's.

Read it and weep – if you can stop laughing long enough for the tears to come.





## THE HOUSE THAT JACK BUILT JACK MUNDEY: GREEN BANS HERO

BY JAMES COLMAN

\$46.49 [www.newsouthbooks.com.au](http://www.newsouthbooks.com.au)

I suppose the story began during my undergraduate days as an architecture student at the University of NSW in the late 1950s. For my final year dissertation I chose to study the architecture of the Australian farm, and my field work included visiting and measuring some fine examples of colonial heritage architecture in various parts of NSW. After graduation I spent six years travelling and studying overseas; and my return to Sydney in 1966 coincided with the frenzied building boom which saw dozens of great heritage buildings fall to the bulldozer. I became active in the architectural and planning institutes and this led to an involvement in the controversy surrounding the government's proposal to redevelop The Rocks area in Sydney. That is how I first met Jack Munday.

Since then I have followed his career with growing interest and admiration...and have enjoyed the privilege of friendship with Jack and his wife Judy. Late in the 1980s I read Jack's 1981 memoir *Green Bans and Beyond*... it had been sitting on my shelves for a decade or so, to be followed by Meredith and Verity Burgmann's book *Green Bans Red Union* (1998). But there was still no book about Jack himself, or about his growing list of achievements in the environmental movement and his influence on that movement nationwide. I decided I would try and fill this gap, and around 2000 I approached Jack to sound him out on the idea. He was very supportive; so I commenced work on what was to become a 15 year labour of love...collecting information, stories, anecdotes, press reports, media releases, pictures. The deeper I delved the more convinced I became that his story was unique in the history of environmental conservation in Australia. It was a story that had to be told: no-one else had told it, so why not me?

So in 2012 I started to get serious, and the outline of the book started to emerge. I never saw it as a biography: rather was it conceived as a narrative linking Jack's achievements in conservation to what was happening in the wider world of environmental politics, grass roots activism, and environmental law. I wanted it to be a 'popular' work – an easy read – interesting – well illustrated – free of academic jargon. But I also wanted it to have a message which might inspire today's generation of environmentalists as they look around and see government after government engaged in dismantling earlier reforms, cutting environmental budgets, and pursuing the mantra of economic growth and progress at all costs – seemingly regardless of the environmental consequences for today's and future generations. Jack Munday's message of the green ban era remains as relevant today as it was then. My hope is that this book will help to bring that message home to today's readers, here in Australia in 2016 and beyond.



ABOVE: Low-relief mural of Munday in Globe Street, The Rocks; sculptor Alexandre Farto, commissioned by Sydney City Council. Photograph by Jim Colman.



TOP: Millers Point, posters opposing the government 'sell-off' of heritage dwellings, 2015. Photographs by Jim Colman.

BOTTOM: Jim Colman and Jack Munday, La Perouse, 2008. Author's personal collection.





## Shane Nicholson

From his early days with Brisbane's Pretty Violet Stain to his current status as one of Australia's leading proponents of Alternative Country / Americana, Shane Nicholson has become a steady and constant figure in the Australian music industry. He is highly regarded in the Alternative Country field both in Australia and the USA, and has been nominated several times at the Americana Music Awards in Nashville.



OUT NOW: Shane Nicholson  
'The High Price of Surviving'

Shane has received three ARIA awards – most recently for his solo album *Hell Breaks Loose* in 2015 and for his hit collaborations with Kasey Chambers - *Rattlin' Bones* and *Wreck and Ruin*. He has also won CMAA 10 Golden Guitar Awards, including 2018 Male Artist of the Year, and an APRA award.

He is also in demand as a record producer with credits including Alex Lloyd, Beccy Cole, and Tori Forsyth.

"Nicholson's is a uniquely compelling voice in Australian songwriting – it lives and breathes in the songsmith's singular melodies, crooked humour, and short, pithy lines gently delivered." *Rolling Stone Magazine*

"One of the country's finest songwriters" *Rhythms Magazine*

"I have real admiration for Shane Nicholson's musical sensibilities; I felt honoured to have a hand in the making of *One Big Mess*." Rodney Crowell

"Shane Nicholson doesn't fool me with his tough guy exterior and his refusal to smile in photographs, the guy is a marshmallow, a poet, a genius. This album is a game changer, his best yet, it'll get into bits of you that you didn't know you had. Also, this album makes me weep. Bastard." Beccy Cole

"My current favourite album...he paints pictures, he sets the scenes, and he takes me to special places in my imagination." Russell Morris

Shane will release the follow up to his highly acclaimed *Love And Blood on Lost Highway* / Universal Music Australia in early 2020.

# The Coloured Diggers

STORY BY JEMMA PIGOTT

Dispossessed. Stolen. Sacrificed.  
Even when subject to cruel, racist  
policies in their own country,  
Aboriginal and Torres Strait Islander  
people fought for Australia.

In World War Two, Aboriginal Privates Harold West and George Leonard, both 31 years old, died defending us from Japanese invasion. They fought bravely in Papua New Guinea (PNG) along the notorious Kokoda Track: a rugged, mountainous trail through largely dense jungle that is mostly hot and humid with high rainfall. They lost their lives in this heroic capacity more than 20 years before Australia's 1967 Referendum (which asked voters whether "Aboriginals should be counted in the population").

These remarkable Aboriginal men were childhood friends who voluntarily enlisted to fight for Australia, despite being denied basic rights of citizenship at the time. I was introduced to their story in my role as a volunteer filmmaker for the Kokoda Aboriginal Servicemen's Committee (KASC). Over ANZAC Day in 2012 I travelled to PNG with the KASC, documenting special ceremonies at the graves and memorials of Aboriginal Diggers. This historic expedition was led by Uncle Richard Archibald whose great work was acknowledged when he was named NAIDOC Elder of the Year in 2014.

I am currently pursuing a self-funded documentary focusing on Privates West and Leonard, a prelude for which I screened in Redfern on ANZAC Day as part of the annual Coloured Diggers March. My short film was introduced by the nephew of Private West, Uncle Les Beckett, who treated the audience to a special harmonica performance. Warrant Officer Class One, Uncle Colin Watego OAM (retired) also spoke at the screening. Uncle Colin has extensive experience in the Australian Defence Force and is passionate about honouring Aboriginal and Torres Strait Islander Diggers.

The subjects of my film (Privates West and Leonard) were from outback New South Wales; beautiful "fresh water" country – so called for the pristine fresh water that once flowed through it. Unfortunately, the Murray-Darling river crisis has devastated much of the sacred land in this region, and Aboriginal communities are presently suffering. This is something I have seen first-hand. It is a concerning contemporary issue my historic film introduced me to – one I am passionate about shedding light on. To this end, I strongly encourage people to follow the work of Muruwari and Budjiti activist Uncle Bruce Shillingsworth. I met Uncle Bruce at my film screening on ANZAC Day – one of many remarkable people my documentary honouring Aboriginal Diggers has connected me to. Another such person is Uncle Ray Minniecon, one of the founders of Redfern's Coloured Diggers March. Chris Carben and Warren 'Pig' Morgan were also instrumental to the development of this inclusive community event, held each ANZAC Day since 2007 to honour First Nation servicemen and women. The march's name references The Coloured Digger poem written by Bert Beros in tribute to Aboriginal servicemen. Beros was a non-Aboriginal combat engineer or "Sapper" who served on the Kokoda Track. His words were inspired by Private West and penned at the Donadabu Rest Camp near Port Moresby during the War.

The Coloured Digger  
written by Sapper H. E  
Bert Beros NX6925

He came and joined the colours,  
when the War God's anvil rang,

He took up modern weapons  
to replace his boomerang,

He waited for no call-up, he  
didn't need a push,

He came in from the stations, and  
the townships of the bush.

He helped when help was wanting,  
just because he wasn't deaf;

He is right amongst the columns  
of the fighting A.I.F.

He is always there when wanted,  
with his Owen gun or Bren,

He is in the forward area, the  
place where men are men.

He proved he's still a warrior,  
in action not afraid,

He faced the blasting red-hot fire  
from mortar and grenade;

He didn't mind when food was  
low, or we were getting thin,

He didn't growl or worry then,  
he'd cheer us with his grin.

He'd heard us talk democracy–;  
they preach it to his face–

Yet knows that in our Federal House  
there's no one of his race.

He feels we push his kinsmen out,  
where cities do not reach,

And Parliament has yet to hear the  
Aborigine's maiden speech.

One day he'll leave the Army,  
then join the League he shall,

And he hope's we'll give a better  
deal to the Aboriginal.

OPPOSITE PAGE, CLOCKWISE, FROM TOP LEFT:

Privates West and Leonard. Photo: Australian War Memorial.

Les Beckett (nephew of Private West) plays harmonica for audience at the screening of Jemma Pigott's film honouring Privates West and Leonard. Redfern's Coloured Diggers March. ANZAC Day, 2019.

Photo: Belinda Mason Photography.

Emerging filmmaker Jemma Pigott at the screening of her short film 'The Coloured Digger' at Redfern's Coloured Diggers March, 2019 with (left to right): nephew of Private Harold West aka The Coloured Digger Les Beckett and Warrant Officer Class One Colin Watego OAM (retired).

Photo: Belinda Mason Photography.





In recent years this poem was put to music by Warren Morgan, with lead vocals by his mate John Paul Young OAM. A preliminary recording is featured in the short film I screened on ANZAC Day, with a final recording in production for my feature length documentary.

In addition to the musical adaptation of Beros's tribute, Private West's legacy and that of his best mate Private Leonard has been honoured in their hometown of Goodooga. A special plaque was unveiled there in 2018 and ceremonies have been held onsite in August both this and last year. Warren Morgan and John Paul Young performed the song at both events with their friends, including Private West's nephew Uncle Les Beckett on harmonica. Despite these great acknowledgments, to date I have not come across any definitive, formal accounts of the extraordinary lives of Privates West and Leonard. This gives the research I'm doing for my film an uncharted edge that is both exciting and daunting.

Some of the most detailed information I have come across is in a document containing an account by Don Johnson (believed to have served on the Kokoda Track with Privates Leonard and West). It is headed "Chapter 98" and is considered an extract from a compilation called "Scullywag" - presumably an unpublished book of Johnson's personal experiences during the war. The version I have is fragmented and difficult to follow at times. I have done my best to extract details here which I think give insight to the remarkableness of these Aboriginal Diggers, as perceived and documented by their fellow soldier on the Kokoda Track.

Johnson's account states Privates West and Leonard were 30 years old when they joined up on the same day, 23 August 1941. He notes as boys they were taught to live off the land and track anything in the bush by the "local Kadaitcha man", described in parenthesis as "Witch Doctor". Regarding this reference, I wish to reiterate I am still in the process of consolidating the source it is in. I do not have knowledge of this topic but will share I have come



across other descriptions of "Kurdaitcha man" as a type of assassin whose job it was to avenge the death of a person by killing their enemy. Again, this requires consolidation.

When asked about the Kurdaitcha references in Johnson's account, Les Beckett, nephew of Private West, said he wasn't sure and doesn't want to purport to know things he isn't sure about. He made clear a lot of the information he has is based on things he recalls hearing as a kid. Les was born in 1948, just 6 years after his uncle Private West died in PNG. Private West was the brother of Les's beloved mother. When he was a boy, Les recalls hearing stories about his uncle who fought in the war, including references to him as a "Cleverman". Les said he thinks Private West may have possessed special medicinal knowledge, skills as a healer and an ability to move faster than others.

Les is intrigued by the first-hand accounts of and tributes to his uncle, written by soldiers like Johnson and Beros who served with him on the Kokoda Track. He thinks sharing information from these sources is positive. I agree. It shows the reverence Private West's fellow soldiers had for him, and, in a broader sense, has capacity to highlight the long-overlooked service of Aboriginal Diggers. Let us forget they were not afforded the same entitlements as white Diggers after the war, and to this day many of their heroic stories are not widely known. I think it's also encouraging to learn of non-Aboriginal people penning tributes to their unfairly treated Aboriginal peers, calling Australia out on this at a time when white supremacy was engrained in policy. But the stories of the Aboriginal Diggers themselves are paramount, and I'm passionate about gathering recollections from their own relations like Uncle Les. I still have a lot of work to do on my self-funded film which I hope will do justice to the great legacy of Privates West and Leonard for their families, and for posterity in general.

According to Johnson, Privates West and Leonard became Bushmen Trackers early and worked as station hands, ring barkers and Drovers. He writes: "picture if you will, two Aboriginal boys seen as suitable future warriors



CLOCKWISE FROM TOP LEFT:

Left – Right: Les Beckett (nephew of Private Harold West aka The Coloured Digger), Warren 'Pig' Morgan and John Paul Young OAM perform musical adaptation of The Coloured Digger poem by Sapper Bert Beres at special ceremony in Goodooga, NSW, 2019.

Left – Right: Warren 'Pig' Morgan, John Paul Young OAM and Les Beckett (nephew of Private Harold West aka The Coloured Digger) perform musical adaptation of The Coloured Digger poem by Sapper Bert Beres.

Emerging filmmaker Jemma Pigott with musical legends – all working to honour Aboriginal and Torres Strait Islander Diggers. Left – Right: Warren 'Pig' Morgan, John Paul Young OAM, Jemma Pigott and Les Beckett (nephew of Private Harold West aka The Coloured Digger).

Left – Right: Pastor Ray Minniecon and Warren 'Pig' Morgan who were instrumental establishing Redfern's Annual Coloured Diggers March.

Full house audience at the screening of Jemma Pigott's film 'The Coloured Digger' listen to Les Beckett talk about his uncle Private Harold West, one of the film's subjects. Photo: Belinda Mason Photography

by the local old Kadaitche man, taught to use their inbuilt homing instinct properly, to be conscious always in their minds of where home was no matter how thick the scrub was, no matter how far away home was, taught to notice landmarks in the land they travelled through... Taught to make moccasins from Emu feathers or another large bird, so no tracks were left for a tracker, be he Black Tracker or Japanese".

Private Leonard was killed in combat on the 23rd of October 1942. No remains were ever found which is believed to have been due to the effects of mortar grenade. Grief stricken by the loss of his best mate, Private West is said to have sworn revenge on the Japanese! He is believed to have embarked on a series of single-handed attacks and became famous for his "behind enemy lines" tactics. There are stories of him taking off his uniform and posing as one of the Indigenous Papua New Guinean people (revered by Australian Troops as "the Fuzzy Wuzzy Angels") carrying supplies for the Japanese. He is said to have carried hand grenades in a sugar bag over his shoulder, which, once behind enemy lines, he threw at Japanese machine gun posts as they were firing on Australian forces. I have heard his ability to slip undetected past enemy lines earned him the name "Kokoda Ghost".

One account notes after sustaining a particularly devastating ambush, Japanese patrols "searched for days for a black man, far too smart to be caught". It is further noted Private West observed some Japanese harshly exploit Fuzzy Wuzzy Angels by overloading them, working them to death: "when a native fell down from exhaustion, and couldn't rise, up came a Samurai and hamstringing the native with his sword so he couldn't walk and there he died so slowly". Apparently Private West "brought silent death" to these sword wielding enemies, cutting their throats as they dozed: "just like killing a sheep" he is supposed to have said "in his quiet way". This account concludes Private West "sent the native carrier boys out of harms way".

After breaking his leg, Private West contracted Scrub Typhus (a tropical disease) which claimed his life on 26 November 1942, just over a month after he lost his best mate. His body is interned at the Bomana War Cemetery in Port Moresby.

Private Leonard has no marked grave, but his name is immortalised on a monument that overlooks the vast cemetery where Private West lies. Their story is a heart-breaking epic of service and sacrifice – one I am determined to communicate in my self-funded feature-length documentary, which I'm hoping to complete next year.

If you would like to support this important project or read more about it, please visit my Go Fund Me page.

You can either google "The Coloured Digger documentary by Jemma Pigott" or follow this link directly:

<https://www.gofundme.com/the-coloured-digger-documentary-by-jemma-pigott>

You can also view a short trailer for my film here: <https://youtu.be/KvLCu1iOm-w>

Keep up date to date with my film's developments by following me on Facebook (search for "Baby Pig Productions")





Custom printed chocolate bars,  
exclusive to the ex-service community.  
Supplied by Bespoke Chocolates.

372 Moreland Road  
West Brunswick VIC 3055

1800 566 433

jenette@bespokechocolates.com.au

www.bespokechocolates.com.au

## COMMEMORATIVE CHOCOLATE BARS

### EXCLUSIVE TO THE EX-SERVICE COMMUNITY

Sell them on ANZAC Day, Remembrance Day  
or from behind the bar. Use them as instant  
giveaways to reward members and patrons.



Each 100g chocolate  
bar is customised with  
your name, address  
and phone number.

Bespoke Chocolates is a division of Hamper World Pty Ltd

# Rededication of AFC and RAAF Memorial – Point Cook

WING COMMANDER (DR) MARY ANNE WHITING  
HISTORY AND HERITAGE BRANCH – AIR FORCE

A First World War Royal Aircraft Factory R.E.8 conducts a flypast during the opening of the refurbished Memorial to the Australian Flying Corps and Royal Australian Air Force at RAAF Base Point Cook, Victoria.



On October 28th, 2018, then Deputy Chief of Air Force, Air Vice-Marshal Gavin Turnbull, AM and Air Commodore John Meier, Director-General History and Heritage Branch, joined distinguished guests at a rededication ceremony at the Australian Flying Corps and Royal Australian Air Force Memorial at Point Cook, Victoria.

Guests included descendants of Lieutenant George Merz, Lieutenant Frank McNamara, VC and Wing Commander, later Air Vice-Marshal Goble, CBE, DSC, DSO, and former Chef of the Air Staff, Air Marshal David Evans, AC, DSO, AFC, who was a member of the Australian contingent operating C-47 Dakota transports in the Berlin Airlift from 1948 to 1949.

The Memorial was originally unveiled 80 years ago on October 30th, 1939, by His Excellency Brigadier General the Right Honourable Lord Gowrie, VC, GCMG, CB, DSO and Bar, the tenth Governor-General of Australia.

The Memorial and adjacent gardens form the centrepiece of the Point Cook Historical Precinct. The gardens are planted with trees, each with an accompanying plaque - one of which commemorates the visit of Her Majesty the Queen to Point Cook in 1954; others are named in honour of former Chiefs of Air Staff and Chiefs of Air Force.

The new construction now includes a Memorial Wall with bronze plaques; one side commemorates the Australian Flying Corps. Included with these plaques is one dedicated to the RAAF's first Victoria Cross recipient Air Vice-Marshal Frank McNamara, VC, CB, CBE – the Victoria Cross being the highest award for acts of bravery in wartime. Another plaque honours Lieutenant George Pinnock Merz, MD, MiD; another honours the 3,000 civilian nurses, mostly women, who volunteered to serve in the First World War.

The other side of the Memorial commemorates the Royal Australian Air Force. Here are honoured three more recipients of the Victoria Cross - Pilot Officer Rawdon Hume Middleton, VC; Air Commodore Sir Hughie Idwal Edwards, VC, KCMG, CB, DSO, OBE, DFC; and Flight Lieutenant William (Bill) Ellis, VC. Plaques are also dedicated to all those who served in the Women's Auxiliary Australian Air Force, the Women's Royal Australian Air Force and the Royal Australian Air Force Nursing Service.





(l-r) Deputy Chief of Air Force, Air Vice-Marshal Gavin Turnbull, AM, and Geoff Greetham, the great nephew of Lieutenant George Pincock Merz MD, MiD, open the newly refurbished Memorial to the Australian Flying Corps and Royal Australian Air Force, at RAAF Base Point Cook, Victoria.

TOP RIGHT: Air Marshal SD (David) Evans AO, DSO, AFC, (Rtd) and Mrs Gail Evans at the refurbished Memorial to the Australian Flying Corps and Royal Australian Air Force, at RAAF Base Point Cook, Victoria.

BOTTOM RIGHT: (l-r) The family of the late Pilot Officer Edward Eagerty; Elizabeth Henderson, Maryanne Francis; Jennifer McEniry; Tony McEniry, OAM; Patrick McEniry; and Edward McEniry; at the refurbished Memorial to the Australian Flying Corps and Royal Australian Air Force, at RAAF Base Point Cook, Victoria.



Another plaque honours the service of Pilot Officer Edward John Eagerty, killed on the afternoon March 23rd, 1937 when his Bristol Bulldog fighter, in which he was engaged in air fighting practice, crashed into Port Phillip Bay. He was just 23 years of age.

The project to deliver the rebuilding and refurbishing the Memorial was the responsibility of Group Captain Robert (Bob) Coopes, MBE, the Air Force History and Heritage Branch, Director of Heritage Estates and Centres and his team, including Flight Sergeant Doughie McCubbin who worked tirelessly with the contractors on site to get the many diverse aspects of the project delivered. His other team members, Corporal Lawrie Ward, Corporal Shirley Crawley and LACW Kristina Royall, all mentored and supervised the contractors in the stonework layouts and setting of plaques.

The first of those contractors was Belinda and Adam Murray from Lodge Brothers Stone Masons, descendants of the Lodge Brothers who constructed the Memorial 80 years ago. The original sandstone was quarried from Stawell and is the same as that used on the Victorian Shrine of Remembrance. As the Stawell Quarry is now closed, Adam sourced the sandstone for the rebuild of the Memorial Wall from a quarry at Mount White in Gosford and Belinda sourced and checked the casting of all the bronze plaques fitted to the Memorial Wall and the plinths in front of each tree in the Chiefs of Air Force Memorial Garden.

