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BI-ANNUAL ISSUE 12

The David Morrison  
interview

INSIDE:  
The RSL  
Centenary  
& more

# THE LAST POST

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

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# NEW MINISTER FOR VETERANS' AFFAIRS SWORN IN



The Hon. Dan Tehan MP was sworn in as the Minister for Veterans' Affairs, Minister Assisting the Prime Minister for the Centenary of ANZAC and Minister for Defence Materiel on 18 February 2016.

Since his election to Parliament as the Federal Member for Wannon in 2010, Minister Tehan has had an active parliamentary career.

He has held positions as the Chair of the Parliamentary Joint Committee on Intelligence and Security; Chair of the Victorian Consultative Panel for the Black Spot Programme; Chair of the Coalition Policy Committee on Economics and Finance; Co-Chair of the Parliamentarians Supporting Cancer Causes; Co-Chair of the Parliamentary Friends of Youth Mental Health, and; Chair of the Coalition Friends of Tourism.

Dan has also held positions on the House of Representatives Standing Committee on Regional Australia, the Standing Committee on Agriculture, Resources, Fisheries and Forestry and the Joint Human Rights Committee.

Before entering Parliament, Dan worked in agriculture locally and abroad and was an officer in the Department of Foreign Affairs and Trade where he held various roles. These included working as a diplomat at the Australian Embassy in Mexico. He has a Masters Degree in International Relations and Foreign Affairs and Trade.

Dan has worked at senior levels of the Australian Government, including as a Senior Adviser to then Deputy Prime Minister Mark Vaile and Chief of Staff to Fran Bailey, a former Minister for Small Business and Tourism. He has also worked as Director of Trade Policy and International Affairs at the Australian Chamber of Commerce and Industry and as the Deputy State Director for the Victorian Liberal Party.

Dan lives with his wife Sarah and their family on a small farm on the outskirts of Hamilton, Victoria. He is a passionate supporter of the Richmond Football Club and enjoys spending time outdoors with his family and their increasing number of pets.

## The Hon. Dr Brendan Nelson, Director, Australian War Memorial

In April 2006 I was Australia's minister for defence. Walking through a crowded shopping centre at Redland, Mount Gravatt, a hand firmly grasped my right elbow. Its tremulous owner said, "Dr Nelson, my best mate Kenny Gant was killed at Long Tan. Do what you can to remember him."

As if to explain his emotional and physical state, he whispered, "I was run over by a tank", then melted away into the crowd.

In August this year, we will pause to commemorate the 50th anniversary of the battle of Long Tan. In doing so, we will honour all those who served our nation in this conflict.

The Vietnam War inflicted deep wounds on many the 61,000 young Australians who served in it over more than a decade. It left our nation scarred, determined to learn from the experiences, but also mistakes – political, social and human.

Australia emerged from divided and angry. The extraordinary heroism of four men awarded the Victoria Cross, epic battles at Long Tan, Coral Balmoral and theatres across land, sea and air were often relegated in public consciousness behind increasing and strident opposition to the war itself.

Many veterans returned bearing wounds deprived healing by significant sections of Australian society - shunned as reminders of a war opposed by many and turbocharged by conscription.

We cannot rewrite history, nor can we be held hostage to it. But we can learn from it.

On the evenings of 17, 18 and 19 of August, images from the Vietnam War will be projected onto the front of the Memorial.

On the opposite façade will be projected the Vietnam Honour Roll of 521 names.

On the afternoon of the 17th of August, John Schumann will sing I was only 19 to 100 Vietnam veterans in the nation's secular cathedral – The Hall of Memory. There is no more powerful way of expressing our pride nor reassuring them that they are 'home' in every sense of the word.



Shortly after, Kenneth Howard Gant will be honoured at the Last Post Ceremony, half a century after his death.

At 6 am on the 18th of August, RMC Duntroon and ADFA cadets will read the Vietnam Honour Roll in the commemorative area which will be open to the public.

To the man at Mount Gravatt, we will remember him.

We remember them all.

We always will.

# From the Publisher: GREG T ROSS

During 2016, the Returned and Services League, the country's largest and most powerful organisation of its type, celebrates its centenary.

The Last Post, and its eNews sibling, TLP eNews, joins with the RSL in looking at the organisations great list of achievements and the promise of what lays ahead. In this edition we look at RSL National, RSL SA, RSL WA and RSL ACT and the work they do for veterans of all ages and their families.

In embracing a broad demographic and playing a modern role in Australia as it stands in 2016, the RSL continues to help Australia's returned men and women of all ages and backgrounds. Around the country, whether through live music, good dining, acting as a meeting place for family and friends, engaging with local schools or assisting in community affairs, today's RSL shows that it has something to offer all Australians.

As we approach the third decade of the millennium, the RSL has enacted this modern focus with the appointment of youthful and engaging CEO's, both nationally and in states. Serving veterans of all ages by providing help, assistance and information, The Last Post and the RSL ask you to join all Australians in celebrating this important milestone.

The diversity and richness of this country is reflected in the RSL membership and in the men and women who help keep the Anzac spirit alive.

In our cover story, we interview Australian of The Year, Lieutenant General (retired) David Morrison AO. In an engaging chat with this magazine, David discusses his feelings on veterans, diversity, inclusiveness, equality and the treatment of women in the ADF. He speaks also of his time at ANU and the path that led to where he is today.

In MUSIC, ARTS and ENTERTAINMENT The Last Post's Craig T Ross interviews Australian music legend Russell Morris and provides an obituary for the late Jon English. As usual, Jack P Kellerman gives us a look at a song from the past and his memories from that time. Taj Worthington-Jones takes us back to '71 and an insight into the classic Russell

Morris album, Bloodstone. We also give some air to promising new Australian indigenous artist, Jason Dale and feature an excerpt from former Dingoes bass player John Bois' book, Dingoes Lament. We also look at the legendary Gympie Music Muster as it's about to celebrate it's 35th anniversary later this year.

Bob Walter takes us to his Tantalising Tasmania in TRAVEL with a great story and pics. As well, we have a look at Albany in WA and NSW's Blue Mountains as places readers may like to explore. In Travel we also chat to Expedition Leader, Steve Cox from Coral Expeditions about the company's new role in remote parts of Myanmar, Burma and Tibet as well as allowing travelers an intimate look at the site of the infamous Burma Railway.

Michael's Story by Darrin Barnett is a worrying look at the harsh, impersonal role of security staff in relieving Australian merchant sailors of their jobs aboard ships carrying cargo between Australian ports. You make up your own mind but we feel there must be a better way of preserving dignity for all and Australian jobs. We also feature excerpts from Ruth Clare's new book, Enemy a harrowing, intimate look at one family's and one person's involvement with PTSD. Ruth's father, Doug had gone to Vietnam and returned a different man.

As usual, we feature HEALTH and FINANCE and in SPORTS we interview Collingwood-tragic, the Australian Rules supporting Jeff Corfe or Joffa as he is better know. Joffa speaks of his work with charities including the Epilepsy Foundation, his belief that football saved his life, his ongoing love for the Magpies and his philosophy. It is a touching and brave interview and reveals a man of worthy character. We again feature the AFL and NRL and a childrens' sporting foundation Footys4all. Our suburban football club in this Anzac Day/Winter edition is Reynella, in South Australia. We also feature Golf and Bowls and take a look at the return of Bowls to free-to-air television in 2016. Of course, Bowls Australia also has the

Australian Open happening in the Gold Coast in June.

In EDUCATION and SCIENCE we take a look at The Hutchins School in Tasmania and their role in helping student develop social and community skills and responsibility's in modern Australia.

In our new section, FOOD we speak with popular chef Simon Bryant and his views on the new pop culture that has evolved through media coverage of chefs. We go to Wimmera in Victoria and look at Sarah Pearce and her amazing Wimmera Cultural Foods store. Sarah's store offers a great range of products and specialises in ethnic and indigenous foods and fashions. Check it out.

One of the most intriguing and interesting stories from the First World War comes from Newcastle University historian, Professor Victoria Haskins. Maud Butler's Anzac Day tells the story of a NSW country girl's stowaway attempts to join the war effort. The first Anzac Day marked Maud's last appearance in military uniform.

Have a happy and safe and peaceful time until we catch in November. In the 2016 Remembrance Day edition we look back at the last five years (Yes!) of The Last Post and the great Australians that have featured in our magazine.



Greg T Ross  
Editor and Publisher  
[www.thelastpostmagazine.com](http://www.thelastpostmagazine.com)

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## MANAGING DIRECTOR AND PUBLISHING EDITOR

Greg T Ross

## GRAPHIC DESIGNER

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

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Currently coming out every three months, the  
eNews is released as an adjunct to the Anzac Day  
and Remembrance Day editions, and will include  
the latest news for veterans and their supporters.

# THE LAST POST INTERVIEWS

# DAVID MORRISON



Lieutenant General David Lindsay Morrison AO (born 1956) is a retired senior officer of the Australian Army. He served as Chief of Army from June 2011 until his retirement in May 2015. He was named Australian of the Year for 2016.

The Last Post: David Morrison, thanks very much for joining us at The Last Post. Congratulations on being named Australian of the Year. What does that represent to you?

David Morrison: I've got to say, Greg that it was – and is – still a big surprise. I wasn't expecting it. I didn't think I was the person who deserved to receive the accolade. I had thought about what I might say and commit to but I didn't think I'd be in receipt of it. What's it mean? Well, it's been a full life and great career spent with the most magnificent group of Australians, the men and women of the Australian Defence Force. In my acceptance speech I spoke about two families, and only two families. First of all, my own, my wife and my sons and the Army family. The latter has been part of me for all my life because Dad was in the army, indeed we've got 70 years of unbroken service between us. He joined in 1945 and I left in May 2015. I said to the nation that I am an Australian soldier always. While I will spend a lot of this year dealing with matters of diversity and inclusivity and domestic violence, I will do that with all the commitment that I know has come to me and been generated through me from thirty-six and half years of service. It's a long answer to a great question and there's a mixture of thoughts about it but I'm not going to just say "thanks" for an award for services rendered and march off into the sunset, I'm not that retiring. I will speak with respect and commit to a large range of activities and subjects already mentioned as well as remaining a large part of the veteran community.

TLP: Was it always going to be this way for you, with your father's history or were there times... your upbringing, were you predestined to become part of the military?

DM: No, lord no. I had four good years at the Australian National University, four fairly "laid-back" years would be a polite description. I finished my degree at the end of 1978 and I wondered what I was going to do with my life and thought that I would join the army for a little time, I only thought a couple of years, get a little

INSET: David's grandfather (right) and his brother in France 1918

CLOCKWISE FROM RIGHT: David in uniform; In Afghanistan visiting troops 2014; Isurava Anzac Day 2012; With my father MAJGEN Alby Morrison AO, DSO, MBE (rtd) on ANZAC day 2002



money, maybe see a little bit of Australia and then I'll go and do something else with my life. And that's how it sort of worked out – it just took 36 and a half years to get there.

TLP: With doing Arts at ANU, perhaps there was a hint there that your horizons were broader than you'd expect.

DM: Well, I didn't have what you'd call a standard entry into the army. I attended Officer Cadet School at Portsea in 1979. The culture shock almost killed me after four years at university but what doesn't kill you makes you stronger. I spent the first couple of years finding my feet in the army, I don't think I was a natural soldier but through the experience and through the guidance of those I was serving with, I grew to deeply love the army. While I never expected to have, as my final appointment the Chief of Army, I was...we are all volunteers in the Army and Navy and Air-Force and every single day, through three-and-a-half decades I could've chosen to do something else and I chose not to – up until the time I left, then I was ready to go.

TLP: You've certainly had an interesting time and some interesting roles in the army but we'll talk about that in a minute. Australian of the Year, your position as it stands gives you a position to give voice to some important matters that go beyond the army into general society.

DM: Increasingly during my tenure as Chief, issues around the treatment of colleagues, particularly women became a significant issue for me and I learnt an enormous amount about soldiers, very positively about them during that tumultuous four years that I was the Chief. I feel uncomfortable being the



Australian of the Year and I've said this I've said this publicly on a number of occasions. Whatever I've achieved in the public's mind, in reality was achieved by the soldiers of the army. It was them that said, no, it's time to change, we know that and they did so off the line of march, while still committed to operations in Afghanistan and East Timor, the Solomon's and Iraq. I was asked recently, who was my personal hero. I didn't have to think about the answer – it's the Australian soldier.

TLP: We look at East Timor, Bougainville in '94, you've had some diverse interests and roles within the army and you must've seen a lot of things that are microcosms of society?

DM: Yes, and I'll go to my grave knowing that our finest Australians serve in the nations name putting service before self. They are the men and women I've been surrounded by for in my career. There were things that needed to change. During my tenure as Chief we certainly addressed some issues regarding our culture and I think that was timely and a very positive thing for the organisation and I've noticed that the Chiefs of Navy and Air-Force were doing exactly the

# Australian of the year David Morrison

## 2015 ANZAC Dawn Address

We see them now, our servicemen and women of the war to end all wars, through a photographic lens that is tinged in sepia; faces seen stern, or laughing with mates, in black and white; shown moving in the film of the day in somewhat stilted motion.

It shapes our thinking.

Their letters and their diary entries, in copperplate handwriting and more formal in expression than our modern idiom, adds a layer to the sense that they were somehow different; that their world, their hopes, their aspirations and fears are removed from ours by more than just the passage of 100 years. They are a generation seemingly set apart.

And at one level they are.

When the fighting finally stopped and they returned from France, from Palestine, from service abroad back to Australia, the land of their birth or where they now called home, so much had changed - family, friends, community but most of all themselves. Our New Zealand brothers and sisters in arms experienced the same.

The certainties and adventure of 1914 had been washed away in waves of loss and failed hope, now replaced by the strangeness of a world if not at peace, then one, at least, no longer at war.

Children met for the first time; partners and parents rediscovered; mates mourned over and remembered, and so much had changed. They were, through fate and bloody circumstance ANZACs by name but more essentially men and women changed forever by war.

And for those who had crossed a foreign shore one hundred years ago this morning - under fire, amidst the terrible new sounds and sights of battle, of dying, of calls for courage and for duty done, who had improbably survived to see their world made new, what must they have felt on their return?

The long journey from Gallipoli to the breaking of the German line in November 1918, marked by failure and success, loss and life long mateship had left its indelible mark on them and their country.

If war is a sin against humanity, as some would hold, then war itself is punishment for that sin, compounded by its endless repetition and its hold on those who have experienced its terrors. Such was the mark many brought home to their families who continued, as so many families have and still do, to live daily with the indelible memories of those who had fought and who cannot let go.

But at another level there is little that separates them from we who gather to remember. Like us, they were men and women of their time - responding to their events in their world in the context of the society and families in which they lived. Like us, they dreamed of something better; they loved and were loved in return; were prepared to fight for their beliefs; were, like us, prey to fears and human despair.

It makes their sacrifice, and their capacity to endure, real despite the passage of time. It gives colour to those shades of black and white.

As a serving soldier there is a long line of servicemen and women that connects me to those who stormed ashore 100 years ago. That line is formed by names such as Villers-Bretonneux, Tobruk, El Alamein, Kokoda, Kapyong, Long Tan, Timor, Iraq and Afghanistan. It is made whole by the names on the roll of honour of our War Memorial - over 100 000 of our fellow citizens who in the ultimate act put service before self in our Nation's name.

And there is a line, too, that connects all of us to those who lived in this Country 100 years ago. It is formed by the lives and hopes of millions of Australians who have lived since then. It is given physical substance in the architecture of our cities and the agricultural endeavours of our pioneers. It is a line made more whole by our recognition of the first people of this land and our sorrow for their treatment. It is a line given colour and vibrancy by our cultural richness and diversity, drawn as it is from migrants from all corners of our world. It is a line rooted in our freedom of expression and of belief, and the affirmation of our democratic nation state.

That is why we remember them - the first ANZACs and all of those who have followed. They left us that legacy and we, in turn, commemorate their sacrifice when we ask what legacy we shall leave for those who follow us.

We have not forgotten and we are defined, at least in part, by that act of remembrance. It makes us who we are and reminds us, in the face of an unknown future, who we can be - courageous and compassionate, resolute and resilient, - a people of our own time, reaching back one hundred years with pride and solemnity, looking forward with a sense of purpose to a better world.

WE SEE THEM NOW, OUR SERVICEMEN AND WOMEN OF THE WAR TO END ALL WARS, THROUGH A PHOTOGRAPHIC LENS THAT IS TINGED IN SEPIA; FACES SEEN STERN, OR LAUGHING WITH MATES, IN BLACK AND WHITE; SHOWN MOVING IN THE FILM OF THE DAY IN SOMEWHAT STILTED MOTION.

"...VETERANS NEED TO BE CARED FOR AND THAT IS THE MARK OF A GREAT NATION."



David presenting at the London Summit

same thing in their services at the same time I was. I'd like to be able to say that the army was a better organisation when I handed it over to Angus Campbell than it was when I joined in 1979 and that's no disrespect to those that have gone before me but we've now got a fantastic group of young men and women who know how to serve overseas in operational theatre's but know, also that we've got to be a modern organisation with the very best culture and work practices that we can have.

TLP: The old saying, if you don't move forwards, you're moving backwards, to think that we can continue to better ourselves and strive to improve.

DM: Absolutely, and I say this about the army I love deeply and I say it about Australia now, we are a great army and a great nation but part of our greatness is knowing that we can be better. That's not just in our ability to fight and wage military operations, it's also about the way we build the culture in our defence force and the way we allow people to reach their potential because when they do reach their potential, the organisation benefits.

TLP: In reflection to treatment of women in general, in the past, there is a stumbling block to 100% inclusion and performance because if you're not including 100%, you're not a paramount outcome.

DM: Yes, we significantly increase the number of women who not only joined our army but stayed and think of all the talent they brought with them, a potential that can be used in the nations name and the military service. It's a good thing that everybody got on board with this. We didn't lose any perception of toughness. Some of the women I served with during the course of my career have been the toughest, most resilient Australians I will ever meet. So, we're a better defence force, a better army for the way for the way we've been renewing ourselves and I'm proud to have been part of that.

TLP: Yes, well the misconception that women aren't "tough" when men don't have to be mothers and that would be a pretty hard thing in itself.

DM: Yes, well you look at the nature of modern military operations with the level of technology and automation, we've seen women come to the fore and absolutely shine. And I'd point out too that women who have now had the chance to join our armoured corps or artillery or combat engineers they are showing and demonstrating again what a great person the Australian soldier is.

TLP: Yes indeed. David, true or not, in 2014, the Global Summit to end sexual

violence in combat, is that something that you attended?

DM: It was, yes.

TLP: How did that go? What were your views on that?

DM: Well, it was an amazing conference, a lot of people involved in London. It was brought together under the auspices of the United Nations. John Kerry, the Secretary of State for the US, William Haig who was then the Foreign Affairs Minister for the UK as well as Angelina Jolie wrote to me and said, would you be part of the opening ceremony. I was stunned. I went to my boss, David Hurley and said, I think they've reached out because they've seen what we are doing to tackle some of those issues of culture and respect for people. And David said, absolutely, you've got to go. So I did. It was an amazing experience. I spoke to an audience of well over two thousand with some amazing dignitaries. I was the only person, I think, in the entire room who was in uniform and I was representing the Australian Defence Force. I spoke about the wonderful service that the Australian Defence Force have provided and the fact that we recognise that we need to be inclusive and to make the best use of talent and if we don't we encourage the dominant stereotypes to own our culture and that's to no-one's betterment, be it the military or the societies those forces are operating in.

TLP: And do you think that the army, as a service to itself and the society that it operates in should be part of this awareness that war itself is to nobody's benefit? We only have to look at Post Traumatic Stress and how that features in the disruption of lives.

DM: Well, I think yes. One of the things I want to be involved in, this year is to raise in the public's mind the commitment of our service personnel to our veterans. That's what I meant when I spoke about the army being my other family in my Australian of the Year acceptance speech. I don't mind saying that some of the veteran's reactions surprised and really hurt me. I would've hoped they could have read my respect for their service from what I had to say – I only had three minutes to speak and I had a bit to cover but there was no way I was not going to acknowledge my deep sense of love for our defence forces and particularly the army. I am going to have the opportunity in the course of this year to speak about veterans matters. It's with Legacy and the government and others about how best we recognise past service and current service and I'm open to more modern organisations like Soldier On and Mates 4 Mates and of course I've been a long time supporter of Legacy.

TLP: The RSL Centenary. What does that mean for veterans and is the RSL being left behind? You mentioned Mates 4 Mates and Soldier On.

DM: I don't think the RSL is being left behind but I think the RSL has a challenge, as we all do in this day of instant media and instant communications and the RSL is, potentially having to re-invent itself. But we shouldn't lose sight of the fact that the RSL, like our defence force a great institution. It grew out of the tumult and the awful scares of our veterans returning from the First World War. It has been a steadfast supporter of our service men and women for, well coming up to a century. It's best days are not behind it. It will need to attract younger veterans into its ranks, probably in greater numbers than it has done. I'm not making light of the challenge they've got but they're up to it.

TLP: Finally David, the year ahead, a very exciting one, I guess.

DM: It's a very busy time. I don't have much time for relaxing, this year. I have a wonderful opportunity to speak about what our defence force has achieved, both militarily and from a cultural point of view. I will keep coming back in every single public address I give, and I think that will be in excess of 150 public addresses, I will keep coming back to the fact that I am a soldier and that our veterans need to be cared for and that is the mark of a great nation. But I will also be pointing out that there are other social issues of importance that we need to look at – domestic violence and being able to make the best use of talent, irrespective of gender or race or religious beliefs or sexual orientation and that needs to be a factor of contemporary Australia. I won't be short of things to say but anyone who thinks I won't be speaking about my love of the defence force and particularly the Army, has got the wrong judgement of me. ■

"THERE ARE OTHER SOCIAL ISSUES OF IMPORTANCE THAT WE NEED TO LOOK AT – DOMESTIC VIOLENCE AND BEING ABLE TO MAKE THE BEST USE OF TALENT, IRRESPECTIVE OF GENDER OR RACE OR RELIGIOUS BELIEFS OR SEXUAL ORIENTATION."

“I WAS ASKED RECENTLY, WHO WAS MY PERSONAL HERO. I DIDN'T HAVE TO THINK ABOUT THE ANSWER – IT'S THE AUSTRALIAN SOLDIER.”



Australian  
National  
University

“ What an Arts and Humanities education at ANU gave me was the ability to not take things at face-value, to formulate debates and arguments, and to try and attain a degree of understanding to challenge my own preconceptions. ”

Lieutenant General (Retired) David Morrison, AO  
Australian of the Year, 2016  
ANU Bachelor of Arts, 1979

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## Helping personnel at home and overseas

The Returned & Services League of Australia (RSL) was founded in 1916 by returning Australian soldiers from World War I to continue to provide the camaraderie, concern, and mateship shown amongst diggers during the conflict.

Early in the 1914-1918 Great War, it was evident that those returning from Gallipoli and the Western Front would require support, along with the families of those who would never return. This ethos of compassion and service remains today as the motivating influence of the League. Our purpose is to help veterans and their families by offering care, financial assistance and advocacy along with commemorative services that help all Australian's to remember the fallen.

The RSL helps past and present service personnel and their families. Our State Offices and Sub-branches are often the first point of contact and offer a wide range of support to members. Some of our National initiatives include:

- Caring for service personnel overseas
- Providing free legal services
- Ensuring veterans' entitlements meet emerging needs
- Supporting rehabilitation through programs such as Adaptive Sports
- Funding studies through a range of grants and scholarships
- Providing students with access to educational materials to study military history.

The Returned and Services League of Australia (RSL) has been offering serving and ex-service personnel and their families a place to socialise for 100 years. In addition to the programs that are run across Australia, RSL remembers those posted overseas and keeps them connected to home.

In addition to celebrating our Centenary this year marks the 50th anniversary of the Australian Forces Overseas Fund (AFOF). This Fund is used to support Australian Defence Force (ADF) personnel that are posted overseas.

One of the major activities is sending Care Packs to personnel on deployment. RSL Care Packs were first sent to Australian soldiers in Vietnam in the 1960s. At least twice a year, RSL gathers items to remind people of home and with the help of the ADF these are delivered around the world.

The work of RSL AFOF is assisted by public and corporate donations. Your donation to RSL AFOF will be used to send Care Packs to thousands of ADF personnel who are working a world away from family and friends. ■



Founded in 1916 by returning World War I sailors and soldiers, the RSL continues to provide the camaraderie, help and mateship needed and sought by those who have served. One hundred years on, our mission continues to be supporting serving and ex-service personnel and their families and commemorating their service and sacrifice.

While the mission has not changed, the way we communicate and support a new generation of veterans is evolving.

"We are changing the ways we communicate and position the organisation so that we connect with those who need our help", says Sam Jackman, RSL National CEO.

"Our State branches are working to ensure that the services they deliver address the range of issues that younger veterans are experiencing. It was great to see our membership numbers increasing in the last year and this would indicate the changes are hitting the mark. None of this would be possible without the efforts of our volunteers and generous support given by our sponsors and supporters, including The Last Post." ■

Limited edition gold and silver centenary coins released 1 March 2016:



## West Australians are a proud mob

By Graham Edwards AM, President of the Returned & Services League of WA

West Australians draw strength and pride from the achievements of the ANZACs.

Each year, tens of thousands gather for one of the biggest Dawn Services in the world at the State War Memorial in beautiful Kings Park overlooking Perth.

Our pride in the ANZACs is anchored in those dark days, a century ago, when close to 10 per cent of the population volunteered to fight for their country. It was, in percentage terms, the highest proportion of any State or territory.

It continues to this day, because I believe that the Diggers of a century ago gifted us something much more valuable than anything you can see or touch – they gifted us the spirit of mateship, tolerance and freedom.

*‘Digger’ and ‘dig’ were used by soldiers as friendly terms of address equivalent to ‘cobber’ and ‘mate’ ... The term has tended to be defined in high-value laden ways ... ‘a man for whom freedom, comradeship, a wide tolerance, and a strong sense of the innate worth of man, count for more than all the kingdoms of the world, and the glory in them.’ – AG Butler, The Digger: A Study in Democracy, 1945 in The Oxford Companion to Australian Military History, p 213*

That spirit emerges at every ANZAC Day service, in every country town, and in the support found daily for men and women who have served their country.



The spirit has enabled us to launch, successfully, the RSL Spirit of ANZAC Grevillea, a hybrid plant developed by Kings Park botanists. It has inspired the creation of the RSL 100th anniversary Commemorative Coins, the plans for redevelopment of RSLWA's headquarters at ANZAC House, our sub-branches to get down and dirty to help rebuild veterans' accommodation lost during the January South-West bushfires and our magnificent "poppy ladies" to contribute thousands of poppies to the Chelsea Flower Show and other events and send 2,000 beanies and scarves to our grateful troops in Afghanistan and Iraq.

*“It is always nice to receive packages from people who are relative strangers, but ultimately shows us we are in their thoughts and we are supported back home. It's very humbling, particularly being deployed overseas and away from our family and friends over the Christmas period.” – Letter from LT COL Sean P. Commander Special Operations Task Group.*

We are a proud mob. ■

## Grevillea flowers for the ANZACs

As ANZAC Day looms, the lush red flowers of the 'RSL Spirit of ANZAC Grevillea' are blooming around many homes and the State War Memorial.

The special hybrid plant, marketed nationally, has enjoyed spectacular support since its launch at the Melbourne International Flower and Garden Show early last year. Bunnings stores and native plant nurseries quickly sold out.

New supplies are available through leading retailers of quality plants throughout the country.

The 'RSL Spirit of ANZAC Grevillea' is not a renamed plant; it is a hybrid specially developed by plant breeders at Kings Park and Botanic Gardens to commemorate the first major military action fought by Australian and New Zealand forces at Gallipoli a century ago.

It was primarily selected for its lush red flowers, its trans-Australia heritage and the tough geographical conditions in which it grows and thrives.

It is a hardy, bird-attracting shrub which flowers from autumn to summer. It is suitable for most Australian climates and thrives in well drained soils and is drought tolerant.

The red flowers remind us of the blood shed by the Australian and New Zealand Army Corps – at Gallipoli and the more than 62,000 who died in the First World War.

It reminds us that ANZACs landed and fought in incredibly hostile conditions – the parents of this hybrid are from Mt Finke, surrounded by hundreds of square kilometres of inhospitable sand dunes more than 500 km NNW of Port Lincoln, as well as Western Australia, between Perenjori and Wongan Hills, and Southern Queensland.

The idea for the plant came from the President of The Returned & Services League in WA, Mr Graham Edwards AM, who says, "This plant is truly, intrinsically, Australian.

*“It provides an opportunity for ordinary Australians to acquire the plant and to demonstrate their support of men and women who gave their lives for this country.”*



Last year, dozens of young grevilleas were planted around the Kings Park cenotaph in Perth and they have flourished.

The initial market response was spectacular with more than 12,000 plants selling through Bunnings and leading garden centre retailers.

Ninety cents from every plant sold is being returned to RSLWA to benefit veterans and their families. ■

### For the gardener:

**The grevillea grows in full sun or partial shade, reaching about two metres high by 1.5 metres wide when mature. It can be pruned in late spring to keep compact and promote massed flowering. Once established 'RSL Spirit of ANZAC Grevillea' will grow and flower with twice weekly summer watering and just on rainfall in the wetter months. Apply a slow release fertiliser suitable for Proteaceous plants every six to 12 months as required.**



## The Last Post speaks with SA RSL CEO Julia Langrehr

The Last Post: Good morning Julia, thanks for joining us here at The Last Post. To let readers know a bit about yourself, what was your background prior to coming into this position?

Julia Langrehr: My service background is Army Reserve. It sounds like a long time ago when you say it was last century but it was there I met my husband-to-be who was in the regular army. After eight years in the Army Reserve I spent twenty years as an Army wife, we've raised our three children in a military family. I came to the RSL in 2012 in the role as Customer Services Manager, working with our sub-branches.

TLP: The role of CEO, it's not a position that appears every day. How did that come about?

JL: It wasn't necessarily something that I was looking for or planning on. I was enjoying the job I had here and enjoyed working with the sub-branches. Sam Jackman applied for and gained the position of National CEO and at that point, the position here became available. At that stage I'd been acting CEO here for about twelve months. I was appointed last August.

TLP: A reflection on the new RSL focus and proactive take on women's contribution as well as an appreciation of the role of younger veterans within the organisation. It gives you a chance to play a role in that?

JL: We are certainly trying very hard to do that and I am proud to be able to play a role in that. There has been, in the past, a perception that the RSL is a place for older veterans. We still and will always care for our older veterans but the facts reflect that we've always been a place for all-comers, as in society, so we wish for it to be reflected in the RSL. What we're trying to do with some of the groups that we're

forming, and one of those is our women's sub-branch here in South Australia, is to really start to listen to that voice of diversity – that of younger people and of women.

TLP: Is the transition to a younger demographic within the RSL proving successful?

JL: I think we've still got some way to go. We're doing a lot of good work with younger people, younger veterans, defence families, with ex-serving families and women but we do have some work still to do. What's important is that we spend some time to learn about this group of people and what it is that they need. From that we develop programs and support that meet, for those people, those needs. We of course have to then constantly reflect upon that so that as things change, we keep pace with that. In the past we may have been good for an era but then sat on our laurels and then discovered we've had to do a bit of catch-up. Now, we want to put the RSL in South Australia into a position where we can keep pace with change more effectively.

TLP: The change within the RSL and the perception of change from outside, is that happening quickly enough?

JL: Yes, it's happening at a real pace. Here in South Australia we are finding more and more ways of connecting and of telling those stories. Some of the programs we're developing now are targeted very much at younger people. Having said that, our Operation K-9 program, which is proving very successful, where we partner with the Royal Society of the Blind, we have the full range of veterans. The eldest veteran to receive a dog in that program is a Vietnam Vet and the youngest is in his twenties, still working in the ADF. That's our role – to keep pace with change, to connect with younger veterans but not to forget our veterans.

TLP: I saw that younger guy you're referring to the other week on Channel 9 and it cut through the maze to have a real impact. I was moved. I think readers might want to check that out if they haven't seen it, they're re-running that RSL special on Anzac Day. As far as change goes, do you think you're leading the way? I mean, the first Anzac Day was here in South Australia?

JL: Yes it was. The first state sub-branch was here in Adelaide. The 8th December last year was our 100th birthday. We do lead the way. We're constantly looking for innovation.

TLP: Punching above your weight?

JL: Sometimes it feels like that. We have a small budget and a small team but that in some ways helps us focus. Our team is very committed and passionate, leading to a stronger RSL for the future. We're working on a strategic plan which is something we'll hopefully publish and talk with people about and that should encourage some partners from the corporate world to join us with the work we do. All states are looking at the same sort of things as we are and we all have our separate challenges. We're moving well in regards to where we want to be and it's something we must pay constant attention to.

TLP: The RSL probably connects with more Australians than any other organisation?

JL: We saw an example of that at the last Anzac Day, the centenary of Anzac which was very widely supported by a large cross-section, here. And it's not just the large numbers but the diversity of those in attendance that makes it so striking. May people are touched by the RSL. They have served or a relative has served or people may just not know that a neighbour or friend has either served or has a relative



ABOVE, FROM TOP: Julia at Crystal Brook RSL; Julia at the launch of the 2015 Poppy Appeal; Julia at the RSL SA 100th Birthday Party.

who has served or is an associate member. And the thing is, anybody can become involved with the RSL. You don't have to have served. I'd encourage people to drop in to their local RSL and you'll find a great community of people willing to reach out. Pop in and say hello.

TLP: The future of the RSL?

JL: I see the RSL continuing to do a lot of the good work we're currently doing and even expanding on that. To continue to listen to that voice of serving veterans,

younger veterans, working-age veterans and help for those that may be leaving the defence force with the transition. One of the things that the very first members of the RSL were talking about 100 years ago was assisting men returning from the war in transitioning back into civilian life. That need still remains and we're still doing that today and looking at the best way to do that.

Our society changes over the years but the need remains. More than ever we are now focused on families. ■

"... ANYBODY CAN BECOME INVOLVED WITH THE RSL. YOU DON'T HAVE TO HAVE SERVED."

## ANZAC Day 2016 in Adelaide

The City of Adelaide is expected to be buzzing this ANZAC Day with a range of commemorations and events in place to engage the public over the long weekend.

Up to 10,000 people are expected at the Dawn Service held at the South Australian National War Memorial on North Terrace. The memorial is 85 years old this year with its official opening on April 25, 1931.

At the conclusion of the Dawn Service, the public will be invited to experience the new ANZAC Centenary Memorial Walk for the first time. This \$10 million dollar project has been funded by both Federal and State Governments and the City of Adelaide and has involved shifting of the boundary wall that encloses Government House. The new wall will include tributes to a Centenary of Service and connects the War Memorial with the historic Torrens Parade Ground on the edge of the River Torrens.

The ANZAC Day March is expected to attract up to 20,000 spectators with an additional 6,000 people marching along North Terrace and down King William Road towards the re-developed Adelaide Oval. The march has been expanded to 20 groups in 2016 to accommodate all Veterans, current Defence Force members, representatives of our allies and descendants dating back to the Boer War.