Also involved was Hollis Hill from ARBOR CO who were the Arborists. Early in 2018 heritage specialists were consulted regarding the retention and trimming of the 100 year old Cypress trees in the Cole Street Memorial precinct which surrounds the Parade Ground. Approval was granted



for removal of self-seeded gumtrees and the trimming of the old Cypress trees to remove the deadwood and overhung branches.

Hollis Hill bought his team to Point Cook for three periods during May to October 2018, to beautify 250 trees, remove old privet hedges and replant the Chiefs of Air Force Memorial Garden. Due to their skill and effort, visitors can now enjoy the whole precinct with the views open to the Bay through the treescape as it was in 1939, when the Memorial was originally dedicated.

During the reconstruction process and the rededication ceremony, the RAAF Museum Director, Mr Dave Gardner, OAM, a 30-year veteran of the RAAF, arranged fly-pasts of heritage aircraft. The flypasts were significant in reminding the guests and the restoration team of the historical significance of the project.

# Best We Forget

## The tyranny of false balance in the media

“THE BUSHFIRE TRAGEDY, WHILE HORRIFIC, IS NOT THE WRATH OF GOD. IT IS THE RESULT OF MAN-MADE CLIMATE CHANGE, SEVERE DROUGHT AND LAND MANAGEMENT PRACTICES THAT HAVE FAILED MANY OF OUR FELLOW AUSTRALIANS.”

On the morning of 19 November this year I turned on the television and ruined my day. The ABC News was on and flicking across the bottom of the screen was the usual text feed telling us about police arrests and unemployment rates when the feed announced, ‘Sacked Wallabies player Israel Folau links bushfire crisis to same-sex marriage’. Now let me be clear, I do not have any issue with Mr Folau’s right to hold his beliefs and opinions. He is free to do. I also believe he is free to share them in appropriate and respectful ways. My issue is with the irresponsibility of the media to promulgate such views and our mindless obsession with the opinions of sports stars and celebrities.

To give someone a public platform to disseminate any sort of ignorant opinion based solely on celebrity status is not only wrong, it distorts the narrative and creates false balance. It helps validate radical and offensive positions that do not necessarily reflect mainstream thought. It is bad enough that sport can dominate the media and push out real and important issues like domestic violence. This was demonstrated recently on Q&A, where it was reported the West Australian ran several pages of football stories and dropped an already prepared story about domestic violence and the unnecessary and avoidable death of Jessica Carter, a young woman killed by her partner.

The media often justify sharing these opinions as ‘public interest’ or ‘in fairness to both sides’ While this may seem reasonable at first glance Dr David Grimes in The Guardian reminds us ‘Impartiality lies at the very heart of good journalism – avoiding bias is something on which respectable media outlets pride themselves. This is laudable, as robust debate is vital for a healthy media and, by extension, an informed society. But when the weight of scientific evidence points incontrovertibly one direction, doggedly reporting both “sides” equally can result in misleading coverage’.

The idea that both sides of an issues need to be aired to be fair is ludicrous. We accept there is only one side regarding many matters. The media does not promote a flat earth, storks bringing babies, or a geo-centric solar system. Society has moved on and recognises such is patently incorrect and would not even countenance suggesting or reporting otherwise. In contrast, there are times when opinion is definitely and closely split such as Brexit in the UK, or gun control in the USA, and in such cases it is reasonable to seek informed opinions from both sides.

However even the most mouth-foaming, bible-thumping, knuckle-dragging, climate change denier, Alan Jones fan-boy would probably balk at claiming God’s wrath as the cause of climate change and bushfires in Queensland and NSW. Yet the media publicises Mr Folau’s fringe opinion on this matter, fans the flames of controversy, and benefits from the resulting exposure. This is the same sort of revenue-based model of the media that brought us climate change denial, anti-vaxers, and islamophobia. Sales and click-bait disguised as public interest and fairness. Shame on the media, and shame on us for consuming it and enabling divisive and ignorant content.

One of my facebook friends pointed out that she had forgotten about Mr Folau and his hateful speech but now she was reminded again and she would like to ‘re-forget’. This is an important point. Perhaps the best way to usurp the power of such hateful people, and ultimately the media which promotes them, is to ignore and forget. We saw how this was used so effectively by Jacinta Ardern as she refused to empower the Christchurch killer by not speaking his name.

So I encourage everyone to forget, or re-forget, about hateful and ignorant comments that some would use to divide society or sell advertising. But instead promote and share the positive and cooperative stories that show how people and communities can work together to overcome adversity and build a better world.

The bushfire tragedy, while horrific, is not the wrath of God. It is the result of man-made climate change, severe drought and land management practices that have failed many of our fellow Australians. The fires are a reminder that communities can show resilience and compassion when faced with disaster and trauma. Our leaders should be standing up and clearly recognising the role of climate change and preparing real policy and action to address this challenge - thoughts and prayers alone simply will not do. The media needs to properly support and broadcast the science of climate change and not promote the hateful ignorant words of an individual - no matter how great a football player they might be.

So best we forget, or re-forged, the ludicrous and unsubstantiated ravings of some individuals and focus on the good humanity can do when we recognise facts and work together to achieve our goals. We are stronger united than divided.

**MATTHEW HEPPLWHITE**







"THE HUB WAS ABLE TO PLAY A VITAL ROLE IN SUPPORTING THIS YOUNG VETERAN AND WILL CONTINUE TO DO SO FOR AS LONG AS HE REQUIRES ASSISTANCE."



## The South Australian Veteran Partnerships Hub

Located in the leafy and quiet suburb of Glenside in Adelaide's eastern suburbs is a safe and welcoming environment with an important purpose.

The Partnerships Hub, or "The Hub" as it is more affectionately known, was originally developed in response to recurring requests from the veteran community for a 'one stop shop' to be included in the model of care and facility design of the Jamie Larcombe Centre (JLC), formerly known as Ward 17 at the Repatriation General Hospital. Whilst The Hub is located adjacent to the JLC, it is not restricted for use only by patients but rather is open to any veteran and their family, support persons or carers.

Its overarching purpose is to provide access to vital services offered by Ex-Service and Veteran Support Organisations (ESO's and VSO's) such as advocacy support, employment assistance and family support. The facility is also focused on enabling these organisations to collaborate and share expertise and resources to further meet the needs of veterans.

The facility is managed by Justin Brown, Partnerships Hub Coordinator, who is a veteran himself and has 5 years of veteran support experience in various roles. Justin's experience comes with a network of contacts and he has proven to be an invaluable source of information to visitors to The Hub. SA Health has provided the funding for The Hub with administration of the facility coordinated by Veterans SA.

The operating model is a "service by appointment" model that includes advocacy, financial counselling, homelessness and affordable housing support, employment, legal services, justice of the peace and respite programs.

Veterans and their families can be connected to reliable services quickly and having the facilities to accommodate these services on-site means that they are easily accessible to the community. This has been particularly important for

customers of the Jamie Larcombe Centre as it has helped to reduce the levels of stress and anxiety surrounding access to support services.

Since its official opening by the Hon Steven Marshall MP, Premier of South Australia in April 2018, The Hub has facilitated over 3,000 visits. Statistics have shown that all three services are represented and a 60:20 mix of male and female veterans have utilised the facilities service offerings.

Over the last 18 months, The Hub has received significant support from ESO's including RSL Care SA and RSL State and Sub-branches who have donated or funded various resources to improve the experience for those who make use of the facility. These include BBQ's, an outdoor setting, coffee machine and micro hifi system. Computers, internet access and tele-conference facilities are available for use by ESO/VSO's to The Hub, which has allowed the facilitation of meetings, training sessions and consultations. Visitors are also welcome to utilise these facilities to conduct personal admin or to seek additional services, making The Hub a very functional space.

The building itself is heritage listed and has a colourful history, but has been renovated to make it a very welcoming and low stimulus environment for veterans and their families to enjoy. The walls are adorned by artworks created by veterans either through the art therapy program run by The Road Home at the JLC or through private donation from the artist themselves. Outside, shady landscaped areas provide quiet respite and fresh air or a place for children and assistance dogs to play.

The Hub has connected with a significant number of service providers and support groups. Recently, there have been discussions with local council, City of Burnside,





who are keen for The Hub and the veteran community to access their new community shed which is located less than 400 metres away. This will allow for larger functions to be facilitated and possibly new health and fitness programs.

Anecdotal evidence would suggest that The Hub is achieving its objectives, however formal customer surveys are planned in order to gain direct feedback from users of the facility. This feedback will help to determine the effectiveness and suitability of the facility and its staff. Partnerships Hub Coordinator, Justin Brown says, "Our aim is to continually review the operational model and to remain responsive to the needs of our customers in order to ensure the Hub is serving the veteran community effectively."

Early in 2019, Justin was invited to meet with a group of veterans who were serving custodial sentences at a South Australian prison. There were seven veterans present, all relatively young, who were serving sentences of various lengths for a variety of convictions, but they all spoke the same military language and shared a familiar bond as veterans. One young veteran in particular would connect with Justin at The Hub following his parole on home detention a few days after the meeting.

Justin saw this as an opportunity to action the support network that had been established by The Hub as was discussed with the group of veterans in custody. The veteran advised that although he had received housing support from Andrew Russell Veteran Living, managed

by RSL Care SA. Justin also attended his Community Corrections induction meeting, along with his case manager, to provide additional support.

Being constrained by the rules of his home detention meant that he was confined to his accommodation 24/7 with the exception of short planned visits for shopping and exercise. Justin was able to offer The Partnerships Hubs an approved place of parade, and it was agreed that he could visit three days per week for three hours per visit. During the veteran's visits to The Hub, Justin was able to connect him with additional support by bringing support services to The Hub itself. Advocacy, financial counselling and a GP were provided as well as connections with employment support, social reintegration and fitness activities.

Over a period of 12 weeks the majority of his needs were provided within a stable environment. Justin will admit that it wasn't all smooth sailing, but it worked. The veteran is now free of his home detention and has also had his curfew lifted. This enabled him to travel to Sydney recently to attend an Invictus Games training selection camp, which had been one of his primary goals since being paroled. The Hub was able to play a vital role in supporting this young veteran and will continue to do so for as long as he requires assistance.

Along with each of the other organisations and individuals involved, The Partnerships Hub continues to provide a strong support network for all veterans and their families and support network.

---

The veteran community can engage with The Partnerships Hub directly via the Veterans SA website – [www.veteranssa.sa.gov.au](http://www.veteranssa.sa.gov.au) - or via The Hub's Facebook page "The Partnerships Hub".

# A gift in your Will can change lives

Leaving a gift in your Will can be a powerful way to make a difference in improving the lives of future generations.



For over 130 years, the St Vincent de Paul Society (affectionately known as Vinnies) has been advocating for people in the Canberra/Goulburn region experiencing disadvantage.

The generous support from people in our community has enabled us to respond to more than 17,500 requests for assistance in the Canberra/Goulburn region each year. For some of the people we assist, their requests may involve financial advice and support to avert the potential for homelessness. For others, it is the urgent and immediate assistance of food, clothing, furniture and bill support.

Beyond emergency relief, we have many specialised support services and programs which aim to help people break the cycle of homelessness and disadvantage. Sadly, the number of people in the Canberra/Goulburn region in need of our support continues to rise. By including a gift in your Will to Vinnies you can ensure that the complex needs of people living in poverty and at risk of experiencing homelessness, are met.

We rely on the generosity of our wonderful donors and supporters who have included a charitable gift to us in their Will to continue our vital works. Once you have taken care of your loved ones, please consider including the St Vincent de Paul Society Canberra/Goulburn in your Will.

For further information or a caring and confidential discussion, please call 02 6234 7368 or email [giving@svdp-cg.org.au](mailto:giving@svdp-cg.org.au). You can also complete and return the form below.

## LEAVE A LEGACY

## THAT WILL CHANGE LIVES

**Do you ever wonder what the future will look like for generations to come?**

Through your legacy you can help build a stronger community.

Contact us for information about remembering Vinnies in your Will

P: 02 6234 7368

E: [giving@svdp-cg.org.au](mailto:giving@svdp-cg.org.au)

Or return the form to

PO Box 51 Deakin West ACT 2600

[vinnies.org.au/bequests-act](http://vinnies.org.au/bequests-act)



St Vincent de Paul Society  
CANBERRA/GOULBURN  
*good works*

### Contact Us!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

- ☐ Please send me a complimentary information booklet about leaving a gift to Vinnies in my Will
- ☐ I have already included a gift to Vinnies in my Will





## Have your say and help improve veteran mental health treatment

Many veterans feel positively about their military service and their transition to civilian life. Some face significant challenges after transition, including mental health problems. Research in Australia and internationally has been devoted over many years to improving the mental health of veterans, but we need to continue to improve existing treatments and find new treatments, and to do that, we need you to help us.

NEXT PAGE : GREG T ROSS  
INTERVIEW WITH DR MARK HINTON

Posttraumatic stress disorder (PTSD) is the signature psychological injury of war, and while effective treatments are available, they do not work for everyone, and the pathway into treatment is rarely simple. Issues can arise at every step, including finding a practitioner with military 'cultural competence', engaging in treatment in a timely manner, and remaining in treatment to ensure significant improvement. Beyond PTSD, veterans experience other common mental health issues including sleep disturbances, problem anger, pain, depression and addictive behaviours.

The Centenary of Anzac Centre, an initiative of Phoenix Australia - the Centre for Posttraumatic Mental Health, is dedicated to achieving better mental health outcomes for veterans. Their mandate is to build a program of research that tackles the unsolved, urgent, and complex problems in veteran mental health, while building collaborative networks to ensure communication and cooperation between researchers, practitioners, and the veteran community across Australia.

Their research so far has focused on:

- New and novel treatments for PTSD
- Better defining what "recovery" from PTSD looks like
- Charting how sleep disturbances interrupt PTSD recovery
- Understanding how employment relates to wellbeing

They are currently looking for volunteers for several veteran research studies, including:

- a study exploring what factors contribute to a veteran choosing or sticking with a particular PTSD treatment, as well as why many choose not to come for treatment. This critical information can help us to understand how treatment can better meet the needs of veterans
- a study designed to understand how everyday thoughts, feelings, and actions might influence problem anger. Using innovative research methods, we are using smartphone technology to investigate the daily factors that contribute to experiences of anger in veterans.

The team of researchers at the Centenary of Anzac Centre are supported by a council of international trauma experts, as well as a Veterans Advisory Committee made up of Defence Force veterans who have experienced and understand mental health conditions. Each group meets four times a year to help guide research studies. The Centenary of Anzac Centre is funded by the Department of Veterans' Affairs, and includes a free practitioner service to support and provide advice to mental health professionals working with veterans.

"On behalf of my research team, I want to thank Australia's veterans for their service, and their families and loved ones for their invaluable support. Seeking ways to improve the mental health and wellbeing of veterans and their family members is of paramount importance to us and we will continue to work hard to improve outcomes for the veteran community," said Dr Mark Hinton, Director of Centenary of ANZAC Centre.

The centre wants to hear more from veterans and their families from around Australia about which issues matter to them when it comes to mental health and wellbeing. If you want to become involved in the research studies, or let them know what matters most to your mental health and wellbeing, contact us at [phoenix-info@unimelb.edu.au](mailto:phoenix-info@unimelb.edu.au) or visit [www.go.phoenixaustralia.org/the-last-post](http://www.go.phoenixaustralia.org/the-last-post)

# Dr Mark Hinton

— INTERVIEW —

"...IF WE CAN FIND WAYS TO IDENTIFY POTENTIAL RISKS AND LOOK TO MAINTAIN WELL-BEING AND PEOPLE'S SENSE OF WORTH AND A POSITIVITY ABOUT THE WAY THEY LIVE THEIR LIVES. WE'RE ON THE RIGHT TRACK BUT WE NEED NUMBERS. WE NEED TO ENCOURAGE VETERANS, IF THEY'RE AT ALL INTERESTED, TO PUT THEIR HAND UP AND WE'LL DO THE BEST WE CAN TO REDUCE THEIR ANXIETY."



*The Last Post:* Dr Mark Hinton, clinical psychologist and international expert in veteran and military health, welcome to *The Last Post*.

*Mark Hinton:* Thanks Greg, a pleasure.

*TLP:* You're currently involved in a study with the Centenary of Anzac Centre, which was an initiative of Phoenix Australia. Tell us a bit about that Mark.

*MH:* We're currently involved in around 15 studies that I have responsibility for and there's a raft of other studies that are currently underway at Phoenix so we're heavily involved in research. The brief that I have in particular is around veterans mental health, the improvement of veterans mental health and that of their families. Probably the most topical area we have at the moment and one of the great interests of ours is anger. That particular study we're looking at right now is examining factors that are associated with and a precipitant to anger. Why has this come up? Because there are a number of signature mental health conditions of veterans. Obviously, everybody jumps on the idea that PTSD (Post Traumatic Stress Disorder) is a key problem for the group and that that is the only group. It is most certainly one of the most challenging areas of mental health that we've got to work with. But we find that around that we've got some additional issues that arise from the PTSD with

people being immersed in high stressed environments and that's not only with our veterans, that's also with our first respondents, and that's specifically around the emotional regulation and anger and that's something that we found was quite prominent. We found that if people presenting with what we call problematic anger is that that can compromise their treatment, their ability to engage and to make good use of what we think is good quality treatment for PTSD. We're doing some really interesting work in focusing on anger, particularly using new technology.

This is always a concern of ours but we're using what we call Ecological Momentary Assessments. We are asking a group of self-referred veterans who have self-identified that they have anger problems, to undergo a ten-day period of assessment. And through that period, four times a day will pop up what we call micro-surveys and that will help us look at, across the course of a day, as to how they're travelling and what may be potential precipitance to their anger. Why we ask this is that we've found that this one-size-fits-all anger that was anticipated is not the case. There's a great deal of difference between ruminative anger, where it builds and builds, we have quite impulse anger, where people, and they'll tell you this, go from zero to 100 in no time at all and are responding as if it's life and death. And we have



Mark Hinton is the Director of the Centenary of Anzac Centre's Treatment Research Collaboration. A clinical psychologist by training, Mark has worked in a variety of mental health settings in clinical, management and academic roles over the course of a career spanning three decades. Mark has a history of involvement with veterans' mental health in services in South Australia.

people who have premeditated, brooding states where they're always potentially angry. We're expecting to find a lot of different anger that will require personalised treatment, moving away from the one-size-fits-all approach. That's an introduction into some of the interesting work we're doing. What we have been pleased with is that, with some of the veterans, we've had a fantastic response to advertising through social media which suggests to us that it's a far bigger problem than we ever anticipated.

*TLP:* In many ways, the tip of an iceberg. For years a problem that has gone undiagnosed. What makes Australia's veterans particularly vulnerable to the PTSD that you're studying with Phoenix at the moment?

*MH:* If we talk about our current group, right now, there are some high-risk periods. We have a collection of veterans that have been committed to multiple deployments, through East Timor, Iraq and Afghanistan over a short period of time and the numbers we found are equivalent to the numbers that were deployed to Vietnam. And we're aware of that being the first huge commitment of Australian troops in which we understood better the impact of war on mental health. Also, and we don't seem to appreciate it as much as we could, there's a lot of stress and trauma associated with activities around border protection. Australian troops are often committed to disaster relief, which brings with it, its own traumas and that's both internal and external. So when they go away to deal with a Tsunami for example and bushfires and flood relief and there's traumas associated with those duties when we put our troops in harms way. And this all makes this group, our veterans, vulnerable because they're in high risk environments.

*TLP:* I guess too, this study, in conjunction with Phoenix, is allowing veterans to voice their condition that they may have previously felt they had nowhere to turn with.

*MH:* It's a great point you make. Currently now, our understanding is that about 50% of those with PTSD show up for treatment. So we've got a huge problem in engaging people with these type of mental health problems into treatment. So that's a huge problem couple with the fact that we believe, 20-30% of those that do turn up don't get what we would consider to be good quality treatment. So that's not great. On top of that, combined with the warrior ethos of tolerating distress and discomfort and just getting on with things, these things mitigate against people putting up their hands and asking for help. So we struggle to get people to present. And then there's all the normal things but it's better now than it has been with people outside of the military, people in the AFL and NRL are putting up their hands, showing that socially we've got some improved attitudes to seeking help or struggling a bit and have some health challengers. So it's a struggle for us to get people in. We've got a reluctant clientele, unfortunately.

*TLP:* And, I guess Mark that it does impact on the whole community because veterans are part of that community. We speak of everyday issues that may be dealt with by those not suffering but not for those suffering PTSD. I guess, even waiting in a queue at a shopping centre or a bank can be stressful occasions for these people.

*MH:* We've got another couple of studies going on in this area that look at not only symptoms but quality of life. So when we're offering treatment it not just about reducing

symptoms but getting people to return to function at a level expected of their peers. So yes, they can be vulnerable with crowds. If your job for a period of time, centres on looking for threats, you'll find that threat. So, another thing we're doing is to try and lower threat hyper-sensitivity. If someone is trying to harm you and kill you then you will look in a very systematic and particular way at the environment around you as being dangerous. When veterans return to what is often called "civvie-street" or everyday life then those same skills that served you extraordinarily well in a threatening and dangerous environment doesn't serve you well in civilian life. But it's hard to switch that off. So, being around large groups of people, for example, where there is always some form of risk, can be very difficult. Queues, as you say, anything that's outside of your control. Someone leaving a bag on the ground. So, there are triggers that can bring this on. That's a challenge for these people.