At the conclusion of the march a Service of Remembrance is held at the Cross of Sacrifice in Pennington Gardens. This activity provides a significant finale to the commemorations, with the Dawn Service representing the funeral, the March representing the walk to the grave and the service at the Cross of Sacrifice representing the burial.

The activities are planned in unison by the RSL ANZAC Day Committee, a dedicated group of 20 volunteers chaired by Ian Smith. Smith has served on the committee for six years and replaced Bill Denny as Chair in 2015. The transition of leadership has been smooth, and at the Dawn Service this year Smith will be emcee for the first time and Denny will read The Ode.

Two other events complement the ANZAC Day activities. On ANZAC Eve, April 24, the RSL Youth Vigil at the National War Memorial commences from 6.00pm with 12 youth organisations involved. Youth representatives are rostered throughout the night to conduct the twelve-hour vigil that concludes at the commencement of the Dawn Service.

The final event under the management of the RSL takes place at the Torrens Parade Ground and this year will be known as the ANZAC Day Hub. The Parade Ground becomes the central meeting point and the place to buy coffee, food and drink from 6am. The traditional gunfire breakfast is served to anyone who needs it and live music and two-up are offered from lunch time. In 2016 additional activities for families have been added to provide some respite throughout the day.

The staff and volunteers at RSL SA work consciously to ensure the day is accessible to people of all ages and is focused primarily on commemoration. The afternoon however allows veterans of all eras, and their families, to socialise and reminisce. Many families are expected to spend the day in the city with local football commencing from 1.00pm at Adelaide Oval. The SANFL return to the venue this year with the two grand finalists from last year – West Adelaide and the Eagles.

The SANFL have allowed the RSL to shake the tins at the gates, raising funds for the annual ANZAC Appeal. The contest will include a pre-game ceremony featuring the Ode, Last Post and a minute's silence.

The ANZAC Appeal is the RSL's opportunity to raise funds for services provided to Veterans and their families across the year. A range of ANZAC pins and other items are available from RSL sub-branches across the country, and national partnerships are in place with Woolworths, Officeworks and Bunnings. In Adelaide the appeal includes a badge day in Rundle Mall (Friday April 22) where current serving members and veterans donate their time and scramble to secure the best locations.

Other opportunities to raise both the profile and revenue will take place on Saturday, April 23. The RSL has partnered with three significant sporting codes where they will be the charity of choice:

- SA Jockey Club ANZAC Race Day at Morphettville (from 12.30pm)
- Adelaide Thunderbirds v Queensland Firebirds at Priceline Stadium (from 4.30pm)
- Port Adelaide Power v Geelong at Adelaide Oval (from 7.10pm).

RSL SA CEO Julia Langrehr welcomes the busy calendar and the opportunity to reach as many people as possible across the weekend. "Many people consider ANZAC Day our most significant day of the year, and so we work extremely hard to respect and commemorate everyone who has served. We also understand that events need to evolve, and we need to explore new ways to engage people of all ages. The Youth Vigil connects with a younger demographic, and I also appreciate how the sporting codes have integrated ANZAC traditions into their events."

Data from 2015 suggests that over 300,000 South Australians attended a Dawn Service, positioning ANZAC Day as the state's biggest event. "We invite everyone to support the activities in their local community, or travel to Adelaide for a memorable long weekend." ■

## Geelong RSL President Andrew Hanns



Since coming to the Geelong RSL Sub-Branch Inc. Andrew Hanns has really moved things into the modern era.

Andrew has brought in and nurtured a strong pensions and advocates department led by Richard Embelton OAM.

He has crossed the boundaries between veterans groups and attends seemingly any function that he has been requested to. Andrew has saved the Geelong RSL EDA club, made up of countless veterans with stunning tales of action and heroism by assisting in restructuring their leadership and taking over the management of their financials.

He has worked very closely with our excellent Welfare Officer Toni Podbury and gone above the call of reasonable volunteer hours by answering late night calls of distress from veterans in dire straits or just in need of a coffee.

Andrew Hanns was born and raised on a wheat farm in the Northern Mallee region

of Northern Victoria. Moved to Geelong in 1989, where he enlisted into the Army Reserves in 1993 as a Rifleman at Deakin University Company here in Geelong. In 1995 enlisted into the RAR for training then allocated to the Royal Australian Armoured Corps in Puckapunyal for Corps Training. Posted to 2nd Cavalierly Regiment 1 Brigade as a Crewman Driver, in 1999 deployed on operations INTERFET East Timor with C Squadron 2 CAV Regiment as an armoured vehicle crew commander.

Andrew is now the President of the Geelong Returned and Services League Sub Branch, has a passion to help the veteran community, is married to Annette who is a Cardiac Nurse at Barwon University Hospital in Geelong, have two children Jessica and Liam, Andrew's interests include Volunteering in the local community, high country fishing and being a passionate Hawthorn supporter. ■

## DERBY RSL Sub Branch

The township of Derby is nestled in the beautiful boab trees and is the gateway to the Gibb River Road in the far north of Western Australia.

As a remote town Derby is isolated, has few services, no fast food outlets and very few shops. Situated in the picturesque Kimberley's, Derby and the surrounding areas have some of the most magnificent scenery in Australia, featuring rocky gorges and magnificent waterfalls. Derby can boast a number of returned soldiers and nurses, including many aboriginal men who served to save their country.

The first Branch of the RSL was established in Derby in the early 1900s in the grounds of the Catholic Church, but was destroyed by fire. It was rebuilt by the sisters of Saint John of God 1954. The flag poles can still be seen in the front yard of the catholic school. At some time after this the RSL ceased to exist in Derby.

In February 2014 a meeting was held with eight (8) people with the purpose of re-establishing a Derby Returned & Services League (DRSL) Sub Branch in the Shire of West Kimberley.

Over a few months with continued interest from a growing number of people an inaugural Annual General Meeting was held on 26 September 2014 in the Sportsman's Club and Office Bearers appointed.

From there the interest and membership grew enabling a submission to the State Returned Services League (RSL) to officially acknowledge Derby as a sub branch of the Returned Services League of Western Australia.



We are proud to announce to the Derby Community that the Derby Sub-branch of the Returned Services League of Western Australia (DRSL) was officially established by Charter on Tuesday the 16<sup>th</sup> of with the Hon. Graham Edwards and State Secretary, Phil Orchard attending. The importance of this event is that it is the final step in re-establishing the DRSL that had ceased operating many years ago. This will allow the Derby sub branch to work under the mantle of the State RSL in assisting local ex-service men and women.



The Derby Sub Branch has specific aims and objectives:

- To identify and support local veterans
- To identify service providers with the view to refer and liaise between veterans, stake holders and support services
- Support veterans travelling through the region if required
- Locate and refurbish local veteran's graves
- To develop and maintain a Honour Board for the West Kimberley
- Highlight the part played by the Aboriginal people both in Service and as Civilians.
- Provide a means for members to enjoy camaraderie and mateship

Our Vision, Mission statement and Aims and Objectives will be proudly displayed on our wall at the Derby Sportsman's Club.

The Derby Sportsman's Club has been instrumental in providing The Derby Sub Branch a focused area and a place for the committee and members to meet within their club rooms in Ashley Street.



The shire of Derby have supported the commencement of the DRSL financially which has assisted in the continuation of the branch. The DRSL group are slowly establishing the memorial wall at the Sportsman's Club and welcome local memorabilia that community members may wish to donate for display.

The DRSL is managed solely by volunteer office bearers, with no manned office and limited resources, however with the support of the community, members

and lots of enthusiasm they are growing experientially.

To further this Charter the Derby branch of the RSL will look for opportunities at all levels within the RSL and in local communities to originate, support and encourage activities which espouse the RSL values. ■

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**For membership and meeting details please contact the Membership Officer on: 0410 616 710**



## RSL ACT Veterans' Support Centre

The RSL ACT Veterans' Support Centre (VSC) was established in 2015 to provide service delivery to the Veteran Community, and community engagement and commemoration activities that are the key objects of the Branch Strategic Plan.

To support this venture, the Woden Valley Sub-Branch restructured with the intention of developing a VSC to provide advocacy and welfare services in the ACT and region. Planning was done in consultation with ACT and regional sub-branches, and other local Ex-Service Organisations (ESOs). It also fitted the plans of RSL NSW, as they sought to establish a network of VSCs across NSW and the ACT.

The advocacy team assists veterans claim entitlements relating to their military service and to subsequently appeal claims that have not been accepted. Welfare services include hospital and home visits, funeral tributes and assistance that can require complex case management and integration with public and private organisations. While the number and complexity of welfare cases varies widely, the advocacy team has attracted one new client a day for most of the last 12 months, with many claims becoming increasingly complex.

With some support from paid staff, volunteers provide all these services.

The RSL ACT VSC is available to support any member or former member of the ADF and their families, in the ACT and region. It works with other VSCs and service providers to assure optimal support. The VSC assists smaller ESOs with cases, accepts clients referred by other ESOs or some who feel they did not receive the support they were seeking, and works with larger VSCs where necessary to resolve the most complex issues.

Having established a firm base from which it can expand, the RSL ACT VSC is now seeking financial support to sustain its responsible development to meet known and anticipated workloads, and provide a hub to support other local ESOs.

Community engagement and commemorative activities for the Branch centre on its support for the Annual Dawn Service and ANZAC Day March at the Australian War Memorial, two Day Clubs, and an annual ANZAC and Peace Ceremony that includes an essay competition for primary schools. ■

# CRAFT BREWERY supports Defence Shed



Defence Shed is a charity that works together with RSL's & ESO's to assist those with service-related health issues. It supports and promotes the well-being of our young Current & Ex-Serving ADF personnel by providing peer support, mate-ship, welfare networking, skill sharing and hands on activities. Defence Shed is an initiative proudly supported by the Chief of the Defence Force, Air Chief Marshal Mark Binskin.

One of the main fund raisers for the Defence Shed is the **"Diver" Derrick Porter** hand-crafted by veteran brewer Graham Howard of Bosun's Whistle Brewing Company.

The beer has been internationally acclaimed under different names, but the formula has stayed the same since 1987. It is an easy drinking dark beer made entirely from Australian ingredients.

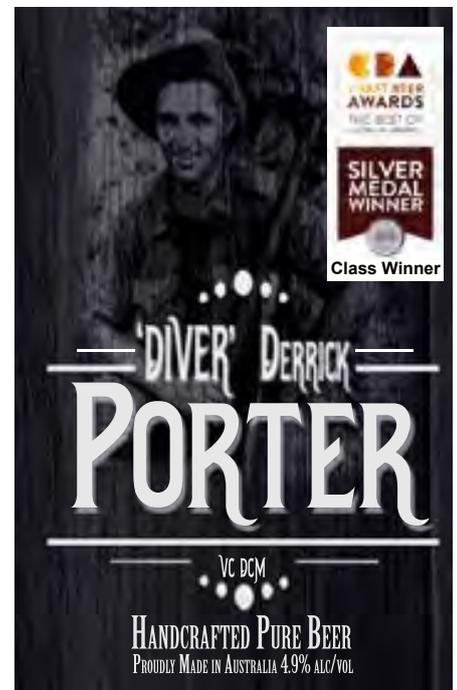
The first batch of **"Diver" Derrick Porter** was so successful it was sold out entirely at the Semaphore Port Adelaide RSL Sub-Branch and capped off with **"best in class"** at the **Australian Craft Beer Awards**.

The beer has proven a winner in other areas having introduced new faces of all ages to the club and generating an income for the Defence Shed. The beer is expected to be on sale at several RSL clubs by Anzac Day and will be available in cans next month.

For enquiries and to stock it at your RSL Ph.83472933 fax 83477240

porter@defenceshed.com.au

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



**"Diver" Derrick Porter**  
Australian Craft Beer Awards  
Judges Summaries:

*'A well crafted smooth and nicely balanced beer. Clean and easy drinking with good malt / hop balance and medium body. Looks great almost black with a red tinge, nice foam & good head. Hints of raisin, caramel, toffee, aniseed, chocolate, fruit, vanilla. Good example of style.'*



I founded VOTSA on 10 Mar last year after viewing the 4 Corners Program, featuring Geoff Evans of Homes for Heroes re veteran homelessness and PTSD. Being a military moron, I came up with the acronym as I have used them all my working life!!

It commenced life as a Facebook Community page only, with no real intent, except, to create awareness of homeless and at risk veterans in Australia. Well, like most things, it grew quickly and we had our first veteran in Perth needing assistance. This veteran was a former

special forces operator who was really "living rough" and in need of both shelter and medical assistance.

Quickly, I had four people come on board and we developed our constitution and mission with a focus on being a "concierge" service, providing crisis and temporary accommodation solutions only. That is where we are still at today, but, one of our original members left us to form V360 Australia Ltd who conduct an assertive outreach program as well as allied health and mental health assistance. Both agencies work very well together, referring cases between us.

Where do we get our referrals from. They come from a number of areas; VVCS, Overwatch, DVA, RSL, SoldierOn, Mates4Mates, Salvation Army, many civil homeless organisations, just to name a few. Our website has a help button that

points veterans in need in our direction as well.

How do we help. Verification that the person seeking assistance is paramount. We can do that a number of ways and with experience can usually pick if they are a vet or not. We gather pertinent information, create a case file and decide the best course of action that would assist the vet. We have gone that step further in several cases, assisting the veteran to gain permanent housing through either the State Government or RSL.

Numbers we have assisted. We have assisted in excess of 100 veterans so far. Some very complex, some difficult, some not so difficult. Sometimes it is not providing accommodation, more offering advice for those who do not know who to access certain areas. The percentage by service is 65% Navy, 30% Army and 5% Air Force. We have assisted two police officers as well.

Age of Veterans requiring assistance. The youngest vet we have assisted who was sleeping on the steps of Parliament House in Sydney was 22. The oldest vet was 88 from Melbourne. Average age is between 35-50. I would have thought it would have been closer to 70, but younger veterans are appear to be suffering more mental illness than in the past which links to homelessness in many cases.

Fundraising. We are a registered charity and have obtained Deductible Gift Recipient (DGR) status through the ATO. All donations over \$2 are tax deductible. We were privileged to receive our first major donation from the Mid Winter Ball held in Canberra last year, run by the National Press Gallery, it kick started us off greatly. My nephew and his friends walked Kokoda for us last year raising great funds as well. We have several people who make a donation on a fortnightly basis. Our current campaign is to sponsor a homeless veteran for a night.

Planned Activities. We have two major fund raising activities this year. 1. Twin Peaks bicycle ride Gold Coast August 2016. 2. Massive Murray Paddle November 2016. Details will be published soon on our website. 2017 will see the conduct of two major events, National Symposium of Veteran Homelessness and a Gala Ball, both are planned to be held in Sydney.

Ambassadors. We have four Ambassadors, Chris Allen, former Infantry Officer and now successful author of the Intrepid series of books. Anthony Field (Blue Wiggle) former infantry soldier. Angry Anderson, vocal advocate for veterans and Sharyn Ghidella, 7 News Queensland.

Who else helps us?? Most State RSL are absolutely wonderful. They of course have a process, but in the majority of cases provide monetary assistance for these veterans. Defence Care and several other ESO have also assisted along the way.

Partnership with Army. As I am still a current serving reservist working in Army Headquarters, I have been invited to speak monthly on this issue at the Soldier Recovery Centre at Gallipoli Barracks in Brisbane. Further, I am developing a presentation package to deliver to those transitioning out of Army. Awareness is the main focus of these presentations.

Partnership with Exercise Stone Pillow. This event is conducted each year by CPL Elena Rowland (current serving regular soldier) in Brisbane to raise funds for various ESO. Last years event raised in excess of 40K for Homes for Heroes with Ben Roberts-Smith VC, MG and Daniel Kerrigan VC, both in attendance as Patrons of the event.

I suppose there are a couple of things that stagger me with regards to this issue. 1. The absolute generosity of the current serving and retired veteran community. 2. The absolute denial by successive Federal Governments since 1950 odd who have not provided one dollar to the plight of veteran homelessness. ■

Follow VOTSA on Facebook. The current website site being used is: [www.votsa.org.au](http://www.votsa.org.au) but will be upgraded shortly and Twitter is: @VOTSAU



#### BIOGRAPHY:

## WARRANT OFFICER CLASS ONE MICK SPRING

Warrant Officer Class One Mick Spring enlisted into the Australian Regular Army in July 1978. After completion of Recruit Training he commenced training as a Gunner in the Royal Regiment of Australian Artillery at Manly in October that same year. Upon completion he was posted to the 1st Field Regiment in Brisbane in late November.

From 1978 to 2008 Mick was posted up and down the east coast of Australia with stints in Canberra, Sydney, Melbourne and Brisbane. During these years he completed all promotion courses to attain the highest non commissioned rank in the Army of Warrant Officer Class One.

On 30 September 2008, Mick was deployed to IRAQ for a period of seven months in the Australian Headquarters in Baghdad. In his role as the J13 (Joint Service Personnel Operations), he was awarded the Joint Task Force Commanders Silver Commendation for the creation of a "real time" battle casualty system and introduced a Mortuary Affairs Instruction to compliment the battle casualty system which allowed the dignified and smooth transition of Australian casualties back to Australian shores.

On 30 May 2010, Mick again deployed to the Middle East. This time, to Tarin Kot, Uruzgan, Afghanistan, with Mentoring Task Force One as the S1 (Single Service Personnel Operations Chief). Two months into the deployment, Mick was tasked with establishing a multi tasked role working with Australian, Dutch and United States military personnel, Combined Team Uruzgan (CTU). Mick was the inaugural G1 for CTU.

In June 2009 Mick was recognised in the Queens Birthday Honours List with the award of the Conspicuous Service Medal for outstanding achievement as the Personnel Operations Warrant Officer in Army Headquarters, Canberra. Mick created a system to deploy formed bodies and individual for operational deployments. HQ JOC now use this system.

Mick established Veterans Off The Streets – Australia (VOTSA) in March 2015 after watching the 4 Corners program on veteran homelessness and PTSD. Since inception VOTSA continues to assist 10-12 homeless or at risk veterans on a monthly basis.

# RSL Centenary Collector Coin Program

More than 416,000 Australians enlisted in World War I. Some 300,000 troops served overseas, and one in five never made it home.

The impact of the war and its role in dividing Australian society was significant. For those who did eventually make it back home to be reunited with their families, they returned to a more serious, sober, and divided nation than that which they had left, but which stood tall in the knowledge that it had made a significant contribution to the Allied victory.

In 1916, the Returned and Services League was founded in Australia by returning soldiers from World War I with the aim of continuing to provide the camaraderie, concern, and mateship shown amongst the Australian diggers while they were at war. Today, the RSL continues to ensure that adequate care, advocacy, and financial assistance are provided to returning servicemen and



women, as well as those currently serving in the Australian Defence Force.

The historic Perth Mint is renowned as a world leader in the manufacture and marketing of some of the most significant coin programs ever seen. Many of these have honoured the spirit, courage, mateship and sacrifice of Australia's military personnel and supporting services.

This year, as the RSL celebrates 100 years of service, The Perth Mint is proud to release the first of the RSL's official 100th anniversary coin commemoratives. These limited editions include a 1oz silver and a 1/4oz gold coin, issued as legal tender under the Australian Currency Act 1965. Both coins depict a representation of the RSL badge and include the inscriptions

RSL CENTENARY LEST WE FORGET and '1916 2016'.

The Perth Mint is honoured to offer RSL members a special discount on the limited edition RSL Centenary collector coin program. Both coins are available to members at a discount of 15%.

Since its foundation, the RSL has grown to 1,200 sub-branches Australia wide with more than 170,000 members, making it the largest ex-service organisation in the country. The Perth Mint is honoured to be a part of centenary celebrations for this inspiring Australian organisation. ■

Learn more about The Perth Mint and its commemorative product range at: [perthmint.com.au/RSL100](http://perthmint.com.au/RSL100)

## LEST WE FORGET

The Perth Mint has released a gold and a silver commemorative coin to mark the Centenary of the Returned & Services League of Australia (RSL) and to acknowledge its proud tradition of commemoration and providing care, advocacy and financial assistance to past and present servicemen and women of the Australian Defence Force.

**Celebrate this Australian institution and order yours today!**

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# Why so many ancillary ex-service organisations?

by Moose Dunlop OAM.

I find it interesting that over the last two decades or so the number of ex-service organisations has increased significantly. So too, has their self-determined roles and responsibilities, operating as they do within parameters which could be described as well-intentioned. Increasingly they take on many issues which are detrimental to veterans and their families.

Not only have things at the community level changed, but the role of government in the veterans' services landscape has also increased significantly over these years. The formation of the Department of Veterans' Affairs, contrary to what you might expect, has not produced a consolidated evaluated list of what's available for veterans.

The question I would like to pose for consideration during this Anzac Centenary period therefore is this; "where does the duplication end and at what point is it rationalised to ensure our capability is not minimised?" To put this in a military context – let's apply the 'principles of war' and see what emerges. Have we failed to realise the gains that may be achieved by adhering to the sixth and seventh principles - to maximise concentration in order to economise effort?

At face value having over 20 organisations in South Australia alone, aiming to support veterans and their needs does not

necessarily mean this is excessive or that they dilute available resources. Rather they could be seen as strengthening options for veterans. While those who support the concept resist against the idea of any form of rationalisation, is it our responsibility as a community to find a way to examine what these ESOs offer?

Is there value in all of the organisations remaining in the market place and do perhaps some represent a duplication of services which could be rationalised? Although the information is not available to answer that question accurately, from what we know anecdotally in South Australia, there does appear to be some duplication, but not to the extent that the effort is necessarily wasted.

So the answer is not as simple and straightforward as one would like. I would argue however, that it is a question that we should be asking and effectively finding ways to solve what appears to be diluting the capability.

In my view the first step is to list the type and number of organisations which fit into the category of providing support to veterans and ex-service personnel across South Australia. This is currently an unknown.

There are a number of ESOs which operate more in a social sense than for the provision of specific services. Some of these grew from the Vietnam era and concentrate on provision of social outlets for their members. Growing numbers of contemporary veterans are feted by them, but in some cases more to gain extra membership than deliver a service to veterans per se. That said some of these ESOs do provide valuable advocacy services.

There are also a number of ESOs which work pro-actively to provide help to our younger veterans. Organisations such as XMRC, Men's Sheds, Soldier On and Trojan's Trek fall into this category; committed to providing practical hands-on help.

Lastly, should DVA become involved in some or any of the matters referred to above? It seems to me that most of these responsibilities are best retained by the organisations whose idea it was in the first place, providing the outcomes are beneficial. The status quo should therefore remain. However DVA, as a "purchaser of services," appears to have

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“NOT ONLY HAVE THINGS AT THE COMMUNITY LEVEL CHANGED, BUT THE ROLE OF GOVERNMENT IN THE VETERANS’ SERVICES LANDSCAPE HAS ALSO INCREASED SIGNIFICANTLY OVER THESE YEARS. THE FORMATION OF THE DEPARTMENT OF VETERANS’ AFFAIRS, CONTRARY TO WHAT YOU MIGHT EXPECT, HAS NOT PRODUCED A CONSOLIDATED EVALUATED LIST OF WHAT’S AVAILABLE FOR VETERANS.”

not yet recognised the contribution made by these initiatives in spite of their value.

This year the Queensland RSL embarked on a process of creating a directory which lists their state’s veterans and ex-services organisations, together with information relating to the services they provide. This undertaking was deemed necessary and worthwhile to create clarity and a centralised point of access for Queensland veterans.

A website directory which will be the outcome, to be useful and successful will depend on the positive involvement of those organisations with a desire to be listed. Listing will not be automatic, as there are governance issues involved. Nonetheless, the idea is worth pursuing as it will centralise those organisations with a shared interest, which currently make up the extensive palette of veterans’ services. This will create a level of transparency that is currently not available - a sensible undertaking indeed and why not in every state?

Thanks to Veterans SA

**Moose served as an Officer in the Australian Army for 25 years, including a 13 month tour of duty in Vietnam with 5 RAR. He retired as a Lieutenant Colonel in 1988. During his career Moose served in New Guinea, Sydney, South Vietnam, Melbourne, Perth and Adelaide with varying jobs. Working alongside a number of other veterans, Moose helped launch and run Operation Flinders, a youth at risk program. In 2009 he commenced his involvement with a resurrected Trojan’s Trek. Moose, with the invaluable assistance of his wife Minnie, and a committed staff now runs treks each year in SA and QLD catering separately for male and female participants.**

**Moose is the Captain of the Upper Sturt CFS Brigade, a past member of the Veterans’ Advisory Council and immediate past President of the RAR Association. He was awarded an OAM in 2009 for services to veterans and youth at risk.**

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*Soldier On: WW1 Soldier Settler Stories* is presented by Old Treasury Building in partnership with Public Record Office Victoria, and is supported by the Australian Government’s Anzac Centenary Arts and Culture Fund.

**CHEER-UP HUT Club**

**Come to a Cheer-Up Hut near you!**

This year, as part of our State’s Anzac Centenary commemorations, a Cheer-Up Hut will reappear in South Australia’s regional cities and towns providing a focal point for community storytelling. Join the Cheer-Up Hut Club for your step-by-step guide to researching, writing and enhancing your family’s Anzac story.

**Dates and locations for 2016 are:**

**May**

**Friday 20 – Monday 23**  
Adelaide (D’Almeida), Torrens, Parade Ground

**Friday 27 – Monday 30**  
Mount Pleasant Soldiers’ Memorial Hall  
61 Metrope Street, Mount Pleasant

**September**

**Friday 16 – Monday 19**  
Mount Gambier Library, 6 Watson Terrace, Mount Gambier

**November**

**Tuesday 8 – Sunday 20**  
Central Oval Community Sporting Hub,  
Augusta Terrace, Port Augusta

[anzaccentenary.sa.gov.au/cheer-up-hut-club](http://anzaccentenary.sa.gov.au/cheer-up-hut-club)

Prior to attending a Cheer-Up Hut re-creation we invite you to join the Cheer-Up Hut Club.

This free digital storytelling program provides members with practical assistance to research, write and enhance their Anzac stories during this important period of national reflection (2014-2018).

Club Members will be able to bring their pre-prepared stories to the Cheer-Up Hut for direct upload onto the RSL Virtual War Memorial and the Anzac Centenary South Australia websites or book a time to record their story inside a specially devised Cheer-Up Hut recording booth.

Bring your precious memorabilia with you on the day, so it can be scanned and saved onto a USB to be added to your Anzac story. Artefacts can also be photographed.

Contact Veterans SA to find out more, or visit our website to become a Cheer-Up Hut Club member.

Tel: 08 8226 8543  
Email: [veteranssa@sa.gov.au](mailto:veteranssa@sa.gov.au)  
Web: [anzaccentenary.sa.gov.au/cheer-up-hut-club](http://anzaccentenary.sa.gov.au/cheer-up-hut-club)

# A Message from the Minister for Veterans' Affairs



"TO EVERYONE WHO SUPPORTS OUR SERVICEMEN AND WOMEN, WHETHER THROUGH AN EX-SERVICE ORGANISATION OR INDIVIDUALLY, I THANK YOU ON BEHALF OF THE SOUTH AUSTRALIAN COMMUNITY AND LOOK FORWARD TO MEETING AS MANY OF YOU AS POSSIBLE."

At this time one hundred years ago sombre preparations were nearing completion for the first anniversary of the Gallipoli landings. On 25 April 1916 Anzac Day was commemorated at Victoria Square. The Governor, Premier and Leader of the Opposition addressed those assembled, including a number of soldiers who had served at Gallipoli. Governor, Sir Henry Galway, made the following statement:

"When we think of those splendid men who performed the supreme sacrifice for love of country, our hearts go out in respect."

The ceremony concluded with one minute's silence, the sounding of factory sirens and a march through the city by returned soldiers.

Over the Anzac Centenary period we all have the opportunity to reflect upon the legacy of the brave men and women from South Australia whose service and sacrifice in all wars, conflicts and peace operations have preserved the way of life that we enjoy today.

I would like to take this opportunity to thank the Hon Sir Eric Neal AC CVO for his service as the inaugural Chair of the Veterans' Advisory Council (VAC). Sir Eric commenced the role on 11 November 2008, supported by his wife Lady Joan Neal AM. Sir Eric immediately embraced the veteran community and presided over significant issues such as the Anzac Centenary, South Australia's Charter for Veterans, naming of state infrastructure projects, construction of the Aboriginal and Torres Strait Islander War Memorial, issues concerning veterans' health care and the wellbeing of currently serving and former Australian Defence Force personnel.

Sir Eric intends passing the reins to a new Chair after the completion of our state's flagship Anzac Centenary project, the Anzac Centenary Memorial Walk.

It will not be possible to replace Sir Eric with an equally pre-eminent individual, but we will do our best to seek out the best available person to help us continue our work, with a particular emphasis on younger veterans, to ensure the concerns of

all veterans and their families are addressed.

In May our thoughts and prayers will be with the soldiers and families of the 7th Battalion, Royal Australian Regiment when, as expected, they deploy to Iraq. We have a solemn collective responsibility to care for the families and soldiers when they return home. It is pleasing that the Australian Defence Force proactively implements plans to care for families as part of its operational commitments.

I recently had the opportunity to welcome two strong supporters of the veteran community into State Cabinet. The Hon Leesa Vlahos MP has been appointed Minister for Disabilities, Mental Health and Substance Abuse. The Hon Peter Malinauskas MLC has been appointed as Minister for Police, Correctional Services, Emergency Services and Road Safety. I look forward to working closely with both Ministers on matters concerning veterans' mental health and incarceration. I would also like to congratulate Mr Dan Tehan MP on being appointed Commonwealth Minister for Veterans' Affairs.

To everyone who supports our servicemen and women, whether through an ex-service organisation or individually, I thank you on behalf of the South Australian community and look forward to meeting as many of you as possible.

Lest we forget. ■



## Memorial Walk Opening

Members of the veteran community are welcome to attend the opening of the Anzac Centenary Memorial Walk at 12.30pm on Saturday, 23 April 2016 at the South Australian National War Memorial, North Terrace, Adelaide.

The Anzac Centenary Memorial Walk is South Australia's flagship project to commemorate the Anzac Centenary.

The Memorial Walk seeks to highlight a century of service by Australian defence personnel, to acknowledge the sacrifice of all Australians who have been affected by war, and to pay homage to the more than 102,000 service men and women who have given their lives in conflict.

The Memorial Walk's design is based on three pillars around the theme of "a Memorial for all, not a few":

- Remembrance, symbolised by the South Australian National War Memorial
- Service, symbolised by the Torrens Parade Ground from where many have deployed
- Loyalty, symbolised by Government House

A \$10 million project funded by the Commonwealth Government through donations to the Anzac Public Fund (\$5 million), the Government of South Australia (\$3 million), and the Adelaide City Council (\$2 million), the Anzac Centenary Memorial Walk will be a lasting reminder of the human cost of war. ■

## Over 29,000 attend Spirit of Anzac Centenary Experience in Adelaide

The Spirit of Anzac Centenary Experience is the flagship community event of the Commonwealth Government's Anzac Centenary national program. It provides an immersive and interactive way for Australians to commemorate the First World War and the ensuing century of service.

The Australian Government and the Australian War Memorial, supported by the Commonwealth Bank and Telstra, brought the Spirit of Anzac Centenary Experience to Adelaide between 8 and 20 March. More than 29,000 visitors attended over the ten days of the presentation hosted by the City of Unley and supported by Veterans SA.

The Spirit of Anzac Centenary Experience follows a chronological timeline spanning pre-World War I Australia to the present day, using a mix of arresting visuals, artefacts, audio and film to engage visitors.

On leaving the main exhibition visitors enter the Community Zone, which features the Violet Memorial Wall (pictured above) as well as a re-created Cheer-Up Hut complete with piano and kitchen. This uniquely South Australian initiative, established by the Cheer-Up Society in November 1915 and revitalised in World War II, is designed to be a focal point for community storytelling, encouraging South Australians to research and share their family's Anzac stories.

The Spirit of Anzac Centenary Experience will visit South Australia again later this year. Hosted by the Port Augusta City Council from 8 – 14 November 2016 it will be presented at the Central Oval Community Sporting Hub where a Cheer-Up Hut recreation will also feature. ■



Left: Violet Memorial Wall capturing reflective dedications from visitors.

Right: The re-created Cheer-Up Hut (right) in the Community Zone of the Spirit of Anzac Centenary Exhibition hosted by the City of Unley from 8 to 20 March with more than 29,000 in attendance

**Tickets are free and can be booked online here:**

[www.spiritofanzac.gov.au/book-tickets](http://www.spiritofanzac.gov.au/book-tickets)

**Follow the exhibition on social media here:**

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

# “A mouthful of whisky”

While the men were getting their wind, my attention was drawn to a wounded man alongside of me just along a dugout. It was Ray ... He was quite conscious and by his appearance didn't seem to be hit too badly ... I managed to get him a flask of whisky ... and a mouthful of that seemed to make his spirits go up ... I asked a 32nd fellow ... to do his best for Ray while he could. I then made my way down to find a position for my gun.

– Corporal Theodor Pflaum, 8th Machine Gun Company, 19 July 1916.

*Australian War Memorial, PR00503, Pflaum, Theodor Milton (Lieutenant, b.1898 - d.1917), Entry for 19 July 1916.*

Theodor Milton Pflaum (b. 1895) was born at Blumberg (now Birdwood) in South Australia. He worked as a clerk, and spent a number of years with the Senior Cadets before the outbreak of the First World War. Along with his brother Raymond Holstein Pflaum, Theodor enlisted in the Australian Imperial Force at Keswick, South Australia, in July 1915. Their older brother Elliot Frederick Pflaum enlisted about a month later and was posted to the 9th Light Horse Regiment. Theodor and Raymond Pflaum sailed for Egypt in November 1915 with reinforcements for the 32nd Battalion. Not long afterwards,

Theodor was transferred to the 8th Machine Gun Company.

During the battle of Fromelles on 19 July 1916, Theo Pflaum found his brother Ray wounded in a dug-out. Raymond Pflaum died of his wounds later that night. His body was buried by the Germans in a mass grave, and was discovered during the excavation in 2010.

Theodor was commissioned as a second lieutenant in early 1917 and went on to serve with the 25th Machine Gun Battalion. He spent some months

undertaking specialist training in England, before rejoining his unit in France in early September 1917. Later that month Pflaum and four other officers were sent with 50 men to establish machine-gun positions for forthcoming operations. While supervising this he was shot in the thigh, resulting in a compound fracture. Second Lieutenant Pflaum died of his wounds shortly after arrival at the 10th Casualty Clearing Station on 24 September 1917. He is buried in the Lijssenthoek Military Cemetery in Belgium. His brother Elliot survived the war and returned to Australia in 1919. ■

*Stephanie Hume, Curatorial Assistant  
Courtesy of the Australian War Memorial Canberra*

# Charles George Suckling

Charles George Suckling was born on 8 June 1893 to parents George Alfred and Lily Suckling (née Harrison), in Perth, Western Australia. He enlisted in the Royal Australian Navy, aged 19, on 3 September 1912 for a term of five years.

After spending time on HMAS Cerberus and HMAS Encounter, in 1914 Suckling was a part of the Australian and British naval contingent to transport the submarines AE1 and AE2 from England to Australia following their commission. He was assigned to the crew of AE2, and upon once back in Australia he married Margaret Cross at Newtown, New South Wales.