*TLP:* A veteran friend of mine who suffered, still suffers from it on some level, I suppose. Bob sought treatment and one of the things he did was to write poetry – he's quite a good poet actually – he told me that this had helped in a big way. There would be different ways for different veterans to enable themselves to alleviate the stress through mental training or through things like writing.

*MH:* Absolutely. We've got a long way to go. I often bring up a slide when I'm talking with people about the numbers of studies and the number of people, thousands, involved in physical health studies. We don't have anywhere near that amount of evidence to support interventions we have. The interventions we have are largely to do with reducing reexperiencing trauma and hyper-arousal. It can affect attention and concentration so their performances and ability to engage with people can be blunted. We've got lots of work going on in the area of what we call augmentation and complimentary therapies and physical therapies that people are testing and trialling. There's some promising work going on in the area of meditation. The journal Lancet has produced a study in the last six months that suggests that meditation for those that can use it, will help in managing symptoms like hyper-arousal and sensitivity they have. There's some work being done with yoga that we've found quite promising as well as with exercise. And exercise is having an impact. There's a lot of work being done too with companion therapy and companion dogs. There's a lot of working being done to see how this can improve people's function and view of the world. We need to investigate that further to see if there's any scientific evidence to support that and if there is we would be really keen to get that funded...if we can find ways to identify potential risks and look to maintain well-being and people's sense of worth and a positivity about the way they live their lives. We're on the right track but we need numbers. We need to encourage veterans, if they're at all interested, to put their hand up and we'll do the best we can to reduce their anxiety.

*TLP:* Yes. Improving the outcomes for veterans with mental health issues and their families and friends etc is of paramount importance to us all and to you and the studies being done. We thank you outlining that. There is an email address phoenix-info@unimelb.edu.au and veterans can email there or visit the Phoenix Australia website.

*MH:* Absolutely. We'd love to hear from you.

# Too Many Veterans in South Australian Prisons

A welcome spotlight is finally being shone on the problems some men and women face while they transition from the Australian Defence Force (ADF) to civilian life. Senate inquiries, media reports, and Australian Institute of Health and Welfare updates recognise that some ex-service people experience homelessness, relationship breakdown, drug and alcohol abuse, and that a tragic number take their own lives.

Veteran support organisations have also noticed that a worrying number of ex-service men are in prison. However, the connection between military service and criminal offending receives little attention from the media or politicians, and police and the prisons rarely collect data on whether prisoners have a military background.

In 2018, Chris Tilley, army veteran and Custodial and Recreation Officer for the Department for Correctional Services, visited every prison in South Australia and asked every prisoner in the state whether they had served in the ADF. No women came forward, but 93 men did. Given the size of the prison and military populations, the numbers for South Australia indicate that ex-service men are in prison at twice the rate of the general population.

We have interviewed 13 ex-service men who have been in prison within the last two years, to try and understand their pathway from the ADF to prison, and to make recommendations for policies that will reduce criminal offending by ex-service people.

The experiences of every man are unique, but common themes have emerged from our interviews. Nearly every man had bad childhood experiences, and a poor relationship with his father. They saw themselves heading down a destructive path, and joined the military to find respect, discipline and camaraderie.

The men generally loved military service, but whether they were medically discharged or left voluntarily, their separation was sudden and complete. Without military discipline, their childhood issues resurfaced - often worsened through traumatic experiences in the military, and loss of identity experienced upon discharge. Every man we interviewed had a diagnosed mental health condition, with the most common being posttraumatic stress.

Some ex-service men looked to criminal organisations for the brotherhood they missed from the ADF, but most drifted into crime while struggling to build a life and find an identity outside of the military. Prison is just one of the negative possibilities facing some ex-service men, and the ADF and the Department of Veterans' Affairs need to work with men and women leaving the military to assist them to transition into civilian life.

**KELLIE TOOLE, CRIMINAL LAW LECTURER,  
UNIVERSITY OF ADELAIDE**

**ELAINE WADDELL, RESEARCHER,  
UNIVERSITY OF ADELAIDE AND FLINDERS UNIVERSITY**

---

We are continuing our research and would love to hear from men or women who are in prison now or have been in prison in the last two years, and have either served in the ADF or have a mother, father or partner who has served. Please contact: [kellie.toole@adelaide.edu.au](mailto:kellie.toole@adelaide.edu.au)

"VETERAN SUPPORT ORGANISATIONS HAVE ALSO NOTICED THAT A WORRYING NUMBER OF EX-SERVICE MEN ARE IN PRISON. HOWEVER, THE CONNECTION BETWEEN MILITARY SERVICE AND CRIMINAL OFFENDING RECEIVES LITTLE ATTENTION FROM THE MEDIA OR POLITICIANS, AND POLICE AND THE PRISONS RARELY COLLECT DATA ON WHETHER PRISONERS HAVE A MILITARY BACKGROUND."



# The Adelaide University Research Unit on Military Law and Ethics

BY PROFESSOR DALE STEPHENS CSM

The Adelaide University Research Unit on Military Law and Ethics (RUMLAE -<https://law.adelaide.edu.au/military-law-ethics/>) was launched by His Excellency the Honourable Hieu Van Le AC, Governor of South Australia in September 2015 at Government House.



RUMLAE is based in the University of Adelaide Law School and is primarily dedicated to researching and teaching in areas of military law and ethics. The Chair of the RUMLAE Advisory Board is the Chancellor of the University of Adelaide, Rear Admiral the Honourable Kevin Scarce AC CSC RAN – Rtd. The Director of RUMLAE is former Navy Legal Officer, Professor Dale Stephens CSM and the Deputy Director is the Dean of the Law School, Professor Melissa de Zwart. Both Professors are active members of the Navy Legal Reserve as are other members of RUMLAE.



RUMLAE is currently undertaking active research into law and policy issues relevant to Australian Defence Force (ADF) operations. Recent areas of research focus include the law of naval warfare; the law applicable to military operations in outer space (Woomera Manual); the protection of cultural property in a time of armed conflict and, most recently, the legal framework of Information Warfare. In addition, members of RUMLAE are also researching domestic law and policy issues in an inter-disciplinary manner, such as the relationship between ex serving ADF members and the civilian criminal law system. Warfare remains law's most intractable challenge, so complete has the legal vocabulary become that languages of strategy, politics and ethics are frequently fused in moments of legal decision. It has been the role of RUMLAE to investigate these socio-political layers and to identify moments of clarity in the manner in which choices are made and actions authentically taken under the law.

RUMLAE members are actively engaged in the teaching of Military and Operational Law (including operational commercial law) courses to ADF members as well as a growing number of undergraduate and post graduate civilian students at the University of Adelaide. In fact, the Law of Armed Conflict course that is run at the Adelaide Law School has proven to be one of the most popular electives in the entire undergraduate program. The course allows students to more fully understand the nature of law's application to the battlespace and to appreciate the moral, legal and personal challenges facing ADF members when undertaking operations during a time of armed conflict.

CHICOS 00123M

THE UNIVERSITY of ADELAIDE

**RESEARCH UNIT ON MILITARY LAW AND ETHICS**

**MORE INFO**  
[law.adelaide.edu.au/rumlae](https://law.adelaide.edu.au/rumlae)

# World Pancreatic Cancer Day: increasing awareness and inspiring action

ISABELLE DUBACH

This World Pancreatic Cancer Day, we're highlighting some of the many UNSW Sydney researchers working to improve patient outcomes.

Pancreatic cancer is an insidious disease – it is often diagnosed at an advanced stage, with about 90% of patients dying within five years of diagnosis. New projections suggest pancreatic cancer will be the second leading cause of cancer mortality by 2025.

This World Pancreatic Cancer Day, we are celebrating some of the many UNSW researchers who are dedicated to changing those statistics. Cancers with poor outcomes – like pancreatic cancer – are a key focus area in UNSW Medicine's cancer theme.



Top row: Ying Zhu; Minoti Apte. Bottom row: Phoebe Phillips, Angelica Merlot.

## PHOEBE PHILLIPS

Associate Professor Phillips is the Head of the Pancreatic Cancer Translational Research Group and Deputy Director of the Adult Cancer Program at the Lowy Cancer Research Centre at UNSW Medicine.

This year, A/Prof Phillips was a key driver in establishing the Pancreatic Cancer Research Hub, which aims to double the survival of patients with pancreatic cancer by 2030.

She says World Pancreatic Cancer Day is a powerful advocacy event to increase community and government awareness of pancreatic cancer.

"It is also a time to reflect on the progress we have made in understanding this terrible disease and focus on the next steps to overcome current clinical challenges to ensure our research efforts bridge the gap and, as in other cancers, improve the outcomes for our patients with pancreatic cancer.

"I know that we are on the brink of overturning the unacceptable statistics. Uniting researchers with the community – who, unlike in other cancers, don't often get to be a strong voice advocating for themselves – and Government will ensure Australian researchers continue to make positive change for pancreatic cancer patients globally."

A/Prof Phillips's group has developed a novel cutting-edge way to keep pieces of human pancreatic tumours alive in the laboratory for two weeks after surgical resection.

"Our capacity to grow human tumour tissue in the laboratory provides a valuable new clinical tool to test how a patient's tumour responds to different chemotherapies and has the potential to immediately inform patient treatment options. Our unique tumour model is superior to other models because it is human in origin and it contains the complex tumour environment present in patients."

In 2016 A/Prof Phillips had a major breakthrough, successfully developing a novel nanomedicine – a tiny drug delivery vehicle – consisting of a state-of-the-art nanoparticle that can package gene therapy to inhibit any tumour-promoting gene in pancreatic cancer.

With the generous support from the Brian O'Neill Pancreatic Cancer Fundraising Dinner – held last night – the team will be able to perform essential preclinical studies to test the therapeutic potential of their nano-gene therapy in combination with a clinically approved drug. They also plan on using their expertise to improve the bioavailability of the clinically approved drugs using a nanomedicine approach.

## MINOTI APTE

Professor Minoti Apte was the first in the world to isolate and characterise pancreatic stellate cells, a cell type that is now known to play a major role in the progression of both chronic pancreatitis and pancreatic cancer. Coming up with ways to target these cells to prevent them from doing harm is now a major focus of her team's research.

The group has now shown that interrupting the cross-talk between cancer cells and surrounding cells in the microenvironment by targeting a certain signalling pathway reduces tumour growth and eliminates metastasis in early as well as advanced pre-clinical models of pancreatic cancer.

"We have also shown that targeting this pathway reduces the risk of recurrence and progression after surgical resection of pancreatic cancer in a mouse model, and are currently working on possible pathways to take our laboratory findings to the clinic," Professor Apte says.

"To me, World Pancreatic Cancer Day is a great opportunity to raise awareness in the community about this deadly cancer, but it is also a day to admire the courage and resilience of patients and their carers. These are the people that spur us researchers on to continue working hard to develop new therapeutic approaches to improve outcomes."

Last year, Professor Apte received the Gastroenterological Society of Australia (GESA) Distinguished Researcher Prize 2018. In 2014 she was awarded the Medal of the Order of Australia (OAM), after being named the NSW Woman of the Year in 2015. She was also the 2016 recipient of the Professor Rob Sutherland AO Make a Difference Award at the NSW Premier's Awards for Outstanding Cancer Research – an award that recognises highly successful research that is actively changing cancer treatment and improving patient survival.

## ANGELICA MERLOT

Dr Angelica Merlot, who is based at the Children's Cancer Institute, focuses her research on developing new anti-cancer drugs that target drug resistance and suppress cancer spread.

This year, the cancer researcher has won the 2019 NSW Young Woman of the Year award for her achievements and research into treatments for pancreatic and brain cancer. She also won a 2019 Young Tall Poppy Science Award and the 2019 NSW Early Career Researcher of the Year (Biological Sciences) at the NSW Premier's Prizes for Science & Engineering.



Dr Merlot says today is an important day to raise awareness about one of the world's toughest cancers. "This is crucial as it broadens community knowledge, inspires action and supports further research funding for this cancer. It's also a time to remember those whom we have lost and those currently fighting this disease," she says.

"Although we've seen a small improvement in the current survival rate, a lot of progress is still required. Further translational research means that there is a greater likelihood that the survival rates can be increased and the journey and treatment of those affected by the cancer can be improved."

Dr Merlot became focused on cancer research as an undergraduate. Her interest in aggressive cancers, such as pancreatic and brain cancer, was motivated by lack of improvement in survival rates over the past decades, largely due to late diagnosis, a lack of screening programs, low awareness of symptoms and a lack of treatment options.

After moving to UNSW Medicine as a Scientia Fellow in 2018, Dr Merlot focused on understanding the mechanisms by which cancer cells grow and adapt to their environment, why drugs become less effective and the development of nanoparticles to improve drug delivery.

Dr Merlot's current projects are investigating part of a human cell called the endoplasmic reticulum (ER). The ER is a type of organelle, or subunit within a cell, that has been shown to help cancers grow, spread and develop drug resistance.

#### YING ZHU

Dr Ying Zhu will lead a team of researchers from UNSW to discover much needed early detection methods for pancreatic cancer patients: the UNSW Medicine researcher today received \$100,000 grant from the Avner Pancreatic Cancer Foundation. A/Prof Phillips is a co-investigator on this grant.

As current approaches to this research are time and labour intensive, the team will develop an integrated and small device based on nanotechnology for rapid and sensitive exosome analysis. The team will define a set of biomarkers that can differentiate between cancer and non-cancer subjects from cells and plasma carrying early signs of human pancreatic cancer. This novel technology will also be applicable for doctors monitoring the development and customising the treatment of a patient's tumour.

"Pancreatic cancer is difficult to diagnose in the early stages. Early tumour can't be observed during routine physical exams as the pancreas is deep inside the body. Most patients are diagnosed when the cancer has become very large or has spread to other organs. A method to detect pancreatic cancer early on is urgently needed," Dr Zhu said.

"My project team aims to develop a blood test to detect pancreatic cancer in the early stages. The team will target exosomes, which are nanosized fragments released by cancer cells. Exosomes are important for communicating messages and transporting materials between cells. Exosomes have been identified as more accurate and promising biomarkers, or biological clues for pancreatic cancer diagnosis," Dr Zhu continued.

"We are pleased to award funding to this innovative project," said Michelle Stewart, CEO of the Avner Pancreatic Cancer Foundation. "We are encouraged by the high calibre of the research and believe that investment into projects like these will help us to increase survival for people diagnosed with pancreatic cancer."

UNSW Sydney

# Turn any Toilet into a **BIDET**

## ...Simply by Changing the Seat!

### Install Now!

On your toilet ... it only takes minutes



- ✓ Warm water wash
- ✓ Warm air dryer
- ✓ Soft closing lid
- ✓ Heated seat & more...



AS SEEN ON  
**TV**

Funding  
options  
available

**coway**  
Voted Best Bidet  
in the world  
2 years in a row



## 02 9191 9320

[www.thebidetshop.com.au](http://www.thebidetshop.com.au)

**The  
BIDET  
SHOP**

Call today & quote  
Discount Offer

**804LP**



## Bunbury RSL young veterans engagement

The Bunbury RSL is engaging in a program to encourage young veterans to get involved. The program is the brainchild of Brett Hansen, a US army veteran who served in Iraq and Dane Greenstreet, an Australian army veteran who served in many different theatres including East Timor and Afghanistan.

The idea was born through many lengthy discussions between the two about the lack of support post-discharge and the lack of engagement with local veterans in the Southwest of WA.

The two worked out that the Bunbury RSL did not need to change, but extend their services to include more activities that will engage the younger crop of veterans to ensure the future of the RSL and to provide connection and support for local veterans and their families.

They have set about in achieving this in two ways. Firstly, they have engaged with a local employment service, Forrest Personnel, who is in a position to put a lot of support behind the RSL and young veterans in the community. It is the intent for the employment service to provide veterans with the full spectrum of job find services and assistance including;

- Recognition of competency
- Resume writing
- Cover letter assistance
- Interview preparation, and
- General job readiness skills.

These have been identified as areas that may be lacking for those transitioning out of the ADF, as it may have been many years since veterans have had to do a formal interview, if ever. There is also plans for future expansion of services including a programme specially targeted at health

and well-being so that veterans transition experiences are more positive. The ultimate outcome to be that the veterans are in a better, more positive position to then be able to focus on employment and all the benefits that come with it.

The other aspect that the men want to attack is social engagement of veterans and their families. They intend to achieve this by hosting events both at local venues and within the RSL, which has already commenced with the introduction of a monthly coffee catch up at Caf-fez, a locally owned business in Bunbury who have been more than willing to support the venture. The coffee catch ups are an open invitation to all local veterans and their families to come down and share a brew in a relaxed environment and link in with other likeminded families. So far the group has been small but enjoyable and it is predicted to grow once word gets around in the veteran community.

It is also the intent to have social family days at various locations around the Southwest that will provide activities for families and also some activities that will cater more towards veterans and their partners.

As with all things, this had to start small but the boys have commenced fundraising bbqs to be able to fund the current events and hopefully provide free days out for families into the future. So if you see them about please stop in and have a chat about their plans and future activities.





- Forrest Personnel is a not-for-profit, specialist employment agency.
- Our business is helping people with health conditions including anxiety, depression, disability or injury find sustainable work.
- We are always looking for ways to 'help more people' and are currently looking at a programme to support Veterans.
- Statistics and research highlight that the veteran cohort experience higher rates of conditions that affect their ability to enter civilian employment than the general population.
- We believe we may be able to provide support to help people transition from military to civilian life.
- We have offices throughout rural and regional WA and are well-positioned to be able to make a real difference.
- A number of our team members have friends and family connections to returned service personnel and have been in consultation with the local RSL about the challenges facing young returned service personnel and how employment could help overcome some of these.
- ABC South West heard about our initial conversations and filmed a story about the challenges facing this group of people and how employment and Forrest Personnel might be involved with their reintegration into civilian life.
- We are wanting to gather as much information as possible 'first-hand' about the experiences of military personnel transitioning to civilian life.
- This will help us shape how we can best provide our services and supports.
- We would like as many people as possible to complete our Veterans Survey – regardless of where they live.
- This survey is **COMPLETELY CONFIDENTIAL** – NO NAMES ARE REQUIRED.
- The survey can be completed at [www.surveymonkey.com/r/S8WS8SF](http://www.surveymonkey.com/r/S8WS8SF) or send us an email to [response@fpi.org.au](mailto:response@fpi.org.au) to request the survey.
- You can also call us on 1800 224 548 if you would like some more information about our services.

Forrest Personnel's head office is in Bunbury and approximately 85 staff work from offices in Albany, Bunbury, Bridgetown, Busselton, Collie, Esperance, Geraldton, Kalgoorlie, Kwinana, Manjimup, Margaret River, Narrogin, Northam, Rockingham, Success and West Leederville. We also deliver outreach servicing to additional communities in the Wheatbelt and Great Southern regions.



CLOCKWISE, FROM TOP:

Dane Greenstreet in East Timor in 2001.

Dane Greenstreet selling poppies.

Dane Greenstreet interviewed for ABC.

Brett Hansen (left) and Dane Greenstreet at the RSL on Remembrance Day 2019.

## ARE YOU A VETERAN?

**Forrest Personnel**

No Ability Wasted

Forrest Personnel is a not-for-profit organisation operating in WA committed to building stronger communities through increased employment and strong partnerships.

**Contact us today:**

1800 ABILITY  
224 548  
info@fp.org.au

[www.fp.org.au](http://www.fp.org.au)  
Find us on Facebook

### *Paying our respects... the best way we know how*

We recognise and appreciate the contribution veterans have made to our communities far and wide.

At Forrest Personnel, we're committed to finding ways to help veterans make the transition from military to civilian life a more positive experience. One that contributes to finding and keeping a job.

### *Your opinions are important to us*


We are currently looking at a **program to support Veterans**

We have offices throughout WA and are well-positioned to be able to make a real difference. However, wherever you live, we're interested in hearing from you.

Your feedback will help us shape how we can best provide services and supports.

### *To provide your feedback*

Please complete a brief survey at: [fpi.org.au/veteran-survey](http://fpi.org.au/veteran-survey)  
This survey is **COMPLETELY CONFIDENTIAL** (no names are required)



## *Discussing what matters most for older Australians*

Dying is as normal a part of life as being born. While many of us are quick to rally around a new parent and offer help, supporting family or friends at the other end of life's cycle is often not as forthcoming.



**Defence  
Discount  
Wills.**

\* From anywhere in Australia

**\$165**

\*conditions apply

**LYNCH & CO LAWYERS**

**0430 410 490**

[www.facebook.com/lynchandcolawyers](https://www.facebook.com/lynchandcolawyers)

[www.lynchandco.com.au](http://www.lynchandco.com.au)



Palliative Care Australia's new What Matters Most discussion starter resources are designed to help older people and those living with Dementia work out what would be right for them, if they were really sick or at the end of their life rather than waiting for a crisis to occur.

The resources can be used to help older Australians have these important discussions with their health care workers and family and friends.

The What Matters Most resources were recently launched at a special event at Parliament House, which was co-hosted with Dementia Australia and attended by the Governor-General, His Excellency David Hurley, and Her Excellency Mrs Linda Hurley.

His Excellency is Patron of Dementia Australia and Their Excellencies are joint Patrons of PCA.

"As Patron of both Palliative Care Australia and Dementia Australia, I am very pleased the organisations are working in partnership," the Governor-General said.

"Both organisations bring expertise, compassion and commitment to their mission and the services they provide to Australians when they, their families and loved ones, need them the most."

A community poll commissioned by PCA in 2019 indicated that Australians are not preparing for the end of their lives. Whilst eight in ten Australians think it's important to talk about their end-of-life care wishes, only one in four have actually had the conversation.

The What Matters Most resources have been designed to normalise early conversations about the end of life to

assist older people in making future decisions that are aligned with their preferences.

"This is an ongoing process/ conversation that shouldn't be done in acute situations or in the last days or weeks of a person's life," said Palliative Care Australia CEO, Mr Rohan Greenland.

In launching the new What Matters Most resources, Mr Greenland said "these resources were developed for health and aged care workers to support older people, including those living with dementia, to reflect and have conversations about What Matters Most to them and what they might want if they were very sick or at the end of their life."

Mr Greenland thanked the Australian Government and the Department of Health for the Dementia and Aged Care Services (DACS) fund which supported the production of these resources.

"These resources are incredibly valuable to support health and aged care workers to have early conversations with older Australians about their end of life preferences, and were only made possible with this funding from government," said Mr Greenland.

"We would also like to acknowledge Dementia Australia, Aged & Community Services (ACSA), Leading Age Services Australia (LASA), HammondCare and the aged care providers involved in development of What Matters Most, and importantly the people living with dementia and their carers for their invaluable feedback."

The vibrant artwork used throughout the What Matters Most Resources was created by Mr Les Makai, a former serving member of the Australian Defence Force.

Les began his art career at the age of 41 having never picked up a paintbrush. He'd always been too busy to pursue this interest, until he was diagnosed with Posterior Cortical Atrophy, a form of dementia.

Les finds art therapeutic and derives great pleasure from knowing that his artworks bring joy to others. PCA is extremely grateful to Les for his support of the 'What Matters Most' initiative.

The What Matters Most resources are available to view and download online and include:

A Facilitator Guide that supports health and aged care workers to initiate conversations using the What Matters Most Discussion Starter and Cards with consumers of home, community, or residential aged care services.

The What Matters Most Discussion Starter with questions about the older person, about their health and about what they might want at the end of their life. The questions can be used by the health or aged care worker to guide the conversation with the older person as they explore What Matters Most to them.

The What Matters Most cards which can be used as prompts when working through the Discussion Starter or can be used as an ice breaker to get the person thinking about What Matters Most to them.

A limited supply of hard copy resources and resource sets on USB are available for the price of postage by contacting Palliative Care Australia at [pca@palliativecare.org.au](mailto:pca@palliativecare.org.au) or phoning 02 6232 0700. Learn more at [www.dyingtotalk.org.au/what-matters-most-for-older-australians](http://www.dyingtotalk.org.au/what-matters-most-for-older-australians)



**Bluehats™**  
LET'S TALK  
Incolink's Suicide Prevention Initiative

**Onsite for you  
and your family**

Incolink



**Go Gentle**  
Australia

## What would you give for a PEACEFUL DEATH?

Founded by Andrew Denton, Go Gentle Australia works to spark a better conversation around end of life choices.

Help us continue our educational work that was instrumental in the successful campaigns for voluntary assisted dying laws in VIC & WA.

To donate, participate in workplace giving or leave a gift in your will, visit [GOGentleAustralia.org.au](https://GOGentleAustralia.org.au)



 [contact@gogentleaustralia.org.au](mailto:contact@gogentleaustralia.org.au)    

 0468 464 360  PO Box 992, St Ives 2075

Dr Roger Hunt is a Palliative Medicine Consultant who has been a pioneer of palliative care in SA; founding member of Daw House Hospice; founding Fellow of the Chapter of Palliative Medicine; developed post-graduate courses at Flinders University; Senior Lecturer at University of Adelaide; awarded a Doctorate of Medicine for published research entitled 'Epidemiology of Terminal Care in SA'; Director of a major metropolitan palliative care service for 10 years; former Chairman and Honorary Life Member of the Palliative Care Council for services to palliative care.

Before 2017, dozens of legislative proposals for voluntary euthanasia were introduced in parliaments throughout Australia, and only one briefly succeeded - the Rights of the Terminally Ill Act, 1995, in the NT; but the Federal Parliament soon quashed that law. This lack of reform occurred despite overwhelming support from the Australian community since the 1960s.

Things changed in 2017 with the successful passage of the Victorian Voluntary Assisted Dying Act. In December 2019 in WA a similar Act was passed by a much wider margin. It seems like the ground has been broken and we've turned the corner.

What changed, after so many years of failed private members Bills, with the same lobby groups strongly opposing reform? Some of the critical changes have been:

1. Government-supported legislative development involving parliamentary committees of inquiry, community and stakeholder consultation, and advice from expert panels. Every aspect of the resulting legislative proposals has been thoughtfully and thoroughly considered.
2. Accumulating experience from a growing number of overseas jurisdictions that shows compassionate and safe legislation is possible.
3. Effective lobbying of parliamentarians in favour of the new laws.

On this third point, tribute must be paid to Go Gentle Australia. The founder and spearhead of Go Gentle, Andrew Denton, has the intelligence, experience, charisma, celebrity, and credibility to open the right doors, craft the right messages, and convince the right people of the right way to go. Andrew decided to put his shoulder to the wheel of a good cause, and I can think of no individual who has done more to tip the balance so decisively in the right direction for the right legislative outcomes in Victoria and WA.

Andrew Denton's team at Go Gentle Australia has been able to capture and project the real need for the new laws through real personal stories about suffering and dying. Go Gentle has produced forceful, coherent, evidence-based arguments to counter the obfuscation and fear-mongering that so often appears from the other side. And Go Gentle has been able to harness community support for the new laws in very effective campaigns.

In 35-plus years of palliative medicine practice, I've encountered many people who've been suffering while dying, who've yearned for the real choice that has become available in Victoria and WA. For the benefit of our fellow Australians with terminal illness now and in the future, in all parts of our nation, I urge you to support the work of Go Gentle Australia.

**DR ROGER HUNT, BM BS GDFH FACHPM MD  
PALLIATIVE MEDICINE SENIOR CONSULTANT  
AND SENIOR LECTURER**



# Serving Those Who Served



**Home Care** services and advice so you can live in your own home with confidence

**Ex-Service Accommodation Units** at 7 locations in Melbourne and Geelong - ex-service only



**Award-winning Residential Care** homes at Bundoora, Ivanhoe, Brighton, Brighton East and Frankston South

Vasey RSL Care has a proud tradition of supporting veterans and war widows. Around 75% of our community has an ex-service background.



  
**VASEY RSL CARE**  
SERVING THOSE WHO SERVED

If you or a loved one is struggling with everyday tasks, call us today:  
T 1300 602 108 W [www.vaseyrslcare.org.au](http://www.vaseyrslcare.org.au)

# Question and Answer with a Prosthodontist:

## Dr Sravan Chunduru

### What is a Prosthodontist?

A prosthodontist is a registered specialist dentist who has undergone a minimum of three-year prosthodontic postgraduate program in addition to their dental degree.

Prosthodontics is the field related to reconstruction or replacement of worn or missing teeth (or other oral structures). Often dentists will refer patients to a prosthodontist when a patient is missing teeth, many worn teeth, jaw pain or for cosmetic enhancement.

### What are some of the common procedures Prosthodontists do?

Common procedures include:

- Removable prosthetics such as partial or full dentures
- Crowns to strengthen weaker teeth
- Veneers to strengthen teeth or change their shape/colour for cosmetics or longevity
- Bridges which use neighbouring teeth to restore a missing tooth
- Dental implants
- Reconstructing worn teeth which may have been damaged through acid erosion or tooth grinding
- More complex reconstruction of teeth or oral structures using prosthetic appliances, often this may require management with many different types of treatment or specialists
- Pain or functional problems with the jaw joint or surrounding structures and muscles
- Appliances such as night guards for tooth grinding, or sleep apnoea appliances

### How do prosthodontists decide on how to treat?

The postgraduate training involves studies in relation to oral and jaw function, materials sciences, aesthetics and most importantly treatment planning. Treatment planning involves using all the information in relation to the patient, their bite, their risk factors to develop plans that are likely to achieve the functional improvement or patient goals. The knowledge of traditional and contemporary materials and techniques also means that we aim to select the most appropriate treatment and materials which can achieve the desired goal and longevity. Often, we direct and lead a team of clinicians including other specialists to achieve common goals and outcomes.

### Should I also see my regular dentist?

Your regular dentist may be able to provide you with many forms of prosthodontic care, however they may choose to refer to a Prosthodontist if aspects of that care is considered complex.

Prosthodontists work with patient's regular dentists to ensure the best dental health for their patients. It is usually through their regular dentists that things can be monitored and maintained (such as check-ups and regular dental cleanings). Communication with them is essential for all around care.

Just as you would service your car every 6-12 months, there is always monitoring and maintenance that needs to be done at regular intervals (even for people with dentures!) to ensure that they continue to function well for you. Remember most oral problems are usually painless until its too late to prevent a tooth breakage, denture breakage or toothache.

Remember when considering prosthodontic dental care:

- Prevention of dental disease is crucial to maintaining oral function
- Regular check-ups and monitoring can help assess the state of your mouth and teeth
- If complex dental care is required, there is often a few options available, and these are the questions you should ask your dental professional.
  - » Am I suitable for complex treatment?
  - » What option may be most suitable for me?
  - » What are my risk factors that can affect the outcome of treatment?
  - » What are the benefits, risks and limitations?
  - » How will this improve my "oral health quality of life"?
  - » What sort of ongoing maintenance should I expect?



Dr Sravan Chunduru is a registered specialist prosthodontist who works in Adelaide, South Australia. He works in his private practice, as a clinical tutor at the University of Adelaide, and as a visiting consultant specialist at the Adelaide Dental Hospital.





# Beating diabetes: Is there a role for nutraceuticals?

Every five minutes, someone in Australia is diagnosed with diabetes. It's Australia's fastest growing chronic condition, but as its prevalence grows more people are adding dietary supplements to their diets in the hope of reducing their risk of the disease. But how effective are dietary supplements?

Every five minutes, someone in Australia is diagnosed with diabetes. It's Australia's fastest growing chronic condition, but as its prevalence grows more people are adding dietary supplements to their diets in the hope of reducing their risk of the disease. But how effective are dietary supplements?

In a new study from the University of South Australia, researchers have examined the efficacy of some of the most commonly used supplements ('nutraceuticals') to manage diabetes and its risk factors.

The review found that the nutraceuticals resveratrol (a compound from grapes), curcumin (from turmeric) and cinnamon were all effective in combatting various elements of diabetes, including regulating glucose, improving insulin resistance and reducing cholesterol.

Diabetes is a chronic condition marked by high levels of glucose in the blood. While Type 1 diabetes cannot be prevented, Type 2 diabetes is most common and preventable in up to nearly 60 per cent of cases by maintaining a healthy weight, being physically active and following a healthy eating plan.

The World Health Organization estimates that 422 million people (or one in 11) have diabetes, costing \$986 billion in global health expenditure each year. In Australia, approximately 1.7 million people have diabetes,

costing the economy an estimated \$14.6 billion a year. With complications causing blindness, heart disease and amputations, it's the biggest challenge confronting Australia's health system.

UniSA researcher, Dr Evangeline Mantzioris says it's important to recognise the role nutraceuticals have in modern society, especially given their popularity among consumers.

"More than 40 per cent of Australian adults regularly use dietary supplements to enhance and improve their diets," Dr Mantzioris says.

"They're easily available, accessible and affordable, and unlike pharmaceuticals, they don't need a prescription, making them extraordinarily popular.

"The challenge is, however, knowing which nutraceuticals will deliver on their promises.

"Our research sought to establish the effectiveness of the most popular types of nutraceuticals, and for diabetes, nutraceuticals that used the active ingredients cinnamon, curcumin or resveratrol were all effective, but in different ways.

"We found cinnamon can reduce fasting blood glucose levels in type 2 diabetes; curcumin can improve insulin resistance in pre-diabetic and Type 2 diabetes, and resveratrol can reduce glucose levels and improve insulin resistance.

"We also tested the efficacy of nutraceuticals on obesity, a key risk factor for diabetes, and, despite all the hype, none had any significant impact for weight loss."

Dr Mantzioris says while nutraceuticals have their place, a healthy diet and lifestyle is the most important factor influencing health.

"People should invest in a diet filled with whole foods – vegetables and fruits, cereals, lean meats, fish, eggs, nuts and seeds, as well as dairy foods – as recommended by the Australian Guide to Healthy Eating. This should provide them with enough of the nutrients essential for good health.

"However, if you are considering nutraceuticals to manage or prevent diabetes, we always recommend speaking with your doctor.

"Nutraceuticals may have a place in healthcare, but there is still a lot we need to learn about them."

University of South Australia



**adelaideCAD**  
Centre for Advanced Dentistry

Are your dentures loose and not fitting?  
Looking for alternatives to dentures?  
Are you having trouble eating?  
Suffering from jaw pain?

AdelaideCAD – Centre for Advanced Dentistry provides friendly and specialist dental care to eligible Department of Veterans' Affairs (DVA) members.

Services are provided by a Dr Sravan Chunduru, a prosthodontic specialist and a graduate from the University of Adelaide.

At AdelaideCAD we are committed to providing excellent specialist dental services. As oral architects we pride ourselves in our ability to diagnose, design and craft dental solutions that make a positive impact on the lives of people we treat.

We can work with your usual dentist to help achieve the best long-term outcomes.



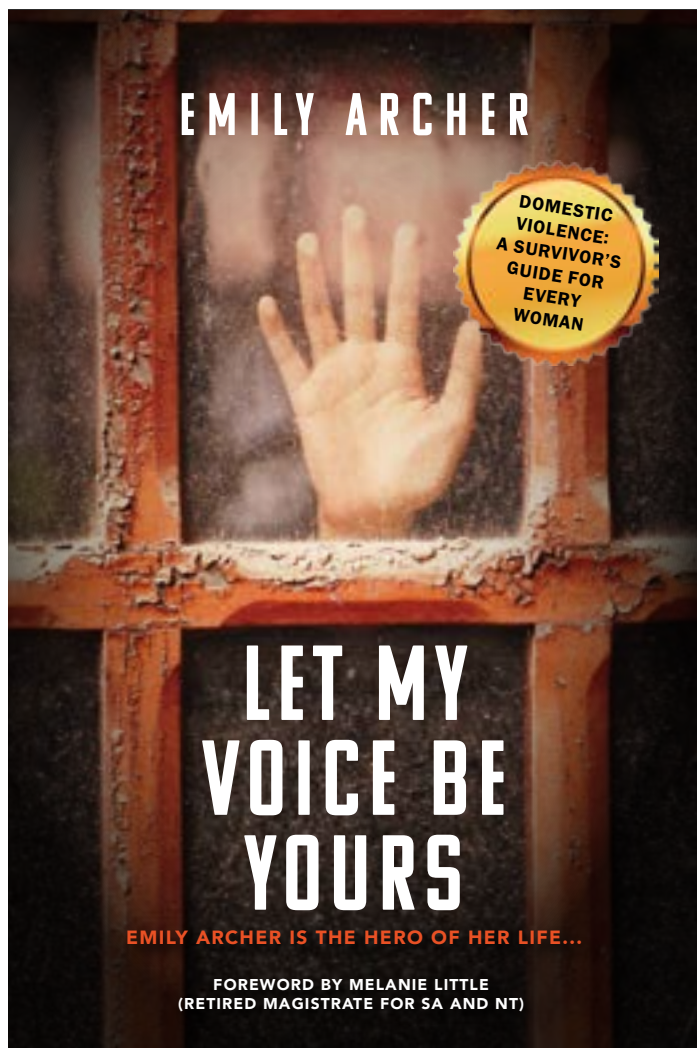
We provide advanced reconstructive dentistry that includes:

- Dental implants in conjunction with an oral surgeon or periodontist
- Crowns
- Bridges
- Partial Dentures
- Full Dentures (including implant retained)
- Veneers
- Fillings
- Diagnosis and management of TMJ/TMD (jaw pain)
- Oral appliances for tooth grinding and/or diagnosed sleep apnoea
- Complex dental treatment and restoration

**CONTACT US ON (08) 8212 5294 FOR A CONSULTATION TODAY**

Suite 11, Level 6, 55 Gawler Place, Adelaide SA 5000

[www.adelaidecad.com.au](http://www.adelaidecad.com.au)



## LET MY VOICE BE YOURS

BY EMILY ARCHER

\$24.95 [www.letmyvoicebyyours.com.au](http://www.letmyvoicebyyours.com.au)

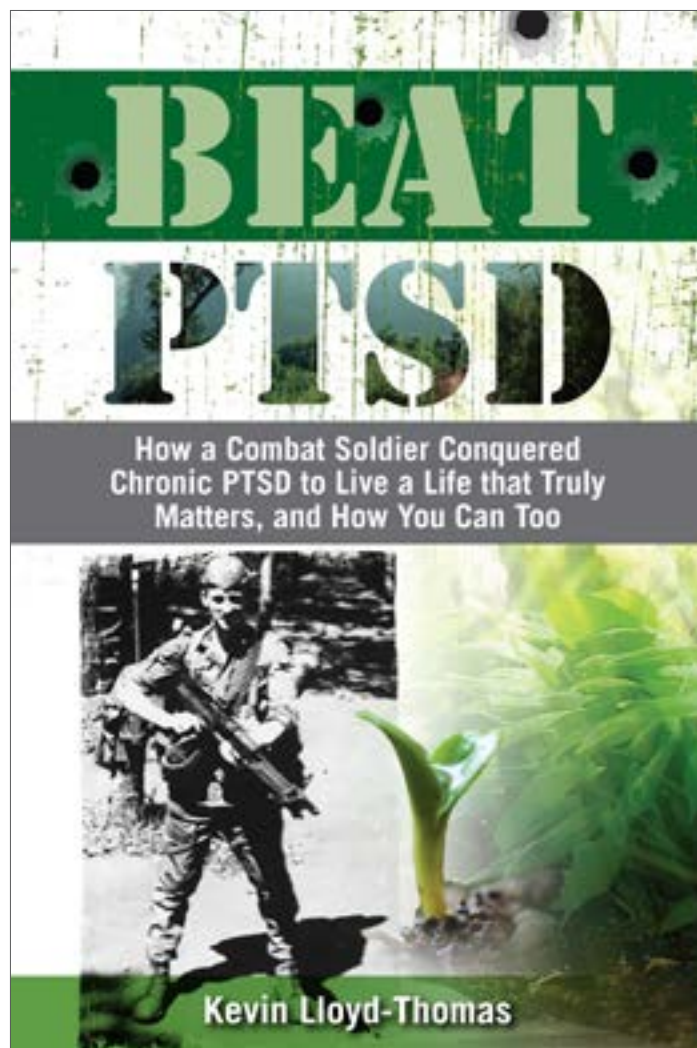
Everyone has a Story - this is mine...

My story began when I moved to Australia with my family from the UK 17 years ago, in search of a better life. Happily married at the time I did not expect to be divorced and diagnosed with Post Traumatic Stress Syndrome (PTSD) 10 years later after my husband attacked me and left me for dead.

For a long time afterwards I was overwhelmed with various emotions that took their turn of being in charge of my decisions, my behaviours and the way I communicated with the world. I felt worthless, hurt, betrayed, rejected, fearful, anxious, anger, guilt, and sadness. These emotions had imprisoned me and held me in my suffering. Everything was a struggle; every day was exhausting and I felt very isolated. I cut myself off from all my friends and moved house, I didn't feel safe and I didn't know who I could trust. It was at that time I started to question "why me?" "Is this really how the rest of my life is going to be?" "What is the meaning of my life?" "What do I do now?" Even though I had been hurt, I still knew that my life's purpose was to help others.

For every negative experience, there is a positive lesson to be learnt, you just need to be open to receiving it. I know this is a hard concept to grasp when your whole being is oozing feelings of sadness, unjust and rejection. I truly believe my marriage and everything that happened is the best thing that could have happened to me in the bigger picture of my life. I no longer see the day I was attacked as the day I nearly lost my life – it is the day I got my life back.

## books



## BEAT PTSD

BY KEVIN LLOYD-THOMAS

\$31.95 [www.bookdepository.com](http://www.bookdepository.com)

Why is this book essential reading for all currently serving, and former members of the Armed Forces? (For those who've served their country in war time, on active service, or in peace.) The military and veteran community is a unique community within the wider community.


The military is the only profession you go into where you will be trained to kill. In the combat arms, going into a war zone, having to kill, or to be killed, with the serious potential in the support arms to do the same.

It provides a roadmap and blueprint to mental health and wellbeing, to surviving and thriving in peacetime, whether you still serve, are now a civilian, no matter what your current circumstance may be.

Who better to teach you than a combat veteran, and a suicide survivor? Kevin developed and implemented specific plans and strategies to turn his life around, back to one of success.

By implementing the 5 Step Life Plan, setting you own plans and goals, with the 7 Pillars of Success across all aspects of daily life, the reader will be able set themselves, and their families, on the path to achieving whatever it is in life that they want.