Following the outbreak of war in August 1914 AE2 was deployed to German New Guinea with the Australian Naval and Military Expeditionary Force. After returning to Sydney in November 1914, it embarked for the Mediterranean from Albany along with the second Australian troopship convoy.

The AE2 was stationed off the Gallipoli peninsula, and at 2.30 am on 25 April

1915 became the first allied submarine to enter the Dardanelles. On 26 April 1915 the AE2 entered the Sea of Marmara, and spent the next four days attacking Turkish shipping. On 30 April 1915 AE2 was forced to surface in front of a Turkish torpedo boat, which fired on the submarine. Its pressure hull punctured, it was unable to dive and the crew abandoned ship. AE2 was scuttled, and the crew, including Charles Suckling, was captured by the Turkish forces. As prisoners of war the men were forced to work on building a railway through the Taurus Mountains of southern Turkey.

Suckling was repatriated from Turkey after the Armistice of 11 November 1918, arriving in Egypt later that month. He then returned to Australia, where he worked as a butcher and shopkeeper. He and Margaret had one son, Charles Edgar. Margaret Suckling died in 1949, and Charles later married Doreen Lucy Boundy in 1952.

Charles George Suckling was the last living member of the AE2 crew, dying in Perth on 9 February 1984. ■

“Australia’s first completed submarine had proved Australia’s first war ship to be lost. In her had died three skilful officers, and thirty two specially selected and trained ratings. To us, their companions and jesting rivals over many a mile of sea; who were also losing, in many cases, friends of long years standing; our loss was a loss indeed.”

– Memoir of Charles Suckling.  
*Australian War Memorial, 3DRL/6226, Suckling, Charles (Stoker, b.1893 - d.1984, p5).*

*Stephanie Hume, Curatorial Assistant  
Courtesy of the Australian War Memorial Canberra*

AUSTRALIAN WAR MEMORIAL



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THE ANZACS - THEIR STORY, OUR PRIDE

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# Maud Butler's ANZAC Day

The first official Anzac Day Commemoration held on Tuesday, 25 April 1916, attracted enormous crowds in Sydney, as returned soldiers paraded through the city streets, and an open-air memorial service was attended by a vast throng. St Andrew's and St Mary's Cathedrals hosted impressive memorial services, and a civic luncheon held at the Town Hall provided entertainment for over 3000 soldiers. Collections were also taken up in the streets throughout the day and evening with over £5000 reportedly raised.

Amidst all the frenetic patriotism, a young woman collecting money for the returned soldiers in Martin Place found herself under arrest by the military police. Maud, a sixteen-year-old girl from Kurri Kurri in rural NSW, was charged with impersonating a member of the armed forces.

## Collecting in uniform prohibited

At first, the Garrison Military Policeman took Maud to be a real soldier. Dressed in the full uniform of the AIF and holding a collection bag, she was approached by the police officer who demanded to know what unit she belonged to – as there was an order against persons in uniform collecting. Maud quickly told him that she was a girl, upon which she was taken into custody to Victoria Barracks.

In court the next day, the Police Prosecutor explained that while the military authorities didn't want Maud to go to gaol, they did want to prevent a recurrence of the offence. This was the third time that Maud had been found in uniform, and they wanted her to stop.

## Maud's first attempt to get to the front

On Christmas Eve 1915, Maud had been discovered a stowaway on board the troopship Suevic, two days into its journey for Egypt. She was returned to the port of Melbourne on Christmas Day, and given into the care of the YWCA there.

Her story caused a sensation at the time.

Described as "a clear-skinned, rosy-cheeked, bright-eyed type of healthy country girl," Maud told reporters who interviewed her a few days later that she "had a terrible desire to help in some way, but I was only a girl. ... I decided to do something for myself."

Maud explained how she had got hold of an AIF uniform in bits and pieces, and had her portrait taken in it.

On the day before she stowed away she went down to Woolloomooloo Bay to see a transport there, and met an officer, telling him she had friends on the ship. "I made up my mind to see him again, but as a soldier next time," she told the reporters.

Maud went straight to the barber's and had her hair cut short, then headed back the next evening through the Domain to where the ship was lying at the wharf, a sentry on guard.

"Well," I said to myself, "here goes for up the line. It was a hand over hand job, and I didn't think the boats were so tall. I got up after a struggle and crawled to a lifeboat," she told the reporters.

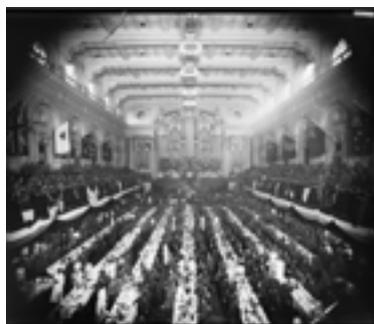
## "Wretched black boots" gave Maud away

The ship left that night, heaving through the rollers between North and South Head, with Maud tucked up tightly inside the small lifeboat swinging at the davits.

The next day she crept out of her hiding place and mingled with the soldiers playing cards, and no-one suspected a thing.

But the following day she was discovered, when a suspicious officer asked for her identification disk, and she couldn't produce it.

Right: Maud Butler stowed away on the troopship Suevic to get to the front. Credit: Australian War Memorial: Robert Fletcher



Left: Anzac Day lunch: Anzac Day lunch for returned soldiers, Sydney Town Hall, 25th April, 1916. Credit: State Records New South Wales. NRS 4481\_ST5793P.

"It was these wretched black boots," Maud said.

"That was the trouble all through. I bought the tunic and breeches from a soldier, and the putties in George-street, and the cap in Bathurst-street."

"But I could get no regulation tan boots that I could wear. I tried everywhere, but it was of no use. So I had to chance it."

"I could kick these boots round the room for vexation."

The captain was prepared to let the stowaway continue on to the front with them. But when Maud was told she would have to pass a doctor's examination first, she confessed that she was female. The captain told her he would have her put on a passing passenger liner back home as soon as he could.

"Then I cried for the first time; it was hard luck, wasn't it, now?" she said.

"The captain was a jolly fellow. He asked me why I didn't get tan boots, and that made me cry more."

According to Maud, the captain had told her that "if the secret could have been kept," he would have let her stay on.

"But it was all over the ship in a minute, and there must have been 500 snapshots taken of me."

## "I shall be at the front yet, you'll see"

There weren't a lot of opportunities for young women like Maud in those days. The reporters had believed Maud wanted to join her older brother in Egypt, although, in fact, he hadn't enlisted at that point.

Maud told them that she had hoped to get to the front as a nurse. She came to Sydney and tried to join the Red Cross to get there, without success. No doubt she could have become involved in the organisation's charitable activities at home, but they weren't going to send a young and untrained girl overseas.

There were already hundreds of young women, both trained nurses and Red Cross Voluntary Aids, waiting to get the front at that stage. Some even paid their own way.

That wasn't an option for Maud, a coal-miner's daughter who supported herself by waitressing in a boarding-house. Maud told the reporters that she intended to go back to Sydney that night, and "find some way of learning the work and joining the Red Cross service."

"It is a pity if they cannot find a way for me to be of some service to the poor wounded men. I learned first aid, and was reckoned very good at it. I shall be at the front yet, you'll see."

## Maud's second attempt

Maud's nearly successful effort only strengthened her resolve to serve overseas. Three months later, on March 8, 1916, Maud was once again found aboard a troopship dressed in a soldier's uniform. When caught this time, she stated quite plainly that she "wanted to go to the war."

Maud was also better prepared.

"This time I made no mistake. I got military boots and made an identification disc, which I stamped 'No. 4850. Pte. Harry Denton, 15th Battalion, 3rd Infantry Brigade, Australia. Then I waited my chance," Maud explained to reporters. She had also managed to get a revolver.

The evening of Tuesday, March 7, 1916, found Maud once again waiting patiently in the darkness on the docks. She had no intention of climbing up a 25ft rope this time. Instead, she was watching what one reporter described as "the zig-zag line known as the 'Drunks Procession'".

## A Member of the "Drunks Procession"

It was the night before the ship's departure for Egypt, and "an unsteady, straggling line of men – soldiers back from final leave" were boarding the troopship.

"Miss Butler noticed that the sentries grew tired of asking these individuals for names, numbers, and other particulars, because in most cases the men were too drunk to tell them. So just as a particularly unsteady group of soldiers passed her she stepped in behind them."

"Walking with heavy lurches to either side, and making rough verbal imitations of the noises uttered by the men, Miss Butler essayed a few passable hiccups and eluded the wearied sentries."

Maud had once again managed to successfully board ship, this time the *Star of England*, carrying the 15th Reinforcements for the 13th Battalion of the Australian Imperial Force (4th Infantry Brigade).

Also on board were men who had been inspired to join up by one of the first recruitment efforts held in NSW in 1915, known as the "Coo-ee recruiting march".

But the patriotic Maud would not go with them.

Once aboard the troopship, Maud hid at the back of the ship. She was asleep there in the morning when a ship's officer found her. He asked for her identification disc.

Unfortunately for Maud, her preparations again failed her.

With a sinking heart Maud watched the officer open his book and look for the corresponding number there. "That's not the name here against that number," the officer had said.

Maud was immediately hauled off the ship, to be charged later that day in the Sydney Water Police Court with "wearing a military uniform while not being a member of the Australian defence force."

She pleaded guilty and promised to "return home and not to attempt again to join the forces."

Maud's gun and uniform were taken from her and she was sentenced to be gaoled "until the rising of the court", meaning until the court closed for the day. Afterwards Maud was interviewed again by reporters. Although she was less eager to talk this time, she declared that she did want the public to understand what she had tried to get on board a second time.

"You see," she said, "The military people have not given me permission to go and do what I can to help our boys, although I am tired of asking. There was nothing for it but to stow away and try to bluff it through."

## Collecting for the RSL

Maud's two failed attempts had made her something of a public heroine. She made a big impact on the soldiers of the Suevic, like Private Herbert Harris, who recorded his admiration for this "dashed plucky kid" in his diary. Photographs taken of her on board the Suevic were circulated between soldiers on the front as mementoes. In the wake of both attempts, letters appeared in the papers debating what she had done, general consensus being that she put "shirkers" (young men who would not enlist) to shame.

Maud's popularity with the public might explain why, as it turned out, the Returned Soldiers' Association (the forerunner of the RSL) had asked Maud to join their fund-raising efforts.

Lieutenant Thomas Bathurst, Assistant Secretary of the Returned Soldiers' Association, spoke in Maud's defence in her Anzac Day court case. He said that the Association had also sent Maud to Newcastle to collect for the fund. No objections had been raised towards her wearing the military uniform there – and in fact, over 200 female collectors had been similarly attired, and Maud had managed to raise £200 for the fund.

The Magistrate, Mr MacFarlane, expressed his sympathy for Maud, saying "it was rather a pity that she had been proceeded against," and that she should have been let off with a fine of one shilling.

Maud gave an undertaking that she would not offend again "even for the purposes of collecting," and was again imprisoned until the rising of the Court.

## "All honor to this noble Australian girl"

Maud's Anzac Day arrest again generated considerable public interest, igniting debate concerning women's contributions to the war effort and the broader issue of patriotism in the letters pages of the papers.

Her "attempts to get to the front should shame some of those 'stay-at-homes' and make them discard the cue and race-book for the rifle. All honor to this noble Australian girl," wrote one enthusiastic supporter. Similarly, "F.G.K" of Rushcutter's Bay declared:

"She has earned the respect of every true Australian for her efforts to shame some of our street-corner citizens into serving their country in the fighting line. I am sure an appeal by her for recruits would touch a responsive chord and bring some of those young men who are holding back. I should like to see her take part in a recruiting campaign, dressed in the uniform which she has so often tried to wear. Plenty of girls wear khaki at fancy dress carnivals, and nothing is thought of it."

But the first Anzac Day would mark Maud's last public appearance in military uniform. Instead, the RSA gave her a waitressing job in their Club rooms, serving tea and cakes to the soldiers. "I can't go to the front," she told a reporter who interviewed her for the RSA magazine *The Soldier* in January 1917, "but perhaps I can do a little good here attending the boys."

This year, in 2016, 100 years later, the Australian armed services have opened combat roles for women who want to enlist. ■

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**Professor Victoria Haskins is an historian at the University of Newcastle, Australia, and holds the NSW Centenary of Anzac Commemoration History Fellowship for her research project, *Anzac: Her Story, on the history of Australian women and the Great War*. Victoria has recently started a blog site for this project which interested readers can find at: <https://uonblogs.newcastle.edu.au/anzacherstory>**

# Handling mail on the Western Front

Throughout World War I, the Postmaster-General's Department (Australia Post's predecessor) arranged for the despatch of outgoing mail to Australian soldiers abroad, and the delivery in Australia of incoming mail from soldiers. The Australian Army Postal Corps handled all incoming and outgoing mail outside of Australia.

With the arrival of Australian infantry divisions on the Western Front in 1916, an Australian Base Post Office was established in London. Of the 311 staff employed, two-thirds were soldiers invalided from Gallipoli and the remainder were locally recruited women.

All mail from Australia addressed to soldiers serving at the front went to the Base Post Office for sorting and delivery to the troops. Letters needed to be checked against a card index as a soldier may have been allocated to a new unit or, if wounded, transferred to a hospital. About half of the incoming mail was incorrectly addressed and required re-addressing. Once done mail was then sorted and bagged according to individual troop units.

During August 1916, the Base Post Office handled 3.3 million letters and 964,000 newspapers and parcels. In an around-the-clock operation, the redirection work was carried out overnight and sorting into units during the day. Outward mailbags were taken by train to mail boats, which crossed the Channel daily.

From the ports in France, mail was carried on trains travelling towards the Front. At the railheads, it was transferred to a

motor lorry for carriage to the nearest Field Post Office. These post offices were temporary structures, which changed location to follow the units they serviced.

Delivering (and receiving) mail in the trenches was usually at night, when rations were also allocated. Only letters were delivered and collected in this way; parcels and newspapers were held at rear depots for delivery to soldiers who left the trenches for rest periods.

All outward mail from troops was censored before despatch – no information likely to benefit the enemy was permitted. No reference to geographical localities or particular military actions was permitted and letters were marked by the censor's hand-stamp and signature.

Australian troops serving in the World War I conflict did not pay postage on letters weighing up to four ounces (112 grams), so usually postage stamps were not required. Soldiers identified their 'free' mail by writing 'On Active Service' or the letters 'OAS' above the address. However, the public paid the normal postage rate when writing to soldiers, this being the 'Empire' rate of 1d (one penny) for each half ounce (14 grams) of weight. ■



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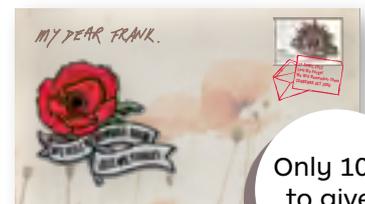


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# Michael's story

By Darrin Barnett, MUA

## DEFENDING OUR MERCHANT NAVY

Even as he stepped off the gangway at 2:30 in the morning, Michael Pawson was not one hundred percent sure he hadn't just been the victim of a terrorist hijacking.

The 55-year-old chef from central Victoria had been on the MV Portland while it hovered in and around the harbour of the town it was named after for three-and-a-half weeks, while in boardrooms and union offices Maritime Union of Australia officials had been negotiating with the ship's owners - US aluminium company Alcoa - to save Australian coastal shipping jobs, including Michael's.

But shortly after the crew had taken on stores in preparation for a protracted dispute on January 12, all hell broke loose in the middle of the night.

"I had turned in at about 11," Michael said. "I'm drifting off to sleep in my bunk when suddenly the door busts open and the lights go on.

"The captain is there with three men dressed in black - I found out later they were private security hired by Alcoa. The three blokes all had those Maglite torches and they let me know they had batons as well.

"The captain says 'Michael, your services are no longer required, and you have ten minutes to gather your things and get off the ship'."

Michael stayed calm, despite the circumstances. He had been handed a piece of paper to read, but with his glasses in the galley and a head full of sleep, he couldn't make it out.

"I didn't know if the captain was there against his will or what," Michael said. "But I did what they said. I packed my things up."

As he packed Michael could hear commotion in the other parts of his ship. Less than five minutes had passed before a security guard pounded on his door and demanded he hurry up.

"They were telling us the ship was leaving in 10 minutes, but the main engine hadn't even started yet.

"After the third time they came to the door I decided to try to barricade myself in the room. All I've seen up to that point is the captain come in with a bit of paperwork. I didn't know if it was real or if he was being made to do this. In this day and age, with the things you see on the news, I was thinking there was every possibility it was a terror attack."

As he stacked furniture against the door, Michael heard a key turn in the lock. Only the captain had master keys, so that meant it was either him, or someone had taken them from him.

The door swung open to reveal eight men - the captain and seven of the burley, black-clad strangers. Michael sensed violence and immediately tried to defuse the situation.

"Their eyes were all glazed over and the testosterone was really kicking in now," Michael said.

"The first thing I said was, 'Let's all just take it easy, boys. I'm complying with your requests. We are all going to get through this. Let's just take some deep breaths.'"

It may have been Michael's cool-headedness that prevented the situation from erupting into violence. As the tense mood loosened a little he managed to negotiate with the gang's leader to be allowed to fetch his chef's knives and personal effects from the galley. Then he and the other three crew aboard the ship were marched down the gangway. The men never saw the MV Portland again.

The first thing that Michael did when his feet hit the concrete was call the police. He could see more black-clad men teeming around the Portland, and he didn't know exactly what was happening. But if the Portland was being hijacked the cops could stop it.

He dialled triple zero, and said he thought his workplace might be the subject of a terror attack.

To understand how this situation arose, it's necessary to look at what has been happening to Australia's coastal shipping industry.

Ships carrying Australian cargo between Australian ports are legally required to be flagged and registered in Australia, to be crewed by Australians, employed under Australian working conditions.

This isn't simply to provide jobs for locals. It is a vital piece of the national security puzzle that ensures that in the event of maritime conflict, Australia has a merchant navy that can ensure the integrity of our maritime borders. It's a little-known fact that one in eight merchant seafarers died defending Australia and her allies during World War 2.

But the current government has paid little heed to such laws, overseeing a gradual erosion of this merchant fleet from 80 ships to fewer than 15 to secure more than 26,000 kilometres of coastline.

While the Turnbull/Abbott government's attempt to remove these laws was blocked in the Senate last November, the minister responsible - Warren Truss - has continued to issue temporary licenses to companies like Alcoa that allow them to register their ships in flag-of-convenience countries such as Panama, Liberia and Mongolia and to hire foreign crews on as little as \$2 an hour.

Companies like Alcoa and BP have been eager to take advantage of this new freedom to flout the law, laying off Australian seafarers and registering their fleets in countries that require no tax to be paid and safety laws to be ignored.

The result has been a series of industrial stoushes with the Maritime Union of Australia, the loss of hundreds of jobs for Australian seafarers, and the exposure of widespread abuses by shipping companies paying cut-price rates to vulnerable third-world workers.

Last year saw the BP oil tanker British Loyalty stripped of its long-serving Australian crew, who were offered redundancies by the shipping company that employed them, or the option of redeployment if it was available.

Michael Pawson, the chef who was unceremoniously ejected from the MV Portland recently, was one of those BP workers. Getting a spot on the Portland had appeared like a lifeline to him.

A chef since 1976, Michael had first gone to sea at the urging of a family friend and staunch unionist named Jimmy Flanagan.



- 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)

**"BEING FORCIBLY REMOVED FROM MY WORKPLACE IS THE MOST DESPICABLE ACT I'VE EVER SEEN A COMPANY CARRY OUT."**

For many years it was a job that provided Michael and his family with a good honest living. But in recent years that has changed.

"I've been on five ships where my position has been made redundant," he said.

The stress was taking its toll on him even before this latest battle.

"I lost my wife to cancer four years ago. Thing were looking pretty shitty there for a while - wife's gone, job's gone, that sort of thing."

"But it all started looking up when I moved to the Portland. It was a permanent job on a permanent ship."

Now all of that has turned to ash. Although negotiations between the MUA and Alcoa are continuing, Michael fears the worst.

As a 55-year-old man what he describes as "normal Australian debt" on his house and vehicles, he fears he will lose it all.

"I've got 10 years to square that debt up," he said. "I'm not going to make it."

"I'm going to have to sell the house, the car and the bike. Within a year, all of this will be gone."

Michael lays the blame for his predicament firmly at the feet of Alcoa and the government that oversaw and enabled its betrayal of him and his fellow seafarers.

"I might be an old die-hard, but things are not right," he said.

"Being forcibly removed from my workplace is the most despicable act I've ever seen a company carry out."

"If a big corporation can do this to us - and we were a pretty staunch mob - what will they do to onshore workers, or people who don't have the protection of a union?"

Michael and his crewmates were left on the wharf in the dark of night as the ship sailed to Singapore with its new crew aboard.

Eventually they were informed that a flight had been arranged for 8:30am, but for the next six hours all they could do was sit and wait - there was no accommodation provided.

"The mood was very grim," he said. We couldn't believe what had happened."

There was plenty of time to reflect on what had unfolded.

"It's impossible for this to have been a snap decision for Alcoa," Michael said. "Putting a foreign crew together takes months. They had been planning this in the back rooms while pretending to negotiate with our union in good faith."

Subsequent hearings in Senate Estimates confirmed that the Office of Federal Employment Minister Michaelia Cash and Transport Minister Warren Truss also knew ahead of time.

"This gives you an idea of what governments are capable of under the current leadership. If it happened to us, it could happen to you." ■

# The Hutchins School, Hobart, Tasmania

The Hutchins School is an Anglican day and boarding school for boys from Pre-Kindergarten to Year 12.

Established in 1846, Hutchins is one of the oldest continually operating schools in Australia. Located in Tasmania, only five kilometres from the CBD of Hobart, Hutchins provides an inspirational education where each boy strives to achieve his personal best and is willing to serve his community as an informed and active citizen; locally, nationally and globally. Hutchins supportive learning community works together to build character of boys.

Every year The Hutchins School holds an ANZAC service to reflect on the courage and bravery that has been shown by those who have served in war. Hutchins Old Boys have a strong and proud history of representing their country dating as far back as the Boer War to the present day in Afghanistan; those who lost their lives are honoured on plaques located in the School's Chapel of St Thomas. The ANZAC service provides the opportunity for students, staff, invited guests and dignitaries to pay respect to the 132 Old Boys that have made the ultimate sacrifice for their country.

The most recent Hutchins Old Boy fallen in war is Private Benjamin Chuck who was a sniper with the elite 2nd Commando Regiment and was tragically killed along with two other Australian soldiers and one American soldier in a Black Hawk helicopter crash in Afghanistan in 2010.

Ben attended The Hutchins School between 1993 and 1996 and the School community was shocked and saddened to hear of the loss of his life, the ultimate sacrifice for his country. Ben was widely remembered as a very kind student whose many qualities included showing empathy for others, personal integrity, humility and determination.

The loss of Ben had such a profound impact on the School that in December 2010 a special award was named in his honour, The Ben Chuck Good Man Award. This award is presented each year in honour of Ben to the Year 12 student who is considered to be a good man, a good man that displays the qualities of Ben and who is considered a student with a strength of character. This award is revered and aspired to by all Year 12s - a tribute to the greatness, sacrifice, and esteem that this fallen soldier and former student's sacrifice is held; he was indeed the epitome of the School's motto – Vivit Post Funera Virtus – Character Lives on After Death – What you do matters. ■

"WE PROVIDE A VAST RANGE OF OPPORTUNITIES AT ALL LEARNING LEVELS FOR DEVELOPING BOYS' INTELLECTUAL, PHYSICAL, EMOTIONAL, SPIRITUAL AND SOCIAL KNOWLEDGE, SKILLS AND ATTRIBUTES."



Welcome to The Hutchins School from the Headmaster, Mr Warwick Dean

It is my pleasure to introduce you to our school and our commitment to an inspirational education for boys. We provide a vast range of opportunities at all learning levels for developing boys' intellectual, physical, emotional, spiritual and social knowledge, skills and attributes. Our academic curriculum has been tailored specifically to suit the learning needs of boys, underpinned by a strong mentoring structure to support learning needs as well as character development as our boys grow into young men.



"THE MOST RECENT HUTCHINS OLD BOY FALLEN IN WAR IS PRIVATE BENJAMIN CHUCK WHO WAS A SNIPER WITH THE ELITE 2ND COMMANDO REGIMENT AND WAS TRAGICALLY KILLED ALONG WITH TWO OTHER AUSTRALIAN SOLDIERS AND ONE AMERICAN SOLDIER IN A BLACK HAWK HELICOPTER CRASH IN AFGHANISTAN IN 2010."



We invite you to explore the opportunities we provide for boys to become their best.

The Hutchins School is an internationally accredited Anglican day and boarding school for boys from Pre-Kindergarten to Year 12. Our vision is to provide an inspirational education where each boy strives to achieve his personal best and is willing to serve his community as an informed and active citizen; locally, nationally and globally. We offer an outstanding education that is specifically designed for boys.

**FOR MORE INFORMATION**

please contact our Enrolments Assistant on 03 6221 4236 or [enrolment@hutchins.tas.edu.au](mailto:enrolment@hutchins.tas.edu.au)

**THE HUTCHINS SCHOOL**

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# Students honoured in annual simpson prize

The Minister for Veterans' Affairs and Minister Assisting the Prime Minister for the Centenary of Anzac, Dan Tehan, presented awards to the winners and runners-up in the Australian Government's 2016 Simpson Prize, in March.

"The Simpson Prize is a prestigious national history competition and whether a winner or a runner up, all the students who have participated should be very proud of their achievements," Minister Tehan said.

"This annual Prize is a terrific opportunity for year 9 and 10 students to engage in and learn more about the Anzac story and heritage.

"As part of the award, the eight talented winners will attend the Anzac Day commemorative service in Gallipoli in April this year."

Minister for Education and Training Simon Birmingham said there had been

an overwhelming level of interest from students for the 2016 Simpson Prize. Students were asked to submit an essay or audio visual presentation about the Australian Anzac tradition each year.

"We had more than 1,000 students submit an essay or audio-visual presentation this year, all focused on the prominence of the Gallipoli landing in the Anzac story and what other events or experiences should get more attention," Minister Birmingham said.

"I would like to thank the History Teachers' Association of Australia for their tireless behind-the-scenes work in promoting this competition to schools across Australia,

receiving entries and selecting this year's fine group of winners and runners-up."

Each winner and runner-up received a medallion and a certificate to acknowledge their achievements. In addition, they are attending a two-day educational programme at national institutions in Canberra, including the presentation ceremony at Parliament House. ■

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**The Australian Government currently provides \$606,000 over three years to the History Teachers' Association of Australia to manage the Simpson Prize on behalf of the Department of Education.**

# New eLearning programs to improve veterans' health care

A new posttraumatic stress disorder (PTSD) eLearning program for mental health providers will help improve treatment for former Australian Defence Force (ADF) members.

Minister for Veterans' Affairs and Minister Assisting the Prime Minister for the Centenary of ANZAC, Stuart Robert, said the Department of Veterans' Affairs (DVA) developed the PTSD Psychological Interventions Program in response to research that found up to a third of providers did not practise evidence-based treatment for PTSD.

"This online training program has been developed in line with the Australian Guidelines for the Treatment of Acute Stress Disorder and Posttraumatic Stress Disorder (2013) with the intention of improving knowledge and practice for mental health providers to help veterans recover," Mr Robert said.

The PTSD Psychological Interventions Program was developed in collaboration with Flinders University's Human Behaviour and Health Research Unit. Mental health providers who complete the program may claim continuous professional development hours for doing so.

Mr Robert said DVA had also reviewed and updated its Understanding the Military Experience training program, first released in March 2013.

"This program improves treatment for veterans by helping clinicians better

understand military service and how it can affect the mental health of serving and ex-serving personnel," Mr Robert said.

"It highlights Australia's recent operational tempo, common veteran mental health conditions in ex-serving personnel, the changing veteran demographic, and DVA arrangements and expectations.

"The Government committed to improving the capabilities of health providers to support veteran mental health in our recently released Mental and Social Health Action Plan. This eLearning program delivers on our commitment.

"We have improved and expanded online resources and apps for serving and ex-serving ADF members to help them better manage their mental health and wellbeing." ■

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**Both eLearning programs, which are free-of-charge, are available through DVA's online learning management system, DVAttrain. For information about registering for DVAttrain, go to: [www.dva.gov.au/providers/online-training-health-providers](http://www.dva.gov.au/providers/online-training-health-providers)**

**Resources for mental health providers and for serving and ex-serving ADF personnel are available at: [at-ease.dva.gov.au](http://at-ease.dva.gov.au)**

# We must find a way to lasting peace

Baron Carl von Clausewitz (1780-1831) was a Prussian General and military theorist who stressed the “moral” and political aspects of war. In his best known work, *On War*, he said, “War is politics, carried on by other means.”

If we accept this, then World War I was not caused by the assassination of Arch Duke Ferdinand but by a failure of politics. At the beginning of the 20th century various power blocs and individual countries had signed a complex net of treaties that obliged them to support treaty partners in the event of hostilities. It was an unstable situation – a powder keg that needed only a small spark to cause it to explode.

The assassination of Arch Duke Ferdinand supplied the spark. When Austria/Hungary was unsatisfied by Serbia's response to their demands that the Black Hand assassins be brought to justice they declared war on Serbia. This activated various treaties and soon most of the world was involved. The politics of mutual defence treaties had failed. Many politicians have tried to find peaceful ways to resolve tensions over the years, but with limited success. We still have wars. In the end, politicians must decide whether to go to war or not. War is not an easy option as governments always have the job of bringing the population along with any decision they make to enter war.

Allied governments sold the First World War as “the war to end all wars”. In Australia, this slogan was so popular we sent an entirely volunteer force to the war. My father was one of those who joined the AIF for World War I in 1917. He enlisted as soon as he turned 18. He saw action on the Western Front as a Gunner and was a victim of a gas attack that ended the war for him. He was in England recovering from pneumonia when the war ended.

The League of Nations was formed to try to put an end to wars. It has usually been thought of as a total failure, but some of its humanitarian and health programs were a success and this work is carried on virtually unchanged by the United Nations to this day. The League also stopped several small scale conflicts. It settled a dispute between Sweden and Finland over the Aaland Islands, and stopped a war between Greece and Bulgaria. However, when stronger nations chose to ignore the League it was powerless; for example, Japan's invasion of Manchuria and Italy's invasion of Abyssinia. Hitler ignored the Versailles Treaty and re-armed. He groomed Germany for war and even Chamberlain's attempt to find peace by appeasement was doomed to failure.

World War 2 had many slogans but none to equal “The War to end all wars”. A few of the better World War 2 slogans were:



“Freedom is in peril: defend it with all your might”; “V for Victory”; and “Your Country needs YOU!” (borrowed from a Boer War poster). My father joined the AIF again, and saw action in the Middle East and New Guinea. He was repatriated to Australia suffering from malaria. I was very disappointed that the war ended when I was only 16. I thought there would be no more wars! The UN was formed and the world looked forward to an era of peace.

Unfortunately the UN has proved only slightly more successful than the League of Nations. Their attempts to partition countries by drawing a line on a map (eg Germany, Korea, Palestine and Vietnam) led to tensions and eventual armed conflict. The veto power of the major nations has been used to prevent any concerted UN action, except in the case of Korea. This was only possible because Russia was boycotting the UN when the vote was taken. Nevertheless I see reasons for hope. The world is no longer simply divided into two opposing camps – East and West. While smaller conflicts continue, it looks as if World War 3 was too ghastly to contemplate and Russia and the USA have worked out ways to live and let live. Now we need statesmen (or women) who can find a way to genuine and lasting peace. In this nuclear age, the survival of the human race could be at stake. ■

Bob Macintosh AFC, OAM spent 27 years in the RAAF and retired in 1978 with the rank of Wing Commander. He then trained for the Uniting Church ministry and in 1985 was sent to Meekatharra Western Australia as a Flying Padre with Frontier Services. He and his wife Jenny flew the church Cessna C182 serving an area of more than 450,000 square kilometres, or nearly half the size of South Australia. Bob retired (again) in 1994 and settled in Adelaide. Amongst other things, Bob is a member of the Veterans Advisory Council and Vice President of the RAAF Association SA Division.

## OFFICIAL HISTORIAN FOR IRAQ, AFGHANISTAN, AND EAST TIMOR ANNOUNCED

The Minister for Veterans' Affairs, Stuart Robert, announced in February that Dr Craig Stockings has been appointed as the Official Historian for the Australian War Memorial's production of an official history covering the conflicts in Iraq, Afghanistan, and East Timor.

Minister Robert said the Federal Government has deemed Australian involvement in these conflicts is of sufficient magnitude and complexity to warrant the development of a detailed and authoritative official history of these operations.

"As the Official Historian based at the Australian War Memorial in Canberra, Dr Stockings will lead the project, act as editor of the series, and write at least one of the volumes of the official history," Minister Robert said.

"Australia's involvement in Iraq and Afghanistan has been complex and long-running. As many as 40,000 Australian Defence Force personnel have served in or supported these

conflicts over 13 years of operations. More than 40 Australians died as a result of their service in Afghanistan, and hundreds were wounded. These are significant events in Australia's history, and must be recorded."

Director of the Australian War Memorial, Dr Brendan Nelson, said it is vital that contemporary conflicts are carefully researched and documented for the sake of those who served and so that future generations may recall their contribution to our nation's history.

"As Australians, we are fortunate to live in a free society, with a stable government and a privileged way of life. It is these very freedoms the servicemen and servicewomen who represented us in Iraq, Afghanistan and East Timor served to protect. For that, we must honour them, and this official history series, led by Dr Stockings, will do just that," Dr Nelson said.

This multi-volume series will provide a detailed, authoritative account of

Australia's extensive and complex peacekeeping operations in East Timor (1999–2012), and its military operations in Iraq (2003–11) and Afghanistan (2001–14).

Dr Stockings holds extensive experience and qualifications, including a PhD in History from the University of New South Wales and a Masters in Education and Arts. He is a graduate of the Australian Defence Force Academy and the Royal Military College, Duntroon. He deployed to East Timor with the 3rd Battalion, Royal Australian Regiment, as part of the INTERFET force in 1999–2000, and in 2003 served as aide-de-camp to Governor-General Michael Jeffrey AC CVO MC. Dr Stockings is currently an Associate Professor and Deputy Head of the School of Humanities and Social Sciences at the University of New South Wales, Canberra.

It is anticipated the project will commence in June 2016, and will take approximately seven years for the appointed team to complete. ■

## VETERANS PENSIONS SET TO INCREASE

Veteran pension payments will increase in March in line with the biannual indexation process.

Pension recipients including veterans, their partners, war widows and widowers across Australia will see the increase from 20 March 2016.

Due to pension rates calculating on a daily basis, the first pension paid after the indexation on payday 31 March 2016 will comprise both the old and new rates.

The new pension rates will be fully effective from payment date 14 April 2016.

The table below highlights the new fortnightly rates.