Senior Rights Service,  
Proud sponsor of Elders Olympics  
in Port Macquarie, 2019



## Seniors Rights Service embarks on a journey

“For me Reconciliation is about many things ... It’s not about a destination. It’s a journey ... it’s actually the journey that’s important: the things that you gather, the things that you share, the things that you participate in on that journey.”

– The Hon. Linda Burney MP, speaking at Senior Rights Service, 7th November 2019

As individuals we might ask ourselves: “What is Reconciliation?” or “What can I do about it?” At Seniors Rights Service, we asked those questions on behalf of our whole organisation.

Seniors Rights Service is a not-for-profit organisation providing legal and aged care advocacy support to seniors across NSW. Aboriginal and Torres Strait Islander people are one of our priority populations. To help us link with communities and provide culturally appropriate services, we started working with an Aboriginal consultant, Dr Elizabeth McEntyre – a criminologist and social worker.

Liz’s decision to work with us (a “good one” she says) has led to some very valuable invitations from communities to connect with them. For example, Seniors Rights Service is now a major sponsor of the state-wide organisation, Elders Olympics NSW.

In November 2019 we launched our Reconciliation Action Plan (RAP). A RAP is a living, working document that sets our commitments to linking with, listening to and working with Aboriginal and Torres Strait Islander communities and people. Responsibility for it goes right to the top – the CEO, Russell Westacott.

The Hon. Linda Burney MP was keynote speaker at the RAP launch. “You [Seniors Rights Service] are so important to the most important people in our community” said Ms Burney “... and that is senior people and certainly from an Aboriginal worldview ... it’s our Elders, it’s our senior people that are so crucial to not only where we are now, but reminding us that you are a sum of the past and that if we, in this country, forget our past then we are really doing a disservice to so many people.”

We are proud to have taken this definitive step on the Reconciliation journey.

---

See this speech and the other inspiring addresses at the RAP launch on our website  
<https://seniorsrightsservice.org.au/projects/seniors-rights-service-launches-our-reconciliation-action-plan>

Prosthodontics is the branch of dentistry pertaining to the restoration and maintenance of oral function, comfort and appearance of the patient by the restoration of the natural teeth and/or replacement of missing teeth. This includes complete dentures, partial dentures, implant over dentures, crowns and bridges.

Dr Mahesh Gantasala has been a Specialist Prosthodontist since 2003 when he completed his MDS at Sydney University. Since then he is in private practice providing specialist services as well as he is a part time senior lecturer at Sydney Uni teaching the prosthodontic post graduate students. In 2004 he became a fellow of the college in the field of prosthodontics (FRACDS) and was the first to achieve this qualification.

Dr. Mahesh has been providing prosthodontic services to veterans and Defence Force for many years. You don't need a referral from your dentist to see him. If you are veteran and looking for specialist prosthodontist services, please give us a call. Dr. Mahesh is available at 3 locations for consultations:

**ARE YOU HAPPY  
WITH YOUR DENTURES?**



**You may be eligible for  
Specialist Prosthodontist  
Services from Veteran Affairs**

- Dental Implants
- Dentures
- Crown and Bridge
- Porcelain Inlays and Onlays
- Implant over Dentures
- Restorations
- TMJ and Jaw problems
- Sleep Apnoea and anti-snoring Devices

**NO REFERRAL REQUIRED**

Reserve your appointment today  
Transport available from DVA

**— Dr. Mahesh V Gantasala —**  
BDS, MDS (Syd), FRACDS (Pres Prosthodontist)  
Senior Lecturer, University of Sydney

**📞 1300 273 933**

**www.apexdentalcentre.com.au**  
**Baulkham Hills, Wentworthville, Liverpool**

Baulkham Hills – Suite 110, 10 Century Circuit, Baulkham Hills 02 8850 4525

Wentworthville – 31/15-17 Lane Street Wentworthville 02 9896 4949

Liverpool – Shop 2, 107 Moore Street Liverpool 02 9602 7815

## Smartphone app to screen for early signs of dementia

Dementia screening could be as easy as using a smartphone app that listens to elderly people speak.

Testing for dementia among elderly could one day be as simple as talking into a smartphone thanks to speech-analysing technology being developed by engineers at UNSW Sydney.

An app that uses machine learning technology will look at paralinguistic features of a person's speech – such as prosody, pitch, volume and intonation – as well as testing memory recall.

Dr Beena Ahmed from UNSW's School of Electrical Engineering and Telecommunications is the engineering

researcher leading the development of new algorithms that will be deployed on a population-wide scale using a smartphone app.

"The tool will essentially replace current subjective, time-consuming procedures that have limited diagnostic accuracy," says Dr Ahmed, who presented a paper on her work in November at the IEEE EMB Strategic Conference on Healthcare Innovations in the US.

UNSW



# The Last Post March for PTSD

In the previous edition of The Last Post, we featured a story about Operation K9 – a program run by the Royal Society for the Blind to provide Assistance Dogs to ADF Veterans struggling with PTSD.

Since then, we have had the opportunity to find out more about the OpK9 program and meet some of the people involved. The more we learned, the more impressed we became. So, we decided we wanted to help, by launching The Last Post's "Walk 4 PTSD" campaign, in consultation with the RSB.

There is currently no government funding to provide ADF veterans with a PTSD Assistance Dog and each one costs the RSB over \$30,000 to breed, raise and train.

Currently, all OpK9 dogs are funded by donations from the public, corporate sponsorships and events run by a small number of local service clubs and RSL sub-branches. Several of these sub-branches have organised "Walk for a Veteran with PTSD" events, with great success. The Last Post wants to build on the success of these walks and help ensure that every ADF Veteran who would benefit from having an OpK9 Assistance Dog can receive one.

We're calling on Last Post readers and RSL sub-branches around the country to get behind the "Walk 4 PTSD" campaign.

When you register your event, you will be provided with a range of resources to assist in making your "Walk 4 PTSD" event a success.

- A step-by-step guide to running a successful event
- Branded event signage, posters and fliers
- A selection of OpK9 merchandise
- Email templates
- Website[s]
- Promotional support including draft media releases to be adapted for your local press
- Where practical, veterans with their OpK9 dogs and other relevant on-the-ground assistance for the events
- Fundraising packs to assist members and your community fundraise
- Fundraising kits designed for your Clubs to use.

## REGISTER NOW! Join us & Walk 4 PTSD



The Last Post and RSB are proud to present this community event to raise much needed funds for the RSB's Operation K9 Program, which provides assistance dogs to ex-service personnel with PTSD.

**Registration is FREE.**

To find out more or to register please visit  
**[rsb.org.au/walk4ptsd](https://rsb.org.au/walk4ptsd)**  
or call **1300 944 306**.



Planning for the "Walk 4 PTSD" campaign is still in its early stages and more information will be available soon. We see this as a great opportunity to support our ADF Veterans, raise awareness about PTSD in your local community, and raise much-needed funds to support the RSB's pioneering OpK9 program.

To register your interest, call or email RSB/OpK9 Community Fundraising and Events Officer, Wendy Lucas.

(08) 8417 5539 - [wendy.lucas@rsb.org.au](mailto:wendy.lucas@rsb.org.au)

You can watch a video demonstrating the positive impact OpK9 is making for veterans with PTSD at <https://www.rsb.org.au/operation-k9>

# Robe To Recovery

The Robe to Recovery journey began with one woman's idea to honour our returned soldiers and their families by providing them with a short break in our fabulous town.

What started as Jacqui's brain child then took on a life of it's own as our community came on board. Donations of accommodation, vouchers, local products, experiences, coffees as well as meetings and joint fitness sessions all became part of that journey.

Our soldiers experience things that we can never imagine in support of their country. As a result their lives, and the lives of those they love, are altered forever. We cannot change that for them, but we can show them that we care and that their dedication and sacrifice is appreciated.

It is from this simple act of caring that Robe To Recovery was born.

There is now a committee of local people who are involved in this initiative as it continues to go from strength to strength and it is a model that is being replicated in other States.

The relationships that have been forged through this program continue to reward all involved. ANZAC Day 2020 at Robe is promising to be a huge event as the Robe to Recovery Committee plan a ceremony worthy of all our returned soldiers.

Council and our community are extremely proud to honour and support such an amazing group of people.



Mayor of Robe Alison Nunan

**MAYOR ALISON NUNAN**





# Robe flies the flag for Aussie Veterans

ANZAC Day 2020 will be a particularly significant day for locals in the small coastal township of Robe SA.

ANZAC Day falls on a Saturday in 2020, and at the local footy ground, Robe will be playing rivals and closest neighbours Hatherleigh, in what will be the ANZAC Day Mid South East Football League Match of the Round.

The Football and Netball Clubs, and indeed the town itself, will be showcased as the most veteran-friendly community in SA, as a local body known as "Robe to Recovery" will be undertaking their inaugural ANZAC Day Event.

It all started with farmer and photographer Jacqui Bateman, who had a desire to see her community of Robe come together to support Australian veterans, in a respite program for those in need. At first, Jacqui used her own B&B accommodation, making it available to veterans and their families. Since then, Robe has embraced the initiative with countless locals offering their homes or holiday rentals, and an extensive list of shops, cafes, activity providers and individuals donating vouchers and goods.

Quite simply, veterans who are identified as requiring support are referred to the program. The veterans and their family are booked into accommodation in Robe for a short stay. They are greeted by a welcoming basket of goodies, each item or voucher in that basket accompanied by a short note, thanking the veteran for their service. It can be an overwhelming arrival, an emotional acknowledgement that there are people who care.

The township of Robe is not unique, as many of the towns within country SA and VIC were built on the back of soldier settler farms. The descendants

of these WWII veterans understand the importance of their Australian heritage, and have pride in knowing the sacrifices made, allow them to enjoy the Australian lifestyle they have today.

So how do Robe to Recovery's ANZAC Day 2020 celebrations promote it's veteran respite program and thank all those who have supported them so far?

They will give back to their community by staging the ANZAC Day 2020 Event.

The weekend will start on Friday 24 April with a Jumper Presentation Night to be held at the Robe Football Clubrooms. Veteran and Robe to Recovery Ambassador Rob Yates will put the footballers through their paces in a light training run then follow up with a motivational talk to the team. Then the A Grade Commemorative ANZAC Day Football Jumpers and Netball Bibs, designed by local Jordy Alexander, will be presented by visiting & local veterans to each of the football and netball players.

The ANZAC Day Dawn Service will be a collaboration between the Robe RSL and Robe to Recovery, and there will be some exciting guests participating in the march. Together with local veterans and those who march for their loved ones, there will be many visiting veterans, including a representation from the Veterans Motorcycle Club and the Naracoorte Light Horse Troop who will be there to flank our flag bearers. The Service will be followed by a Gunfire Breakfast at the Robe Institute.

There will be further pomp and ceremony at the Football Oval preceding the A Grade Match between Robe and Hatherleigh. Crowds will be in awe when the match

Join us in Robe for  
ANZAC Day 2020.

For all Robe to  
Recovery enquiries:

Jacqui Bateman Secretary  
0427 343 132

Stephen Phillips President  
0417 992 114

football will be delivered in by the Mach 5 Wingsuit Team. Footballers and Netballers will line up to hear the Australian and New Zealand National Anthems, hear local bugler Bob Emery with the Last Post and honour those who have served with a minute's silence. The Naracoorte Light Horse Troop will finish with a lap of the oval flying the Australian Flag before the siren sounds to start the game.

The Best on Ground Medals have been generously designed and donated by Ruffell Jewellers. Best Footballer will receive the "Baldy Miller" Medal by the man himself, veteran and past Robe Football Club President David Miller. Best Netballer on Court will receive the "Eileen Canny" Medal, honouring a local nurse who served in WWI.

For Robe to Recovery members, it is about giving back to the Robe community, thanking its supporters and sponsors, showcasing it's respite program and creating awareness of what small towns can do. Believing that every little thing we do shows just how much we care. Together we can make a difference.

And it is about saying thank you. For those who served Australia, we thank you.

# ROBE FOOTBALL CLUB

*in conjunction with Robe to Recovery invites you to*

## ANZAC DAY

*Football & Netball*



### 25TH APRIL 2020

Remember all the men who have died.

Remember all the battles fought.

Remember all the tears families cried.

Remember it was freedom the soldiers brought.



## ROBE V HATHERLEIGH

GATES OPEN 8AM - ROBE SPORTING COMPLEX - O'HALLORAN STREET.

FOOTBALL: AUSKICK & U12's - 9.00 AM, JUNIOR COLTS - 10.00 AM,  
SENIOR COLTS - 11.10 AM, RESERVES - 12.40 PM, A GRADE - 2.10 PM.

NETBALL: UNDER 17's - 11.30AM, A GRADE - 2.30PM.

FOOD AND BAR FACILITIES. KIDS ENTERTAINMENT.





## ANZAC DAY GUERNSEYS DESIGNED BY JORDAN ALEXANDER

I was lucky enough to be asked by the 'Robe to Recovery' committee to design the Anzac Day Guernsey for the highly anticipated commemoration match in 2020. Having a background in design and a personal connection to our veterans it was a real honour to help out the committee on this project. I met a few veterans on their visit last year when 'Robe to Recovery' organised a pre-season session with the Robe Roosters. My partner, Jack Kelly, the Robe football coach at the time was both nervous about the military style training and extremely excited about meeting the ex service men and women. It was such a hit with the veterans, the club and the entire town that there is a real buzz about the upcoming event next April. My job is quite small in the scheme of the event, but there is a real privilege wearing the notable flanders poppies that symbolises our men and women who served, and I know the Robe Football Club will wear these guernseys with the utmost pride and respect.

Jordan Alexander is the owner and designer for sustainable clothing label Sada Looms.



### SADA LOOMS

Shop 2, 20 Victoria Street,  
Robe South Australia

[www.sadalooms.com.au](http://www.sadalooms.com.au)  
[info@sadalooms.com.au](mailto:info@sadalooms.com.au)

## EXPERIENCE ROBE - THE 'GEM' OF SOUTH AUSTRALIA

..facilities for the whole family to enjoy



## ROBETOWN MOTOR INN AND APARTMENTS



14 Main Rd, Robe 5276 T: 08 8768 2185 E: [reception@robetownmotorinn.com.au](mailto:reception@robetownmotorinn.com.au)  
W: [www.robeaccommodation.net](http://www.robeaccommodation.net) / [www.robetownmotorinn.com.au](http://www.robetownmotorinn.com.au)

## A BRIEF HISTORY

Robe is situated on Guichen Bay, about 350km south east of Adelaide. Nicolas Baudin, a French explorer first viewed the bay in 1802. Guichen Bay was named in honour of Admiral de Guichen. Surveying by Governor Robe in April 1846 resulted in the county of Robe being proclaimed.

Pastoral pioneers legalised their claims and the first sale of building allotments took place in Adelaide. In 1847 Robe was declared a port and wool began to arrive for shipment.

Until 1840, Aborigines in the South East of South Australia lived in an almost undisturbed tribal situation. The region was divided into tribal areas which had clearly defined boundaries, much of the South East being occupied by the Boandik tribe. The Aborigines did not build in the European sense, but they have left many physical traces of the occupation of the area near Robe.

A pioneer agent named George Ormerod established himself as Robe's shipping agent and by 1856 Robe was the second major colonial out-port. Hearing of Robe's prosperity the town attracted many settlers and merchants arriving by sailing vessel, bullock wagon or on horseback. In 1857 "Land of Cakes" sailed into Robe's Bay with 264 Chinese passengers. The numbers swelled to 17,000 Chinese staying in Robe for a short time to avoid the Victorian poll tax, before paying local guides to take them 150km to the unguarded border and another 400km to the Victorian goldfields.

Several factors in the 1870's led to the decline of Robe as a thriving port. Pastoralists concerned that their leases would not be renewed from the 1850s led to a decline in trade. Lack of confidence, a poor agricultural season, falling wool prices and constriction of the railway to Port Caroline (Kingston) in 1878. 'Robe was closed as a port and became a quiet little country village' wrote AH Barrowman.

Robe remained relatively unchanged until the 1940s when the extension of roads and increasing use of motor transport made it easier for summer visitors and increased its popularity as a tourist destination. Coupled with the development of the Rock Lobster Industry in the 1950s in response to demand from abroad. Now home to around 1500 locals. Robe continues to offer charm, fine hospitality, and fresh seafood as a popular holiday destination for all.

As a visitor to the town you can still immerse yourself in Robe's seafaring history – full of extraordinary events and over 84 historic buildings and sites. Special care has been taken to restore most of the original buildings.

## ROBE'S HISTORY

The District Council of Robe was proclaimed on October 28, 1869. After rapidly progressing to be an important and busy sea port in the 1850s and 60s, Robe declined to become a remote and quiet village, still with many of its early buildings standing. In spite of this decline, Robe has always been popular as a place of beauty and relaxation. Its charm has resulted in Robe becoming more and more popular. Robe is now a major tourist town and in recent years, a popular retirement centre.

Robe's distinctive charm – a rare combination of old fashioned town, dense bush, wild ocean and quiet lakes – has long been appreciated.

Robe's coastline was explored by Captain Matthew Flinders and Nicolas Baudin in 1802, and Robe was founded by the South Australian Government as a seaport and village in 1846. The province of South Australia itself had been first settled only ten years earlier.

It was the first town of any significance to be established in the south eastern portion of the colony. Greytown on Rivoli Bay had been surveyed a few months earlier and was the site of a small settlement but Robe, as the first centre of administration, was the focus of public and commercial life in the region.

Robe was the major shipping service of the South East for the first twenty years of its existence, serving a hinterland that extended as far as Tatiara and the Victorian border. Most of the wool produced in the district left through its harbour and most imports entered in Guichen Bay which was also the site of numerous shipwrecks.

It was the first active port in the South East. During this period Robe became an international port. At a time when most other ports in South Australia exported through Port Adelaide, Robe was trading directly with London. Great prosperity and the erection of many buildings occurred between 1857 and 1863 when 17,000 Chinese landed at Robe and walked to the Victorian Goldfields, bringing an estimated 16,000 pounds into the Robe economy.

The port declined rapidly after the 1860s, as a result of this decline and a poor economy, a large portion of the old town has been preserved so that 84 historic buildings and sites remain. In terms of the number of historically important buildings recognised by the National Trust, Robe ranks foremost in South Australia, Robe is also listed as one of the State's historical towns in the Heritage Conservation Branch's Master Interpretation Plan.



## SIGHTSEEING

- Step back in time with a self-guided Heritage Walk through town past old shops built from paddock stone and quaint cottages.
- Stroll the boardwalk around Lake Butler Marina. Visit the Outlet & spot the local birdlife from pelicans to ibises.
- Wander through the Interpretive Centre in the Library, see the buildings as they once were.
- Take to the skies for an aerial view of the landscape in a Tiger Moth or light aircraft.
- Visit the Caledonian Inn and Robe Hotel, both operating since the 1800s.
- Explore the old gaol's restored ruins, that once held prisoners from 1860 and 1881.
- Discover the Cape Dombey Obelisk, a Robe icon, built in 1855 to once guide mariners safely into the bay.
- Explore the town with a scenic drive and navigate your way around Robe's coast and hinterland.
- Discover Robe's seafaring past at the Customs House Museum.

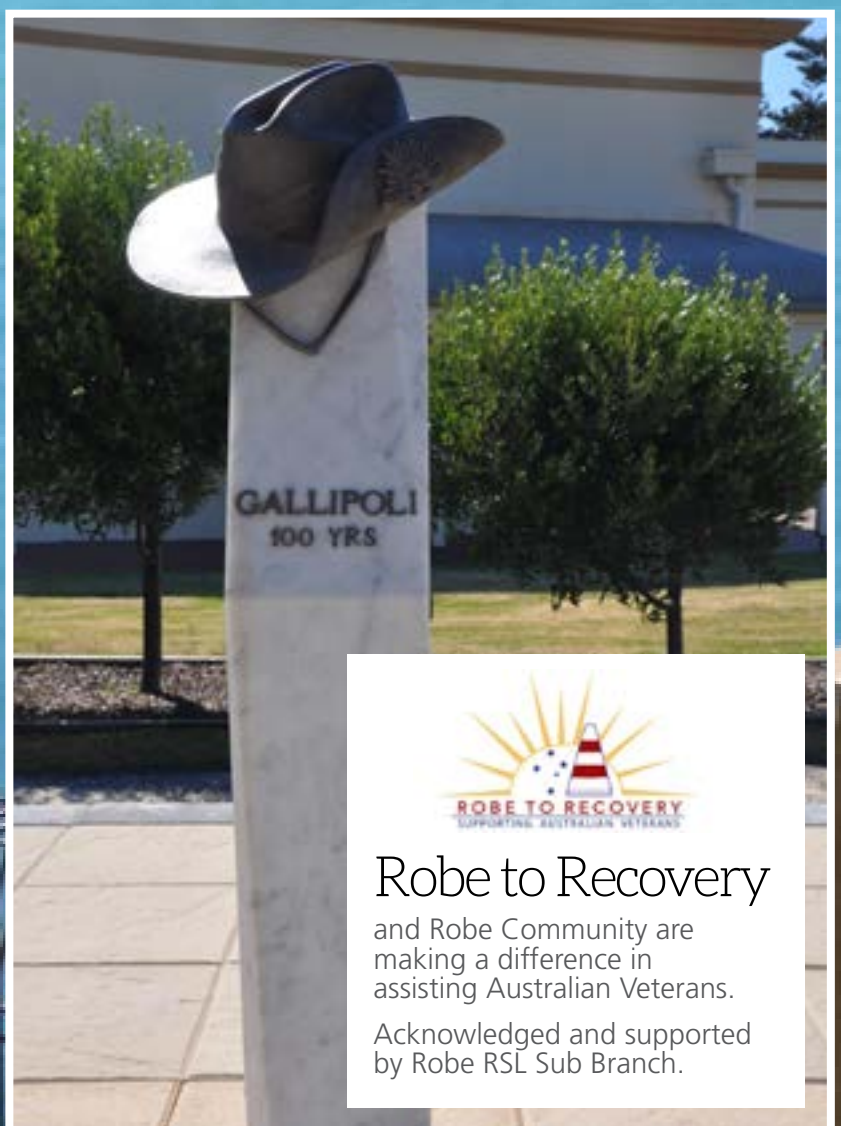
- Absolute beach frontage with direct access onto the beach
  - Magnificent view overlooking bay
- Prime location in the township of Robe
  - Grassed terraces • 23 Cabins
  - 100 sites • Large camp kitchen

**1 Squire Drive, Robe**  
**Phone: 08 8768 2273**  
**[www.seavucaravanpark.com.au](http://www.seavucaravanpark.com.au)**



**SEA VU ROBE**  
 CARAVAN PARK

739950



## Robe to Recovery

and Robe Community are making a difference in assisting Australian Veterans.