SERVICE PENSION	Old rate (fortnightly)	New rate (fortnightly)	Increase(fortnightly)
Single person	\$867.00	\$873.90	\$6.90
Couples (each)	\$653.50	\$658.70	\$5.20
Single person – transitional	\$731.50	\$737.20	\$5.70
Couples (each) – transitional	\$590.00	\$594.60	\$4.60
<b>WAR WIDOWS</b>			
War widow(er)'s pension	\$880.90	\$887.90	\$7.00
Income support supplement	\$259.90	\$262.00	\$2.10
<b>DISABILITY PENSION</b>			
T&PI (Special rate)	\$1,330.90	\$1341.50	\$10.60
Intermediate rate	\$903.50	\$910.70	\$7.20
EDA	\$735.10	\$741.00	\$5.90
100 per cent	\$473.10	\$476.90	\$3.80
10 per cent	\$54.24	\$54.62	\$0.38

*These are the maximum rates of payment and include any Energy Supplement payable.*

Pensions are indexed twice a year in March and September. For a full list of pension rates, please visit [www.dva.gov.au](http://www.dva.gov.au) or call 133 254 or 1800 555 254 from regional Australia.

## VETERANS TO BENEFIT FROM LATEST ROUND OF COMMUNITY GRANTS

Kitchen refurbishments, installation of disabled amenities and bus trips to reduce social isolation are some of the projects to receive about \$320,000 in funding as part of the Veteran and Community Grants program, Minister for Veterans' Affairs, Stuart Robert, announced in January.

"Funding provided under the Veteran and Community Grants program continues to help ex-service organisations provide high quality services and support to the veteran and defence community and their families," Mr Robert said.

"It will enrich the lives of Australian veterans and their families and help them, especially the elderly, to remain independent, healthy and active and help reduce social isolation, especially for those who may live alone.

"This round of 20 grants will fund a diverse range of projects and equipment needed by the veteran and defence community who provide a central hub of support, recreation and comradeship for so many of our current and former servicemen and women and their families."

Ex-service and community organisations, veteran representative groups, private organisations and projects that promote improved independence and quality of life for veterans are eligible for funding through the Veteran and Community Grants program. ■

For more information or to apply visit the DVA website: [www.dva.gov.au/grants](http://www.dva.gov.au/grants)

## COMMEMORATIVE POSTERS DEPICT LIFE ON THE WESTERN FRONT

Two posters depicting the different experiences of Australians on the Western Front in 1916 have been released in the lead-up to Anzac Day to commemorate the thousands of lives lost in battles on the Western Front.



Dan Tehan, Minister for Veterans' Affairs and Minister Assisting the Prime Minister for the Centenary of ANZAC, said posters are produced and distributed every year to support the observance of Anzac Day.

"As part of the Anzac Centenary activities for 2016, these posters focus on the Western Front and the varying experiences of Australian soldiers who were involved in battles 100 years ago," Minister Tehan said.

The first image depicts members of the 53rd Battalion preparing to take part in the Battle of Fromelles, the first major battle fought by Australian troops on the Western Front, while the second image depicts men of the 1st Division recovering at Vignacourt, behind the lines.

"The posters call on the audience to imagine what it was like for those in the photographs to spend their time shifting between the danger of the battlefield and the relative safety of the towns behind the lines, where soldiers had opportunities to recover," Minister Tehan said.

Both posters will be distributed to Australian schools, libraries, ex-service organisations, aged care facilities, hospitals, local councils, and Department of Foreign Affairs and Trade overseas missions.

The posters are supported by an online Wartime Snapshot, providing background information and learning activities for schools and members of the public to freely download.

The Anzac Centenary 2014 to 2018 is the most significant period of commemoration in our nation's history. It is a time to acknowledge the service and sacrifice of all those who have served over the past 100 years, and those who continue to serve in wars, conflicts and peacekeeping operations. ■

High resolution versions of both posters and the Wartime Snapshot can be accessed from the Anzac Portal at: [www.anzacportal.dva.gov.au](http://www.anzacportal.dva.gov.au)

## REMEMBERING BRIGADIER BILL ROLFE AO (RETD)

The Minister for Veterans' Affairs, Dan Tehan, has paid tribute to a distinguished Australian, Brigadier Bill Rolfe AO (Retd), who died in March after a long illness.

"I offer my sincere condolences to Brigadier Rolfe's family and friends as they mourn the loss of a man who served our nation and the community, particularly the ex-service community, with distinction," Minister Tehan said.

"Brigadier Rolfe was a Royal Military College Duntroon graduate who served as a platoon commander with the 2nd Battalion in South Vietnam and was mentioned in dispatches for his service.

"During operations in Vietnam, he suffered injuries that led to the amputation of both legs below the knee. However, testament to his determination, Brigadier Rolfe overcame this setback, gaining a law degree from the Australian National University and continuing his military career in a variety of legal officer positions."

In 1982, Brigadier Rolfe was the first Australian officer to attend the Graduate Course at The Judge Advocate General's School, U.S. Army, in Charlottesville, Virginia. He was then appointed Director of Army Legal Services in 1986 and Director General of Defence Force Legal Services in 1989.

Brigadier Rolfe retired from the Australian Defence Force in 1992, when he joined the National Security Branch of the Commonwealth Attorney-General's Legal Practice.

In 1997, he was appointed as head of the Veterans' Review Board, an independent statutory tribunal responsible for review of Repatriation Commission decisions on entitlement to, and assessment of, disability pensions. He resigned in 2007 to become a Commissioner of the Repatriation Commission and a Member of the Military Rehabilitation and Compensation Commission, retiring in July 2010.

Brigadier Rolfe was appointed as an Officer in the General Division of the Order of Australia in the Australia Day Honours List in 2008 for services to veterans.

The Minister said Brigadier Rolfe, a highly respected member of Australia's ex-service community, was involved with the Department of Veterans' Affairs until his death, most recently in relation to advocacy review work.

"As a result of this work, the creation of a new Advocacy Training and Development Program was endorsed by the ex-service community and the Government in late 2015," Minister Tehan said.

"Brigadier Rolfe retired as President of Legacy Canberra on 29 January 2016 due to his ill health.

"During this sad time, my deepest sympathies are with Brigadier Rolfe's widow, Joan Susanne, to whom he was married for more than 40 years, and their three children." ■

# 7 golden rules for SMSF investors to keep in mind

By Shane Oliver, Head of Investment Strategy and Chief Economist, AMP Capital

Investing during times of market stress and volatility can be difficult. For this reason it's useful for SMSF investors to keep a key set of things – call them rules – in mind.

The seven key rules, in my view, are: be aware that there is always a cycle; invest for the long term; turn down the noise; buy low and sell high; beware of the crowd; diversify and focus on investments offering a sustainable cash flow.

## 1. BE AWARE THAT THERE IS ALWAYS A CYCLE

The historical experience of investment markets – be they bonds, shares, property or infrastructure – constantly reminds us they go through cyclical phases of good times and bad. Some are short term, such as occasional corrections. Some are medium term, such as those that relate to the three to five year business cycle. Some are longer, such as the secular swings seen over 10 to 20 year periods in shares. But all eventually contain the seeds of their own reversal. The trouble with cycles is that they can throw investors out of a well thought out investment strategy that aims to take advantage of long term returns and can cause problems for investors when they are in or close to retirement. In saying this, cycles can also create opportunities.

## 2. INVEST FOR THE LONG TERM

The best way for most investors to avoid losing at investments is to invest for the long term. Get a long term plan that suits your level of wealth, age and tolerance of volatility and stick to it. This may involve a high exposure to shares and property when you are young or have plenty of funds to invest when you are in retirement and still have your day to day needs covered. Alternatively if you can't afford to take a long term approach or can't tolerate short term volatility then it is worth considering investing in funds that use strategies like dynamic asset allocation to target a particular goal – be that in relation to a return level or cash flow. Such approaches are also worth considering if you want to try and take advantage of the opportunities that volatility in investment markets through up.

## 3. TURN DOWN THE NOISE AND FOCUS ON THE RIGHT ASSET MIX

The combination of too much information has turned investing into a daily soap opera – as we go from worrying about one thing after another. Once you have worked out a strategy that is right for you, it's important to turn down the noise on the information flow surrounding investment markets. This also involves keeping your investment strategy relatively simple – lots of time can be wasted on fretting over individual shares or managed funds – which is just a distraction from making sure you have the right asset mix as it's your asset allocation that will mainly drive the return you will get.

## 4. BUY LOW, SELL HIGH

One reality of investing is that the price you pay for an investment or asset matters a lot in terms of the return you will get. It stands to reason that the cheaper you buy an asset the higher its prospective return will be and vice versa, all other things being equal. If you do have to trade or move your investments around then remember to buy when markets are down and sell when they are up.

## 5. BEWARE THE CROWD AND A HERD MENTALITY

The issue with crowds is that eventually everyone who wants to buy will do so and then the only way is down (and vice versa during periods of panic). As Warren Buffet once said the key is to “be fearful when others are greedy and greedy when others are fearful”.

## 6. DIVERSIFY

This is a no brainer. Don't put all your eggs in one basket as the old saying goes. Unfortunately, plenty do. Through last decade many questioned the value of holding global shares in their investment portfolios as Australian shares were doing so well. Interestingly, for the last five or so years global shares have been far better performers and have proven their worth.

It appears that common approaches in SMSF funds are to have one or two high-yielding and popular shares and a term deposit. This could potentially leave an investor very exposed to either a very low return of something goes wrong in the high -yield share that they're invested in. By the same token, don't over diversify with multiple – say greater than 30 – shares and/or managed funds as this may just add complexity without any real benefit.

## 7. FOCUS ON INVESTMENTS OFFERING SUSTAINABLE CASH FLOW

This is very important. There's been lots of investments over the decades that have been sold on false promises of high returns or low risk (for example, many technological stocks in the 1990s, resources stocks periodically and the sub-prime asset-back securities of last decade). If it looks dodgy, hard to understand or has to be based on obscure valuation measures to stack up, then it's best to stay away. There is no such thing as a free lunch in investing – if an investment looks too good to be true in terms of the return and risk on offer, then it probably is. By contrast, assets that generate sustainable cash flows (profits, rents, interest payments) and don't rely on excessive gearing or financial engineering are more likely to deliver.

## FINAL THOUGHT

Investing is not easy and given the psychological traps that we are all susceptible to – in particular the tendency to over-react to the current state of investment markets – a good approach is to simply seek the advice of a coach such as a financial adviser.

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### About the author:

**Dr Shane Oliver, Head of Investment Strategy and Economics and Chief Economist at AMP Capital is responsible for AMP Capital's diversified investment funds. He also provides economic forecasts and analysis of key variables and issues affecting, or likely to affect, all asset markets.**

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Albany has a significant and unique connection to the Anzac story and its special place in the remembrance of the First World War is recognised the world over.

Situated 418km south-east of Perth, Albany's sheltered King George Sound was one of the last sightings of home for thousands of our nation's Anzacs.

Between 2014 and 2018, Australia and New Zealand are commemorating the Anzac Centenary, marking 100 years since the sister nations stood side-by-side in World War I.

The Anzac Centenary is a once-in-a-lifetime commemoration and Albany was proud to host the curtain-raising event on November 1, 2014, to remember the departure of the first Anzac convoy from its shores.

Nothing captures the public imagination quite like the Anzac story and awareness of Albany's links to the legend that has shaped our nation has grown as the centenary period has unfolded.

More than 40,000 servicemen and women and more than 13,000 horses sailed for Gallipoli from Albany and each year thousands of locals and visitors solemnly gather at dawn atop Mt Clarence, looking out over King George Sound, to remember and commemorate the diggers who perished in the Great War.

Wreaths are laid upon the waters of the Sound, as they have been since April 25, 1930. That date is again especially significant to Albany as it was the morning that gave birth to the annual Anzac Day dawn service.

It is recorded in the St John's Anglican Church service register that at 6am on that day 86 years ago, Padre Arthur Ernest White celebrated a dawn Eucharist commemorating Anzac Day.

After wreaths were laid at the nearby war memorial, Padre White led some of his congregation up a bush track to the top of Mt Clarence where an observance took place of a boatman laying a wreath in King George Sound.

This small but significant gesture has become one of Australia's strongest and most revered traditions and added to Albany's growing reputation as a must-visit destination for Anzac pilgrims.

From observing the dawn service where the tradition began to an interactive walk in the shoes of a real digger in the National Anzac Centre and visiting sites of commemorative significance such as Padre White Lookout, visitors to Albany are immersed in a deep and emotional Anzac experience.

The \$10 million award-winning National Anzac Centre, funded by the Australian and WA governments, is the jewel in Albany's Anzac crown, attracting more than 100,000 visitors through its doors since opening on November 1, 2014.

It is Australia's foremost museum honouring the Anzac legend, with visitors assuming the identity of one of 32 characters and taken on a journey through the First World War from recruitment, training and embarkation, engagement in conflicts in the Indian Ocean prior to arrival in Egypt, and on to Gallipoli, the Palestine and Sinai, and across the Western Front.

These personal stories unfold through interactive, multimedia displays, poignant artefacts, rare images and film, and audio commentary.

The National Anzac Centre experience concludes with the discovery of each Anzac's fate and a Tribute Wall where visitors can leave messages of remembrance. ■

**To plan your journey to Albany for Anzac Day visit:**  
[www.amazingalbany.com.au](http://www.amazingalbany.com.au)

**To find out more about the National Anzac Centre visit:**  
[www.nationalanzaccentre.com.au](http://www.nationalanzaccentre.com.au)

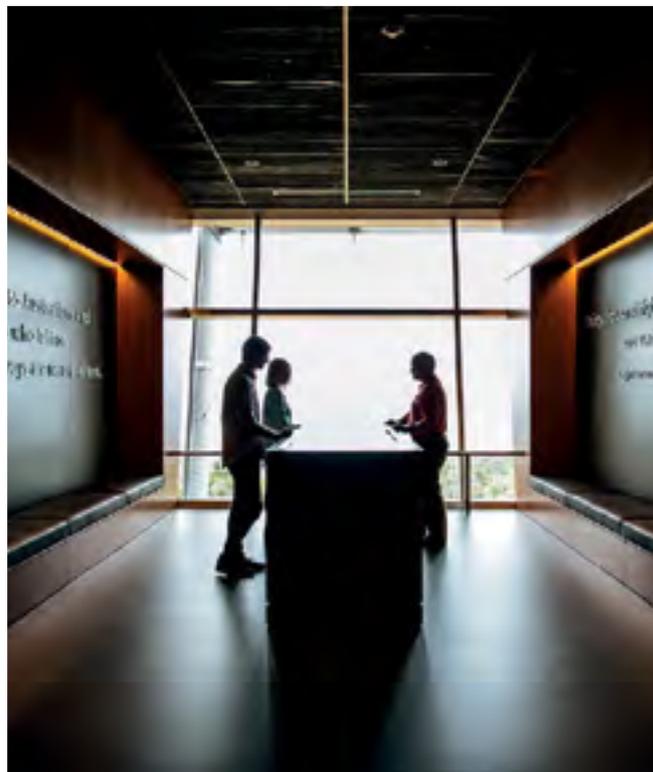
**For a full list of Anzac Day commemorative services and events, visit:** [www.anzacalbany.com.au](http://www.anzacalbany.com.au)

# ANZAC

2014-2018

# Albany

ANZAC DAY 2016



NATIONAL  
ANZAC  
CENTRE



## EXPERIENCE THE LEGEND

The National Anzac Centre is dedicated solely to honouring the Anzacs of the First World War.

Set within the Albany Heritage Park on the beautiful South Western coast of Australia, the Centre is a space of commemoration and reflection.

To book your Veteran Reunion at the National Anzac Centre contact us on [marketing@amazingalbany.com.au](mailto:marketing@amazingalbany.com.au)



— @amazingalbany —



# Gympie Music Muster

LAST WEEKEND IN AUGUST



Held in the Amamoor Creek State Forest in the beautiful Sunshine Coast Hinterland, the Gympie Music Muster is a recognised charity that has defined the region of Gympie. Just 2 hours drive from Brisbane and 40 minutes from Noosa, Australia's favorite country music & camping festival is accessible yet the perfect hidden outdoor holiday retreat.

From its humble beginnings in 1982, The Muster has grown from a small celebration to an iconic event that defines the region and has placed Queensland on top of the map for Country Music festivals. Muster co-founder and legendary country musician Berard Webb of The Webb Brothers says the event has always been about 'mates, music and making a difference'.

Nowadays, the festival feature over 120 stellar artists in more than 300 performances across multiple stages. An unmissable event for music lovers, one ticket price gives Muster goers free camping and multi-venue access to all performances to experience everything Australia's biggest country music celebration has to offer.

2016 will see some of Australia's finest country music giants including Kasey Chambers, John Williamson, Troy Cassar-Daley, Beccy Cole, The McClymonts, Rodney Carrington (US), Gord Bamford (CAN) and Adam Harvey.

With Australia's best country music talent at one event for four spectacular days and nights, the 35th celebration of the Gympie Music Muster 2016 is going to be unforgettable.

**The Muster runs from Thursday 25 – Sunday 28 August 2016.**

To book tickets visit [www.muster.com.au](http://www.muster.com.au) or phone:

1300 GET TIX (1300 438 849).





**MATES 4 MATES**

Run by the community for the community, the Muster is a not-for-profit charity event which has raised in excess of \$15 Million for charities Australia wide since its inception. This year Mates4Mates has been chosen as the 2016 Charity Partner for its valuable rehabilitation work for current and ex-serving Australian Defence Force members who are wounded, injured or ill. They also support the families of these Mates.

Mates4Mates provides:

- \* **Physical Rehabilitation & Wellbeing services:** Individual rehabilitation, group training sessions, complementary therapies and recreational activities.
- \* **Psychological services:** Evidence based individual and group counselling, relaxation and mindfulness and Equine Therapy.
- \* **Employment and Education Support Services:** Career coaching & mentoring, education & training and employment support.
- \* **Rehabilitation Adventure Challenges:** Including trekking, kayaking, sailing and cycling programs.
- \* **Social Connection Activities:** Regular peer support, social events and family activities.

They have Family Recovery Centres located in Brisbane, Townsville and Hobart. This is a perfect partnership as mates, music and making a difference is what the Muster is all about.

To learn more and donate, go to [www.muster.com.au/](http://www.muster.com.au/) under 'Festival Info'.



# Have you explored the Blue Mountains yet?

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Looking for a travel destination that has it all? Amazing food and wine, a wide range of accommodation options, and an impressive list of things to do and see? Our stunning Blue Mountains has it in spades.

On the doorstep of Sydney and a City within a World Heritage Area, the Blue Mountains is less than two hours from the city by bus or train. Enjoy a day trip or an overnight stay – there really is something for everyone. If you're an adventurer, you'll love our endless bushwalks. Fancy yourself as a foodie? We guarantee you'll adore our regional produce and wines. And if you enjoy a good festival then you may want to move in!

With a range of activities and a variety of accommodation options to suit all tastes, needs and budgets, you'll want to come back again and again.

Love art and culture? Be inspired by the magnificent natural landscape of Australia's most accessible wilderness. Visit the Normal Lindsay Gallery, enjoy an urban art experience at the Katoomba Street Art Walk or recharge your creativity at the Blue Mountains Cultural Centre. You never know who you might run into in our vibrant community of artists, writers, composers, sculptors, and performers.

Love food and wine? Enjoy fresh, regional produce prepared by some of Australia's leading chefs. Visit our renowned cafés and restaurants, indulge in a tippie from one of regional wineries, and spoil

yourself with some of our artisan 'bean to bar' chocolate.

Love the great outdoors? Whether you're up for a challenge or prefer a more relaxed stroll, we have endless walking tracks to suit all fitness levels and abilities. Take in the sights and sounds of the Blue Mountains National Park and surrounding bushland reserves as you descend into the lush valleys or take an easy clifftop walk along the scenic escarpment. Visit the iconic Three Sisters at Echo Point, be awe-inspired by the world's oldest caves at Jenolan, or enjoy an Indigenous cultural experience of art and dance.

And if you want to explore the wilderness in comfort, you can do that, too! Katoomba's Scenic World provides breath taking panoramas of our majestic wilderness, waterfalls, valleys and sandstone escarpments by skyway, walkway, cablecar and the world's steepest passenger railway. The Blue Mountains Explorer Bus and Trolley Bus provide easy access to lookouts and short walks, with plenty of 'hop on, hop off' options.

If relaxation or romance is more your style, then you can't go past our range of boutique, luxury and historical

accommodation options. From modern contemporary to refined elegance, and from retreats, motels, hotels and bed & breakfasts through to cabins, cottages and restored historical homes, we'll make your getaway something special.

And speaking of something that is a little bit different, we put on a year-round program of events including the Leura Harvest (May), Winter Magic Festival (June), Leura Gardens Festival (October), the Roaring 20's & All That Jazz Festival (February), and the annual Blue Mountains Music Festival of Folk, Blues and Roots (March).

Fill your cup to the brim with marvellous food and wine, adventure, romance and entertainment (and of course, simply fantastic company!), and find out why the mountains have never been more alive. You really won't want to spill a drop.

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Visit: [bluemountainscitytourism.com.au](http://bluemountainscitytourism.com.au) or call the Blue Mountains Visitor Information Centres on 1300 653 408



Visit...

# the Blue Mountains

The Blue Mountains is a special place of World Heritage listed ancient landscapes, towering golden sandstone escarpments, cascading waterfalls and breathtaking views as far as the eye can see – a stunning backdrop to charming, character-filled towns and a vibrant, creative community.



# Tantalising Tasmania

by Bob Walter

Tasmania never ceases to amaze. Despite several visits in recent years, we continue to discover new areas that surprise and delight. The endless mix of natural beauty, ancient forests, modern agriculture and forestry, combined with historical and gastronomic delights, ensures that each visit is a treat.

We recently had the chance to return: initially to attend a reunion; and then to explore more of the island on our own. This time we chose parts of the North and West Coast. So, in early February, we drove onto the recently refurbished Spirit of Tasmania at Port Melbourne and checked into our cabin for the overnight crossing to Devonport. Once on board, we soon found some familiar faces as some of our group were also on board. Our destination was Wynyard, where the reunion would be held. Others flew in and met us at the caravan park. We spent four pleasant days enjoying each other's company and taking in the sights around the area, before going our separate ways.

The old town of Latrobe with its link to Tasmania's woodcutting history was a good place to start. By contrast, visits to Ghost Rock winery, Hellyer's Road

Distillery and Anvers Chocolates, provided a chance to step into the future and enjoy some of the tastes of Tasmania. These were all part of the Cradle to Coast Tasting Trail which showcases local produce in contemporary settings.

In nearby Burnie we found the Makers Studio which overlooks the water. This very modern structure reveals the talents of a number of creative local artisans and displays a diverse range of original local items. Many are handmade and make ideal gifts and souvenirs. The Studio is home to a great café as well as the local tourist information centre which is staffed by very helpful volunteers.

To drive along the northern coastline is magical, with delightful scenery, interesting museums and displays, plus abundant coffee shops, eateries and accommodation. The region is blessed with fertile volcanic soils and abundant water which makes for a highly productive agricultural and horticultural region. As a result, one can drive through potato, poppy and onion farms adjoined by beef and dairy herds, interspersed with fabulous coastal scenery.

One of the most scenic towns on the north coast was the town of Stanley. Here we saw the historic Highfield House with its commanding position overlooking the town and offering a wonderful vista of The Nut and the surrounding coastline. The house and some outbuilding have been restored to help tell the story of the early days when the first settlers arrived. After a leisurely lunch in one of the historic buildings, we took the chair lift to the top

of The Nut. The 360 degree panoramic views included Highfield House, the town of Stanley and the surrounding coastline.

Prior to our arrival, there had been a lot of publicity about bushfires on the West Coast. This was of concern to us as we had hoped to follow the Tarkine Drive. As it turned out, the roads were open to Arthur River, but no further south, due to a burnt out bridge.

Despite the smoke and ongoing fire activity we were able to take the eco cruise along the Arthur River into the Tarkine Wilderness. Here we saw a family of sea-eagles and their enormous nest of sticks. To our amazement, an adult scooped up a fish and used this to encourage the juvenile to get some flying practice before being fed. We enjoyed a picnic lunch ashore, followed by a guided walk into an area of pristine rainforest. Here we saw Leatherwoods, tall Stringy Barks, Blackwoods and Swamp Gums. In the gullies were chimneys of burrowing crayfish and many species of ferns, including old man ferns, which stood almost 3 metres tall and were over 200 years old. Pademelons (small Wallabies) appeared at lunch time along with Yellow Tail Cockatoos and Currawongs. On the way back we watched a helicopter repeatedly filling its bucket from the river near our boat, then flying across the ridge to dump water on the nearby fire front.

Before leaving Arthur River we visited the 'Edge of the World' where the Southern Ocean meets the rugged windswept coastline, with waves crashing onto rocks, in a very turbulent display. Heading



north, we paused at the Bluff Hill Point Lighthouse where waves wash over orange lichen covered rocks interspersed with white sandy beaches. Nearby we found an Echidna in the grass. Then on to West Point with its sweeping sandy beach that runs for several kilometres in a very inviting arc.

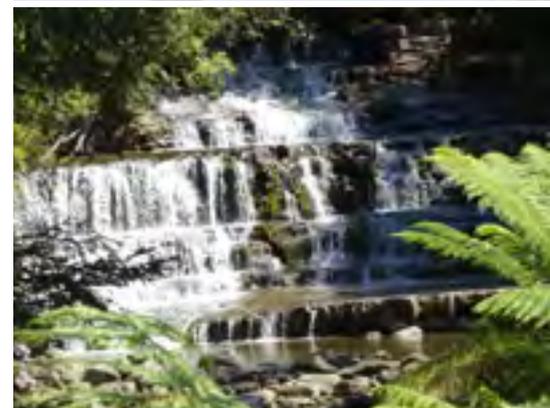
The next day saw us driving out to the historic Woolnorth precinct, with its majestic sweeping views of the north western most point of Tasmania, at Cape Grim. This huge private agricultural holding known as the Van Diemen's Land Trading Company, originally grazed 100,000 sheep. More recently it has been used for dairying, windfarms and tourism and is home to a large colony of Tasmanian Devils living in the natural forests and scrubland. There are 13 dairy farms milking some 20,000 cows, with 35 wind turbines at Bluff Point. Another 25 turbines lie just south of the Bluff. The constant wind is said to be the cleanest in the world, as the nearest landfall is South America.

We then headed south, calling at Tullah and Rosebery on our way to Queenstown. These were all mining towns that have seen better days and in later years have witnessed the outward migration as people and enterprise have relocated. Today, tourism is a feature in each of these towns with many restored buildings and displays describing the earlier prosperous times. The rack and pinion railway that runs between Queenstown and Strahan is a great example. This unique train offers a wonderful glimpse of yesteryear while traversing pristine rain forests and steep inclines in faithfully restored carriages pulled by a glistening steam engine.

At last we could head over the range to Derwent Bridge, in the Central Highlands, to visit The Wall in The Wilderness. This was a must do for us as we had heard about it from friends. Inside a purpose built studio we found a 100-metre-long wall of beautiful carvings, done in Huon Pine. The artist, Greg Duncan, has created a series of '...beautifully carved panels depicting the history, hardship and perseverance of the people in the Central Highlands.' The realism in his work both on the wall and in the individual pieces displayed, within the studio, are stunning. A carved wooden glove draped casually over a spade handle appears so real, you feel you could actually put it on.

Our final adventure would be found at Mt Field National Park. We stayed in nearby Westerway, which is the home of raspberries and hops. From here we took the 2.5 hour walk past Russell Falls, Horseshoe Falls and Lady Barron Falls. This included the Tall Trees Walk which highlighted giant Swamp Gums - which are the world's tallest flowering plants (up to 240 feet high) - as well as equally tall Brown Top Stringy Barks, (also known as Tasmanian Oak).

All too soon, it was then time to make our way back towards Devonport to meet the ferry. By chance we discovered the NANT whisky distillery at Bothwell where we took the tour and tasted the wares. Further on we called at Liffey Falls near Deloraine, followed by the Christmas Hills Raspberry Farm at Elizabeth town for a decadent raspberry dessert. Once again we departed from Tasmania with a lot of photos and some wonderful memories of what a fabulous tourist destination we have in our very own back yard. ■



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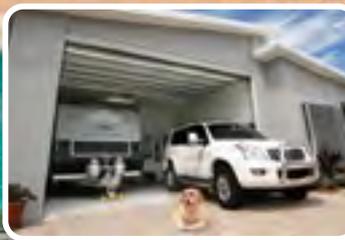
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## The Gold Coast

The Gold Coast has long laid claim to being the birthplace of the Aussie beach holiday and deservedly so; but it is the city's evolution in recent years which is sparking the imagination of visitors from across Australia and around the world.

Home to two of Australia's top ten beaches, the Gold Coast is one of the country's most magnificent coastal destinations. A place where surfing is very much entrenched in daily life, the Gold Coast has bred more surfing champions than anywhere else in the world. The many waterways leading to the beaches are just as exceptional. Each morning, kayakers and paddle boarders can be found gliding along inlets and rivers.

Just a 40 minute drive from Gold Coast beaches is 100,000 hectares of World Heritage-listed rainforest, perfect for bushwalking and admiring cascading waterfalls. Australia's longest zip line tour, The Canyon Flyer which is an absolute must for thrill-seekers.

Having recently won some of Australia's most respected food and wine awards, Gold Coast restaurateurs are creating an impressive and evolving food scene. The city's ode to Asia is prominent, with several exciting restaurants scattered across the Coast breathing new life into oriental cuisine. Beachside cafes are in abundance, while buzzing street food markets transport visitors to the backstreets of Thailand and Barcelona.

The Gold Coast has certainly come of age. Since winning the bid to host the 2018 Commonwealth Games, there is an infectious air of optimism enveloping the city. While staying true to its coastal roots and playful past, it is much more than a beach holiday destination. ■

Gold Coast is proud to be hosting the Bowls Australia Australian Open in June 2016.



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# The Last Post chats with Coral Expeditions' Senior Expedition Leader, Steve Cox

Steve Cox has been at Coral Expeditions for more than seven years. Steve previously worked as a Tour Guide, Diving Instructor and as a professional cricketer. With such a varied career and skill set, he is well equipped to lead our Expedition Team for Asia.

Steve does interpretations and presentations preparing guests for shore excursions ahead and then plans and manages all off-ship water and land-based activities. He enjoys photography, interacting with guests and ensuring everyone's expectations are more than met. Steve rates swimming with the whale sharks at Cenderawasih Bay, West Papua as one of his best 'on the job with Coral Expeditions' experiences and looks forward to sharing such moments with guests during the Asia cruises.

**The Last Post:** Welcome to The Last Post, Steve. Coral Expeditions are well known for offering unique experiences and destinations for travellers. What's coming up for you and Coral Expeditions?

**Steve Cox:** We have several new itineraries starting next year. In November this year, going on through December, January, February and March are trips based in South-East Asia but one of them will be over 12 days with four return trips, concentrating mostly on Myanmar and also including Malaysia and Thailand as well. Of course, Burma or Myanmar has only, for most parts, has only just re-opened for tourism. The northern parts have been open for some time but the southern parts have been re-opened for tourism operations for less than a year. So it's still very much a place that is for the hardy to travel down there at the moment and it's still very much a journey to get down there by car. You're talking 2-3 days of hard travelling on roads that could be a lot better. What we're going to be doing is to give people the opportunity to visit places on that southern coast that doesn't involve the stress of having to do it by land. A lot of

clients we have, that's not feasible for them. And they're places that haven't had passenger ships in before, of any size.

**TLP:** The history of that area, Steve is quite breathtaking. That helps make it unique, I guess is that it is largely undiscovered by a lot of the Western tourism.

**SC:** Absolutely. It goes back in history to when it was Siam that dominated that area so it's a very, very old piece of Burma and following that it led to the British coming in and the Dutch as well who colonised a lot of these places. One of the main places we're visiting down south is a place called Mawlamyine and that had a substantial British colony and that evidence, the British buildings etc is still there.

**TLP:** it sounds like an illuminating experience.

**SC:** Yes and it's an excellent mix. We have a balance on our expeditions between visiting places like Yangon, which is growing rapidly with tourism and then a place like Mawlamyine or Mergui

VOYAGE: 1116 > DAY 5 > RECLINING BUDDHA, PATAW PADET KYUN, MYEIK HARBOUR

## VOYAGES TO FARAWAY LANDS

At Coral Expeditions, we've built our reputation over 33 years by taking our guests on small ship voyages focused on nature, history and cultural interaction.

Our new 12 night Yangon to Singapore expedition explores out-of-the-way places like Mawlamyine and the nearby Burma WW II Railway Memorial and the remote Mergui Archipelago and isolated 'sea gypsy' communities.

From November 2016 to February 2017, the newly refurbished *Coral Discoverer* launches a series of unique Asian expeditions. Sailing from Singapore, these 8 to 17 night voyages cover the beautiful coastlines of Thailand, Myanmar, Indonesia, Cambodia and Vietnam.



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 > Papua New Guinea > Spice Islands & Raja Ampat



WHAT WE'RE GOING TO BE DOING IS TO GIVE PEOPLE THE OPPORTUNITY TO VISIT PLACES ON THAT SOUTHERN COAST THAT DOESN'T INVOLVE THE STRESS OF HAVING TO DO IT BY LAND. A LOT OF CLIENTS WE HAVE, THAT'S NOT FEASIBLE FOR THEM.

Coral Expeditions were looking at going to these areas, I put my hand up.

TLP: On these Coral Expedition Tours, you're with travellers for the whole twelve days?

SC: Yes. We have an expedition leader and an expedition team with experts in the relevant areas. It's not just about going onshore and looking at things, we have an educational content onboard. When we're travelling to a different location we have a lecture theatre on one of the top levels of the ship where everyone can come up and learn about the areas we're visiting. We do it in groups of 60-70 usually but we have one large vessel called Explorer that can transport everyone at once across to a beach or jetty or smaller vessels to move people in smaller groups. We always group together people with activities based on various fitness levels or what it is they wish to see.

TLP: What about accommodation?

SC: It's always on the ships. They're all day ventures. We have breakfast then off on ventures and back for lunch and then we might move to a new location for the afternoon. Accommodation is always on the comfort of the ship with dining room, lecture theatre, outside

bar area with fitness equipment so guests can burn off the calories!

TLP: The Burma Railway comes into this too?

SC: Yes, at Mawlamyine you have the opportunity to head down to the Railway Museum that has just opened up. Most people visit it from the Thai side. This place has only been opened for a few months. It's not as bustling as you'll see on the Thai side with tourists. It's a fascinating look from the other side. We're based in a town that was the Japanese headquarters for the Burma Railway. There is a large Commonwealth War Cemetery there which is in amazing condition with flowers on the graves. Coming onshore, it's about an hour's drive. The Burma government has just opened up a tourist venture down there where you can see sections of the original track that they've brought in. They also have the first train that ran along those tracks. It's quite a haunting experience when you think of what happened. Inside the museum they have a collection of photos that have been donated. In a quiet moment very pensive and to see the names on the gravestones, the Australians, New Zealanders and the British, Dutch and South African people. To see the names of the people that died during that terrible part of history is quite amazing. ■

Archipelago where people haven't been apart from the occasional backpacker. There's few expeditions in the world that you can set off and view a place totally local. These people aren't there to take you on an organised tour thing. These are twelve day adventures and they start and finish in Singapore. We've based all of our trips around Singapore.

TLP: What led to you having an interest in this area?

SC: I first went there when I was just a youngster, before tourism really existed in that sense. I've always had a strong interest, particularly in it's history and I was lucky enough then to work for some companies that allowed me to travel through those areas in small groups. That was mainly land based stuff. I was then lucky enough to participate and look after some diving ventures. When



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### About the artist

Grant has spent four years studying art and completed a certificate and associate Diploma in Fine Arts. Grant has also been in construction throughout his life constructing swimming pools and running his own artificial rock business also completing a trade in Landscape Construction. Grant has combined all of these skills and love of art into building these unique statues at his workshop on the south coast of NSW, and has since opened his Unreal Rocks Statue Gallery.

If you would like to view more of Grants work go to [www.unrealrocks.com.au](http://www.unrealrocks.com.au) or you can visit his Gallery at 16 Coolangatta Road, Shoalhaven Heads NSW 2535.

Port Augusta City Council  
 is proud to host the  
**Spirit of Anzac Centenary Experience**  
 in November 2016  
[www.spiritofanzac.gov.au](http://www.spiritofanzac.gov.au)



## Port Augusta to host the Spirit of Anzac Centenary Experience

Port Augusta, located at the top of South Australia's Spencer Gulf, will proudly host the Spirit of Anzac Centenary Experience in November 2016.

The only regional location in South Australia to host the event, Port Augusta is centrally located to ensure people from throughout South Australia have an opportunity to attend.

Port Augusta's new community facility Central Oval will host the event, which will see thousands of people pass through the exhibition.

The Spirit of Anzac Centenary Experience is a travelling exhibition that tells the story of Australia's involvement in the First World War, and the ensuing Century of Service of Australia's armed forces in all wars, conflicts and peacekeeping operations in which Australia has been involved. The Spirit of Anzac Centenary Experience follows a chronological timeline spanning from pre-war Australia to the present day, using a mix of arresting visuals, artefacts, audio and film to engage visitors. A key feature of the experience will be the curated 'local stories' zone that will be part of the exhibition. These zones will be created in close collaboration with local communities and will contribute to the legacy for each region. The Spirit of Anzac Centenary Experience is the flagship community event of the Australian Government's Anzac Centenary national program. ■

**For enquiries about accommodation and things to do while in Port Augusta contact the city's Visitor Information Centre, Wadlata Outback Centre, on 1800 633 060 or visit: [www.portaugusta.sa.gov.au](http://www.portaugusta.sa.gov.au)**



# Their stories, our history

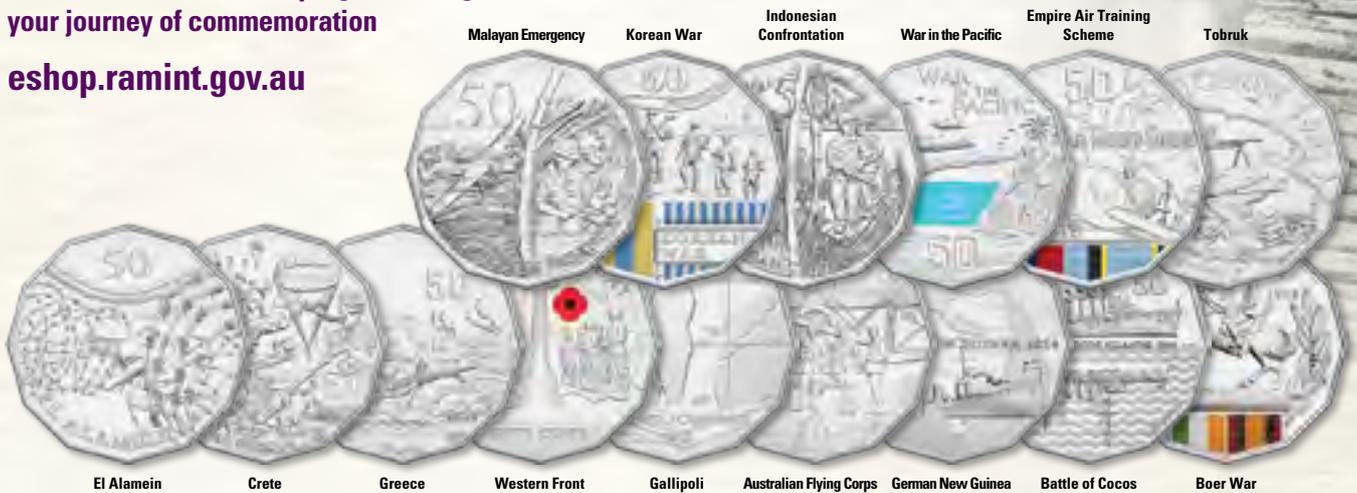
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The Last Post interviews

# Simon Bryant



The Last Post: Simon, well known chef extraordinaire, your great book, *Vegetables, Grains and Other Good Stuff*, I've got a copy right in front of me. Mate, a very interesting book.

Simon Bryant: Yeah, it was kind of off the back when I wrote my first book, it was kind of a Sophie's Choice because I had so many recipes I wanted to put in and obviously you've only got so much space. So, when I'd finished, although I didn't really want to write another book, I realised a lot of the recipes I had left over were heavily grained and I thought, hang on a sec, the first one was vegies and I thought a bit of a push back against the Paleo diet, which I think is a bit of bulldust. Everyone to their own, whatever but it's a diet that does bother me a little bit. It could work for certain people but I'm not a big fan.

TLP: We'll get back to your marvellous book in a minute, I mean I even found it good to read but with the Paleo diet and all that stuff, is there too much concentration on food programs at the moment that are more like pop-art? Too Hollywood?

SB: Yeah, to me, chef's aren't rock stars or a fashion. That fashion thing that food goes through puts an enormous back pressure on suppliers. The example I always give is like when Chardonnay became an uncool beverage in the late 90's, early 2000's, what about the guys with the vines. It's the same with food, if everyone starts to say they're Paleo. ... what about our lentil farmers, our wheat farmers or even the guys that are winning like farmed salmon and beef farmers, the pressure of them gearing up. Maybe from that they increase all of their production and two years later everyone drops them like a hot potato. They start with 80,000 hectares of beef

cattle. It's really important that we act responsibly. It happened with KeenWah, put so much pressure on the suppliers. It didn't help the Third World, they didn't get better prices, they just couldn't access their own food. There's a lesson there that we need to act with a little more caution and stop being flippant and cuisine surfing.

TLP: I know that you're a strong supporter of pushing native Australian foods and the supermarkets are tied in with a lot of importing. What is the best way we can go about promoting local food?

SB: I've done a lot of things with native food and respect it and am supportive if it's done well but again, now it's become a fashion I'm worried for a couple of reasons, we've stolen these people's land, their children and now we want to steal their culture, c'mon. Those stories around their food belong to the Aboriginal people.

TLP: I think there's a section in your book about wakame seaweed. Can you explain the benefits of seaweed to readers.

SB: Yes, they put iodine in salt because they realise it's important for memory function, Alzheimer's, dementia as well. They put it in and then they take it out. It's in seaweed, so just eat it, it's not that hard and it is good for those functions I mentioned. This is what I say in the book that everything you need in your diet is in real food.

TLP: Well, your book *Vegetables, Grains and Other Good Stuff* is a reminder that vegies don't need to be boring and can be as tasty as you want.

SB: Well, thanks Greg, it's all there. And healthy. ■



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# Wimmera Cultural Foods

Wimmera Cultural Foods was a start up, and began business in Dimboola in July, 2012.

Originally only did local markets, in 2013 moved in to shared shop space with another local business, Wendy's House of ThingaMeJigs. June 2015, after rapid growth, moved in to own shop, where it is currently located.

We specialise in ethnic groceries of Indian, Asian, African, Middle Eastern and Aboriginal in nature, ladies and men's clothing, health and beauty, incenses, gift ware and home ware. We also stock locally produced goods.

#### Points of Difference:

- The only business of such vast ethnic variety between Melbourne and Adelaide.
- Stock cruelty free products, vegetarian and vegan options as well as the standard variety of goods.
- Accept orders and requests and will do our best to source rare or hard to find items.

Wimmera Cultural Foods featured on the website of Regional development Victoria in 2015 for their Melbourne based, Regional Living Expo of 2015 which was the final year that the expo took place. ■

#### ADDRESS:

69 Lloyd St,  
Dimboola, Vic, 3414

#### PHONE:

0406 212 766

#### EMAIL:

orders@wcfonline.net

#### WEBSITE:

www.wcfonline.net

#### HOURS:

Monday: 12.00pm to 4.00pm  
Tuesday: 10.00am to 4.00pm  
Wednesday: 10.00am to 4.00pm  
Thursday: 10.am to 4.00pm  
Friday: 10.00am to 4.00pm  
Saturday: 10.00am to 2.00pm  
Sunday: Closed

## ABOUT SARAH PEARCE:

Originally from Melbourne and moved to Dimboola in 2012. Sarah owned a business in the music industry and was donned as one of the top five artist managers in Australia. She had considered putting her music business on the market, but opted to de register it and move away. It was time for a move and Sarah was fed up with suburbia in general. She needed to get back to nature, quietness and a healthier, stress free lifestyle.

Upon moving to Dimboola, Sarah began researching business sectors that were lacking in the entire region and found that there was an influx of immigrants moving to the area but no products for them. So, Wimmera Cultural Foods was developed.

She also understood the risk attached to starting such a business in a regional area, and hence, started with a total budget of \$400. This \$400 registered the business name, set up a website, ordered business cards and Sarah was shrewd with the first order of stock.

People often tell Sarah that she is very brave taking on such a risky business in such a rural setting, but Sarah knows full well... her initial outlay was only \$400.

From here it has grown in to a two room shop, and even this shop is quickly becoming to small. Sarah also says that her initial plan was to offer products to the international people of the region, but has since found that it has been a much needed business in general for the locals as well.

Sarah said:

"It is really amazing... we are always told about a set demographic to a region or a certain demographic to a type of business. Having this shop in Dimboola has blown them perceptions clean out of the water. So many people can be negative and have told me in the past that people in this area do not care for or want such extravagant goods, but really, what makes these peoples needs or wants any different to a person living in the city? We all want nice things and to experiment with our taste buds. And my plan is paying off.

I recall, one day, some time ago, an elderly gentleman came in to the shop. He gazed in wonder and said to me... "Now this shop is here, I'm going to make up for lost time. He asked me what he could try to wake his taste buds up. I suggested to him, Japanese mochi, which is a sweet made up from

ground rice and often has a flavoured centre and also jack fruit chips from Vietnam. He now comes in to the shop ritually every week to try new items".

People want to experiment with new flavours, but they need a good first experience with good quality and consistently flavoured products. Once their confidence level is set, they will be willing to try more new items. I love seeing the people happy, and I enjoy hearing their feedback on the products and I enjoy seeing their confidence levels grow with new flavours.

I get a lot of men coming in to the shop asking for advice on cooking dishes. It is great seeing them learning to treat themselves and eat healthier. I recall some time ago, I had a customer come in and ask me how to cook rice. It did sound funny to me but he was very serious, so I explained it to him. Now, twelve months on, he is cooking himself laksa, rendang, chinese hot pots, green curries and more.

The shop has customers from as far away as Ballarat, some 200km away. We have customers from the South Australian border. We have met tourists from as far away as Greece and Japan. The shop has opened up a new reach to the wider region, and has even altered some peoples shopping habits and direction of travel, I even had an Indian based exporter ask me to set up a distribution warehouse in Dimboola".

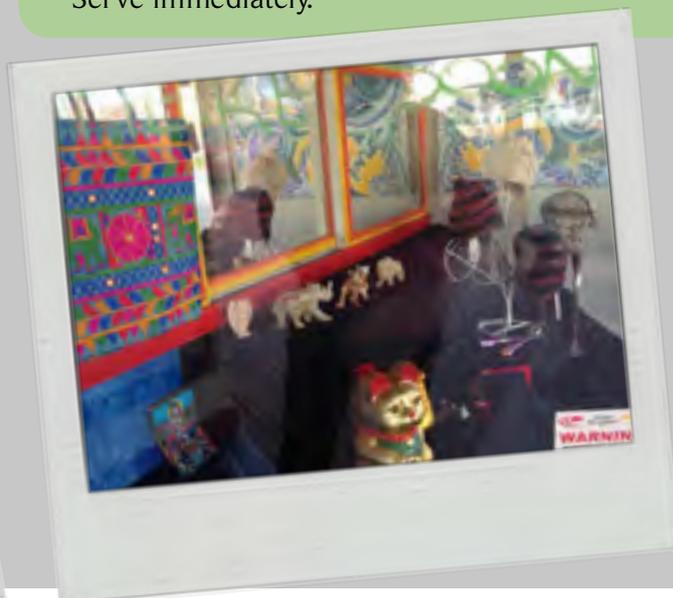
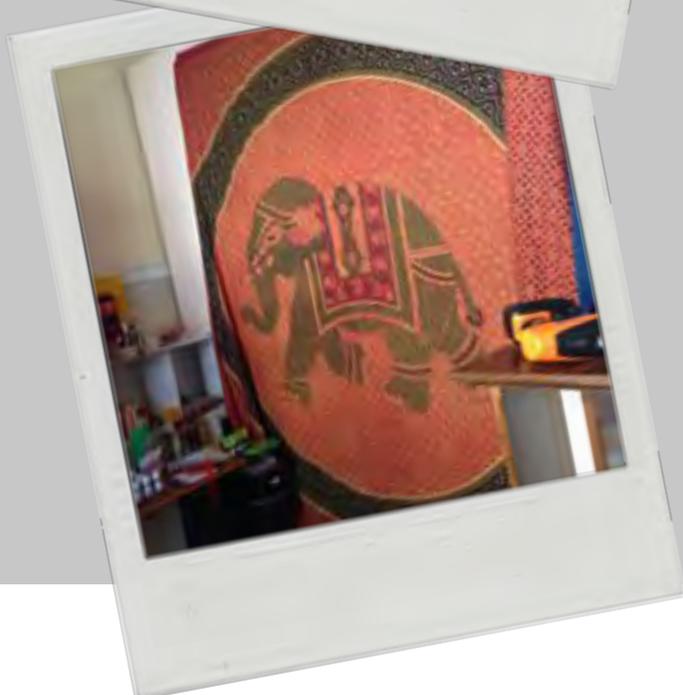
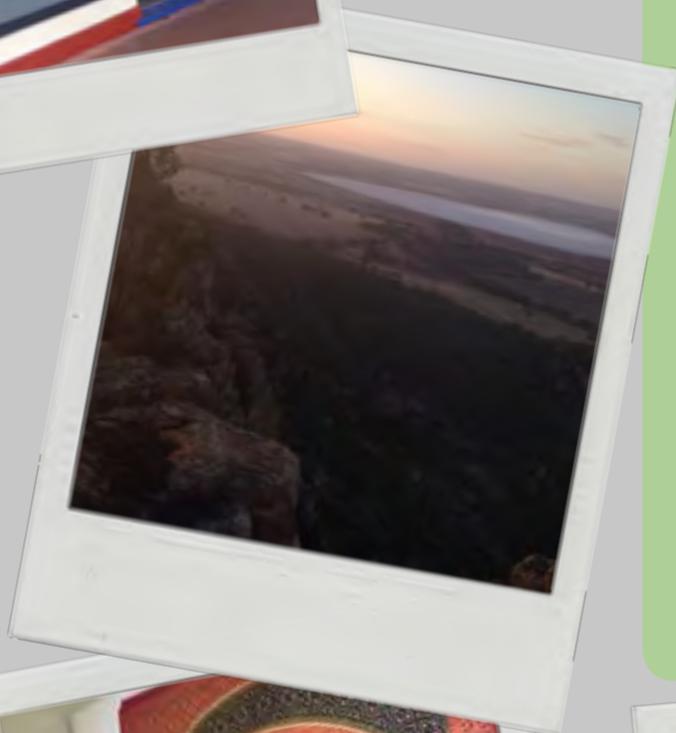
Sarah believes that business is not necessarily about customer service, but more so about the self value of every individual person, which she believes is the highest level of communication. I dance with the people and sing to them when they come in to the shop. If they are down, I give them a reason to smile and give them as much time as I can while they are there. I believe in the most simple of human blueprint; communication. People write about these experiences and talk about them, and of course, most importantly, they feel comfortable and important.

Dimboola itself is a small rural town located in the Shire of Hindmarsh near the half way mark between Melbourne and Adelaide off the Western Highway, it has all the amenities tourists and travellers could need including a fully refurbished, pet friendly caravan park, a laundry-mat, take away food shops and it sits on the foot of the Little Desert, and also is alongside the Wimmera River. ■

For more information on Dimboola:

[www.hindmarsh.vic.gov.au](http://www.hindmarsh.vic.gov.au) [en.wikipedia.org/wiki/Dimboola](http://en.wikipedia.org/wiki/Dimboola)

CR DEBRA NELSON, MAYOR OF HINDMARSH SHIRE COUNCIL SAID "SARAH IS A SHINING EXAMPLE OF SOMEONE WHO IS HAVING A GO AND MAKING A DIFFERENCE TO OUR LOCAL ECONOMY. COUNCIL BELIEVES HINDMARSH IS ALIVE WITH OPPORTUNITY" AND SARAH IS PROVING THIS TO BE THE CASE.



## Recipe idea from Sarah: Mango and Lychee with Sticky Rice

### Ingredients:

1-2 mangos to make 1 cup of sliced fruit  
1 cup of lychees (Tinned or fresh peeled and drained)  
1-1/2 cups sweet rice  
1-1/2 cups sweetened coconut milk (Can use sweetened condensed milk)  
2-4 tablespoons sugar (to taste)  
(other suggestion: Use raspberry or mint sprigs also for garnish)

### Instructions:

Soak rice in water overnight.  
Peel and remove stone from mangos. Cover and place in fridge.  
If tinned lychees, drain liquid, cover and place in fridge. If fresh lychees, peel and remove stone and place in fridge.  
Place rice in steam basket over boiling water in an even flat layer.  
Cover and allow to steam for approx 45 minutes or until tender.  
Stir occasionally during steaming to allow even cooking.  
When rice is tender, transfer to a medium sauce pan.  
Add coconut milk (Or condensed milk) and warm briefly over low heat.  
If rice looks dry, add additional milk.  
It should be moist but not have extra liquid.  
Add sugar to taste.  
Spoon rice into six serving dishes and top with sliced mango and lychee.  
Serve immediately.



TL: Who were your musical influences in the early days?

RM: In the very early days the first thing that started me into really loving music was my mother's records. I always like the albums and singles my Mum listened to; she would listen to Elvis and Frank Sinatra, I really loved those old songs, I never really thought about it too much until I heard the very first Rolling Stones album and that nailed me and I thought "Wow, this is what I want to do". And I listened to that album and as a band we started to play a lot of those songs; Little Red Rooster, Can I Get a Witness and I'm a King Bee all that sort of stuff and then we followed the paths from the Rolling Stones because they weren't the originators of that style of music so we found John Lee Hooker, Howling Wolf, Lead Belly, Muddy Waters, Blind Willy McTell and all those sort of guys, we started to do their songs as well and then I started to see the rhythm and blues bands coming out, you know, some of the Brit bands like Manfred Man and The Animals and things like that so that was the music we did as a band.

TLP: When it comes to your early career, people tend to forget or maybe they just don't realise; it's 1966, you're 18 and lead singing with Somebody's Image. You release a number of hit singles including Hush and Hide & Seek and then at 20 you're solo and you recorded The Real Thing. You were only a baby!

RM: Yeah, that's right, but then strangely enough I still kept my blues routes because after The Real Thing virtually every song I recorded was with the band Chain.

TLP: Yeah, you worked with some high profile Australian musicians.

RM: Chain did Sweet Sweet Love and when I tell people Chain played Sweet Sweet Love they go, no way!

TLP: I want to ask you about your biggie, The Real Thing. I know Molly Meldrum had a lot to do with it. Johnny Young wrote it. Seven plus minutes long. How on earth did you get it played on radio and what are your memories of that song?

RM: Well the first time we heard it was when Johnny Young played me some songs at Channel 10 in Melbourne, or Channel 0 as it was then, and he wanted me to record one of his songs. I quite liked them and I said, yeah, yeah, they're really good but I'm looking for something really different though and Ian said, play him that song you played me before, and Johnny said, no, no, it's not a song for a solo artist, that's a song for a band. And Ian said, play it to him, so he played The Real Thing and Ian and I looked at each other and we said that's the song we want. And Johnny Young said, no, no. I've promised that to a rock band, friends of mine, we said listen, you want me to do one of your songs, that's the one. So he relented and said, OK, you can do it. Johnny had a completely different idea about how it should go, but Ian had created something in his mind, as soon as he heard the song and listened to it a few times, he said to John, you can't come to the studio when we record it 'cause I've got an idea for it and you might interfere. So, it was only supposed to be three and a half minutes



# Still the real thing

The Last Post chats with  
Russell Morris, Australian music legend  
(and we don't use that term lightly)  
about his past, present and future.

just recently when I presented him with his platinum album for "Molly" the TV show. He produced the album which went platinum and to No. 1.

TLP: I have to ask you about the song, Rachel. Obviously at the time it was released in 1969 people assumed it was about the Vietnam War. How did you come to do that song?

RM: I was in England and Johnny Young found the song. I said to Johnny that I wanted to start to writing my own material and he said keep writing. I said I'm just a little bit nervous about choosing and writing my own stuff and he said well listen I've found a song that you might like and he played me Rachel and I ended up doing that song.

TLP: Tell us about your seminal album Bloodstone which you released in 1971. It was a one of a kind; it had never been done before. You developed your song writing with the album. Why was that important to you and in a broader sense to Australian music?

RM: It was important to me because I thought if I'm going to be serious about my music, I don't want to be a puppet and depend on other people's songs and wait and wait and go through songs and songs until I find the right tune, I thought well I'll never be able to develop a style if I'm doing that because people give you different styles of songs and if you've got a style you have to wait for the right ones to come up. So, I thought I'd better write and I thought I will either sink or swim under my own volition and if I'm not good enough and I can't write well enough, so be it and that will be the end of my career. So, Bloodstone was my bash at writing and giving it a go.

TLP: The song, Sandakan, on the Van Diemen's Land album, a personal song for you. Your Dad, Private Norman Morris, was in the 2/29th Infantry Battalion. He was captured by the Japanese and the song tells the story of his escape. How did you come to write that?

RM: I met a representative of the 2/29th Association, Doug Ogden. He gave me a letter and said you need to read this. It was from Bill Young. He was much younger than my Dad and had been a prisoner of war with him. Bill had escaped from Sandakan but he was caught after two weeks. He said your Dad and his four mates were heroes, we called them the Famous Five, because they were still on the run after six months and the Japanese were going nuts trying to catch them. He gave me the whole story because my Mum was a bit vague on what Dad had done. She never really knew, she thought Dad was in Changi. Turns out they were on Sandakan. Bill gave me some books and that's where I got the details.

TLP: Your Dad died when you were two. I guess that means who never got to know him?

long and it was supposed to be almost a mix of Hurdy Gurdy Man, the old Donovan song, and I Am the Walrus. So that's how it started. Hurdy Gurdy Man guitar picking and away we went and we got into the song and got to the end and it went into the repeat section which is a sequence of chords and the band played four sequences and then the drummer did a drum fill and went into double time so the band just started playing along with him and the engineer went to push the button and then Ian said, no just let them play, let them play and have some fun, we'll fade this and so we played until the drummer threw down his sticks and then I put a vocal on it and I think I did the vocal that day and then Ian rang me late that night, about two o'clock and said I've got a brilliant idea, and I said what's that, and he said we're going to make it six and a half minutes long and I said, Ian, you can't, no one's gonna play it. He said I'm going to make it like an EP with a little mark in the middle and when the DJ gets to that mark with the needle he can either fade it or let it play. I said, Ian, there's three minutes of just the band jamming, what are you going to do there, and he said I'm gonna put sound effects. And I said Ian, for God's sake, are you crazy and he said, no, I've got a vision I've got a vision and he certainly had a vision alright. And without Ian that song would never ever have been what it turned out to be.

TLP: Ian Meldrum was an influence on you as well as the Australian music industry in general at the time.

RM: Yeah, and he's still an influence on me. Like if I've got a really difficult situation that I need advice on, I'll ring him and I'll say I want to come around and I'll sit down and we talk over the details and he says I think you should do this, and so he's still a mentor to me and he's a great mate. Actually, I saw him

“A TERRIBLE EXPERIENCE TO GO THROUGH AT HIS AGE AND TO DIE AS YOUNG AS HE DID; A TERRIBLE THING. YOU’VE GOT TO ADMIRE THOSE PEOPLE AND WHAT THEY WENT THROUGH.”



Russell Morris's father, Private Norman Morris.

RM: No I didn't. My Grandmother asked me if I remembered him and I said the only thing I remember is a man with a big bandage on his leg. She said, that was your Dad!

TLP: I bet you're proud of him though.

RM: Oh yeah, definitely. A terrible experience to go through at his age and to die as young as he did; a terrible thing. You've got to admire those people and what they went through.

TLP: You were inducted into the ARIA Hall of Fame in 2008, apart from your work in the late 60s and 70s which we've touched on, you have kept the original element of your music coming over the years and that has separated you from a lot of your contemporaries. Your last three albums, Shark Mouth in 2013, Van Diemen's Land 2014 and Red Dirt Red Heart last year have all charted. What, do you think is the key to your continued success?

RM: I think a lot of its luck, having to be in the right place at the right time, making a choice sometimes...like for instance I decided to do a blues album when the timing was right, strangely enough it seemed to be for me anyway, and just as I was starting that album I saw a photograph in the paper of Thomas Archer from 1916 and it spoke to me, it really did. The photo was so incredibly hypnotic it was almost like he reached out across the years and said look at me, what do you see, I'm an Australian gangster, and you're going to write songs about roots and blues and right now you're trying to ape American songs, which I was doing at the time. He said, tell people I lived and breathed, let them know that I walked this earth that I scared the bejesus out of people. And I thought, I'm going to write a song about him. Once I did I had a light bulb moment. I thought, that's what I have to do, if I'm going to write roots and blues music I will write about our roots and our blues. There's no point writing about Mississippi or New Orleans or Texas, I never lived there. I can imagine I lived there, but I didn't. So I had a much tighter grip on it, closer to my heritage and that was the roots and blues. I remember someone saying to me well if you're going to write about Australia why didn't you write good Australian country music? And I said; hang on, what's Australian country music? And he said, you know like Lee Kernigan. And I said, no that's American music. If you want to write truly Australian music you should be doing indigenous music, because everything is a derivative of overseas. I've just used a different cradle for the words so people say they understand and they get it. So that was how it all came

about and really that's a bit of luck. If I hadn't seen that photo I probably would have done a blues album and it probably wouldn't have had the impact that it did but because I chose to write about our history it really engaged a lot of people.

TLP: Am I correct in saying Shark Mouth was your biggest selling album?

RM: Yeah, by miles. It's up to about 90,000.

TLP: The Industry didn't make it easy for you, did it? I understand you went around the various record companies with an idea about what you wanted to do and they all said, no, forget it. No commercial radio station ended up playing it. It was an independent album. It's an amazing feat.

RM: Well I actually did four tracks, I did the rounds of the record companies, they weren't interested. So then I spent my own money, finished the album, did the rounds of the record companies again and they still weren't interested. So I thought about it and went back to all the record companies again and said listen, if you release this album, I will give you the publishing rights on my entire back catalogue, Wings of an Eagle, Sweet Sweet Love and all that sort of stuff and they again said no! And it was like, because what happens because it's a small market here, I guess I can't blame people. I've released some albums that sank without a trace. So these people are thinking do you want to spend money on Russell, he's been around for so long. There's younger acts that we need to develop. The problem is they don't know, they don't listen to the songs. They look at the person and the image and before they've even listened to the album they've made a judgement. And that's what happens too when it comes to voting for things like the ARIAs. A lot of people who vote don't even listen to the album they're voting on. They just go, oh, he's cool I'll pick him. So I was absolutely flabbergasted when they picked me the first year and I won the ARIA, I knew I wouldn't win it the second year because I was up against John Butler, and I knew all the sort of tree huggers would grab John Butler. His album sold less than a third of what mine had sold. I outsold him with Van Diemen's Land. They just tend to pick what's cool at the time. And John said to me that he felt really bad and a lot of radio sort of looked at me like that, like I was old hat. They didn't even consider it for the play list and then when the album became such a big hit they still didn't play it. It's just rubbish. They only seem to worry about the young demographic and one of the biggest offenders is Triple J. It's horrifying. When

I released it people said you're never going to get a hit. They said, who's going to play it? I said Community Radio will play it and they said Community Radio!! That'll never give you a hit; you'll never have a hit with that! Let me tell you, Community Radio made it the biggest selling album of the year.

TLP: So, you're touring. People can look out for you at a venue near them. I guess you've got more material in the pipeline? What's next for Russell Morris?

RM: I don't know, I've still got a blank mind at the moment. I won't know what I'm going to do until I get back from America. We're going over there to tour. We leave later in the year. And once I get back I think I'll know musically, I won't do another Australiana album, because I said I was only going to do three. I will probably do roots and blues types of music, but I'm not sure in what direction it will go.

TLP: That sounds really interesting Russell, we'll look forward to that. So I'm guessing you don't have plans for retirement?

RM: Um, I'm having fun at the moment. If I started working and I was getting 40 people at a gig, I would probably think I've got to pull the plug here. So, I'll just keep playing and as long as people want to hear me sing and play I'm happy to do it, cause it's enjoyable, sometimes it's not when you've got too much travelling to do, but I'm a very lucky person and I should be thankful for everything that's happened.

TLP: Well, you keep it original and credible, you're on a winner and long may it last.

RM: Well thank you, thanks very much.

TLP: Russell, it's been great talking to you.

RM: My pleasure. ■



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# Gawurra

## - Debut album Ratja YaliYali

Released and distributed by CAAMA Music on Friday 8th April  
Stream the album: <https://soundcloud.com/caamamusic/sets/gawurra-ratja-yaliyali>

Gawurra aka Stanley Gawurra Gaykamangu is an extraordinary singer and engaging performer hailing from East Arnhem Land. He releases his debut album Ratja YaliYali [pronounced Rart-ja yarli-yarli-i] on Friday 8th April as his debut single of the same name starts to gain momentum across ABC and CRN radio networks.

*"I've heard your music, it's glorious."* Clare Bowditch ABC 774

With a beautiful voice and musical sensibility comparable to Gurrumul Ratja YaliYali has been produced by Broadwing; a young award winning electronica musician from the NT who has given the album an unexpected edge while soulfully blending a traditional & contemporary sound. A veritable match made in heaven this unlikely coupling has created an album of seamless diversity. The instrumentation in the title track is built around a resonant vocal, atmospheric guitar, simple drums and a string section that slowly swells throughout the song. It features a more traditional acoustic instrumentation with an honest folk sound. On Guwak, a song that highlights the fragility in Gawurra's voice there's a delicate electronica with samples taken of 'found sounds' and heavy layers of production. Opening track Burala has an almost Nordic Post-Rock vibe and is a good example of a more powerful and robust style. Several songs have a fuller sound coupled with subtle electronic textures soaked in reverb.

"It's not a sound that you generally hear from an Indigenous musician but it's a really solid marriage of styles. Having said that, many of the tracks morph from one style to another. The final track 'Warrarra' almost sounds like four different songs in one. But Gawurra's voice ties everything together." says Broadwing

With this year's NAIDOC Week theme being Songlines - Gawurra's debut syncs in perfectly with the cultural climate. Ratja YaliYali translates to Vine of Love. A well-known traditional Yolgnu Songline coming from a 'long way'; it is the thread of love that keeps everything connected. Ratja YaliYali is a spirit, like the wind. A beautiful melody that Yolgnu listen to when they want to feel spirit in their hearts. If they have a problem or feel gloomy, they listen to Ratja YaliYali as it touches them and builds their spirit making them stronger. A bonus CD featuring these traditional Songlines comes only with the physical copy and is not available digitally. ■



Gawurra was born on the Gove Peninsula and spent time as a child on his Grandmother's land of Yathalamara, before moving to Milingimbi Island. He has recently moved to live in Melbourne with his family, in order to further his musical career. His culture, songlines, stories and history are deeply embedded in his resonant voice and soulful blend of traditional and contemporary songs.

Gawurra is a gentle and genuine young leader. He is to be an Elder in his community; the Old people gave him this knowledge and power. It is important for him to teach his kids, brothers and sisters the 'right way'. Gawurra is passionate about keeping his Gupapungu language strong.

Gawurra won the 2015 NT Song of the Year Award in the Pop category for the song Ratja YaliYali.

# 10 SONGS

By Jack P. Kellerman

## Gypsy Woman – Bryan Hyland

Up until this 1970 release by Brian Hyland, the former teen idol had been best known for his pop-novelty single Itsy Bitsy Teenie Weenie Yellow Polka Dot Bikini in 1960.

That breakthrough song had been recorded by Hyland when he was 16 and reached No1 in US, No 8 in the UK and No 2 in Australia. Drawn from the singers debut album, *The Bashful Blond(e)*, it was deemed responsible for bikini sales soaring while Hyland rode the wave of success all the way to shore. His post-bikini hits included *Sealed With A Kiss* and the Bobby Russell written, Leon Russell arranged song, *The Joker Went Wild*.

In the pre-Beatles era, Brian had co-founded a group at 12 and gone looking for a recording contract. It had seemed to pay dividends.

But by 1970, Brian Hyland was again looking to kick-start something that he may have felt was passing him by. So he looked at people he knew and respected and Charles Weedon Westover (aka Del Shannon) came to mind. Both producer Shannon and Hyland had liked Curtis Mayfield and the singers work with his original group, *The Impressions*. From that Rhythm and blues orientated soul catalogue came *Gypsy Woman*.

They went into the studio and into the small hours Del and the still-young singer injected a sound of seductive mystery and caravan-campfire magic to produce this passionate, arduous track.

I was 13, 14 at the most when this came out and I fell in love with it as strongly as I had with Chris Farlowe's *Out of Time* four years earlier. My brothers and mother and I had just moved from our large property in the foothills of Adelaide into a shared arrangement with our Nanna in an inner city working-class neighbourhood. Our life had become cramped and we looked at reasons to get out. And when we couldn't get out, we listened to the radio. And I waited to hear *Gypsy Woman*. ■



## Worth Listening To... Bloodstone, Russell Morris

by Taj Worthington-Jones

This 1971 release is a milestone in many ways.

The EMI vinyl album from respected, former Australian teen idol, Russell Morris features some of the country's most accomplished musicians (see Phil Manning, Brian Cadd, Rick Springfield, Mark Kennedy, Duncan McGuire, Billy Green, Marcia Jones, Beeb Birtles, Barry Sullivan, Barry Harvey). All 11 country-flavoured folk rock tracks were written by Morris and produced by successful New Zealand-born Howard Gable. Gable had, or went on to work with John Farnham, Spectrum and Masters Apprentices and had produced Morris' hits, *Mr America* and *Rachel* the year before.

Having emerged from the sixties with an impressive catalogue of successful pop songs, Morris, with the arrival of the new decade, a new producer and manager, was on a new musical journey.

Eager to explore his own songwriting talent, Morris backed up his own belief and gave us *Bloodstone*. It was and is classic-singer/songwriter fare that rated highly with critics. The album's single, *Sweet, Sweet Love* reaching No 7 nationally and the album No 12. *Sweet Sweet Love*, claimed critics, was, "as good as pop song as any in '71". It paved the way for Morris' eventual journey overseas as an established artist.