Acknowledged and supported by Robe RSL Sub Branch.





# Lucy's Cottage

Lucy's Cottage is a one-bedroom cottage, set in a rural location in Moorak, on the southern flank of Mount Gambier, just minutes to the coastal town of Port Macdonnell. Beautiful views over rolling hills of grazing a farming land add to the peaceful and serene setting.

Surrounded by natural attractions such as the Blue Lake, Piccaninnie Ponds, Tantanoola Caves and the magnificent Umpherston Sink Hole.

The area is well known for it's cave and sink hole diving, attracting visitors from around the world.

The cottage is fully self-contained with a fully equipped kitchen, spacious bathroom, washing machine, and reverse cycle airconditioning.

## LUCY'S COTTAGE

303 Wynham Road  
Moorak, SA 5291

Book through Airbnb

Enquiries:  
0417 959 941  
[jade1501@bigpond.com](mailto:jade1501@bigpond.com)







## *Beautifully crafted jewellery with a local flavour*

Ruffell Jewellers is a family owned and operated business, which has been located in Bendigo for nearly 36 years.

With Martin, Lisa and son David, Ruffell Jewellers are dedicated to customer satisfaction, superior craftsmanship and with a combined 60 years' experience there are no surprises why they have enjoyed such success.

Martin and Lisa bought a holiday home in Robe three years ago for the family to spend time together, but saw an opportunity to start a retail jewellery store.

Since opening a year ago, Lisa said Ruffell Jewellers Robe has enjoyed the local support.

"Martin has been making some beautiful pieces for our customers and we look forward to continuing this for years to come," she said.

"We pride ourselves on catering for all facets of jewellery, whether it be repairs, resizing and restoration or the design and creation of custommade pieces."

At Ruffell Jewellers Robe you get to talk directly to the jeweller and have the opportunity to have input into the design process as all work is done locally in the Robe workshop.

The jeweller provides pieces of a local flavour, with a unique range of Robe Sea Glass Jewellery and obelisk charms, handmade by master jeweller Martin.

Ruffell Jewellers Robe also offer watch and clock repairs, which includes the fitting of watch batteries while you wait.

Insurance appraisals, free quotes and design service on jewellery, watch and clock repairs are also offered.

Martin and Lisa welcome you to their beautiful retail and workshop showroom, where you can have a say in design on your handmade piece, leave it to the experts or choose a beautiful piece from existing stock.

All work is guaranteed and of exceptional craftsmanship.

# Ruffell Jewellers

## ROBE

**ALL WORK  
GUARANTEED  
"THINK QUALITY  
BEFORE PRICE"**

41D Victoria Street,  
Robe SA 5276  
ruffelljewellersrobe@gmail.com  
0422 445 605  

VR4531087





# Highbank Vineyards & Honeysuckle Rise Country Accommodation

Highbank wines can be enjoyed at fine restaurants and wine shops in all of Australia's state capital cities and in more than twenty additional world capitals.

**Ned Goodwin - Master of Wine Japan**  
*"Highbank is the STAR of Coonawarra"*

**Max Allen Australian Financial Review**  
*"These are some of the best Coonawarra wines – and some of the best Australian cabernets - you can find"*

**Andrew Caillard - Master of Wine Australia**  
*"My Find of the Year"*

**The Australian Gourmet Traveller 2016 edition**  
*HIGHBANK - Ranked 5th of the TEN Top Cabernets in Australia!*

Buy @ [www.highbank.wine](http://www.highbank.wine)





Highbank Vineyards and Highbank Cottage from air  
- Honeysuckle Rise aborigine meaning of Coonawarra.

Dennis and Bonnie Vice were pioneers of organic viticulture and farm based tourism for almost 30 years in the Coonawarra wine region of Australia. As a family they arrived from America in 1985 settling eventually in Coonawarra after an extensive yearlong investigation of all of the significant wine growing regions of Australia. Dennis' extensive educational background in business administration, history, economics, wine studies and education made for a memorable transition into this very different cultural experience.

The name 'Highbank' comes from the famous strip of red ground - the high bank of ground that is the central spine of the true Coonawarra wine district. Coonawarra is the greatest Cabernet wine producing region of Australia... the King of the world's wine varieties. When the family vineyards were planted in 1996 a selection of low to moderate yielding clones were selected which had finest color, purest aromas and levels of extraordinary flavors. In addition to many sensational wine reviews of the last twenty years... Highbank has consistently gained the attention of the most famous ones.

Robert Parker Jr. of 'The Wine Advocate' the wine world's most influential wine writer who calls Highbank "Australia's version of a top notch Pauillac (such as the very expensive Lynch Bages or Grand Puy Lacoste) this spectacular blend of Cabernet Sauvignon..." and "the Leoville Las Cases of Australia".

Wine writer Neal Martin of eParker.com recently wrote that Highbank was "Coonawarra's Wine Artisan":

*"The wines of Highbank have already received praise from Robert Parker and I would concur: these are high quality Coonawarra wines fashioned in a way that has more parallels with the Old World than new. I was particularly impressed by older Highbank Coonawarra wines such as the 2002, which after bottle ageing is showing great complexity, fine tannins and a certain 'coolness' or 'nonchalance' that is very attractive. Overall production is of course limited, but these are well worth seeking out."*

Honeysuckle Rise Country Accommodation, located right amongst the vines at Highbank offers luxury, views, spas and a tranquil setting for the wine enthusiast. A great way to visit the source of these great wines and live the wines.

Highbank wines can be enjoyed at fine restaurants and wine shops in all of Australia's state capital cities and in more than twenty additional world capitals.



DRIVE TO  
HIGHBANK  
VINEYARDS IN  
COONAWARRA  
AND DO A SPECIAL  
PRIVATE WINE  
TASTING BY  
APPOINTMENT.





# HAPPYSHACK

PROUDLY SUPPORTING 'ROBE TO RECOVERY'

Three night's accommodation for the price of two for all *Last Post* readers coming to Robe for the Anzac Day match 25/4/2020.

FOR MORE DETAILS

CONTACT 8768 2341

OR VISIT [WWW.HAPPYSHACK.COM.AU](http://WWW.HAPPYSHACK.COM.AU)



City of Kalgoorlie-Boulder

## Goldfields War Museum & Local History Archives



**Showcasing fascinating stories  
of Goldfields residents in  
times of war and peace**

Archivist available to assist with  
family and local history research

Town Hall tours  
Monday to Thursday

**Boulder Town Hall**  
116 Burt Street, Boulder WA

For more information on our  
services, opening hours and tours  
please contact:

**t:** (08) 9021 9818

**e:** [mailbag@ckb.wa.gov.au](mailto:mailbag@ckb.wa.gov.au)  
[www.ckb.wa.gov.au](http://www.ckb.wa.gov.au)



CKBHistoryandHeritage



**Yorke Peninsula**  
*South Australia*

### Visiting the Yorke Peninsula?

**Wherever you travel on Yorke  
Peninsula there's a visitor  
information provider nearby !**

Ardrossan 08 8837 4195	Minlaton 08 8853 2600
Coobowie 0427 092 250	Port Victoria 08 8834 2098
Corny Point 08 8855 3368	Port Vincent 08 8853 7283
Edithburgh 0458 101 385	Stansbury 08 8852 4577
Maitland 08 8832 2174	Yorke town 08 8852 1820

**[visityorkepeninsula.com.au](http://visityorkepeninsula.com.au)**



A G Thredgold

"FOLLOW THE HEROES AND WALK IN THE FOOTSTEPS OF GHOSTS. DON'T JUST KEEP IT ON YOUR WISH LIST AND TALK ABOUT GOING SOMEDAY, TAKE THE NEXT STEP AND VISIT THE WESTERN FRONT BATTLEFIELDS, YOU WILL GET A NEW PERSPECTIVE, A GREATER UNDERSTANDING AND A DEEPER APPRECIATION OF SERVICE AND SACRIFICE."

ANZAC IS NOT MERELY ABOUT LOSS.  
IT IS ABOUT COURAGE, AND ENDURANCE,  
AND DUTY, AND LOVE OF COUNTRY,  
AND MATESHIP, AND GOOD HUMOUR  
AND THE SURVIVAL OF A  
SENSE OF SELF-WORTH AND DECENCY  
IN THE FACE OF DREADFUL ODDS.

Quote at Sir John Monash Centre

**W**hen 20 year old South Australian Alfred Thredgold enlisted into the AIF in June 1915 he would have known that he could be leaving his family and probably fighting in a faraway country. He could never have imagined the life-changing events of the next four years, nor the following fifty years and his grandchildren's pilgrimage one hundred and four years later.

He worked in the family brickmakers, on the land where Marion RSL now stands. Trained at Mitcham Camp he was posted to the 32nd Australian Infantry Battalion and embarked on an overseas adventure. Gallipoli was still fresh and the European war was early for Australian forces.

The hell that we now know as the Battle of Fromelles was in Belgian countryside where the battalion attacked the enemy on 19th July 1916, with horrendous loss of over 700 soldiers and Australia's greatest divisional loss of the Great War, over 5000 men. Alfred was badly wounded and evacuated to England where he recovered then returned to the front. Another major wounding in December finished his active service and meant several years recuperation and rear echelon duties in Weymouth, a port on the English south coast. He met, courted and married a local girl, Margaret Hall and they married on 20th July 1919 in Weymouth. Alfred brought his bride to Marion, they had six children and twenty grandchildren.

At 10am on the 20th of July 2019 three middle-aged cousins from Adelaide, and their partners, held a commemoration in the same Weymouth church that their grandparents had married in one hundred years earlier, then travelled to Torquay where the newlyweds had

honeymooned. The anniversary was the purpose of the trip to Europe for my wife Debby Thredgold and her cousins Susan and Lindsay. Cousin Neil and family from Bendigo had visited the church a few days earlier. Most important for Deb was to also visit Salisbury where her beloved grandmother had lived as a young girl before working in Weymouth and meeting a wounded Australian soldier.

Salisbury exceeded expectations, highly recommended for historic attractions and a relaxing pace. Our late friend Adrian Horan recommended the Haunch of Venison as a must-see pub in Salisbury. Cheers Mate, it was just as you described, we went twice and toasted you with every drink.

We fitted in some time touring London, interesting during its hottest day on record, with a change in the British prime minister and Brexit and cabbie protests adding to the experiences. The hottest day on record in Paris wasn't comfortable either but we were on holidays.

Months prior I had researched companies offering Great War battlefield experiences and after friendly, easy to understand email correspondence with Australian expat Phil Hora we selected Sacred Ground Tours, based in Arras, north of Paris. Phil offers 1, 2 and 3 day tours from Arras into the sectors of France and Belgium that covered many Australian battles. He was able to customise the tour to cover our personal wishes as well as his other guests. Phil and his French tour guides have enthusiasm, passion and wonderful knowledge of the Australian battlefields.

The military history I learned in school was very much about Gallipoli and Kokoda, but the Western Front seems to have become better known in recent decades. My involvement with the 10th Battalion AIF Association, RSL and Army Museum of South Australia had increased my





Woods Cemetery



Tyne Cot Cemetery with bunker

awareness of just what Australian service men and women endured. The tour took us to the legendary places that existed in photographs and documentaries until then – Albert, Pozieres, Amiens, Villers-Bretonneux, Fromelles, Ypres, Mont St Quentin, Peronne, Hamel, Passchendaele, the Windmill, Lochnagar Crater and many more.

As kids the cousins remember seeing Grandpa Thredgold's wounds but he didn't talk to them about the war. We walked part of the Fromelles battlefield and the more recent Pheasant Wood Cemetery.

## MUSEUMS

They are done very well and each has a uniqueness. I highly recommend Peronne, Passchendaele, Villers-Bretonneux, Johan's Cafe, the Wellington Tunnels and the Sir John Monash Centre. Soldiers of Australia and New Zealand are respected and significant tribute is paid to them

## CEMETERIES AND MEMORIALS

So many, so frequent, covering many nationalities and units. Thiepval, Pheasant Wood, Vimy Ridge, Menin Gate, Tyne Cot, Villers-Bretonneux. Sad for those who lie there, sad for generations of affected families but heartening that they are well looked after and interesting. Headstones with so much to speculate about. Walls of names with no known graves. Headstones signifying that allied towns and districts must have lost a generation of young men.

My grandfather George Gray and his family were farmers from near Virginia, County Cavan in Ireland. When war clouds loomed George's brother Charles showed interest in joining the army but my great grandparents sent

him to Canada, thinking he would be safer there. It wasn't to be and he enlisted into the Canadian Army in Moose Jaw, Saskatchewan and was posted to the 10th Canadian Infantry Battalion. Aged 27 he was killed in action in May 1916 near Ypres. Canadian forces suffered terribly as did France, Britain and other allies.

Is there a nice place to be buried? Yes, the Woods Cemetery is serene, in a woodlands setting that one wouldn't find by accident. Charles lies peacefully with his mates and has had a few family members visit. I have the engraved, bronze plaque and scroll from the King that was issued to families and I placed these at his grave, along with a replica medal set, the first time this has been done. It was sad but fulfilling. No one from my mother's generation ever knew their uncle.

## IMPRESSIONS

I was expecting grapevines but there were none in this sector. The surrounding farmland is worked to produce maize, sugar beet, grain, potatoes, and flax with the potentially deadly crops of the Iron Harvest - unexploded artillery shells, mortar rounds and grenades. If you are lucky shuffling around in the fields you may unearth projectiles and shrapnel only.

The land is fairly flat and the strategic high ground is often not a significant height. The St Quentin Canal Tunnel is unique, we were fortunate to be there when the chain boat towed two barges and a leisure boat through.

Distances are not as we are used to in Australia. Some major battles and villages were only a stone's throw apart, same with the frontlines. Apart from the frontline moving during some offensives it was a very static war



C Gray grave

once the German's dug in to the land they had captured. They built fortified bunkers that remain today, want to buy one?

The world owes a lot to General John Monash for using modern tactics and supporting arms, as the other commanders had not adapted their tactics from previous centuries that did not work against modern artillery, machineguns, chemical weapons and aircraft.

Follow the heroes and walk in the footsteps of ghosts. Don't just keep it on your wish list and talk about going someday, take the next step and visit the Western Front battlefields, you will get a new perspective, a greater understanding and a deeper appreciation of service and sacrifice.

**KEITH HARRISON IS COMMEMORATIONS MANAGER FOR RSL SOUTH AUSTRALIA.  
HIS TRIP WAS FOR FAMILY REASONS AND WAS FINANCED PRIVATELY.**





## An Uplifting Adventure...

"Wow Dad! Look at all these buttons. You hop in the back and I'll fly this thing" my young fella shouted, as he sat in the cockpit of one of the many aircraft on display at the aviation museum.

Recently, I ventured to the Northern NSW coastal town of Evans Head. My family and I walked alongside the river which led out to the spectacular sandy beachfront. After some fun in the sun, we enjoyed a picnic lunch nestled amongst one of the largest holiday parks in NSW.

A short time later, when the girls were busy enjoying some retail therapy, I thought it would be the perfect time to take my son to the local aerodrome. I had heard that the museum there hosted one of the few F-111 jets in Australia.

What originally started out as a simple excuse to 'get out of shopping', became an awe-inspiring history lesson. The Evans Head Heritage Aviation Museum operates out of a fully restored WW2 Bellman Hangar at the former RAAF station; and it features a variety of military and civilian aircraft collected from around Australia.

The showpiece of the Museum collection is definitely the F-111 C Fighter-Bomber, and it really is a sight to behold. Up close you can see all the details of its sleek appearance. I overheard one of the museum staff explaining to a gathered crowd about the ingenious design of the jet engines, and how air is deflected and directed into the chambers. The F111's were in service with the RAAF an incredible 37 years, from 1973 to 2010, and were flown extensively over the South Evans Head Bombing Range. I learnt that the Bombing Range which began during the war is still operational today, and that it is mainly used by FA-18 Hornets and Super Hornets for gunnery practice. One of the other feature aircraft on display, was the 'Canberra Bomber'. It also operated at this Bombing Range during the 1950 & 60s.

Peering through a side exit, I noticed a large RAAF plane... A short time later my son and I were standing inside its large belly listening to an informative record of its service in Vietnam, and in domestic emergency supply missions. The Caribou DHC-4 was designed to transport equipment, troops, and parachute airdrops via the rear hatch. The particular aircraft on display saw 45 years of operation which greatly exceeded its expected lifespan.

The museum is a 'not for profit' organisation, run by a team of very dedicated volunteers. It is evident that they are passionate about their aircraft and the connection that it has to the Evans Head community. One of the volunteers advised me of their recent acquisition, an AP-3C Orion. It was flown to the nearby airport of Lismore NSW, due to it being too large for their runway. It's currently being dismantled and transported in smaller pieces to Evans Head, where it will be reassembled as their newest attraction.

A brief glance at my watch and I could not believe a couple of hours had passed by so quickly. I guess as the saying goes 'time flies when you're having fun'!

This was definitely a day to remember for a wide-eyed 5 year old and his Dad.

Surely the girls would have reached the credit card limit by now??

**STEVEN SKEET**



Evans Head Heritage  
Aviation Museum

61 Memorial Drive  
Evans Head, New  
South Wales, 2473

(02) 6682 6756  
[www.EHMAHAA.org.au](http://www.EHMAHAA.org.au)

Although only open on  
weekends, Group Tours can  
be booked weekdays.

Schools and Retirees welcome.





**L**ocated within the grounds of the heritage listed Princess Royal Fortress, the National Anzac Centre overlooks the harbour from which the First and Second Convoys departed Australia for the Great War. The award winning facility will captivate your interest with state of the art multimedia. Immerse yourself in the old legends of Anzac through a modern lens, and see many historical artefacts connecting you at a deep personal level with this past. The National Anzac Centre looks to the horizon of Princess Royal Harbour as a special experience paying tribute to those who served and left Australia for the Great War.

The interpretive content that forms part of the interactive experience was developed by the Western Australian Museum and the Australian War Memorial and is delivered via a series of interactive visual and audible displays.

Co-existing with the National Anzac Centre is the Princess Royal Fortress. In 1988, the Fortress and surrounding grounds were restored and converted to a museum, and since have welcomed thousands of visitors through its doors.

Along with articles from its own collection, the lovingly restored buildings host a number of travelling exhibits from around Australia and the world, including HMAS AE1 Revealed on display until 2 February 2020. On loan from Curtin University, the exhibition examines the loss of Australia's first submarine and recounts the discovery of the wreck, revealing the reason behind its sad fate.

The National Anzac Centre combined with the Princess Royal Fortress and is open every day of the year except Christmas Day. Visit [www.nationalanzaccentre.com.au](http://www.nationalanzaccentre.com.au) to find out more.



**NATIONAL  
ANZAC  
CENTRE**

Located within Albany's heritage listed Princess Royal Fortress, the National Anzac Centre overlooks the harbour from which over 41,000 men and women departed Australia for the Great War.

Follow personal stories through state of the art technology, multimedia and historic artefacts.

Prepare to remember, learn and explore.

**[WWW.NATIONALANZACCENTRE.COM.AU](http://WWW.NATIONALANZACCENTRE.COM.AU)**



# Bert Hinkler - letters home from the front

An undeniable sense of adventure and love of aviation thrust infamous pioneer aviator Bert Hinkler in to the midst of World War I where he contributed to the development of early war planes.



200-293: Bert Hinkler D.S.M., R.N.A.S., London, 1918.  
Photo: Courtesy of the Hinkler Hall of Aviation Memorabilia Trust.

Herbert 'Bert' John Louis Hinkler AFC DSM was born in Bundaberg, Queensland on 8 December 1892.

An inventive and practical boy, Bert had designed, built and successfully flown his own glider by the age of 19.

Bert's innate love of aviation would see his departure from his hometown to pursue dreams of becoming a pilot.

Fate would lead Bert to England some months before the beginning of World War I when he would sign up to the fledgling Royal Naval Air Service (RNAS).

Bert's adventures and achievements are shared within the walls of the Hinkler Hall of Aviation (HHA) which details this turbulent time of his life.

During the war Bert wrote many letters home from the front line, some of which are on display at the HHA.

One letter, written at the beginning of his training, details the surroundings of the aircraft hangar classroom, "where upon our teacher, one of the naval officers will begin to explain the mysteries of the art of aviation".

Bert applied himself to his studies before being posted to an RNAS Coastal Defence Station in 1915 to train as an observer/gunner. Here his additional duties in aircraft maintenance improved his mechanical skills which would later prove invaluable during his solo flight expeditions.

The early days of the RNAS were somewhat experimental as the aeroplane was a recent invention and its potential use in war craft was untested. Bert was unnerved by the dangerously crude equipment and used his engineering prowess to present army authorities with several design improvements for their warplanes. Some inventions were adopted and though he felt "vastly ill-rewarded" for his contribution, it highlighted his flair for practical problem solving.

Dr Karl Kruszelnicki explains some of these improvements as part of the 'Bert's Inventions' exhibit within the HHA. From finding a solution to primitive early machine guns jamming on their operator to a clever dual control system, Bert devised many innovations to improve the lot of the guy in the aircraft's front seat.

In 1917, Bert was posted to France as a gunlayer and was kept right in the thick of things participating in 122 flights. His many letters home vividly describe the excitement of dogfights and bombing raids.

After passing his flying tests in a Sopwith Camel, Bert would see out the last days of the war as a pilot posted to Number 28 Squadron in Italy. Here his experiences on the Italian Front notably darkened his outlook on aerial warfare with letters suggesting the joy of becoming a pilot was somewhat tainted by callous orders for airmen to do their "bloody duty...".

After the war Bert would become the chief test pilot for A.V. Roe and would go on to achieve numerous world records in the field of aviation, including the first solo flight from England to Australia which he achieved in 15 and a half days.

Bert met his untimely end on the Italian Alps while attempting to make another record flight. Such was his celebrity that he was afforded a State Funeral and laid to rest in a Florence cemetery.

Hinkler Hall of Aviation [www.hinklerhallofaviation.com](http://www.hinklerhallofaviation.com)



## Hinkler Hall of Aviation

Bundaberg, Queensland



07 4130 4400  
[hinklerhallofaviation.com](http://hinklerhallofaviation.com)







**RAAFMUSEUM**  
POINT COOK

Located at historic RAAF Base Point Cook, the birthplace of the Royal Australian Air Force, the RAAF Museum is home to an amazing range of beautifully preserved historic military aircraft.

Here you will find a treasure house of priceless artefacts and fascinating stories of past deeds, giving visitors an understanding of the rich history and traditions of this arm of the Australian Defence Force.

Our Heritage Gallery incorporates multimedia technology and hands-on experiential activities to take the visitors through time from the Australian Flying Corps operating during World War I through to the RAAF's peacekeeping and civil aid missions to the present day.

The displays are augmented by a large variety of historic aircraft from the entire 99 year history of the RAAF, some of which are maintained in flying condition for displays at 1:00pm every Tuesday, Thursday and Sunday (weather permitting). Additionally, visitors are also treated to an opportunity to see the Museum's Restoration Hangar, where staff and volunteers are currently rebuilding a World War II Mosquito reconnaissance aircraft and a DH60 Gypsy Moth training aircraft.

Models, books, patches, clothing and mementos can be purchased at the Museum shop.

## FREE ENTRY

### OPENING HOURS:

Tue to Fri 10am – 3pm  
Weekends 10am – 5pm

### CLOSED:

Mondays,  
Christmas Day, Good Friday

Tel: (03) 8348 6040

Email: [RAAF.MuseumInfo@defence.gov.au](mailto:RAAF.MuseumInfo@defence.gov.au)

Web: [www.airforce.gov.au/raafmuseum](http://www.airforce.gov.au/raafmuseum)

Facebook: [www.facebook.com/RAAF.Museum](http://www.facebook.com/RAAF.Museum)



# JOADJA ESTATE



*A visit to family-owned Joadja Estate will give you a glimpse into the workings of the Southern Highlands' oldest vineyard and winery.*

*Estate-grown, our wines are nurtured from the vine to the bottle.*

*Join us for a free tasting in our cellar door or experience our regular Music in the Vines events.*

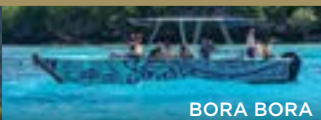
**110 Joadja Road, Berrima NSW 2577**  
**[www.joadjaestate.com.au](http://www.joadjaestate.com.au) | (02) 4878 5236**



ENTER THE  
**MAGICAL  
WORLD**  
OF ARANUI CRUISES



FATU HIVA



BORA BORA



RAPA

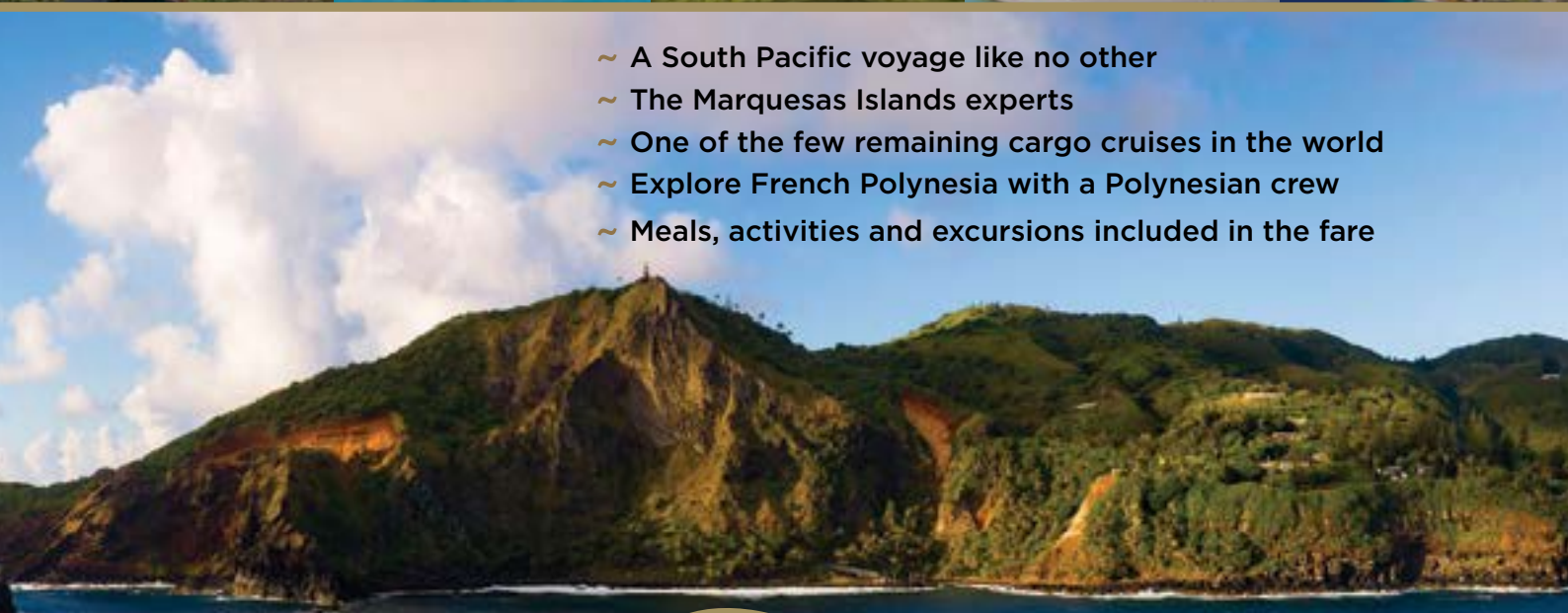


AITUTAKI



MAKATEA

- ~ A South Pacific voyage like no other
- ~ The Marquesas Islands experts
- ~ One of the few remaining cargo cruises in the world
- ~ Explore French Polynesia with a Polynesian crew
- ~ Meals, activities and excursions included in the fare



**2021 program now on sale!**

25 beautiful and remote islands across  
French Polynesia and beyond

New Discovery Cruises - Cook Islands  
via the Australs, Pitcairn and  
Gambier Islands, plus Society and  
Tuamotu Islands\*

**LIMITED  
CABINS -  
SELLING  
FAST!**






# *The Sunshine Coast*

From beautiful beaches to hinterland hideaways, Queensland's Sunshine Coast offers a range of natural wonders for visitors and residents to enjoy, and the state-of-the-art and sporting facilities and entertainment venues provide an incredible variety of events for all ages to enjoy.







The Sunshine Coast also has many cultural sites, art galleries, museums and heritage places to discover, including places of significance to the Jinibara and Kabi Kabi - the region's First Nations' Peoples – as well as lighthouses, historic steam trains, and picturesque Hinterland villages.

For nature lovers, Mary Cairncross Scenic Reserve in Maleny is a living museum of plant and animal life, or you can wander the new fully-accessible boardwalk and discover the Maroochy Wetlands at Bli Bli. A visit to the Maroochy Regional Bushland Botanic Garden in Tanawha is a must, with both guided and self-guided walks available to explore the magnificent 82 hectare garden.

From July to October, the Sunshine Coast becomes 'whale highway', with sightseeing cruises providing dress circle views of the majestic creatures. You can even swim with whales off Mooloolaba.

Take a walk along one of the many mountain climbs, hikes or walking trails, such as Mt Ngungun in the Glass House Mountains or Mount Coolum, and take in the spectacular views across the landscape to the coastline. You can walk, jog or cycle along the Coastal Pathway, stretching from Pelican Waters in the south to Peregrine in the north - a great way to explore the beautiful coastline. Along the pathway, you can take a few minutes to visit the Cotton Tree Cenotaph and eternal flame.

The Sunshine Coast hosts a variety of major and regional events throughout the year, so no matter when you visit, there's sure to be something on the calendar to keep everyone entertained.

In 2020, the legendary singer, pianist and composer Sir Elton John will host two performances at Sunshine Coast Stadium on March 3 and 4 as part of his Farewell Yellow Brick Road World Tour. In August, The Curated Plate food festival serves up the best Sunshine Coast produce from the land and sea, creating one-off menus and unique experiences for diners. Horizon Festival offers 10 arts-fuelled days of visual art, music, performance, words and ideas, and creative workshops from August 28 to September 6. Over the October long weekend, Kings Beach comes alive with the Caloundra Music Festival, a unique beachside music festival for all ages.

There will be three huge rugby league matches in 2020 with the Cronulla Sharks tackling the North Queensland Cowboys at Sunshine Coast Stadium on May 16 and the South Sydney Rabbitohs playing the New Zealand Warriors on August 15. Sunshine Coast Stadium will also host the 2020 Holden Women's State of Origin match on June 19.

---

If you want to know more about the Sunshine Coast, visit [www.sunshinecoast.qld.gov.au](http://www.sunshinecoast.qld.gov.au) or [www.visitsunshinecoast.com](http://www.visitsunshinecoast.com) for inspiration or choose your next adventure from 150 free, self-guided walking, cycling, mountain biking and canoeing activities you can find at [www.adventure.sunshinecoast.qld.gov.au](http://www.adventure.sunshinecoast.qld.gov.au)



# *See the majestic mammals of the sea up close...*

The Sunshine Coast is the perfect place for whale watching or for the more adventurous experience Australia's 1st Swim with Whales experience.

Like everyone else, why wouldn't they want to come to the Sunshine Coast for winter. From June to November, the migrate through Sunshine Coast waters heading north from Antarctica to breed and have their calves.

So come join Sunreef aboard the refurbished iconic Whale One catamaran for Whale Watching – available from June to early November, or for the more adventurous take the plunge and experience a Swim with the Whales experience – available from July to October.

Sunreef Mooloolaba are Australia's firth to offer Swimming with Humpback Whales and 2020 will be there 7th season offering the experience.

Sunreef owner Dan Hart said the Swim with Whales Experience was a great opportunity to see the whales from within their own environment.

"Whether you go whale watching of swimming with whales, it's always an amazing experience – watching them swim through the water and seeing their incredible acrobatics as they breech out of the water, wave and slap their pectoral fins and tails," Dan said.

Sunreef's Swim with Whales is conducted 100% on the Whales' own terms but they are very curious and often come up to check out our swimmers.

Whale Watching is just \$75 per adult and \$55 for children and Swim with Whales is \$165 per person.





**DIVE  
FLINDERS REEF**

**WHALE WATCHING &  
SWIM WITH WHALES**

  
**sunreef**  
MOOLOOLABA  
immerse yourself!

**DIVE HMAS BRISBANE**

**BOOK NOW**

[www.sunreef.com.au](http://www.sunreef.com.au)

**+61 7 5444 5656**


**The Wharf Mooloolaba**

123 Parkyn Parade, Mooloolaba QLD4557

Follow us  
for updates






A full-page photograph of a diver, Dan Hart, exploring the HMAS wreck. The diver is wearing a black wetsuit, a blue BCD, and a diving mask. He is holding a bright flashlight that illuminates the surrounding coral-covered wreckage. The scene is dark and underwater, with various coral and debris visible on the wreck's surface.

Dan Hart exploring HMAS wreck.  
Photo: Matt Shephard

*...and  
dive  
into  
history*





HMAS Brisbane was decommissioned in October 2018 and on 31st July 2005 was scuttled to begin a new life as a marine conservation park and dive wreck. The wreck is now teeming with hundreds of species of sealife and can be explored by scuba divers with an Open Water dive certification as part of a guided dive. Sunreef Mooloolaba offer double dives on the wreck every day (weather permitting) and can guide divers around the exterior and through the interior of this incredible ship.

HMAS Brisbane (II) was the third of three improved Charles F Adams class guided missile destroyers (DDG) built in the United States for the RAN; her sister ships were HMA Ships Perth (II) and Hobart (II). The destroyers were referred to in the RAN as Perth class DDGs and their primary role was air defence. Seen by many as one of the most successful acquisitions in the post-World War II era, the ships had vastly increased capabilities in all warfare areas, but particularly air defence, and command and control.

With the decision to cease fixed wing naval aviation in the early 1960s, a need arose to replace the capability previously provided by the carrier, HMAS Melbourne (II). The River class frigates, which were at the time still under construction, were expected to address anti-submarine capability, but air defence capability still needed to be addressed. For naval planners, the choice came down to the Royal Navy's (RN) County class destroyers, designed around the Sea Slug surface-to-air missile system, and the United States Navy's (USN) Charles F Adams class destroyers designed around the Tartar missile system. The Tartar system was a superior weapons platform to the Sea Slug and offered the added bonus of being compact enough to be retrofitted into the RAN's existing Daring and Battle class destroyers, but any decision to acquire an American design still bore considerable risk. As the Chief of Naval Staff at the time, Vice Admiral Sir Henry M Burrell, KBE, CB, RAN, stated "It was not the ships and equipment that worried me but the practicability of dealing with logistics, problems resulting from different types, sizes and nomenclature of equipment."

As it was, the Admiralty was unable to meet the RAN's design specifications and the American option was accepted. On 29 June 1961, the Minister for Defence, Mr Athol Townley, announced the decision to acquire two DDGs, to be built in American shipyards. A third DDG, which became Brisbane, was later ordered in lieu of modifying the existing Battle and, later, Daring classes.

Construction of Brisbane began at the Defoe Shipbuilding Company, Bay City, Michigan, on 15 February 1965. She was the 27th DDG to be built in the United States and the third for Australia. She was launched on 5 May 1966 by the wife of the Minister for the Navy, Mrs Mavis Mary Chaney, in front of a crowd of approximately 5000 people. After receiving a telegram from her sister ship, Hobart, stating "Come on in, the water's fine", Brisbane slid down the 70-foot slipway and into the Saginaw River.

She was commissioned in the RAN under the command of Captain Alan Willis, RAN, on 16 December 1967 at Number One Pier, Boston Naval Shipyard. In honour of the occasion, the day had been declared Brisbane Day throughout the 'Commonwealth' of Massachusetts by the Governor, Mr John A Volpe.

A comprehensive internal training program began on 18 December as the final fit-out of the ship continued. Colours were half-masted from 20 to 22 December, and a memorial service conducted on board, as a mark of respect to the late Prime Minister Harold Holt who had disappeared while swimming at Cheviot Beach on Port Philip Bay the day after Brisbane had commissioned. Other USN ships in Boston at the time joined Brisbane in half-masting their colours. The following May, Captain Willis attended an informal ceremony for the keel-laying of the USN destroyer escort named in Mr Holt's honour at the Todd Shipyard in San Pedro, California.





## *Decisions, Decisions...*

Each day we have to make decisions, when travelling, and especially when looking for a place to stop for the night to relax and enjoy a break.

So what motivates your decision? Is it past experience, location, price, value offered or possibly 'word of mouth'?

Poor decisions on where to stay may leave you dissatisfied due to possibly an 'unwelcome' reception, or feeling 'ripped off', or facilities and park that is just not up to scratch! Have you been there? I know I have.

Good decisions, on the other hand, impact how we enjoy our stay. If our needs are met we are more likely to enjoy the time there and stay longer. It's that "I'll be back!" feeling that drives one to return to the place you have just been, as its given you that positive, relaxing, enjoyable and great experience.

So what is motivating your decision? Research amongst travelling nomads has confirmed that we have very specific needs when choosing a caravan park. Top of the list were clean facilities, well presented park, reasonable prices and friendly hosts. Are these your criteria for choosing a place to stay - ensuring you enjoy your stay? Commitment to these are core to what Kui Parks offers.

---

Decide to choose a Kui Park next time you travel. That is a Good Decision! As a member enjoy a 10% discount when you stay at a Kui Park. Kui Parks is pleased to support the VETSCARD. All Veterans, when joining Kui Parks on line at [www.kuiparks.com.au](http://www.kuiparks.com.au) will receive a 20% discount off their Kui Membership using Coupon Code VA20.





Photo: Shark Bay Caravan Park, WA



**Kui Parks**





*Explore Australia* with Kui Parks

Clean, friendly & value for money.

A network of parks tailored to the travelling Nomad.

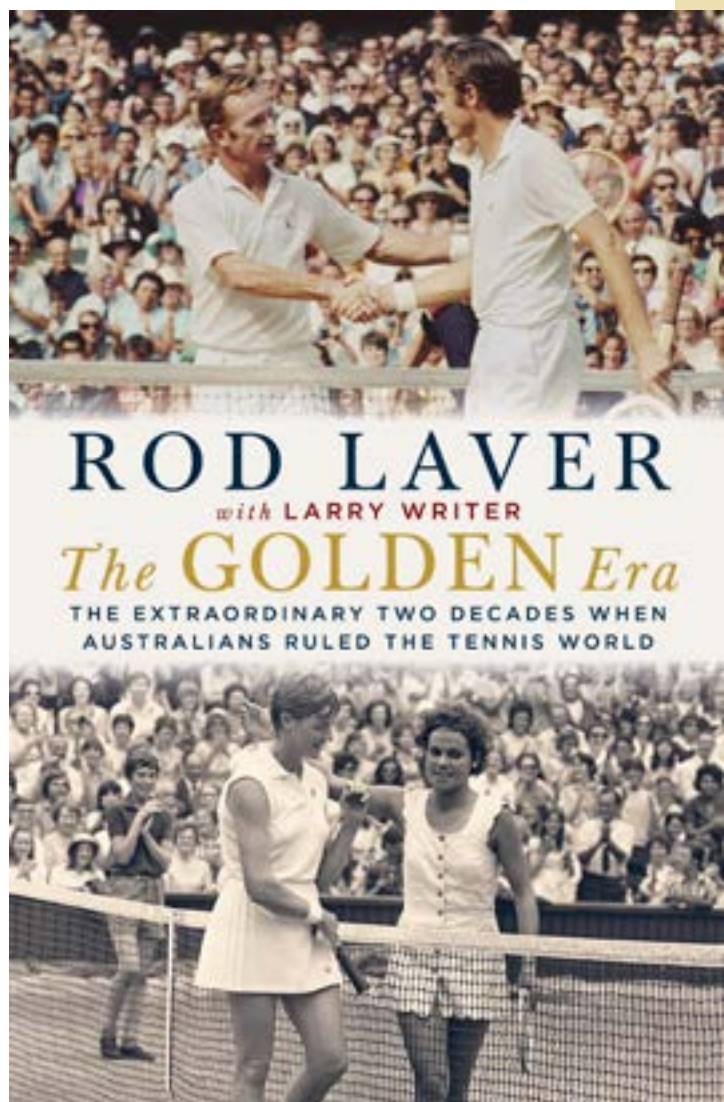
Caravan parks that offer just what you need.

Join today & save with every stay!

[www.kuiparks.com.au](http://www.kuiparks.com.au)







## EXTRACT FROM THE GOLDEN ERA

BY ROD LAVER WITH LARRY WRITER

This is an edited extract from *The Golden Era* by Rod Laver with Larry Writer, published by Allen & Unwin, RRP \$39.99, out now

## PROLOGUE: A CUP FOR THE AGES

Kooyong Lawn Tennis Club, Melbourne, 30 December 1953: the Davis Cup was on the line. The United States led Australia two rubbers to one in the Challenge Round, the final round. Australia needed to win both remaining singles matches to retain the Cup. In the first of the reverse singles, nineteen-year-old Australian tyro Lew Hoad was to play the world's No. 1, Tony Trabert. At the time, I was a skinny, tennis-mad fifteen-year-old bush kid with bandy legs, a shock of Ginger Meggs hair and 46,000 freckles, and, like millions of Australians, I was tuned in to the radio.