The cover of *Bloodstone* was the striking work from artist Geoff Pendlebury. ■



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



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



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



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# Gympie Muster

The quintessentially Australian Gympie Music Muster is celebrating its 35<sup>th</sup> anniversary year and organisers are putting together the ultimate Aussie country music line up to celebrate mates, music and making a difference.

This year's Gympie Music Muster is proud to announce that Mates4Mates has been chosen as the official beneficiary for its valuable rehabilitation work for current and ex-serving Australian Defence Force (ADF) members who are wounded, injured or ill. They also support the families of these Mates.

Since its inception in 1982 The Muster has grown from a small celebration to an iconic event that has raised in excess of \$15 Million for charities Australia wide.

"The original Muster on our property at Thornside was all about mates and music, and throughout the past 35 years, it has definitely made a difference to our community and many others across the country", said Co-founder Mr Webb of the famous country music trio The Webb Brothers.

CEO of Mates4Mates Simon Sauer expresses his gratitude to be partnered with this big-hearted fundraising initiative saying: "Partnering with the Muster will go a long way in allowing us to reach more struggling individuals in need."

Gympie Muster Executive Director David Gibson also expressed his delight to be partnering with Mates4Mates, saying: "our heart goes out to current and ex-serving ADF personnel ...Hopefully our partnership can help make a small part of their journey a little better".

All supporting an important cause, this year's artist's line-up is a host of some of the greatest names in country music including Kasey Chambers, John Williamson, The McClymonts, Shane Nicholson, Adam Harvey, O'Shea, Corey Harris, Beccy Cole and many more. ■



The Muster runs from  
Thursday 25 – Sunday 28  
August 2016.

Festival tickets range from \$80 - \$350 per person which includes camping.

A number of other packages are also available. Children under 13 free; and youth (under 18) tickets start at \$10 - please note all minors must be accompanied by an adult.

(Prices correct as at 21st March 2016).

To book tickets:

Visit: [www.muster.com.au](http://www.muster.com.au)

Phone: 1300 GET TIX  
(1300 438 849)





Gympie Music Muster co-founders, The Webb Brothers  
From left: Berard, Fabian and Marius

“THE ORIGINAL MUSTER ON OUR PROPERTY AT THORNSIDE WAS ALL ABOUT MATES AND MUSIC, AND THROUGHOUT THE PAST 35 YEARS, IT HAS DEFINITELY MADE A DIFFERENCE TO OUR COMMUNITY AND MANY OTHERS ACROSS THE COUNTRY.”

## AYERS ROCK – Big Red Rock (Aztec Records AVSCD075)

Aztec Music continues the CD reissue programme of landmark Australian albums with Big Red Rock by AYERS ROCK.

In 1974, five musicians – guitarists Chris Brown and Jimmy Doyle, sax player Col Loughnan and the master rhythm section of Duncan McGuire (bass) and Mark Kennedy (drums) – forged a brilliant and beguiling sound with Ayers Rock. They were hailed as “musician’s musicians” – the best in their field, commanding respect from all comers.

Recorded in one, live-in-the-studio session in September 1974, Big Red Rock was one of the first albums issued on the mighty Mushroom label. Despite the brief nature of the recording, the band was well prepared and the album stands as a fine example of musical skill and technique combined with song writing brilliance. This is where jazzy pop and blues rock textures meet jazz rock explorations and trippy soundscapes, where the band’s sound coalesced into a cogent whole.

Ayers Rock could move from one style to the next with consummate ease. From the silky, jazzy pop of ‘Lady Montego’ (issued as a single), into the tough blues rock of ‘Nostalgic Blues’ which glides into the Frank Zappa Hot Rats styled jazz rock of ‘Crazy Boys’ and onto the jazz fusion magnificence of their version of Weather Report’s ‘Boogie Woogie Waltz’. The band also explored trippy soundscapes in the evocative title track where treated sax solos and wah-wah guitar emulated the didgeridoo, calling to mind the vast, forbidding landscape of the Red Centre.

The group went on to make a mark on the vast USA touring circuit, playing to massive crowds and paving the way for Little River Band, AC/DC, Air Supply, Men at Work and INXS.

Aztec’s Expanded CD edition of Big Red Rock adds the rare 1973 single ‘Rock ‘n’ Roll Fight (Going On)’ – featuring the band’s original guitarist Ray Burton – plus other live material from Sunbury 1974 (‘Morning Magic’) and Reefer Cabaret (‘Gimme Shelter’). Remastered sound by Gil Matthews, colour booklet with rare photos by Philip Morris and liner notes by Ian McFarlane.

- Legendary Australian LP from 1974 - where jazz rock and trippy soundscapes combine with blues rock textures and jazzy pop
- Includes the single ‘Lady Montego’
- Expanded CD edition with 5 bonus tracks
- Digitally Remastered by Gil Matthews
- Colour booklet with rare photos by Philip Morris and liner notes by noted Australian Rock writer Ian McFarlane

## Colin Booth Status Quo tapestry on Antiques Roadshow

Vintage rockers Status Quo were the unlikely guests on the Antiques Roadshow Christmas special in 2014 after a fan’s tapestry tribute was valued on the long-running show.

Colin Booth spent almost 20 years creating the tapestry after a motorcycle accident left him paralysed from the chest down and only able to sew with a needle between his teeth.

The work was left unfinished at his death, aged 39, and his mother Janet brought it into the show at Tredegar House in Newport, south Wales, last month.

She left expert Marc Allum in tears as she explained how her “Status Quo-mad” son sewed the titles of the band’s hits and its many members on the giant work, saying “he would say ‘thread me a few needles’ and he used his teeth to push this through

the tapestry and he would turn the whole frame over, it was on a swing, and pull it through with his teeth”.

The show’s bosses brought the band’s frontmen Rick Parfitt and Francis Rossi in to meet Janet with Mr Rossi saying he was “amazed and stunned” by Colin’s dedication.

The guitarist said: “It’s just such a shock to see something like that at all, a kind of discography, but from a guy that was incapacitated. And, to have that much tenacity to follow it through. I’ve never heard of anything like it.”



The band, whose hits include Rockin’ All Over The World, Down Down and Pictures of Matchstick Men, recently recorded an acoustic album and hit the headlines when it was announced Mr Parfitt would miss his first gig since 1967 when he was told to rest by medics following surgery to correct a problem with his previous heart bypass.

The Christmas episode was first aired in 2014.

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

# WWI Letters *connect families with their past*

By Katie Isaac, Red Cross media and communications adviser

Right to left:  
Daynea Hill and her husband Sandy.  
Long lost cousins Sue Brenton, Teresa Burman and Yvonne Karpinski, descendants of William Burman.  
Joyce Short reads a letter written by her grandfather in search of information about his son Eric Talbot-Smith.



## A rare, complete collection of thousands of letters sent during World War One seeking information about soldiers and nurses serving abroad has been digitised by the State Library of South Australia.

The series of letters back and forth between South Australian families, the South Australian Red Cross Information Bureau and Red Cross and military networks abroad detailed the fate of missing soldiers and nurses.

"I, Mrs. G Burman, Mother of the gallant lad, respectfully ask you to do me this favor (sic), if it be possibly in your power, as to furnish me with the full details as to how my dear son met his death..." wrote the bereft mother in August 1917 to the Red Cross Information Bureau.

Almost 100 years later Mrs. Burman's descendants were invited to see her letters, and the letters from the Bureau in response to her request, on display at the State Library of South Australia.

An uncanny outcome of the exhibition was that her descendants, four cousins, from four separate families, all met each other for the first time after being contacted by Red Cross about the exhibition. Despite all living in or around Adelaide, they had never met. It was their great uncle, William Sherriff Burman, who was killed on the frontline in 1917, Mrs. Burman was their great grandmother.

One of the descendants, Yvonne Karpinski, said she was very proud to stand there and read all the letters about her great uncle.

"To read a letter that was written by my great grandmother in her own hand. It gives me goose bumps."

Yvonne was also taken by the likeness in the eyes of her great uncle to her own and her cousins.

Teresa Burman was excited to learn of her cousins' existence, and learn more about her family's past.

"It's given me a heightened feeling of family," she said.

"I appreciate the fact we've had the opportunity to access the information. You get a feeling of what the people were like."

Eighty-nine year old Daynea Hill is the niece of Herbert Selmar Conrad, who landed on Gallipoli in 25 April, 1915. In June of that year he was reported missing and Daynea's grandmother wrote to the Red Cross Information Bureau in early 1916 after hearing no further information about her son. A month later Red Cross contacted her with an eye witness account that he had been killed.

Daynea's Grandmother Elizabeth Conrad wrote:

"The information I received from you was rather sad, but I feel you did your very best for me and for your kind efforts on my behalf I sincerely thank you."

By WWII Daynea was 16 years old and had become a Red Cross volunteer at the 'Cheer-up' hut in Adelaide, where soldiers would gather before they were sent off to fight overseas.

"We'd prepare their meals, and after they'd eaten we'd dance with them and have a wonderful night with the boys. We'd try to keep them cheerful, but there was always this knife in your heart knowledge that they were going to go, and maybe get killed."

This fear was all the more apparent because of Daynea's uncle's death during WWI.

"Mum was very close to him, she loved him."

Daynea reflects on her uncle's short life.

"Now my sister's dead, mummy's dead, dad's dead. I've outlived all of them. So I keep thinking I'll keep him alive in my mind. He had no chance to replicate himself with a marriage or children, in those days that was what you did."

The story is similar for 90 year old Joyce Short, who is the niece of Eric Wilkes Talbot Smith. Eric also landed at Gallipoli on 25 April 1915 and was later wounded in battle. The Red Cross service was able to collect eye witness accounts about Eric's death.

Joyce says that she honours his memory every year.

"It softens every year but you don't forget them."

The Red Cross service has since evolved and expanded, allowing families separated by conflict, disaster and migration to search for each other and find out the fate of the missing through the global Red Cross network in 190 countries. They get messages to places where formal postal services don't operate, where telephones don't work and where others cannot go.

The exhibition at the library has now finished, but a selection of letters from the vast collection have been brought to life by the State Theatre Company and devised by award winning playwright, Verity Laughton. The Red Cross Letters will be touring in Adelaide and regional South Australia in August, and incorporates material from the historic and heartfelt letters. ■

The full collection of letters can be viewed from the State Library of South Australia's website: [slsa.sa.gov.au](http://slsa.sa.gov.au)

"THE RED CROSS SERVICE HAS SINCE EVOLVED AND EXPANDED, ALLOWING FAMILIES SEPARATED BY CONFLICT, DISASTER AND MIGRATION TO SEARCH FOR EACH OTHER AND FIND OUT THE FATE OF THE MISSING... GET MESSAGES TO PLACES WHERE FORMAL POSTAL SERVICES DON'T OPERATE, WHERE TELEPHONES DON'T WORK AND WHERE OTHERS CANNOT GO."

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# Silver MEMORIES

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Vera Lynn, dubbed 'The Forces' Sweetheart' brought pleasure to countless millions which enabled people from all walks of life – from servicemen and servicewomen, from palaces to the slums – to enjoy and be captivated by her singing. This collection of 15 unforgettable songs includes *We'll Meet Again*, *The White Cliffs Of Dover*, *As Time Goes By*, *Walk With Faith In Your Heart* and *Auf Wiederseh'n Sweetheart*.



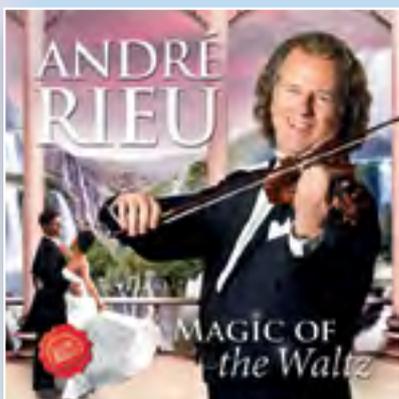
## REMINISCENCE

15 musical postcards from the golden age of Pop, including *What A Wonderful World* (Louis Armstrong), *Over The Rainbow* (Judy Garland), *Don't Fence Me In* (Bing Crosby & The Andrews Sisters), *Danny Boy* (Nana Mouskouri), *Song Of The Clyde* (Kenneth McKellar), *Galway Bay* (Bing Crosby) and *A Perfect Day* (Vera Lynn).



## CLASSICAL MEMORIES

Take yourself back to your childhood, sitting beside the wireless, enjoying classical music's greatest melodies and life's simpler pleasures. This collection of 15 timeless classics includes the 'Flower Duet' from Delibes's *Lakmé*, Beethoven's 'Moonlight' Sonata, Brahms's rousing Hungarian Dance No. 5 and the angelic 'Pie Jesu' from Andrew Lloyd Webber's *Requiem*.



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# SILVER MEMORIES:

## *Nostalgia therapy through music*

By Luis Gomes / Gary Thorpe (OAM)

There is an extensive body of research surrounding reminiscence therapy and the positive impact of nostalgia in aged care environments. Results have shown that listening to familiar music can benefit listeners' wellbeing. It is these veins of research that saw the establishment of the Silver Memories radio service, which has grown from strength to strength.

Quoting Andy Lowndes, Lecturer and Memories Researcher at the Glasgow Caledonian University: 'Music has long been known as a good therapeutic intervention in depression in older adults. The Silver Memories service goes beyond this and its programming seems to provoke reminiscences and collective memories in people with dementia. Often carers need to identify triggers for reminiscing and music is such a trigger.'

Silver Memories radio provides music and entertainment from the 1920s to the early 1960s – great melodies of the past, musicals and features on the great stars of stage and screen. The Silver Memories radio service is well established in about 50 aged care homes throughout Queensland with several homes also in NSW and Victoria.

This year the federal Department of Health is funding further research into the benefits of the service; building on previous research by the University of Queensland, which showed that listening

to the Silver Memories radio service resulted in a statistically significant increase in wellbeing.

In collaboration with Universal Music and their Decca label, the Silver Memories CD series was launched in March 2016. Silver Memories on CD is Australia's leading Nostalgia music series, featuring affordable recordings of the world's most famous artists performing nostalgic favourites. March saw the release of the first batch of three discs: Our Vera – a Vera Lynn highlights disc; Reminiscence – a survey of the golden age of popular music; Classical Memories – a disc of the most popular classical music. There will be further releases later this year including André Rieu, Mantovani, Bing Crosby, Kenneth McKellar, The Boswell Sisters, Al Jolson, The Mills Brothers, Leroy Anderson, and many more.

With Dame Vera Lynn, the Patron of Silver Memories, having turned 99 on the 20th March it is fitting that the first release in the new Silver Memories

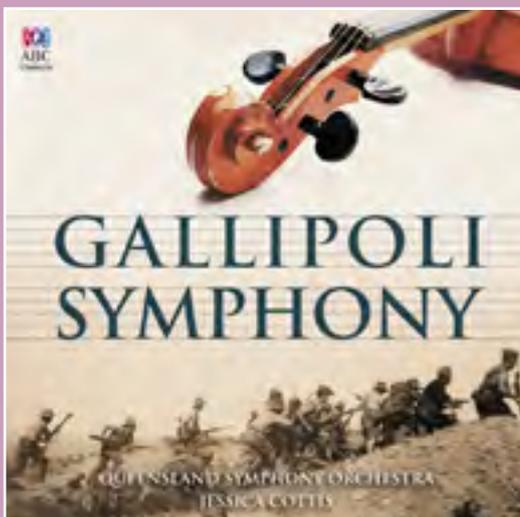
CD series is called Our Vera. The CD features Dame Vera singing 15 of her most popular songs. Including We'll Meet Again, The White Cliffs of Dover, Auf Wiederseh'n Sweetheart, and many more.

Reminiscence features fifteen musical postcards from the golden age of Popular music. Including such memorable performances as Don't Fence Me In by Bing Crosby and the Andrew Sisters, Pedro the Fisherman by Gracie Fields, Over the Rainbow by Judy Garland, Song of the Clyde by Kenneth McKellar and so many more much loved songs.

Classical Memories has 15 absolutely beautiful classical masterpieces that will create the perfect mood for relaxation. From the beauty of Albinoni's Adagio to the serenity of Beethoven's Moonlight Sonata, peacefulness is guaranteed.

The Silver Memories CD series is available from all good retailers, and digitally. ■

## CD GIVEAWAY!



The story of the Gallipoli campaign is everlasting. It is a story of endeavour, courage, tragedy, great achievements and great sacrifices. It is a story of young nations and old coming together in conflict. It is, most of all, a deeply human story, woven into the fabric of Australia, New Zealand and Turkey. Millions of words have been written about the campaign, but the story has never been told through music – until now.

The Gallipoli Symphony is a major composition produced by internationally respected composers from Australia, New Zealand and Turkey. It represents the first time ever that composers from three nations that fought in the campaign have collaborated on a single commemorative work of this scale.

The Gallipoli Symphony is structured into parts, like chapters in a book, each themed around an element of the campaign – from the farewell to the New Zealander troops as they began their journey across the world, to the battle fields after the invasion and, finally, hope for a brighter future.

The Symphony received its world-premiere performance in the magnificent Hagia Irene in Istanbul on 4 August 2015. This CD documents the Australian premiere performance, which took place five months later in Brisbane. Conductor Jessica Cottis and the soloists are re-united following the Istanbul concert, joined for this performance by the Queensland Symphony Orchestra.

The Last Post is giving away five copies of Gallipoli Symphony. Simply email stating why you'd like a copy. ■

# Entertainment in 2016 at Geelong RSL

<b>MAY 21st</b> NEIL DIAMOND SUPER HITS SHOW	Meals From: 6:00pm Show Only Starts:8:30pm	Members: \$45 \$25	Guests: \$50 \$30
<b>JUN 18th</b> NORMIE ROWE	Meals From: 6:00pm Show Only Starts:8:30pm	Members: \$45 \$25	Guests: \$50 \$30
<b>JULY 16th</b> ROCK AROUND THE WORLD	Meals From: 6:00pm Show Only Starts:8:30pm	Members: \$45 \$25	Guests: \$50 \$30
<b>AUG 20th</b> CREEDENCE CLEARWATER RECYCLED	Meals From: 6:00pm Show Only Starts:8:30pm	Members: \$45 \$25	Guests: \$50 \$30
<b>SEPT 10th</b> THE KING, QUEEN & A WHOLE LOT OF CASH	Meals From: 6:00pm Show Only Starts:8:30pm	Members: \$45 \$25	Guests: \$50 \$30
<b>OCT 15th</b> THE AUSTRALIAN QUEEN TRIBUTE SHOW	Meals From: 6:00pm Show Only Starts:8:30pm	Members: \$45 \$25	Guests: \$50 \$30
<b>NOV 12th</b> BABBA	Meals From: 6:00pm Show Only Starts:8:30pm	Members: \$45 \$25	Guests: \$50 \$30

CHRISTMAS IN JULY

GOTTA LOVE CASH

AWESOME SHOW

BOOK EARLY

\$3000 BI-MONTHLY MEMBERS DRAW: Jun 6th

FREE 'GRASSHOPER' SHOWS: May 2 & 38

# Memories of Samorn, Kappy's, Truth, kindness and decency

By Peter Goers

This is a homage to the celebrated book *I Remember* by American poet and artist Joe Brainard and I thank South Australian poet and bookseller Ken Bolton for introducing me to it.

I remember Snowy the Wonder Dog, I remember Fluff the cat. I remember Dick and Dora and Nip. I remember having a tantrum aged six because I didn't want to wear a royal blue suit with short pants to Sunday School. I remember ranch boots. I remember holding my grandmother's hand when I was three as we walked along Glenrowan Rd, Woodville, past Mrs Driscoll's cream brick fence. I remember gerberas. I remember oleanders.

I remember Peace, Christian Dior, Mr Lincoln and Violet Carson roses. I remember knocking down almonds in my grandmother's backyard in Beverley with bamboo canes, shelling the almonds and selling most of them and keeping a modest amount for homemade toffee and blanched on the top of cakes. I remember sleeping through the night without having to get up to pee. I remember Samorn the elephant and George the orang-utan at the Adelaide Zoo. I remember bricks of Amscol ice-cream. I remember being called a pansy. I remember Cox Foy's Fun Roof.

I remember pictures at the Woodville Town Hall, the Port Vincent Institute, the Sturt, the State, Metro, Fair Lady, Windsor and Vogue cinemas.

I remember the World Record Club. I remember every bookshop in Adelaide since 1970. I remember with sadness going to town and never seeing an Aboriginal or Asian person. I remember seeing Aboriginal boys jumping into the Torrens from the weir.

I remember Deadly Earnest.

I remember Kero heaters. I remember bathroom chip heaters. I remember pink and grey bathrooms. I remember triumphantly getting over Willunga Hill in an Austin Major and shopping to eat curried egg sandwiches, jubilee cake and to drink milky tea. I remember jumping

off the wharf at Port Vincent and deliberately bombing the posh yachts from above. I remember being chased out of the sea by a shark at Seacliff.

I remember when we didn't know anyone who was divorced. I remember the bus going down Hindley Street. I remember being driven down Rundle Street before it was a mall. I remember the old Children's Library.

I remember lolly cigarettes. I remember minimum chips being 10c. I remember being told I had enough dirt in my ears to grow potatoes.

I remember Mrs Kerfoops.

I remember back gardens. I remember tunnels in back gardens left over from the war, and if the Japanese came, they'd never find us there.

I remember jelly cakes. I remember the smell of my grandfather's pipe. I remember Big Sars.

I remember collecting bottle-tops with pictures of footballers.

I remember John Martin's Stage Shop. I remember buying tickets at Allans. I remember Leichner stage make-up. I remember buying my first painting from John Martin's – an all orange bullfighter carved out of polystyrene. I remember Hang Up in the Regent Arcade. I remember Fitch the Rubber Man. I remember the Man in Blue. I remember when phones were not to be used. I remember buttons A and B in red public phone boxes. I remember when ladies wore roll-ons and girdles.

I remember being drunk the first time.

I remember when ladies wore hats and gloves to town. I remember when people dressed up to go to the theatre.

I remember stationmasters. I remember riding the trains with the door open. I remember Kilcaldy Beach. I remember Davy Crockett hats. I remember fox tails hanging from car aerials. I remember when no one had a tattoo. I remember Sunday drives. I remember when we didn't know anyone in the eastern suburbs. I remember yo-yo demonstrations. I remember The Little Red Schoolbook. I remember Man magazine. I remember the Truth newspaper.

I remember the Harlem Globetrotters. I remember Rowley Park Speedway. I remember Latin classes. I remember when no man went anywhere unshaven. I remember What The Butler Saw at Henley Beach arcade. I remember Red Apple restaurants. I remember prawn cocktails. I remember egg combos. I remember when you could smoke almost everywhere and did. I remember Arbor Day. I remember free milk. I remember people with polio, including Dad. I remember chicken pox.

I remember when Anzac Day wasn't very popular. I remember little, buff coloured pay envelopes. I remember Christmas Club savings accounts. I remember Auntie Ethel and Auntie Nell (who weren't real aunts) and Auntie Nell smoking Capstan and endlessly reapplying lippy. I remember when women didn't go into front bars. I remember when men never swore in front of women and women never swore at all. I remember sage puddings. I remember Kappy's Vienna Coffee. I remember Flash Gelati.

I remember Scrooge McDuck. I remember nativities. I remember being so sunburnt I went to bed covered in sliced tomatoes. I remember my mother's love but not her voice, touch or kiss. I remember my father keeping me safe in a fishing boat in a storm off Stansbury. I remember test patterns, epilogues, On This Day. I remember feeling safe.

I remember coppers and copper sticks and ringers and Reckitt's Blue. I remember Bush biscuits. I remember novelty songs. I remember Flower Day. I remember the fishmonger, rabbitoh, milko, baker and greengrocer delivering from horse-drawn carts. I remember when the streetlights went off every night. I remember when photocopiers were as big as VW's.

I remember Gestetners. I remember carbon paper. I remember being stonkered at Christmas. I remember Ipana toothpaste. I remember Dr Smith in Lost In Space and Lucille Ball. I remember the GMH factory whistle at Woodville. I remember only migrant women wearing black. I remember terylene curtains. I remember slide shows. I remember kindness and decency. I remember laughing.

I remember love. ■



# The Dingoes Lament

Excerpts from the Melbourne Books publication,  
The Dingoes Lament by Dingoes bassist, John Bois.

I had met John twice while he was playing with The Dingoes. The first time was 74/75 halfway across the Nullabor when he and my brother and I (who were travelling across in our '64 Bug) stopped separately but at the same time at a service station/pub/café. John doesn't remember it and I didn't introduce myself (from memory), I just said to my brother, "That's the guy from The Dingoes". The next time was a couple of years later in Melbourne. My brothers and I had gone to a pub in Carlton on a Saturday night to see a group. After the show we went to the front bar and there was John with bandmate Chris Stockley. I approached John and said something like, "Are you the bass player from The Dingoes?" John had, like us, been drinking I guess. He had a smirk on his face and replied something like, "No. Actually a lot of people get us mixed up". I turned and shuffled off. I knew it was him. Then I heard his voice again – "No, apologies, yes it is me. I am John, the bass player with The Dingoes." I returned to the bar with my brothers and had a drink before John asked if we might give him and Chris a lift home. Craig, David and I went into a Ross-brothers huddle and decided 3 seconds later that we would. Back at their place we met Tony Slavich another talented muso who at that time was playing keyboards with Mike Rudd and Bill Putt. We sat around for an hour or so, drinking, smoking, talking and listening to Marvin Gaye. To us it was a super-cool experience. I mentioned it to John in Adelaide in 2010. Did he remember it? Nup. No fuss. We were and still are, The Fans.

With a foreword by renowned and respected Australian musician and journalist, the late Greg Quill this book sets a high-bar from the start. Greg leads us into an introduction to his friend and former bandmate, John Bois (Boisy). Greg describes the account of The Dingoes given by John in this book as, "fantastic" as well as "canny, funny, loving and self-deprecating".

I agree with my namesake and hope you too enjoy The Last Post Music, Arts and Entertainment running excerpts from The Dingoes Lament. Thanks to John Bois, David Tenenbaum, Melbourne Books.



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Atlantic Studios, New York

Hark! The clarion call to purpose. The Dingoes were to try out Atlantic Studios with a view to recording their next album there. Growing up, we had learned our instruments by playing along with records. The records that I studied the most were Aretha Franklin's. Many of the songs of her heyday had been recorded right here, at Atlantic Studios. On our first day there, I snuck out of the control room and into the studio itself. I sat at the piano and played. I closed my eyes and tried to conjure the strings to vibrate like they had to Aretha's gospel touch. I wondered where the bass and drums had been set up and what those inspired players were thinking on those few trips away from their Memphis home. As with any great music, there is a rightness to the tracks laid down on those sessions — an illusory sense that they have always existed and only needed a medium to be expressed. I have read that the musicians on that session felt they were making history. I, too, have often felt as if I were making history. I have often been wrong.

We set up our amps. A technician miked us and plugged us in. The Dingoes looked strange. I wasn't used to seeing them behind their instruments.

'Stockley,' I said. 'Is it possible that we might catch some of Aretha's electric trickery as we go down the same wires?'

'Dost thou have a spell?' he said distractedly. 'Fuck me! My amp won't even switch on. Excuse me,' he said to the technician with that uniquely Australian upward inflection on the last syllable. The technician went on with what he was doing. 'Excuse me.' The little bird in the big forest. Still the technician worked on. Then J.L. started hitting his skins. 'Excuse me.' But now nothing could be heard. I waved to the technician to take care of Stockley. He came over.

'J.L. Just a minute, mate,' said Stockley. But J.L. didn't hear him. Stockley

communicated his problem with gestures. The technician ripped the plug out of the wall, took out the fuse and held it up to the light.

'Here's your problem,' he yelled. Then he ran to a supply cabinet and brought out a replacement. He gave it to Stockley. Stockley screwed it in and switched on his amp. Nothing.

'Excuse me.'

But the technician was already busy and couldn't hear him because now Kerry n was fingering off a few licks.

'Excuse me.'

'Chris,' came a voice from the control room. 'We're not getting a signal from you. Could you turn it up, please?'

'It's not working,' he said with heavy sarcasm knowing they couldn't hear him. 'Here, look. I'm turning it all the way up to ten now. I'm strumming the guitar now. It's still not working. Are you getting a signal, yet?'

The technician came over again. He pointed to the plug.

'It's not plugged in.'

'What a fuckin' idiot I am,' said Stockley. He plugged it into the socket and wailed on the guitar. Unfortunately it was still on ten. Every VU meter in the studio pinned to the red. Engineers scrambled for faders. Stockley dusted himself off as if he had just won a fight.

'That's better.'

Then he tore into some screaming guitar passages. Again, the voice from the control room, 'Err, we got a signal now. Can you back it off — if it's on nine now, put it down to three. Okay?'

'This amp doesn't sound any good below eight.'

Being among the first wave of Australian rock'n'rollers, we grew up fighting the battle of volume. Everyone, except most

of our audiences, who were in collusion with us wanted us to turn down.

But when we got big enough we told the clubs, 'This is the volume we play at.'

We were touchy about volume. Telling us to turn down was like saying we didn't know how to work our instruments. Stockley had said, 'Would you tell Michelangelo how much paint to put on his brush?'

We were really fairly moderate in our volume. We liked to think that the interplay between musicians counted for something. If you played too loud, the sound coming from your amplifier acted like a curtain: all you heard was yourself. This, of course, had natural ego appeal. For many bands the ethos was simply, Build a louder amp and we'll use it. The three-piece band immodestly named Cream was famous for its volume and ostentatious musicianship. They paved the way for decades of heavy metal bands for whom volume was everything, perhaps the only thing. But one night, Cream's guitarist, Eric Clapton, stopped playing in the middle of a song. The other two musicians didn't notice. Clapton left because of it.

At last Stockley backed it down to seven and a half. I said, 'This is only a demo. It doesn't matter if we get any bleed-through. If we do the album here, we'll get a different amp. Let's rundown a song.'

We played five songs live. It sounded nothing like Aretha.

'Sounds more like urethra,' whispered Stockley during a playback.

Since Aretha's album, the studio had replaced the old machinery. The room sounded the same as it always had. But, unlike the great opera houses and symphony halls, which are famed for their ambient sound, the acoustics of the studio were practically irrelevant. The sound of a studio came from the technology in its control room (and the musicians). And, as much as I worshipped Aretha and her musicians, we shouldn't sound like her. No, we should sound like The Dingoes.



## Jace Dale – Artist

Jason's story:  
Art became part of  
my life through a  
roundabout way.

On December 30, 2011. I was involved in a motor vehicle accident whilst I was living in Darwin NT, I was Tboned by another vehicle. From this accident I developed Epilepsy after hitting my head on the roof of the vehicle.

Soon after this we moved from Darwin to Melbourne, VIC. I may 2012 I was the victim of a serious assault that resulted in me sustaining an Acquired Brain Injury (ABI). I spent about 10 weeks in the Alfred Hospital and the Royal Talbot rehabilitation hospital.

When I was released from the Royal Talbot we relocated to Chiltern, VIC to be nearer to family, it was during rehabilitation at Wodonga Hospital that my OT suggested that I should look at some art classes, she was mainly wanting to get me socialising with other people again. I took part in classes at a local Neighbourhood centre in Wodonga, but I felt stifled. They wanted me to paint landscapes and still life's, but I wanted to paint abstract and have fun throwing paint around, so I stopped going.

I didn't really start painting again until 2015, Ursh Clayton from Deadly Art, a local Aboriginal art shop in Chiltern asked me to put some of my paintings in her shop.

Facebook and Instagram have been a big help with my art. I have met a lot of supportive people on there, people who are ready to give advice and help when I need it.

My goals for the coming year are to enter some more art awards, I have recently entered the Calleen Art Award in Cowra NSW, and entered 2 pieces in the Chelsea International fine art Competition in New York, I will be entering a few Australian Art Awards and plan on entering the Luxembourg Art prize for the Emerging Artist of the year.

I have my first art exhibition in April with RAW artists and I would like to have a gallery represent me. ■

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[Jasedale.com.au](http://Jasedale.com.au)

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



# Jon English

By Craig T Ross

In a world of “celebrity” it was refreshing to meet someone as totally unaffected by it as the late Jon English.

So much has been written and said about the man since his death, without exception he is remembered as an easy going, down to earth troubadour that took the industry and its highs and lows in his stride. From the glory days of the 70’s through to his later years, it was all about the show as I found out a couple of years back!

During a long career in radio I had never actually met Jon English; that was until a fateful last minute decision made on New Years Eve 2012!

After taking a family holiday in Byron Bay we stopped in on rellies at Kangaroo Point in Brisbane to see in the new year!

Eager for action, I went down to the corner bar to see if they had any planned entertainment for the evening!

Boy did I get a shock when I came across Jon English and Brisbane resident and ex Stylus frontman, Peter Cupples deep in hearty conversation!

As I approached babbling something about getting them both on my radio show asap, they welcomed me like an old friend! Jon said he would be dropping a few numbers later in the evening so arranged I to come back with the family and a visiting friend from the UK.

When we all returned we were to share an intimate New Years Eve with Jon, listening to his hits and chatting about his career and music in general.

Jon English was a talented musician, actor and raconteur, he was also a gentle man with a keen wit and wicked sense of humour!



Craig T Ross and Jon English

My family, my friends and I will always remember a cherish those hours spent in his company on New Years Eve at Kangaroo Point in Brisbane!

The Australian music industry has lost one of its pioneers, a multi dimensional performer who will be remembered with affection for many, many years! ■

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**Jonathan James English was born on the 26th of March, 1949 in Hampstead Heath, London, he died on the 9th of March, 2016 in Newcastle, NSW aged 66 after suffering complications following heart surgery.**



Respected Melbourne musician and TLP subscriber, Fiona Lee Maynard sent us this poem as a reflection on the disappearance of the family’s once-loved home. Fiona had grown up there as a child and teenager and shares her thoughts of the now-vacant block.

## 31 Nicol Street, Highett

If you ever drive down Nicol Street, Try not to get a shock;  
Home turf we used to live in, Is now a vacant lot,  
The house that gave us shelter, Where music used to play,  
Is barren, And no trace remains, Where our friends used to stay.  
Where we sang Woody Guthrie songs, In 1972,  
Where the pampas grass was set on fire! By Gatecrashers – that’s who!  
Where people were encouraged To set their spirits free,  
Where I could climb and see the world, From the Lilly Pilly tree.  
Where dogs’ and cats’ small skeletons, Rest, Buried in the ground.  
If you look closely, You might see; The opals we once found.  
And visitors from overseas, Had left their footprints there.  
The memories all are flooding back, And now, A great despair;  
The walls can’t tell the stories anymore,  
And something will replace what came before.

© Fiona L. Maynard 2015

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Clubs across NSW  
commemorate the ultimate  
sacrifice so many made  
for our country and we  
reaffirm our support for  
our veteran community.

*Commemorating the past,  
looking towards the future.*

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25 April 2016

# Life on the Western Front

100  
YEARS OF  
ANZAC

THE SPIRIT  
LIVES  
2014 - 2018

Two posters depicting different aspects of Australian service on the Western Front in 1916 and commemorating the thousands of lives lost in France and Belgium have been released by the Commonwealth Department of Veterans Affairs in the lead-up to Anzac Day 2016.

The posters call on us to imagine what it was like for those in the photographs to shift between the danger of the front lines and the relative safety of towns and villages in the rear areas, where soldiers had the chance to rest and recover.