Outside, our rough-and-ready tennis court baked and shim-mered in the north Queensland heat. Inside, in the cool of the lounge room, my mother, Melba, father, Roy, sister, Lois, and brothers, Trevor and Bob, and I were clustered in front of the wireless set, surrounded by the scattered green and red detritus of Christmas, as the radio announcer broadcast every serve, volley and backhand. Around the country, streets, beaches and picnic grounds that would usually be heaving with holiday-makers were deserted as, in that era before television and transistor radios, folks clustered around their radios at home and work and in pubs, cafes and clubs. During the Hoad-Trabert match, police were called to control over-exuberant fans at bursting-to-the-seams venues that were broadcasting the match. A tram stopped in its tracks outside the courts at Kooyong and the conductor climbed onto the roof to see the scoreboard and update his passengers on proceedings.

Australia was the reigning holder of the Davis Cup, symbol since 1900 of world amateur tennis supremacy, but Harry Hopman hadn't seemed to give his players much of a chance before the tie began. When asked by reporters how Hoad and Rosewall would fare against the Americans, he ingenuously offered in his reedy drawl, 'I think they'll do well, but I don't want to say how well in case they disappoint you.'

The results so far reflected Hopman's sentiments. When Lew Hoad went out to play Tony Trabert on the third day of the 1953 Challenge Round, a US victory would give the Americans an unbeatable lead in the best-of-five match series, and within days the silverware would be on the first available plane back to New York. On the first day of the Cup tie in the opening singles match, Lew had beaten the US No. 2 player, Vic Seixas, in straight sets, 6-4, 6-2, 6-3, then Tony Trabert evened the ledger by defeating diminutive nineteen-year-old Ken Rosewall just as decisively—6-3, 6-4, 6-4—after Ken dropped his opening serve and made a series of nervous errors, one swat even missing the ball completely. Next day, in the doubles, Tony and Vic destroyed Lew and Victorian farm lad Rex 'Wrecker' Hartwig, who were teaming for the first time, 6-2, 6-4, 6-4 in just 58 minutes. In what the news-papers were calling 'the greatest blunder in tennis history', Australia's Davis Cup captain, Harry Hopman, had been overruled by Lawn Tennis Association of Australia (LTAA) officials Sir Norman Brookes, Esca Stephens, Don Ferguson, Cliff Sproule and T.E. Robinson who chose Hartwig ahead of Ken Rosewall. They feared Ken might still be shattered by his singles loss to Trabert. In calling Ken's omission a blunder, the papers might have been right, because that year Lew and Ken, nicknamed the 'Tennis Twins', went on to win the Australian, French and Wimbledon doubles titles. Sir Norman was unrepentant. 'We took a risk. If we decided on the wrong pair, it is just too bad.'

Now, after the doubles debacle, it was down to Lew Hoad and Ken Rosewall in their respective singles matches against Tony Trabert and Vic Seixas. The odds were against the youngsters, and not just because of their age and relative inexperience. In the 53-year history of the Cup, only three times had a Challenge Round been won by a team that had trailed two matches to one.

As the capacity crowd of 17,500 rose as one, Hoad and Trabert entered the court, on their heels the Australian



non-playing captain Harry Hopman, small and bird-like, hair slicked flat, natty in his blazer and trousers, and Hopman's American counterpart Bill Talbert, a past multiple grand slam and Davis Cup winner. Unlike steamy, sweltering Rock-hampton where I was listening, the weather at Kooyong, 2000 kilometres to the south, was cool with intermittent drizzle. Centre court, already churned by the previous matches, was treacherously slippery. Some spectators were perched in new 21-metre-high temporary wooden grandstands, completed just days before to accommodate the anticipated huge crowd. Courtside were Prime Minister Robert Menzies, Victoria's Governor Sir Dallas Brooks, and the US ambassador to Australia, the wonderfully named Amos J. Peaslee. The Southern Command army brass band pumped out the national anthems and a selection of patriotic songs. Film of the gallery at Kooyong that day 66 years ago shows a preponderance of middle-aged men in white straw hats or felt fedoras, jacket and tie, furiously smoking cigarettes and shelling peanuts, and women of a similar age in floral design frocks, and, in optimistic defiance of the drizzle, sun-hats and sunglasses.

Sydneysider Lewis Alan Hoad, stocky, snowy-haired, movie-star handsome, strolled onto the court wearing a white cardigan over his white cotton shirt, smiling up into the stands where sat his parents, Bonnie and Alan, and his girl-friend, Jenny Staley. If Lew was nervous, he wasn't about to let his opponent know it. Tall, crew-cut Tony Trabert hardly acknowledged the crowd, just plonked his kitbag and racquets down beside Talbert at the side of the court, all business and steely resolve. As the reigning Wimbledon singles champion, and having beaten Rosewall in the opening day singles two days before, the 23-year-old's confidence today was justified. Although both men were cheered, the punters had anointed Hoad their hero—by then Lew was certainly mine—and cast Tony Trabert, as good a bloke and sport as he was a player, as their villain.

Lew's Davis Cup teammates—Rosewall, Hartwig and Merv Rose—watched the match from the players' enclosure. Frank Sedgman and Ken McGregor were in the grandstand. The young Neale Fraser, Ashley Cooper, Mal Anderson, Fred Stolle and Tony Roche, possibly polishing off Christmas Day leftovers, were glued to radios in various parts of the country. Roy Emerson was tuned in at his family's dairy farm in Blackbutt, Queensland. Like me, John Newcombe listened to the match sprawled on his family's lounge-room floor. At the end, Newk turned to his parents and said, 'I'd like to be like Lew and Ken.'

'Play,' called the chair umpire, and from the opening serve Lew and Tony attacked. Both were blessed with a booming serve; it was power serve-and-volley tennis, a war of attrition, each man seeking to dictate play, crowding the net and driving his opponent back to the baseline. Both players slipped and fell on the greasy surface. To the crowd's approval, Lew won the first two sets, 13–11 (no tie breaks then) and 6–3, his searing serves, cracking volleys and perfect shot placement too much for Trabert, who, although playing well, was finding himself over-powered and out-manoeuvred. In the third set, the American, now wearing spiked shoes and more sure-footed, surged and wrested control. Now it was Lew who couldn't take a trick as Tony wiped the court with him. Lew swapped his regular shoes for ones with spiked soles to better grip the surface, but could not stop Tony from winning the third and fourth sets, 6–2, 6–3. The Australian's shoulders slumped as he took position for the fifth and match-deciding set.

Trabert's dominance continued. More used to spikes than Lew, he was holding his serve without difficulty and dealing better with the heavy balls. Lew, on the other hand, was finding it hard to set himself when serving, which reduced his power, and he ran gingerly, trying to keep his balance.

Then came the moment that, folklore has it, changed the course of the match. Early in the fifth set with Lew seemingly

destined for defeat, he forgot he was wearing spikes and slid to reach a Trabert return. The spikes, whose very purpose was to prevent sliding, dug into the turf and Lew tumbled headlong and lay face down. Everyone at Kooyong and listening around the nation gasped at once. Was he hurt? Had he knocked himself unconscious? Then, after what seemed an age lying motionless on the grass, Lew hammered the ground with his racquet in humiliation and frustration. Enter Harry Hopman. The skipper, never known for his sense of humour, casually threw a white towel over his player's head and barked, 'Aw, get up, you lazy bastard!' At that, Lew raised his head and flashed a grin, Hopman laughed, the fans laughed, even Tony Trabert, who must have hoped that Lew would have to forfeit, gave a thin smile. He smiled too soon. According to Hopman, Lew's fall and his own reaction to it changed the momentum of the match. (Lew would disagree; he always said he got on top when, after he broke a racquet string in the fifth set, he changed to a new, dry racquet from which the ball flew faster.)

Whatever the reason, Lew found his form and played the best aggressive serve-and-volley tennis he ever had in his life. He roared from behind to lead 6–5. Lew smashed winning volleys off Trabert's weakening returns. Then the flustered American double-faulted, which, to both players' dismay, brought unseemly cheers from some in the crowd. At set, and match point, a frantic rally ensued, which ended when Lew chipped a gentle return that floated to the turf and died where it fell. Tony had nothing to hit. Set and match to Hoad and Australia: 13–11, 6–3, 2–6, 3–6, 7–5 in just on three hours. At two rubbers all ('rubber' is Davis Cup parlance for a match) Australia was still in the tie.

The crowd at Kooyong whooped and hollered, hugged each other, wept and hurled rubber cushions, hats and newspapers into the air while the physically and mentally exhausted players shook hands at the net. Lew flashed a Churchillian V sign to his mother and Jenny (Hoad Snr, overwrought and nervous, had had to rush to the toilet and didn't make it back in time for the end of the match). A press photographer rushed to Lew and slid three metres in the mud, like a silent movie comedian coming to grief on a banana skin. Harry Hopman commiserated with the American team and apologised for the unsporting catcalls from the spectators. By now the crowd had been cheering and throwing things for five minutes. An exasperated plea came over the PA system for people to quieten. 'Why should we?' cried one fan. 'We're going to win the Davis Cup!' Up in Rocky, I whooped and hollered, too, and, like young Newk down in Sydney, dared to dream that one day I'd represent my country in the Davis Cup, and do Australia proud as Lew Hoad had just done.

On my bookshelf is Lew's first autobiography, *My Game*. In it he recalled what happened after his victory. 'I stood in the centre of the court and gave the V sign, and when the umpire announced the scores, people bellowed, "Let's hear them again!" Cushions landed like confetti on the court, and,

I walked in a haze to my chair and Hopman put my jacket on and lifted my numb legs and scrubbed my spikes, and when I looked around to Trabert he was crying . . . I was dripping from perspiration and raindrops and I walked off the court in my spikes alongside Hopman, and as we disappeared into the dressing room, a man in the gallery yelled at the Prime Minister, Mr Menzies, who had seen every shot of it, and said, 'Give him a knighthood, Bob—Bradman didn't ever do anything like that.'

Many who saw it, or heard it, believe that this as the greatest tennis match ever played.

Even though I would experience many wonderful encounters in the years to come, and I was able to experience the Hoad-Trabert match only on the radio, I'd have to class it, because of its crucial nature, the atmosphere, and the fact that we saw two of the best players ever, as a classic.



Living Legends is open from 10am until 4pm every day of the year except Christmas Day and the homestead and gardens are free to the public throughout the year.

Visitors can take a self-guided tour and view the Living Legends in their paddocks at a leisurely pace.

Guided tours (approx. 1 hour) are offered every day at 11am and 2pm

Cost:  
Adults \$25  
Concession \$20  
Children 5-13 year olds \$10  
Under 5 free.

Living Legends  
Woodlands Drive, Greenvale  
(6 minutes past Melbourne airport)  
Phone 03 9307 1165 for enquiries,  
tour bookings and gift vouchers

[www.facebook.com/livinglegendsau](http://www.facebook.com/livinglegendsau)





# Living Legends

As the horse racing capital of Australia, it's only fitting that some of the country's most famous horses live out their retirement in Melbourne. Nestled on the city's outskirts just minutes from Melbourne Airport, Living Legends is the International Home Of Rest for Champion Horses and a public museum for horse racing memorabilia. For the 24 equine champions who live there, it's akin to retirement luxury and for the thousands of tourists who visit it's often simply a dream come true.

Set amongst the picturesque native bushland and gardens of Woodlands Park with the heritage-listed Woodlands Homestead as its centrepiece, the current site of Living Legends (est. 2006) was once was home to 19th century race meetings and is one of the most historic thoroughbred properties in the southern hemisphere. Now, it's a unique and much-loved Australian tourist attraction where the public experience the joy of interacting with retired champion racehorses, including five Melbourne Cup winners.

Current Living Legends residents include Melbourne Cup winners Brew, Almandin, Efficient, Might And Power and Rogan Josh, plus baldy-faced Australian Guineas hero Apache Cat, Caulfield Cup winner Fawkner and Cox Plate champion Fields Of Omagh.

More than a decade after it began and more than 150 years after the pioneering Greene family first settled on the site, Living Legends provides a loving home to its champion ex-racehorses, with on-site horse exercise facilities, the historic homestead and cafe, picnic gardens and native bushland, flora and fauna in abundance.

Now operating seven days a week (364 days a year) with free entry to the homestead and gardens, it's the closest tourist destination to Melbourne Airport and attracts more than 30,000 visitors each year from the local region, all over Australia and around the world. The thousands of visitors who enjoy Living Legends each year range from racing fanatics to once-a-year punters, school groups, bird-watchers, nature lovers, bucket-listers and even people fulfilling a dream to pat their first horse. And above all, tourists flock to Living Legends for the famous Devonshire Tea with the world's best scones!

In recent years, Living Legends has undergone a total transformation from its front gate through to a redesign of the organisation's communications and marketing materials, and expansion into education through schools programs and industry training. Several prestigious awards have followed, including:

- 2019 RACV Victorian Tourism Awards People's Choice - Winner of Victoria's Best Tourism Attraction
- 2019 RACV Victorian Tourism Awards - Finalist - Cultural Tourism
- 2019 Hume City Council Business Award - Winner - Tourism Award
- 2017 Hume City Council Business Award - Winner - Education & Workplace Learning, and Hospitality and Tourism categories



LOOK GOOD, FEEL GOOD,  
PLAY GREAT



For enquiries or to locate your nearest stockist call 1800 653332.  
email: [customer.service@cityclub.com.au](mailto:customer.service@cityclub.com.au) web: [cityclub.com.au](http://cityclub.com.au)

CITY  CLUB





Vespa®

*Vespa House...  
the life,  
the love,  
the passion  
of Vespa  
in Melbourne  
Since 1956.*



# Gardening Australia's Summer Garden Tips

## COOL

'Tis the season to harvest spuds. Once foliage has lost colour and the potato stems begin to flop, lift the tubers, dry them out and store them somewhere dark.

Hoe hoe hoe into weeds, especially the dreaded yellow flowering cape weed. Lift these weeds from the ground and place upside down, roots and all, under plants to act as a marvellous mulch.

English lavender (*Lavandula angustifolia*) is flowering fantastically now, so take the time to appreciate the colour and delicate fragrance of these old-fashioned faves, and if you don't have one – get one in!

## TEMPERATE

Protect your pot plants while you're away this summer. Mulch the top of the pots, sit them in a saucer of water (or the bathtub) and you'll be set!

Get crafty and turn old paper into gift tags or decorations that are impregnated with seeds - your very own seed paper that can be planted after it's been used. Check the fact sheet for instructions.

In the vegie patch, make sure you keep tip-pruning herbs like basil, rosemary and oregano to slow down the flowering and produce even more delicious foliage, perfect for festive feasts!

## SUBTROPICAL

Fruit flies are in full force in the subtropics at the moment, so don't let them spoil your productive party. Place exclusion netting or bags over susceptible fruits as they ripen.

Give your worms a happy holiday and relocate their accommodation into the shade for the summer. Place a wet hessian sack in the top of the farm to keep these critters cool.

It's the most wonderful time of the year to enjoy the colourful calyx of the NSW Christmas bush (*Ceratopetalum gummiferum*). White flowers give way to stunning carmine sepals, making this a fab feature tree

## TROPICAL

In the tropics, the Christmas orchid (*Calanthe triplicata*) is in bloom now, it's showy, pure white clusters of flowers on metre long stems. Stunners in pots, contact your local orchid society to track one down.

It may be hot, but it's the perfect time to plant snake beans. These climbers are heavy croppers, and adore the heat so whack in a trellis, pop in some seeds and watch them grow!

Give the gift of conservation with a potted aniseed myrtle, a rare native rainforest tree. *Syzygium anisatum* edible, highly aromatic foliage, and is an excellent small tree for home gardens.



## ARID

Peaches and nectarines are starting to fruit, so if it looks like your tree has a whopping crop, it's a good idea to thin fruit now to improve eventual fruit size and quality.

Get your vegie beds prepped for another round of planting in early February and sow a crop of green manure to improve soil health, vitality and water retention. It's a pressie for your patch

Fertilising stressed plants can tip them over the edge, so if your plants are struggling through summer, give them water, compost and mulch, but don't be tempted to give them a feed.





Gardening Australia is the ABC's premiere TV gardening program. It's presented by leading Australian horticulturalists including Costa Georgiadis, Josh Byrne, Tino Carnevale, Jerry Coleby-Williams, Jane Edmanson, Sophie Thomson and Millie Ross. It's a valuable resource for all gardeners and can also be found in magazines, books, DVDs, on iView and online.

[www.abc.net.au](http://www.abc.net.au)

# Seasol®

**Helps protect your garden from the stresses of summer!**

- ✓ Promotes healthy, strong growth in all plants.
- ✓ Increases tolerance to heat & drought.



[www.seasol.com.au](http://www.seasol.com.au)

# YOUR CONSERVATION QUESTIONS ANSWERED



Hanky before and after.



Swing Mounted Medals.



This Letter took up an entire notebook and was enclosed in an archival cardboard slipcover in order to keep the pages together. Contact us for slipcase pattern and instructions.

Last Post readers can write in with concerns or queries about the artefacts they have in their family collection. Letters will be answered by a qualified conservator from Endangered Heritage Pty Ltd. Endangered Heritage is a conservation business in Canberra, endorsed by the National RSL for conserving our military history. Both Victoria and Andrew Pearce have years of experience at the Australian War Memorial and with other military collections.

Write in to [LastPost@endangeredheritage.com](mailto:LastPost@endangeredheritage.com) to get a response in the following issue.

**Dear Endangered Heritage,**  
I have my grandfathers medals and they are swing mounted the ribbons are old and I wanted to know if I should have them now replaced and court mounted for my grandson to wear.  
Regards Mary WA

Dear Mary,

As conservators we want the authenticity of a medal set to be conserved. The ribbons can be strengthened without replacing and they are the best indicator the medals are real not replicas. Keeping original ribbons is what makes the medals recognizable even by the ghost of your grandfather. To change them would change the character and integrity of their history. Likewise if he wore them in a swing mount then I would keep them in a swing mount. Cleaning of medals can also be tricky. Some are patinated to look tarnished and are not meant to be "blingy". Some look enameled however the coating is a tinted shellac and is very easily removed in cleaning with solvents. So not even any mild cleaning can come in contact with these medals.

Unfortunately many people think a bit of brasso wont hurt but it can do a lot of damage to old medals and if they look new people also assume they are new... replicas.

Medals are complex and should be seen by a qualified conservator. If you ever have medals mounted make sure they do not use adhesive as some mounts these days are not stitched but hot glue. Making remounting or repair of ribbons impossible.  
Andrew

**Dear Endangered Heritage,**  
Is it safe to frame old photos?  
Con NSW

Dear Con,

Old photos like all things can be effected by light and energy damaging the surface. If you frame fragile older material use a Perspex instead of glass as this will absorb the energy eventually crazing and yellowing, sacrificing itself rather than transmitting the light energy to the artifact. In this way you help protect from fading. Do not use glass, if it gets knocked it can slice precious artwork. Make sure there is a large spacer in the frame to lift the Perspex off the work by 8-10 mm seal the back against insects.

Then display the framed item on an internal wall away from heating or air-con outlets and fluctuation in temperatures. Alternatively get a really good replica made. Use a high resolution scan and then have the image printed in Giclee printing. This is an archival print quality using pigments instead of dyes which fade. Giclee printing will last 100's of years opposed to dye printing which will last 5years (maybe). There are many excellent photographic restorers. Make sure you look after the master ( Original) print properly in non acidic paper and dark storage.  
Victoria

**Dear Endangered Heritage,**  
I have a souvenir tea towel and an embroidered cotton hanky from WW1. The tea-towel is stuck to a board and framed and the hanky was folded in my grandmothers sewing box and also stained. The stains are getting darker and darker is there anyway of getting them out?  
Robert SA

Dear Robert,

Both these items will have been in contact with iron cations and possibly musty conditions. This breaks the cellulose bonds and the result is foxing. The tea towel will also have had contact with food fruit and sugar stains which as they oxidise also cause dark marks. The darkening increases with the input of energy. Most commonly we discuss light energy but energy (heat) will also catalyse this staining and darken it. A qualified textiles conservator will be able to reduce the staining in a wet treatment provided the dyes are stable. This will require testing. In the mean while remove the items from light and store them between sheets of non acidic tissue. In a safe place.  
Victoria

**Dear Endangered Heritage,**  
I have a large amount of ephemera from my husband's family and my own including wallets and dairies and notebooks. They have been kept in an old suitcase with photos and all sorts of things. I don't want to throw them away but I don't know how I should keep them.  
Michael and Gina QLD

Dear Michael and Gina,

Firstly everything becomes more acidic as it ages, this is why we always encourage the use of non-acidic boxing and tissue to absorb the excess acidity and neutralize the impact on artefacts. Acid free is about as honest as sugar free so make sure you purchase non-acidic paper. Document what you know about each item on a piece of paper with pencil so it can be stored with each item and the provenance is not lost. Then wrap the items in non acidic tissue and keep in archival boxing.

You can make a small slip cover of folded archival library board which can be used to hold diaries and note books. We run workshops in remedial conservation which might be of interest.  
Robin



# From the beach to the bush, clubs help people

supporting schools, sport, hospitals, arts and entertainment,  
**providing jobs and training opportunities,**  
building resilience and embracing change,  
**looking after families,** giving kids confidence,  
**welcoming and inclusive,**  
and we're always there for our communities  
when natural disasters strike ...

CLUBS  
DO IT ALL  
ACROSS  
THE STATE

Your local club