One poster shows soldiers of the 53rd Battalion waiting to go into action at Fromelles on 19 July 1916, the first major battle fought by Australian troops on the Western Front. Attacking heavily defended German positions located on higher ground, the Australians came under withering machine-gun and artillery fire even before they left the forward trenches.

The attack was unsuccessful and the Australians suffered 5,533 casualties in less than 24 hours. Of the eight soldiers featured in this image preparing to 'go over the top', five were killed and the other three wounded.

The second poster shows three Australians of the 1st Division posing for a photograph while relaxing behind the lines at Vignacourt, France.

Soldiers took every opportunity to rest and recover behind the lines. Australian troops, including new reinforcements and men who had served on

Gallipoli, began arriving in France from Egypt in March 1916. After the rugged Gallipoli peninsula and the Egyptian deserts, France seemed to be paradise to many in the Australian Imperial Force. They could visit towns and villages, buy food and drink and mingle with civilians-experiences unknown to the men who had fought at Gallipoli.

Almost 300,000 Australians served on the Western Front during the First World War. More than 46,000 lost their lives, of whom 18,000 have no known grave.

The posters can be downloaded from the Anzac Portal at [anzacportal.dva.gov.au](http://anzacportal.dva.gov.au).



Australian Government  
Department of Veterans' Affairs

## CSIRO: Improved diabetes control with new diet

Adelaide researchers have developed a diet and exercise program which has proven to be highly effective in reducing the burden of type 2 diabetes, with an average 40 per cent reduction in medication levels.

The diet incorporates an eating pattern that is very low in carbohydrates and higher in protein and unsaturated fats.

The program is based on the findings from a \$1.3 million National Health and Medical Research Council (NH&MRC) funded study, which compared the low carbohydrate eating pattern with the current best practice approach of managing type 2 diabetes with a high-unrefined carbohydrate, low fat diet.

"The research results are ground breaking," Associate Professor Grant Brinkworth, principal research scientist at the CSIRO said.

"Health professionals have been divided over the best dietary approach for managing type 2 diabetes, and the ongoing uncertainty is a hotly debated topic amongst clinicians and researchers.

"The most amazing benefit of the low carbohydrate diet was the reduction in the patient's medication levels, which was more than double

the amount than the volunteers following the lifestyle program with the high-carbohydrate diet plan.

"Some of the participants managed to cease their medications altogether, and many described the study as life changing.

"This research shows that traditional dietary approaches for managing type 2 diabetes could be outdated, we really need to review the current dietary guidelines if we are serious about using the latest scientific evidence to reduce the impact of the disease."

The two year research intervention was a collaboration between CSIRO, Adelaide University, Flinders University and the University of South Australia, with the exercise program delivered in partnership with community fitness centres.

Medication requirements were also monitored and supervised with appropriate oversight from physicians.

Professor Campbell Thompson from the University of Adelaide said there were further insights on the clinical outcomes.

"The very low carbohydrate diet presented greater improvements in the blood cholesterol profile, by increasing the levels of good (HDL) cholesterol and decreasing triglyceride levels to a greater extent than the traditional high carbohydrate, low fat diet approach," Professor Thompson said.

"Both diets achieved similar reductions in bad (LDL) cholesterol levels, often a concern with some low carbohydrate diets.

"The variability of blood glucose levels throughout the day is also emerging as a strong independent risk factor for diabetes complications. In our study the very low carbohydrate diet was more effective in reducing the number and levels of blood glucose spikes and dips, flattening the blood glucose profile over a 24-hour period."

Type 2 diabetes is one of the greatest global health challenges of the 21st century, with more than 350 million people suffering from the condition.

Obesity is a major risk factor for type 2 diabetes and given the growing increases in obesity and sedentary lifestyles globally, the world is facing a veritable tsunami of the disease.

In Australia alone, an estimated 800,000 Australian adults have type 2 diabetes with many more undiagnosed. In 2008-09, of the estimated \$1507 million spent on the health care of diabetes in Australia, \$490 million was spent on diabetes-related medications.

Based on the findings from this study, implementing a lifestyle program that incorporates this effective eating pattern at a national level could save up to \$200 million annually through reductions in diabetes-related medication expenditure alone. ■

[www.csiro.au](http://www.csiro.au)

## Sweet discovery in leafy greens holds key to gut health

A critical discovery about how bacteria feed on an unusual sugar molecule found in leafy green vegetables could hold the key to explaining how 'good' bacteria protect our gut and promote health.

The finding suggests that leafy greens are essential for feeding good gut bacteria, limiting the ability of bad bacteria to colonise the gut by shutting them out of the prime 'real estate'.

Researchers from Melbourne and the UK identified a previously unknown enzyme used by bacteria, fungi and other organisms to feed on the unusual but abundant sugar sulfoquinovose – SQ for short – found in green vegetables.

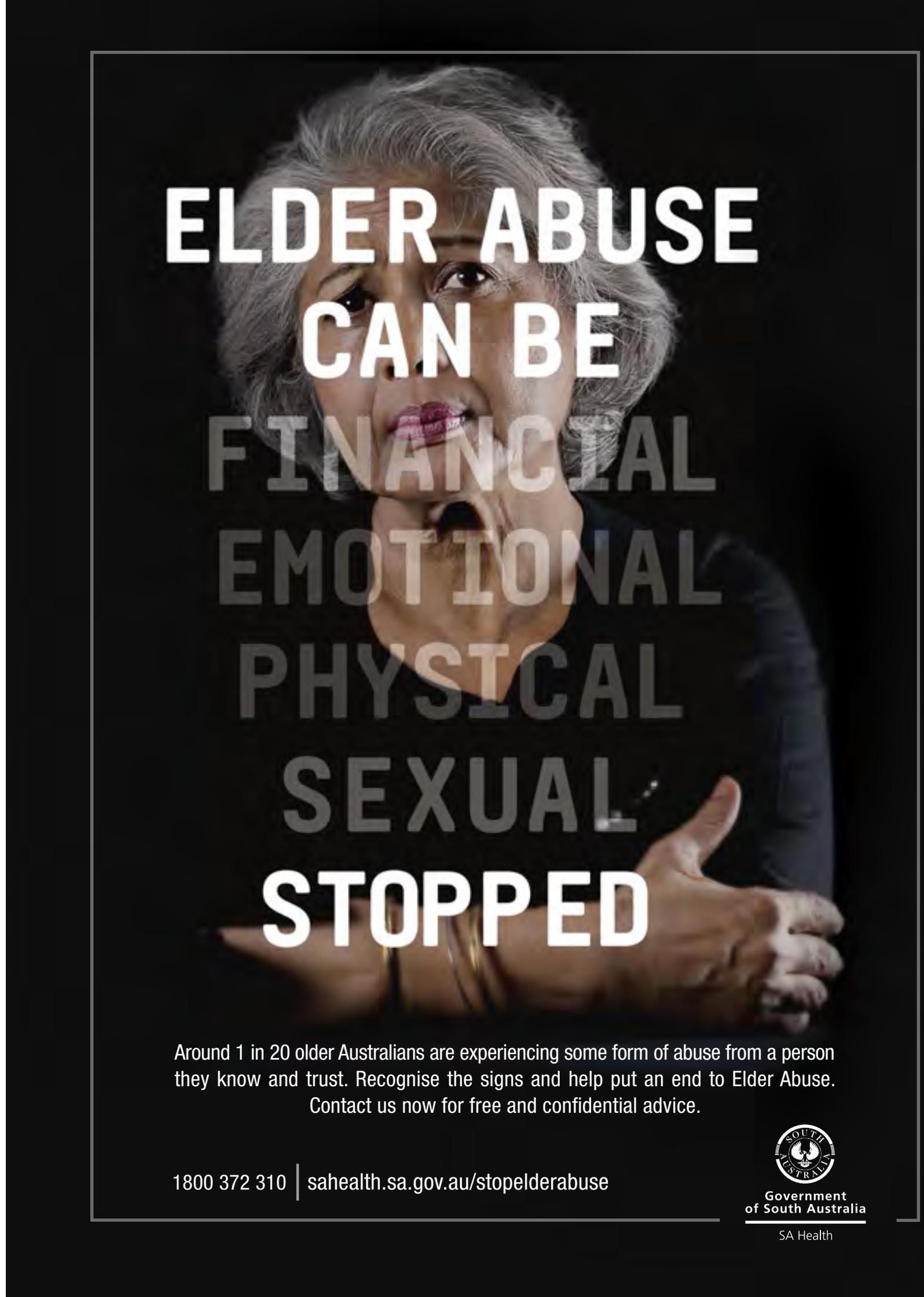
Each year, leafy green vegetables – such as spinach – produce the sugar on an enormous scale globally, comparable to the world's total annual iron ore production.

The research, published in the journal *Nature Chemical Biology*, was led by Dr. Ethan Goddard-Borger from the Walter and Eliza Hall Institute, Professor Spencer Williams from the Bio21 Institute and University of Melbourne, and

Professor Gideon Davies from the University of York, UK.

Dr Goddard-Borger said the discovery could be exploited to cultivate the growth of 'good' gut bacteria. "Every time we eat leafy green vegetables we consume significant amounts of SQ sugars, which are used as an energy source by good gut bacteria," he said.

"Bacteria in the gut, such as crucial protective strains of *E. coli*, use SQ as a source of energy. *E. coli* provides a protective barrier that prevents growth and colonisation by bad bacteria, because the good bugs are taking up all the habitable real estate," Dr Goddard-Borger said. ■



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# Casualties of War

RUTH CLARE wishes she had know her father before he went to Vietnam

I was born into the war still raging inside my father.

The DNA he gave me came charged with trauma that he didn't know how to process, and as my life unfolded it seemed I was fated to follow in his footsteps.

I, too, learnt life should be lived on guard because you never knew when the next attack would come.

Dad came of age in the era of Australia's National Service Scheme. According to the National Archives of Australia, of the 800,000-plus men who registered between 1965 and 1972, more than 63,000 had their birthdays drawn in the lottery and served in the military. About 20,000 went to Vietnam.

Tears poured down my cheeks. I had no idea what to do. I was desperate to comfort Mum, but I didn't want Dad to smash me again.

Douglas Robert Callum was born on January 30, 1946. His birthday condemned him to give up the plans he had made for his own life so he could serve a country that would go on to shun and shame him. Going to war, watching his mates die and causing the deaths of others shattered his soul. He put the pieces back together again the best he could, but the clatter of machine guns always leaked through the cracks.

Most people on the outside would never get to see the damage he fought to hide, but within a family even the best disguises slip. In 1974, the year I was born, post-traumatic stress disorder (PTSD) hadn't been recognised as a condition. Even after it was added to the Diagnostic and Statistical Manual of Mental Disorders in 1980, it was never something spoken about in my house.

When I was growing up, Dad rarely mentioned the Vietnam War, or his part in it. No one ever told me the way Dad behaved might have anything to do with a war. No one ever told me it wasn't my fault. One day, after he had left our family for good, Mum said to me, "I wish you had known your father before he went to Vietnam." I wish I had, too. ■

## EXTRACT

My first memory is of Dad hitting me. I was three years old, and hiding under the table in our dining room watching Mum dry dishes in the green-and-brown kitchen of our seventies style two-storey brick house on a quarter-acre block in Strathpine, one of Brisbane's outer suburbs.

I had been spying on her for ages, pretending to be a secret agent. She didn't know I was there. I was an excellent spy.

The front door banged and as Dad's heavy steps came closer I shuffled further back into the darkness under the table. I planned to put him under surveillance as well. His engine-oil smell and hairy legs passed me by, then his shadow came to a sudden stop in front of me.

'Jesus Christ,' he muttered, then yelled, 'Girls!'

His loud voice made my stomach sick and my heart start thumping. I didn't want to get in trouble again. Kerstin's voice drifted from our bedroom. 'Coming, Dad.'

Ten seconds later she skidded to a stop in front of him. 'Yes, Dad.'

Whenever Dad said our names we had to say, 'Coming, Dad!' before the count of five, then drop what we were doing and start running. I knew I would be in big trouble but I couldn't make myself move.

'Where's your sister?' 'I dunno.'

I wriggled back more so she wouldn't see me. 'Ruth!' His yell was louder this time.

My heart raced faster but I managed to get the words out. 'Yeah, I'm here.'

He bent to find me under the table. Not saying anything, he uncurled one finger from the fist of his right hand and jabbed it first at me, then toward the wall, indicating where he wanted me to go.

I didn't move. He stood waiting a moment before his face whipped back into view and his voice came out as a growl. 'Get out of there.'

I started to crawl, but it wasn't fast enough, and his hand shot under the table. He grabbed my arm and swung me up, plonking me down hard on my feet



From top:  
Ruth's parents Barbara and Doug watching their children dance at a function in Rockhampton in 1984.  
Ruth, Doug, David, Barbara and Kerstin Callum set up camp at Emu Park in 1985.  
Doug Callum in Vietnam in 1968.

next to my sister. Even once he let go, his fingers still dug holes into me.

Dad formed his words slowly, making sure we heard every consonant. 'Look at me.'

His hair was blond and flopping down over a tanned forehead streaked with grease from the motorbike he was fixing. The yellow t-shirt that stretched tight across his big chest had a dark V in the middle from his sweat.

He turned on his quiet voice, the one that could trick you into thinking everything was going to be okay. 'Come over here.'

Kerstin and I lined up in front of him.

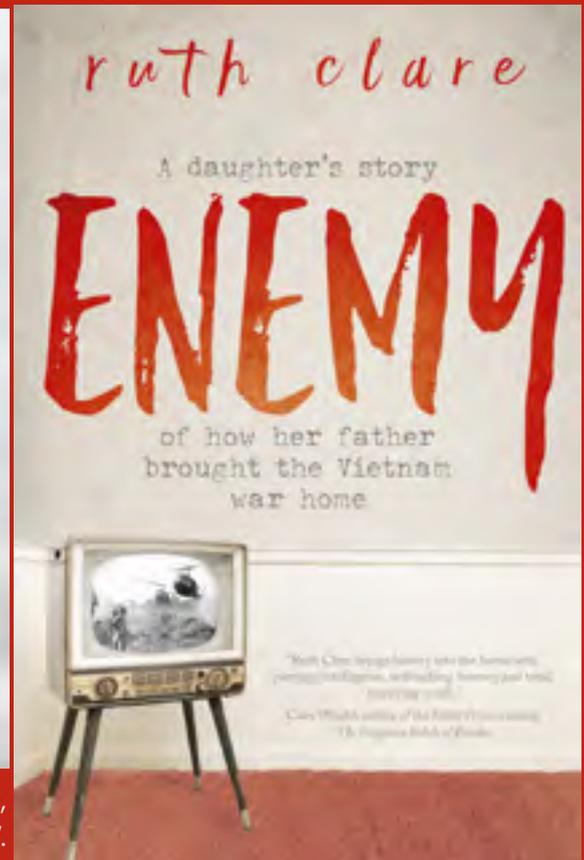
'What's this?' He pointed to a spot on the wall.

My heart dropped down to my toes, taking all the heat in my body with it. He was pointing at the label I had peeled off my box of Tic Tacs and stuck to the wall.

I stood dumbly for a moment, ears thudding. Kerstin leaned in and looked at the sticker and I copied what she did, trying to look innocent. I stared at the curled-up edges and pretended I was seeing it for the first time.

'It's a Tic Tac sticker.' I tried to make my voice sound interested and surprised.

Ruth Clare today.



Edited extract from *Enemy* by Ruth Clare, \$32.99, available now.

'I know it's a Tic Tac sticker. What I want to know is who put this sticker on my wall?' Dad's voice pretended to be patient.

Kerstin moved a bit closer to me and swayed slightly, giving me a small bump. She was looking at the ground but I knew she wanted me to own up.

Fear raced through my body like a runaway train, shaking my legs and swooshing in my ears as it rocketed through my brain trying to help me come up with the lie that would make this go away.

'Well?' Dad's eyebrows were high on his forehead. Kerstin was the first to talk. 'It wasn't me.'

I paused. Maybe if we both said we didn't do it then no one would get in trouble. 'It wasn't me.'

Dad's hand disappeared behind his back then shot out as fast as a cobra, striking Kerstin on the shoulder. She knocked into me and I stumbled. Before I could regain my balance, his hand moved back again and he hit me in the ear. I stumbled backward, falling onto the floor.

My ear burned and throbbed and I cried. Kerstin cried too. Her cry sounded like shock and pain. My cry was those things as well, but also horror at myself; my lie was the reason she was hurt.

'Get up!' He moved to pull me upright but I crawled out of his reach and scrambled to my feet before he could

touch me again. My ear was screaming for attention but I knew better than to put my hand up to hold it. Dad hated it when you acted like he had hurt you.

I looked up for a moment toward the kitchen and saw Mum standing there, frozen in place. Her cigarette was down low, the smoke curling all around her, turning her into a ghost.

'Now, don't make me do that again.' Dad put his face so close to mine I couldn't take it all in. He jabbed his thick square finger at the wall again and again. 'Tell me who put this sticker on this wall!' Though he pulled his head back, his up-close face glowed like a camera flash in my mind. The light streaming through the window and bouncing off the wall was bright too. I couldn't focus on where he was pointing. I had to think of a way to stop Kerstin being hit while not getting hit myself, but I couldn't make my brain work. 'I'm going to ask again, who stuck the sticker on the wall?'

When his eyes went flat and cold like this he wouldn't be happy until someone had been punished.

'I didn't do it!' Kerstin's words mixed with her sobs.

I tried to own up, but I couldn't make myself. 'I didn't do it either.'

This time I watched for his hands. He hit Kerstin on the side of her head and she screamed. When his hand came for me I managed to swerve out of the way and put my arms up to protect my head.

Though I escaped a second blow to my still-ringing ear, the soft underside of my upper arm took its place. I felt the deep pain of a soon-to-be bruise but at least I managed to hold my feet in place. I screamed and my sobbing started again.

Kerstin was standing with her head flopped forward, half whimpering, half sobbing. I chanted silently to myself: sorrykerstinsorry kerstinsorrykerstin.

Dad bent down into a squat, grabbing Kerstin's arm in his right hand and mine in his left. His leathery fingers dug deep into our flesh and he pulled us into an orderly line again. He shook us.

'Who did it?' We didn't speak.

He shook again, harder this time. My teeth snapped together and the world blurred into rainbows as my head rocked back and forth on my neck.

'Who did it?' His shakes were getting harder and I knew I couldn't let Kerstin take any more of this no matter how scared I was.

'I did. Me.'

Dad threw Kerstin into the corner of the room and focused his dead eyes on mine. He kept his hand wrapped tightly around my left arm so I couldn't run away, and got me into a better position.

He began hitting me properly now, using his swings to keep the beat of his words.

"I WAS BORN INTO THE WAR STILL RAGING INSIDE MY FATHER. THE DNA HE GAVE ME CAME CHARGED WITH TRAUMA THAT HE DIDN'T KNOW HOW TO PROCESS, AND AS MY LIFE UNFOLDED IT SEEMED I WAS FATED TO FOLLOW IN HIS FOOTSTEPS. I, TOO, LEARNT LIFE SHOULD BE LIVED ON GUARD BECAUSE YOU NEVER KNEW WHEN THE NEXT ATTACK WOULD COME."

'I (whack) am not (whack) hitting you (whack) because of the sticker (whack). I am hitting you (whack) because (whack) you lied to me!'

I tried to get away but his fingers clawed in further, and I couldn't avoid the hits landing on my legs, my arms, my bottom. Sometimes his hand was open, but sometimes it was a fist, punch- ing, punching.

His face was only inches away and I could feel myself merging with him. The rage pumped out of him, into me, filling me with anger bigger than my body could hold.

A booming voice filled my head. You're a liar too. You say you are only hitting me because of the lie, but you hit Kerstin too, and she didn't lie. Liar. Liar. Liar.

Becoming aware Dad had finally let go of my arm, I ran, making it only as far as the lounge room before his footsteps thundered behind me. My eyes felt incredibly sharp and the world slowed into snapshots. Door. Hallway. Bookshelf. Window. TV.

I was scanning for escape, but I couldn't figure out where to go so I dived under the couch, knocking my forehead in the attempt. As I scabbled toward the back, Dad grabbed hold of my right leg and pulled. The springs underneath the couch caught my hair and a chunk of it was ripped from my head. I screamed.

I managed to grab the leg of the couch but his hand strengthened its grip on my ankle and he pulled me up into the air until I was hanging upside down. I was still holding on but the couch was now tilting as it was lifted into the air with me. He shook me back and forward roaring, 'Let go of it! Let go of it!' I finally lost my grip and was left dangling in the air.

Dad set me down hard on my feet. Blood pounded in my temples, making my ears throb, and my head kept tumbling from being upside down. He started up where he had left off. 'Don't (whack) run away (whack) from me (whack). Listen (whack) to what (whack) I'm saying!'

I no longer felt his blows land. The beating of my heart and the hissing in my ears were all I knew. I didn't care what he was saying; I had to get away. I ran to my bedroom and scrambled under my bottom bunk, but had barely managed to conceal myself when I felt him grip both my legs.

I was covered in sweat and his hand slipped. Just as he readjusted his hold to allow him to better drag me out, Mum appeared at the door.

'Doug! Stop it!' Her voice was a scream so wrapped in terror it was barely more than a whisper. 'You are going to kill those kids one of these days!'

He stopped, loosened his hold on my legs, then let go completely. I scurried further under the bed, backing against the wall and making myself as small as possible. From my hiding place I saw Dad's legs storm out of the room and Mum disappear down the hall after him. It was finished. ■

"NO ONE EVER TOLD ME THE WAY DAD BEHAVED MIGHT HAVE ANYTHING TO DO WITH A WAR. NO ONE EVER TOLD ME IT WASN'T MY FAULT. ONE DAY, AFTER HE HAD LEFT OUR FAMILY FOR GOOD, MUM SAID TO ME, 'I WISH YOU HAD KNOWN YOUR FATHER BEFORE HE WENT TO VIETNAM.' I WISH I HAD, TOO."

## Enemy

### A Daughter's Story of How Her Father Brought the Vietnam War Home

Ruth Clare

Viking / RRP \$32.99

Publication date: 29 February 2016

A brutal, compelling and insightful memoir from an exciting new Australian talent. *Enemy* by Ruth Clare is the most powerful book you will read this year.

Ruth Clare's father was one of the 19,000 Australians whose birth date condemned them to give up the life they had planned so they could serve their country fighting in the Vietnam War.

In 1974, the year Ruth Clare was born, post-traumatic stress disorder (PTSD) hadn't been recognised as a condition. Growing up, the war and her father's part in it, was rarely mentioned, "No one ever told me the way Dad behaved might have anything to do with a war. No one ever told me it wasn't my fault".

Ruth's father returned a changed man: violent, controlling and unpredictable. Her first childhood memory is of him hitting her.

When her parents' marriage fell apart and he left for good, Ruth's mother descended into alcoholism. Her father's volatility, followed by her mother's absent parenting meant Ruth learned to parent herself. She made her own decisions and became fierce in the face of danger.

When Ruth became a mother herself, it forced her to confront the way her father had treated her, and to recognise how it had shaped her. Wanting to understand the experiences that had irrevocably altered her father, she met with other veterans and began learning their stories. What Ruth uncovered left her with a surprising empathy for the man who caused her so much pain and heartache.

"It would always be part of my lifelong journey to accept that I did not have to be perfect to receive love. But in being more compassionate toward Dad, I had gained the unexpected bonus of being more accepting of myself."



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# True grit and valour

Half a century ago this brave soldier had the enemy on the run but today he is stoically fighting a new battle – with his loving family and RDNS by his side.

Bill Ritchie may not know it but he provides enormous inspiration for people who are part of his life – especially the RDNS HomeCare nursing and personal care staff who provide daily support.

Bill was diagnosed with motor neurone disease early last year. Despite this, he and his wife, Michele, were determined to remain in their home at Yanchep, 60 kilometres north of Perth for as long as possible. Married for 48 years, they adopt a team approach to their challenges.

RDNS nurse Linda Cox RN is there for him three days a week providing clinical care. He also receives personal care seven days a week. This entails being hoisted out of bed and into his motorised chair every morning and assistance with showering and dressing and personal care.

It is a job that RDNS Home Care Personal Care Assistant Donel Bates regards as an “absolute privilege”.

“Bill is an amazing man. He has so many funny stories. The time I have here goes so quickly ....I wish I had more. Despite the drawbacks he has a very good sense of humor and Michele is awesome.”

Bill’s attitude is founded on discipline. In his younger days he was a keen rugby player – an especially handy second rower. Over the years he competed in charity fun runs. He swam regularly with Michele to keep fit. In the 1960s he turned his Army Reserve hobby into a career. He rose through the Army ranks from gunner to major. In the jungles of Vietnam in 1967 he was responsible for directing massive artillery activity to safeguard Australian and allied troops and to keep the Viet Cong on the run.

It was a tough and dangerous time. On discharge Bill and Michelle established their own business, Southlands Fabric and Sewing Centre. For 30 years they worked together building a successful and popular operation that was underpinned by sewing – a far cry from the world of Defence.

The motor neurone diagnosis came as a massive blow but with DVA support coupled with the availability of RDNS nursing and home care, Bill and Michele were able to stay at home.

“The girls provide the most sensational support,” says Michele. “They are truly amazing and we couldn’t do without them. They have almost become part



of the family which makes handling the progression of the disease so much easier.

“Bill is my hero. The support we are getting enables us to enjoy our time together for as long as we can.”

Nurse Linda Cox is amazed at Bill and Michele’s stoicism and determination. “He never complains but he has every right to when you consider what he has been through. They are an absolutely beautiful couple and it is a pleasure to look after them.”

Says Donel: “To be a carer you have to enjoy being a carer because it comes from, the heart. A lot of people can be carers but not a lot of people can care.” ■

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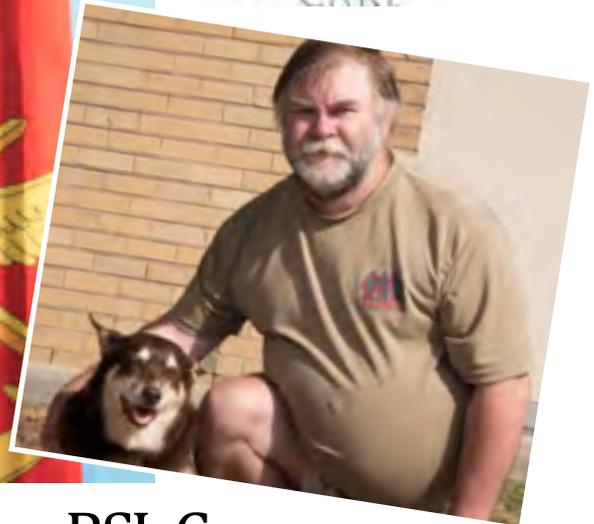
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Lest We Forget  
ANZAC Day 2016





## Keith Walsh at home with Vasey RSL Care

Before Keith Walsh was offered a place at Vasey RSL Care's Independent Living Units in Cheltenham, Victoria, he was practically homeless, on the verge of having to live in his car.

Now, he's made himself at home, coming out of a long, slow decline through two broken marriages and a CV in civilian life that lists a string of jobs joined end to end in disappointment. His last business venture, a pest control service folded after he had left a friend to manage it while he took a holiday. Keith says he came back to nothing.

Keith, aged 50, cheerfully describes himself as an "army brat" – the son of a father who served 20 years in the ADF and who was involved in one of Australia's forgotten overseas commitments, the Malaya Emergency. Keith proudly tracks his military pedigree back to two great, great uncles who both enlisted for World War I in the 9th Queensland Battalion.

According to Keith, one uncle, Duncan Chapman, was the first ashore at Gallipoli. His records show Duncan progressing through the ranks at Gallipoli and then the Western Front, until in August 1916 having recently attained the rank of Major, he was killed in action at Pozieres.

Both Keith's grandfathers served in World War II. One, Keith's paternal grandfather, Bill Walsh, was a sapper who worked on the so-called "Golden Staircase" of 2000 wooden steps that Australian soldiers had to clamber up before their do-or-die battle with Japanese forces at Imita Ridge on the Kokoda Track. Keith has a sister in the RAN and his son is serving with 7RAR and is soon to return for another tour of duty in Afghanistan. It's not hard to imagine – if you're no longer part of it –

how the weight of your family's military history could get you down.

Without going into details, Keith readily admits he suffers from PTSD and has "trust issues". He also says he's better off on his own. When his second marriage broke up, Keith says he realised he was the problem.

"If I hadn't been put in contact with Phuong Nguyen, the State Manager of Soldier On, I don't know where I'd be," Keith says, grateful also for the support of Vasey RSL Care's Unit Manager, Carmel Brownbill. Advocating on Keith's behalf, Phuong liaised with Carmel, who referred Keith's situation to the Vasey RSL Care's CEO for special consideration, as a younger ex-serviceman.

"You know who your true friends are, when you're down as far as I was," he says. "And I'm glad to have the opportunity to thank everyone who's helped, especially Phuong and Soldier On, and Vasey RSL Care."

Keith's military service lasted six years, from 1982 to 1988. He applied to enlist while in the Army Reserve. He was accepted by all three services and opted to join the RAAF. He became a dog handler and worked for a year with long-haired Belgian shepherd named Spike. After sustaining an injury, Keith had to transfer out of the Area Defence Guard to the Ordinance Corp.

Now that Keith is settled into his Cheltenham unit, he has actually got a new dog to train and care for. One of his new neighbours, Stephen, himself a dog-

lover with a kelpie, arranged for Keith to team up with an energetic nine-year old brown kelpie, named Bindi, through Australian Working Dog Rescue. True to her name and her nature, Bindi sticks to Keith or the couch.

Meanwhile, Keith is applying his pent-up energy to engaging with his neighbours, young and old, at the Cheltenham village. The Vasey RSL Care Board made an exception in Keith's case, deciding to allow a younger veteran take a place at an independent living unit. Previously, units have been reserved for ex-service members over the age of 60.

Keith is part of a new cohort of younger ex-ADF personnel whose needs for secure, affordable accommodation can be met by Vasey RSL Care. There are now five veterans under the age of 60 living at Cheltenham. Keith's most recent contribution is to use his model making skills to create a cenotaph based on a cross and a 303 rifle to be used for commemorative services at the Cheltenham units.

The CEO of Vasey RSL Care, Janna Voloshin, says the organisation recognises the need to respond to the issue of homelessness among younger veterans. "As the number of World War II veterans and war widows decreases, we will have the capacity to provide more affordable homes to younger veterans in need," Ms Voloshin says.

Vasey RSL Care has an ongoing program of renovating its independent living units across five sites in Melbourne. It has just completed the construction of 10 new, one and two bedroom units within the Cheltenham site to accommodate existing residents relocated from a site in Elsternwick that has been closed. The new units were officially opened on 29 April by Vasey RSL Chairman, David Paroissien. ■

# RSL Care continuing our journey with Australian Veterans

This ANZAC Day RSL Care will pause to remember the journey we have taken with the returned service men and women of Australia and reflect on our developing future together.

At the heart of our organisation is a genuine desire to understand the needs of our customers, including the needs of returned service men and women, and to develop services which promote wellbeing and independence allowing older Australians to live life to the full.

RSL Care has been supporting the ex-Service community for 78 years, with the first veterans' hostel opening in 1938 to provide a place for World War I diggers to live in 'peace and dignity'.

In 1947 we continued to expand opening a hostel in Caboolture which later grew in 1968 to include nursing home facilities for a higher level of care.

To meet the needs of an ageing population a second site was opened in 1982 at

Pinjarra Hills, this included a 30 bed nursing home and day therapy centre. Pinjarra Hills was the first RSL Care site to open a dedicated dementia care unit in 1994.

In 1987 we established the first Retirement Village in Mackay while creating more dedicated dementia units and launching home care services to support the increased number of World War II Veterans seeking care.

In 2012 after 74 years of caring for the ex-Service community we opened our services to the broader community and now welcome every older Australian who chooses the benefits of RSL Care.

In October 2015 RSL Care announced its intention to merge with the Royal District

Nursing Service (RDNS); the organisations have a combined history with over 200 years of continuous service to the community. RDNS like RSL Care share a proud legacy of service to Veterans and their families.

RSL Care is a member of the Australasian Services Care Network, a community of organisations committed to improving the life-long health and wellbeing servicemen and women. Our active membership with this peak body further demonstrates our deep commitment to support the ex-Service community.

Today we remain committed to the ex-serving community and their families while broadly welcoming every older Australian who chooses the benefits of support from RSL Care. ■



Proud of our heritage in providing quality care for Veterans and their families for 78 years.

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## Tinnitus

Tinnitus can be a frustrating condition that is experienced as a high-pitched ringing sound in the ears. It is often called an untreatable condition – that once you've got it, you've got it for life. In our experience this is only true if there has been permanent damage to your nerve endings.



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# IS ENHANCED RECOVERY POSSIBLE?

By Moose Dunlop OAM, Project Director, Trojan's Trek

A psychiatrist in Melbourne once said to me, "you can't only treat the head". It was succinct and struck a chord with my own experience in dealing with veterans suffering from what we at Trojan's Trek call stress illness.

It is catch-all definition which applies to many returned men and women who may not carry that compensated diagnosis of PTSD, but their behaviour at times is unacceptable by family and community standards. The common descriptor which many partners apply is "he (or she) is different since he returned, sometimes like a person who doesn't care about tomorrow". And if that behaviour continues, eventually the partner and the kids simply pack up and leave, a decision which devastates but for some it is the only course left. The costs are high; failed marriages or partnerships take a toll on those involved. The figures relating to Vietnam veterans saw the suicide rate of their children climb to three times the national average. That indeed is a high cost for the most vulnerable to bear without consideration of the collateral damage. What is the cause of this behaviour and how can society help to get the message through to these veterans to modify their ways, recognise

the triggers and change from victim to gentle warrior?

It has been established by many studies that military (and other) service often inflicts invisible and insidious injuries on human beings. Alternatively, some veterans suggest that the most devastating perpetual trauma to be overcome is the later transition to civilian life, presenting yet another aspect of the complexity of the problem. Nonetheless, all those providing assistance to veterans aim toward behaviour modification through pharmacology or counselling, and within those broad options there are many approaches. For example, psychiatric options aim at change through pharmacology, ECT and the like while counselling comes in many forms, all aimed at behaviour change by self-management. The data collected and interpreted over seven years from Trojan's Trek participants shows that credible advice from mates or other veterans is

one of the most effective methods of positive behaviour modification.

From the TT experience I have noted on five occasions how life changed dramatically for the families whose spouse decided to give up alcohol. Yes that simple, but it takes a skilled facilitator to affect this outcome. In other cases the acceptance of advice from men and women who have walked the walk seems also to be effective when delivered in a remote area surrounded by others who bear the same scars. The key factor in this equation is peer to peer and it works. Not only because of the impact of credible powerful role models, but because of support and shared experience from within the group.

The SA Government has taken the lead in embracing the concept of a more holistic approach to stress illness with the establishment of a Partnerships Hub. The Hub will be located close to a new Ward 17 being built at Glenside and it will provide access and advice to veterans and families through complimentary organisations represented there. It makes sense and providing the principle of "primum non nocere" is followed, I fail to see a downside. ■

## FOR MORE INFORMATION, PLEASE CONTACT:

Queensland Men's Trek  
Shane Webber 0498 593 927  
webber102@bigpond.com

South Australian Men's Trek  
Greg Hallam 0419 312 884  
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# You must be joking – humour the best medicine for stressed

Humour can be an effective way of deal with tensions caused by organisational change, contradictions and competing interests in the workplace, according to researchers at the University of Sydney Business School and London's Cass Business School.

In their two year study focussing on a large telecommunications organisation dealing with stresses caused by major regulatory changes, the researchers found that while humour can either relieve tension or exacerbate problems, on the whole it is a natural response that helps people understand conflict in the workplace.

The results of the study by Cass Professor Paula Jarzabkowski and the University of Sydney Business School's Senior Lecturer Dr Jane Lê, has been published in a paper titled "We have to do this and that? You must be joking: Constructing and responding to paradox through humour".

"When people face tensions, they use humour either to reinforce negative feelings and exacerbate the paradox or more positively, to reorient themselves and surmount the paradox," said Dr Lê.

"In our study we found that humour became a dominant dynamic for managers at all levels when tensions ran high," Dr Lê said. "Humour creates an interactional dynamic in which staff can deconstruct workplace paradoxes and respond to them."

Dr Lê explained that paradoxes in the context of the research were competing objectives such as global control versus local autonomy or increasing patient care while reducing costs.

"People don't tend to think of humour as a management solution, particularly when people are being pulled in different directions. However, we found that laughter really can be workplace medicine," said Professor Jarzabkowski.

"It allows people to juxtapose contradictory objectives, and, in joking about them, find a resolution that would otherwise result in a costly stalemate, with neither side moving forward."

In businesses that face contradictions and competing objectives which frustrate employees and cause costly delays in business processes, the researchers urged managers to pay more attention to humour as a simple everyday response to conflict.

"Humour is a very natural response and an indicator of what is going on in business, and managers need to look at how laughter can be put to good effect," concluded Dr Lê. ■

## The Best Mother's Day Gift Ever!



"Usually for mother's day, my children buy me towels or pillows and once even a basket for the cat. Last year, after a wonderful lunch in the park with my family, we came home and I found that for a Mother's Day gift my son had organised the replacement of my old toilet seat with an electronic Bidet toilet seat. I had seen them advertised on TV and thought what a great idea. I was absolutely shocked and thrilled to find I now have one on my toilet."

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By Legacy ward Anneliese Abela

Dad always worked hard so we would have the best lives possible—I think that's why he joined the Air Force.

And because of his hard work I have grown up with a life some others could only dream of. We've moved around Australia and lived in America for four years; my life is filled with memories of our little family travelling around together. While we never had a physical 'home', we always had each other, the four of us wherever we went. But in 2013 four became three, and we lost a husband and a father whose entire existence revolved around his family, who worked so hard to ensure we could make it without him. And we have, with the amazing help of Legacy.

Dad died while I was in my second year of university. Legacy has been there for us whenever we've needed them, financially, educationally, emotionally—the support I've had from Legacy throughout my studies has been incredible. I travelled overseas to study in America and England during the last year of my double degree in Journalism and Creative Writing, and not only did Legacy assist my travels financially with scholarships, but they were excited and eager to hear about my adventures once I returned home. Our Legatee Jeff Schultz is beyond terrific, so committed to guiding my brother into his future and taking such an interest in how Mum is doing.

This year I'm embarking on a new adventure with Legacy on the Pozieres... Our Legacy study tour. I'll travel across the Western Front and visit battlefields and memorials to honour and celebrate the ANZAC Centenary. I'm so grateful to be involved in this tour; it will be humbling, confronting and an incredible experience both personally and academically. I'm currently studying an Honours degree in Creative Writing and writing a novel about my two great, great, great uncles who fought and died in France in WWI. I want to discover everything I can about their story and write something beautiful to share with the world. Legacy have given me a computer grant that has already made this stressful and busy year easier and more enjoyable; I really can't thank them enough. And while Dad is gone, I know he would be so thankful to Legacy for continuing to support us so we can live the lives that he worked so hard for. ■

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# The Last Post interviews Joffa

People have a misconception that Joffa is nothing more than a bogan, a loudmouth in the Collingwood Cheer Squad. But there's more to the man than the popular image.



“ I’VE ALWAYS THOUGHT, FROM A VERY EARLY AGE THAT IF YOU ASSOCIATE WITH GOOD PEOPLE, GOOD THINGS HAPPEN AND THE REVERSE...”

Joffa is Jeff Corfe and Jeff works as a volunteer for causes such as epilepsy, homelessness and mental health. In this interview, Joffa speaks about his life and his beliefs. The Last Post found Joffa to be a humble man with thoughts focused on how to help others and a man of great natural intelligence and commitment. His mantra, What would Jesus do, is not based on any religion but more a belief in proactive demonstrations of kindness. Joffa is an Epilepsy Foundation Ambassador. Joffa’s book, Isn’t That Life, is available from Busybird Publishing.

The Last Post: Thanks for joining us here at The Last Post, Joffa, Your role at the Epilepsy Foundation, what is it you do there?

Joffa: I’m an ambassador with the Epilepsy Foundation and my role is to get out in the community and talk about epilepsy and to preach first-aid seizure. By doing that you’re creating an awareness of epilepsy and that’s the ambassador’s role. Preaching first-aid seizure is very important because a lot of people don’t know what to do when someone’s having a seizure. Some people are very much confronted by it and tend to walk away and not do anything. We’ve really got to drum into people that when they see someone have a seizure, to get in there and help, it’s not hard and by doing so you could actually save a life. That’s my role and every year on the 26th of March it’s World Purple Day. Around that time we tend to get a lot of coverage on TV and radio and that, of course creates awareness for the cause also.

TLP: We’ve seen you on the television, at the football. A lot of people may have a misinterpreted view of who you are. Your book, Isn’t That Life, a great read by the way, details you and what you’ve been through and how you’ve reached the point where you are today. What gave you the inspiration to write this book?

J: Well, it really wasn’t an inspiration from me. Out of the blue I received an email from Busybird Publishing, asking if I was interested and, in all honesty I probably wasn’t. Out of courtesy though, I went down to meet them and have a talk about it. I was of the opinion at the time that everybody has a story, who would be interested in mine? But they twisted my arm behind my back, so to speak. This particular publisher demands that the author donates 10% of proceeds from the book, to the writers chosen charity. So I thought, this mob’s pretty good – that’s a lovely thing to do. From that, doing what I do with the Epilepsy Foundation, I decided

to give the 10% to them. I thought, even if the book does no good they’re bound to get a couple of bucks more than they would’ve got anyway. So, after this meeting, on the way home I was thinking about it and I started to worry about things. Things like my grammar, things like being repetitive in the story. But we worked together on it, decided to do it. It took twelve months to do, it was very time consuming and laborious at times but it was a lot of fun doing it. The book has gone very well and we haven’t had one bad review. The Herald Sun and The Age got onboard and spoke in glowing terms. The book launch was a huge success. At the end of the day, twelve months on, the book’s still selling and I’m happy with it and the Epilepsy Foundation are getting some money. If anyone hasn’t got a copy, go to the Busybird Publishing website and you’ll be able to order a copy.

TLP: It was a tough upbringing for you Joffa and you detail that in great honesty. You also go about explaining how you got out of that. What’s the message in that?

J: Yes, well, honesty is a very big word and I decided as I sat down for the first time to do the book that it had to be honest. No crap, get your thoughts onto paper and, regardless of what people think of those thoughts, they were mine and they were honest. And that’s the only way to write a book. A tough upbringing? I think a lot of people in those days had a tough upbringing. It was a harder society back then. How did I get out of it? Football got me out of it. As a young man, in my youth I had this bizarre love for the Collingwood Football Club and that meant I could not afford to miss any games at their homeground, Victoria Park. From there I decided quickly, because it was a decision that had to be made quickly, not to associate with people who had done bad things, not to associate with bad people. I had to keep out of trouble and, being on the streets, that was pretty hard to do. A big part of that was that I was scared of stuffing up and being put away in a youth

home and missing watching Collingwood. The community of football was very much my saving grace from falling into troubled times.

TLP: Such efforts undoubtedly require great strength at times. Were you aware of that or did you discover that strength as you progressed?

J: yes, I guess it is a strength. I don’t know if those events were to be replicated or occur today that that strength would be there. It’s different times. Today we have football on the screen 24/7 and it’s everywhere. Back then you really had to go to the football to see the game and get what you did from that. The strength was a combination of not wanting to be a bad person and that if I was there would be repercussions and one of them would be that I couldn’t see Collingwood play on a weekly basis. I think those things combined were very much the reason. I’ve always thought, from a very early age that if you associate with good people, good things happen and the reverse. I was able to discover that pretty quickly in life. I think all those points, to chuck into the mixing bowl were the reasons I decided to live my life the way I did back then, to escape a horrible predicament.

TLP: I don’t know how you stand with religion, I don’t know that about you. But a big part of what guides you, apparently is a thing where you look at how Jesus would’ve handled things?

J: Absolutely. I think, regardless of what our religious beliefs are and what we think about all that sort of stuff, history says there was a Jesus and he was just an incredible human being and a very compassionate human being with lots of love for all people, regardless of those people’s situation. I think the philosophy of Jesus himself is very much a philosophy I like and if we had a bit more of that going around the world would be a better place. He appeared to be a marvellous human being, a great person. I don’t think it hurts, from time to time, when you’re in a particular situation to quietly say to yourself, what would Jesus do here? I can tell you, it wouldn’t be a bad thing. It gets back to doing good things as often as you

“...HONESTY IS A VERY BIG WORD AND I DECIDED AS I SAT DOWN FOR THE FIRST TIME TO DO THE BOOK THAT IT HAD TO BE HONEST”



“IT GETS BACK TO DOING GOOD THINGS AS OFTEN AS YOU CAN FOR OTHER PEOPLE. THAT’S THE SECRET AND THAT’S WHERE I AM WITH ALL THAT STUFF”

can for other people. That’s the secret and that’s where I am with all that stuff.

TLP: Perhaps we could call upon him to help Collingwood sometimes?

J: (Laughing) Gee, yeah, huh. Isn’t it interesting, the history of Collingwood? Prior to the Second World War we were the powerhouse of the competition and the results showed that. Post WW2, it’s been a struggle for Collingwood and one sits back and wonders why. There’s a number of reasons but I do think the club’s better than one flag every twenty years. The modern era hasn’t been kind to Collingwood although most of us have seen two flags and we can’t be dissatisfied when you realise there are supporters of other clubs still waiting to see their first flag.

TLP: Are you going to every match this year or will you pull a sickie occasionally?

J: I don’t go to interstate games anymore. It’s been there, done that and then there is the expense and also work commitments. I work every second weekend and to take time off to go see a match interstate, not worth it. I’ll stay at home in front of the box and watch interstate games but all other games here in Melbourne, I’ll certainly be there and enjoying it.

TLP: Your surname, Corfe, is it French?

J: It has English origins. There’s a Corfe castle in Dorset, in the UK. It could have French origins before that but more English than anything else.

TLP: You might have royalty in your blood, Joffa.

J: (Laughing) You never know. I don’t live like royalty, I can tell you that.

TLP: My partner’s a hairdresser. She’d like to cut your hair.

J: Oh, no. No, no, no, no. Nobody would know me. We all have our own calling card and my hair is my trademark. As much as sometimes not wanting to be recognised when I go down the street, my hair gives it away. I like my hair. I wear it mostly in a ponytail these days but when I get to the football, I unleash it. No, she’s not touching my hair, tell her.

TLP: A mate of mine, who went to Melbourne High, I told him, you speak like him. He responded by saying, yes, I’ve heard Joffa is a very refined man.

J: (Laughing) Yes, well I don’t know if he’d say that if he heard me coming out of the football after a loss. But, overall, yes I am refined (laughing). ■

## A life-changing gift

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It is incomprehensible to think that a child could be labeled, segregated and isolated from her class-mates because she has epilepsy. But that is exactly what happened to Tessa.

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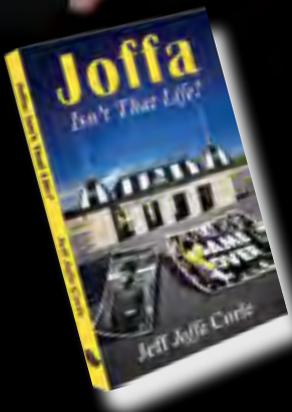
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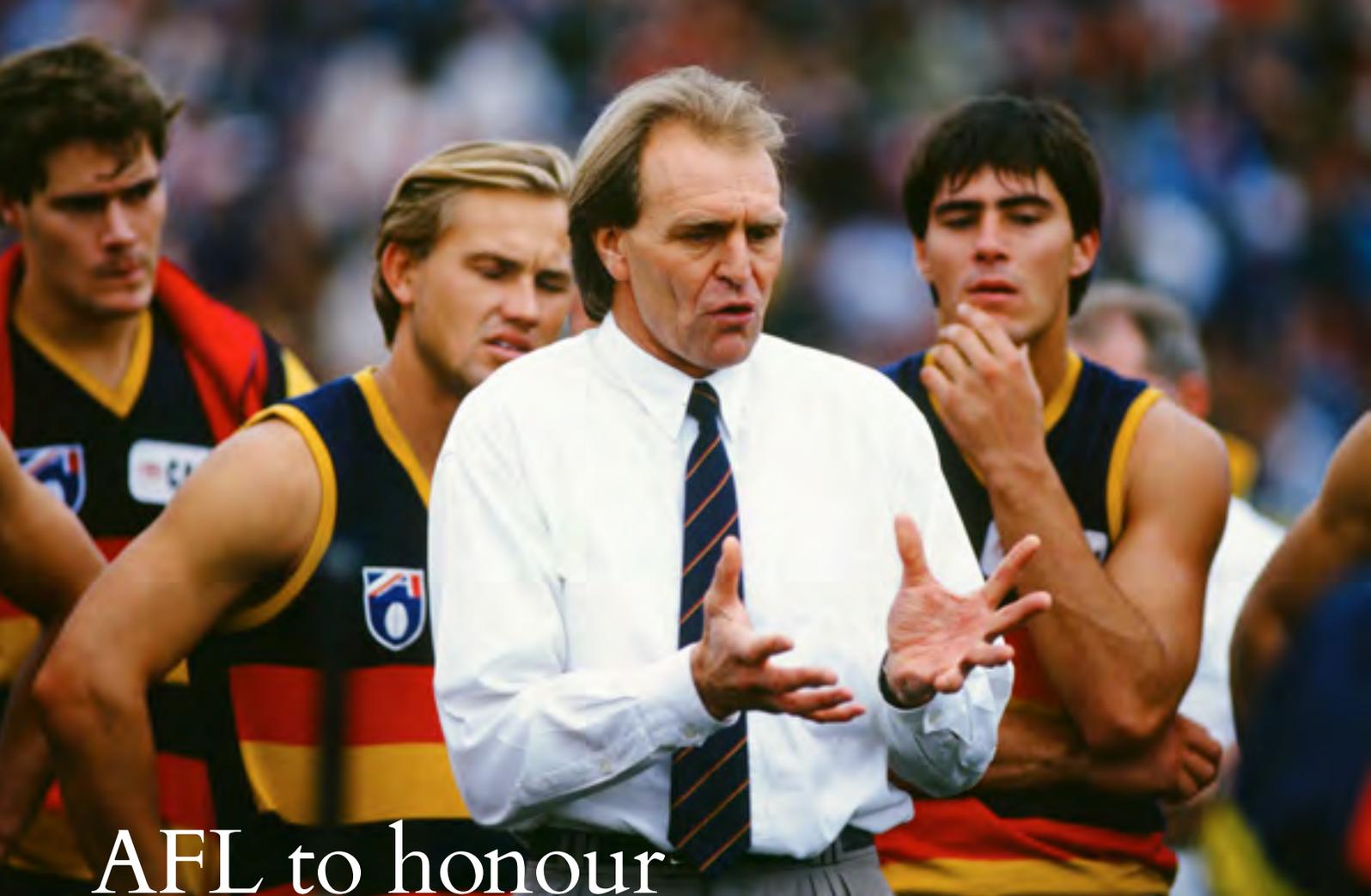
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# AFL to honour Vietnam Veterans during ANZAC Day celebrations

AFL is proud to be part of Anzac Day celebrations and work each year with the RSL to ensure Australian football pauses to acknowledge Australian service men and women.

On the Anzac Day weekend, one match in each State will include a pre-game ceremony that will feature the Ode, Last Post, Minute's Silence, Rouse and National Anthem.

With April 25 falling on a Monday, traditional rivals Essendon and Collingwood will face off at the MCG in the only game to be played on Anzac Day.

A special tribute to Vietnam Veterans will be a feature on the day as Australia marks 50 years since the Battle of Long Tan.

The Fremantle Football Club will also pay tribute to those who fought in the Battle of Long Tan in their annual Len Hall Tribute Match, which will take place in Round 5 against Carlton on Sunday April 24.

A number of prominent footballers from across Australia, playing both in the elite state-based leagues and at community level were called up for duty during the Vietnam War, leaving their football careers to serve their country.

Another prominent footballer to serve in Vietnam was VFL umpire Glenn James, who is the only indigenous umpire in VFL/AFL history.

James is one of two VFL umpires to have served in Vietnam, the other being goal umpire Trevor Pescud.

Among the players to serve in Vietnam is Glenelg champion Graeme Cornes who went on to become the inaugural coach of the Adelaide Crows.

Cornes served with the 7th Battalion of the Royal Australian Regiment in 1968, before returning to become a high-marking star at Glenelg. He played five games for North Melbourne in the VFL in 1979.

#### List of Vietnam Veterans who played VFL:

Ian Anderson	Essendon
Graeme Chalmers	Footscray (Western Bulldogs)
Wayne Closter	Geelong
Graham Cornes	North Melbourne
Russell Cromarty	Fitzroy
Arthur Duckworth	Fitzroy
Keith Gent	Essendon
Bernard Jeffrey	South Melbourne (Sydney Swans)
Lindsay McGie	Essendon
Ian Payne	Essendon
Gregory Perry	Essendon
William Thompson	Essendon
Glenn James	VFL Umpire
Trevor Pescud	VFL Umpire

\* The AFL does not have records of players from other leagues who served in Vietnam. ■

# 2016 TOYOTA AFL PREMIERSHIP SEASON

## ROUND 1

**Thursday, March 24**  
Richmond vs. Carlton (MCG) (N)

**Saturday, March 26**  
Melbourne vs. GWS GIANTS (MCG)  
Gold Coast SUNS vs. Essendon (MS)  
Sydney Swans vs. Collingwood (ANZ) (N)  
North Melbourne vs. Adelaide Crows (ES) (N)

**Sunday, March 27**  
Western Bulldogs vs. Fremantle (ES)  
Port Adelaide vs. St Kilda (AO)  
West Coast Eagles vs. Brisbane Lions (DS) (T)

**Monday, March 28**  
Geelong Cats vs. Hawthorn (MCG)

## ROUND 2

**Friday, April 1**  
Collingwood vs. Richmond (MCG) (N)

**Saturday, April 2**  
Adelaide Crows vs. Port Adelaide (AO)  
Essendon vs. Melbourne (MCG)  
Brisbane Lions vs. North Melbourne (G) (T)  
St Kilda vs. Western Bulldogs (ES) (N)  
Fremantle vs. Gold Coast SUNS (DS) (N)

**Sunday, April 3**  
GWS GIANTS vs. Geelong Cats (SO)  
Hawthorn vs. West Coast Eagles (MCG)  
Carlton vs. Sydney Swans (ES) (T)

## ROUND 3

**Friday, April 8**  
Port Adelaide vs. Essendon (AO) (N)

**Saturday, April 9**  
St Kilda vs. Collingwood (MCG)  
Richmond vs. Adelaide Crows (ES)  
Sydney Swans vs. GWS GIANTS (SCG) (T)  
Gold Coast SUNS vs. Carlton (MS) (N)  
West Coast Eagles vs. Fremantle (DS) (N)

**Sunday, April 10**  
North Melbourne vs. Melbourne (BA)  
Western Bulldogs vs. Hawthorn (ES)  
Geelong Cats vs. Brisbane Lions (SS) (T)

## ROUND 4

**Friday, April 15**  
West Coast Eagles vs. Richmond (DS) (N)

**Saturday, April 16**  
Essendon vs. Geelong Cats (MCG)  
Hawthorn vs. St Kilda (AU)  
Brisbane Lions vs. Gold Coast SUNS (G) (T)  
Carlton vs. Western Bulldogs (ES) (N)  
Adelaide Crows vs. Sydney Swans (AO) (N)

**Sunday, April 17**  
GWS GIANTS vs. Port Adelaide (SO)  
Collingwood vs. Melbourne (MCG)  
North Melbourne vs. Fremantle (ES) (T)

## ROUND 5

**Friday, April 22**  
Hawthorn vs. Adelaide Crows (MCG) (N)

**Saturday, April 23**  
Sydney Swans vs. West Coast Eagles (SCG)  
Gold Coast SUNS vs. North Melbourne (MS) (T)  
Western Bulldogs vs. Brisbane Lions (ES) (N)  
Port Adelaide vs. Geelong Cats (AO) (N)

**Sunday, April 24**  
St Kilda vs. GWS GIANTS (ES)  
Fremantle vs. Carlton (DS)  
Melbourne vs. Richmond (MCG) (N)

**Monday, April 25**  
Collingwood vs. Essendon (MCG)

## ROUND 6

**Friday, April 29**  
North Melbourne vs. Western Bulldogs (ES) (N)

**Saturday, April 30**  
Melbourne vs. St Kilda (ES)  
Adelaide Crows vs. Fremantle (AO)  
GWS GIANTS vs. Hawthorn (SP) (T)  
Geelong Cats vs. Gold Coast SUNS (SS) (N)  
Richmond vs. Port Adelaide (MCG) (N)

**Sunday, May 1**  
Brisbane Lions vs. Sydney Swans (G)  
Carlton vs. Essendon (MCG)  
West Coast Eagles vs. Collingwood (DS) (T)

## ROUND 7

**Friday, May 6**  
Richmond vs. Hawthorn (MCG) (N)

**Saturday, May 7**  
Collingwood vs. Carlton (MCG)  
Geelong Cats vs. West Coast Eagles (SS)  
Sydney Swans vs. Essendon (ANZ) (T)  
Gold Coast SUNS vs. Melbourne (MS) (T)  
Western Bulldogs vs. Adelaide Crows (ES) (N)  
Fremantle vs. GWS GIANTS (DS) (N)

**Sunday, May 8**  
St Kilda vs. North Melbourne (ES)  
Port Adelaide vs. Brisbane Lions (AO) (T)

## ROUND 8

**Friday, May 13**  
Adelaide Crows vs. Geelong Cats (AO) (N)

**Saturday, May 14**  
Essendon vs. North Melbourne (ES)  
Hawthorn vs. Fremantle (AU)  
GWS GIANTS vs. Gold Coast SUNS (SP) (T)  
Richmond vs. Sydney Swans (MCG) (N)  
Brisbane Lions vs. Collingwood (G) (N)

**Sunday, May 15**  
Carlton vs. Port Adelaide (ES)  
Melbourne vs. Western Bulldogs (MCG)  
West Coast Eagles vs. St Kilda (DS) (T)

## ROUND 9

**Friday, May 20**  
Hawthorn vs. Sydney Swans (MCG) (N)

**Saturday, May 21**  
Collingwood vs. Geelong Cats (MCG)  
Gold Coast SUNS vs. Adelaide Crows (MS)  
Port Adelaide vs. West Coast Eagles (AO) (T)  
Fremantle vs. Richmond (DS) (N)  
North Melbourne vs. Carlton (ES) (N)

**Sunday, May 22**  
Melbourne vs. Brisbane Lions (MCG)  
GWS GIANTS vs. Western Bulldogs (SP)  
St Kilda vs. Essendon (ES) (T)

## ROUND 10

**Friday, May 27**  
Sydney Swans vs. North Melbourne (SCG) (N)

**Saturday, May 28**  
Brisbane Lions vs. Hawthorn (G)  
Melbourne vs. Port Adelaide (TP)  
St Kilda vs. Fremantle (ES) (T)  
Essendon vs. Richmond (MCG) (N)  
Adelaide Crows vs. GWS GIANTS (AO) (N)

**Sunday, May 29**  
Carlton vs. Geelong Cats (ES)  
Collingwood vs. Western Bulldogs (MCG)  
West Coast Eagles vs. Gold Coast SUNS (DS) (T)

## ROUND 11

**Friday, June 3**  
North Melbourne vs. Richmond (BA) (N)

**Saturday, June 4**  
Hawthorn vs. Melbourne (MCG)  
Carlton vs. Brisbane Lions (ES)  
Geelong Cats vs. GWS GIANTS (SS) (T)  
Fremantle vs. Essendon (DS) (N)  
Gold Coast SUNS vs. Sydney Swans (MS) (N)

**Sunday, June 5**  
Collingwood vs. Port Adelaide (MCG)  
Western Bulldogs vs. West Coast Eagles (ES)  
Adelaide Crows vs. St Kilda (AO) (T)

## ROUND 12

**Friday, June 10**  
Essendon vs. Hawthorn (ES) (N)

**Saturday, June 11**  
Port Adelaide vs. Western Bulldogs (AO)  
Brisbane Lions vs. Fremantle (G) (T)  
Geelong Cats vs. North Melbourne (ES) (N)  
West Coast Eagles vs. Adelaide Crows (DS) (N)

**Sunday, June 12**  
St Kilda vs. Carlton (ES)  
Richmond vs. Gold Coast SUNS (MCG)  
GWS GIANTS vs. Sydney Swans (SP) (T)

**Monday, June 13**  
Melbourne vs. Collingwood (MCG)

## ROUND 13

**Friday, June 17**  
North Melbourne vs. Hawthorn (ES) (N)

**Saturday, June 18**  
Brisbane Lions vs. West Coast Eagles (G)  
Fremantle vs. Port Adelaide (DS) (T)  
Western Bulldogs vs. Geelong Cats (ES) (N)

**Sunday, June 19**  
Sydney Swans vs. Melbourne (SCG)  
Essendon vs. GWS GIANTS (ES) (T)

**BYES:** Adelaide Crows, Carlton, Collingwood, Gold Coast SUNS, Richmond, St Kilda

## ROUND 14

**Thursday, June 23**  
Adelaide Crows vs. North Melbourne (AO) (N)

**Friday, June 24**  
Collingwood vs. Fremantle (MCG) (N)

**Saturday, June 25**  
Richmond vs. Brisbane Lions (MCG)  
GWS GIANTS vs. Carlton (SP) (T)  
St Kilda vs. Geelong Cats (ES) (N)

**Sunday, June 26**  
Hawthorn vs. Gold Coast SUNS (AU)

**BYES:** Essendon, Melbourne, Port Adelaide, Sydney Swans, West Coast Eagles, Western Bulldogs

## ROUND 15

**Thursday, June 30**  
West Coast Eagles vs. Essendon (DS) (N)

**Friday, July 1**  
Port Adelaide vs. Richmond (AO) (N)

**Saturday, July 2**  
Gold Coast SUNS vs. St Kilda (MS)  
Sydney Swans vs. Western Bulldogs (SCG) (T)  
Carlton vs. Collingwood (MCG) (N)

**Sunday, July 3**  
Melbourne vs. Adelaide Crows (MCG)

**BYES:** Brisbane Lions, Fremantle, Geelong Cats, GWS GIANTS, Hawthorn, North Melbourne

## ROUND 16

**Thursday, July 7**  
Port Adelaide vs. Hawthorn (AO) (N)

**Friday, July 8**  
Geelong Cats vs. Sydney Swans (SS) (N)

**Saturday, July 9**  
GWS GIANTS vs. Collingwood (SP)  
Gold Coast SUNS vs. Brisbane Lions (MS) (T)  
Western Bulldogs vs. Richmond (ES) (N)  
Melbourne vs. Fremantle (TIO) (N)

**Sunday, July 10**  
Carlton vs. Adelaide Crows (MCG)  
West Coast Eagles vs. North Melbourne (DS)  
Essendon vs. St Kilda (ES) (T)

## ROUND 17

**Thursday, July 14**  
Sydney Swans vs. Hawthorn (SCG) (N)

**Friday, July 15**  
Fremantle vs. Geelong Cats (DS) (N)

**Saturday, July 16**  
Richmond vs. Essendon (MCG)  
North Melbourne vs. Port Adelaide (ES) (T)  
Western Bulldogs vs. Gold Coast SUNS (CS) (N)  
Adelaide Crows vs. Collingwood (AO) (N)

**Sunday, July 17**  
Carlton vs. West Coast Eagles (MCG)  
St Kilda vs. Melbourne (ES)  
Brisbane Lions vs. GWS GIANTS (G) (T)

## ROUND 18

**Friday, July 22**  
Collingwood vs. North Melbourne (ES) (N)

**Saturday, July 23**  
Sydney Swans vs. Carlton (ANZ)  
Gold Coast SUNS vs. Fremantle (MS)  
West Coast Eagles vs. Melbourne (DS) (T)  
Geelong Cats vs. Adelaide Crows (SS) (N)  
Western Bulldogs vs. St Kilda (ES) (N)

**Sunday, July 24**  
Essendon vs. Brisbane Lions (ES)  
Hawthorn vs. Richmond (MCG)  
Port Adelaide vs. GWS GIANTS (AO) (T)

## ROUND 19

**Friday, July 29**  
Geelong Cats vs. Western Bulldogs (SS) (N)

**Saturday, July 30**  
GWS GIANTS vs. Richmond (SO)  
Hawthorn vs. Carlton (AU)  
Collingwood vs. West Coast Eagles (MCG) (T)  
North Melbourne vs. St Kilda (ES) (N)  
Brisbane Lions vs. Port Adelaide (G) (N)

**Sunday, July 31**  
Melbourne vs. Gold Coast SUNS (MCG)  
Fremantle vs. Sydney Swans (DS)  
Adelaide Crows vs. Essendon (AO) (T)

## ROUND 20

**Friday, August 5**  
Richmond vs. Collingwood (MCG) (N)

**Saturday, August 6**  
Sydney Swans vs. Port Adelaide (SCG)  
Melbourne vs. Hawthorn (MCG)  
Gold Coast SUNS vs. GWS GIANTS (MS) (T)  
Western Bulldogs vs. North Melbourne (ES) (N)  
Adelaide Crows vs. Brisbane Lions (AO) (N)

**Sunday, August 7**  
Carlton vs. St Kilda (MCG)  
Geelong Cats vs. Essendon (ES)  
Fremantle vs. West Coast Eagles (DS) (T)

## ROUND 21

**Friday, August 12**  
Western Bulldogs vs. Collingwood (ES) (N)

**Saturday, August 13**  
Brisbane Lions vs. Carlton (G)  
Hawthorn vs. North Melbourne (MCG)  
GWS GIANTS vs. West Coast Eagles (SP) (T)  
St Kilda vs. Sydney Swans (ES) (N)  
Port Adelaide vs. Melbourne (AO) (N)

**Sunday, August 14**  
Essendon vs. Gold Coast SUNS (ES)  
Richmond vs. Geelong Cats (MCG)  
Fremantle vs. Adelaide Crows (DS) (T)

## ROUND 22

**Friday, August 19**  
West Coast Eagles vs. Hawthorn (DS) (N)

**Saturday, August 20**  
North Melbourne vs. Sydney Swans (BA)  
Richmond vs. St Kilda (MCG)  
GWS GIANTS vs. Fremantle (SP) (T)  
Collingwood vs. Gold Coast SUNS (ES) (N)  
Port Adelaide vs. Adelaide Crows (AO) (N)

**Sunday, August 21**  
Carlton vs. Melbourne (MCG)  
Brisbane Lions vs. Geelong Cats (G)  
Essendon vs. Western Bulldogs (ES) (T)

## ROUND 23

**Friday, August 26 - Sunday, August 28**  
Hawthorn vs. Collingwood (MCG)  
Adelaide Crows vs. West Coast Eagles (AO)  
Essendon vs. Carlton (MCG)  
Gold Coast SUNS vs. Port Adelaide (MS)  
Sydney Swans vs. Richmond (SCG)  
St Kilda vs. Brisbane Lions (ES)  
North Melbourne vs. GWS GIANTS (ES)  
Geelong Cats vs. Melbourne (SS)  
Fremantle vs. Western Bulldogs (DS)

## 2016 TOYOTA AFL FINALS SERIES

**September 2-4**  
Bye Round - Final Eight clubs

**September 9-11**  
Week One - Qualifying & Elimination Finals (4)

**September 16 & 17**  
Week Two - Semi-Finals (2)

**September 23 & 24**  
Week Three - Preliminary Finals (2)

**October 1**  
Week Four - Toyota AFL Grand Final



The NRL's commitment to appropriately commemorating ANZAC Day will be highlighted by a new partnership between Rugby League's governing body and the RSL.

The RSL and NRL have a history of working in partnership to commemorate Anzac Day at the traditional St George-Illawarra Dragons-Sydney Roosters clash. This partnership is growing and will continue do so throughout the ANZAC Centenary commemorations to 2018.

The new partnership, for the duration of the ANZAC Centenary, will ensure the NRL appropriately recognises the 100 years of service and the contribution Rugby League has made throughout the centenary of service.

The NRL has continued to engage with the RSL to ensure that all matches appropriately acknowledge the importance of ANZAC Day.

While last season saw five matches played on ANZAC Day, the NRL has scaled back its program to three matches on Monday, April 25.

Newcastle Knights and Manly-Warringah Sea Eagles will play at 2pm, with the traditional St George Illawarra Dragons-Sydney Roosters match to be played at Allianz Stadium at 4pm.

Melbourne Storm will play its traditional ANZAC Day opponents, the Warriors, at 7pm in Melbourne.

Rugby League's ANZAC Round matches have become some of the most important events of the season. Each features moving tributes to Australian and New Zealand servicemen and women.

More than 500 rugby league players and officials served in WW1, although incomplete records mean it's not possible to quantify the exact numbers.



## ANZAC ROUND NRL TELSTRA PREMIERSHIP

Friday, April 22	Broncos v Rabbitohs
Saturday, April 23	Bulldogs v Titans Raiders v Tigers Cowboys v Eels
Sunday, April 24	Sharks v Panthers
Monday April 25	Knights v Sea Eagles (2pm) Dragons v Roosters (4pm) Storm v Warriors (7pm)





All Photos: NRL Photos



"THE NRL APPROPRIATELY RECOGNISES THE 100 YEARS OF SERVICE AND THE CONTRIBUTION RUGBY LEAGUE HAS MADE THROUGHOUT THE CENTENARY OF SERVICE."



# FOOTYS4ALL

# Footprint

African world leader Nelson Mandela spoke these words at the laureus sports awards in the year 2000:

“Sport has the power to change the world,” Mandela said. “It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair. It is more powerful than government in breaking down racial barriers.”

Peace is the greatest weapon mankind has to resolve even the most intractable difficulties. But to be an effective agent for peace, you have to seek not only to change the community and the world. What is more difficult is to change yourself before you seek to change others. Only those who have the courage to change themselves and to know that in all communities without exception there are good men and woman who want to serve their communities.

The volunteer Footys4all children’s sporting foundation used Mr Mandela’s words as inspiration to change the world for the better for children in need through the distribution of hope, happiness and a sporting opportunity via the gift of a new ball. 4 years later and with over 11,000 new balls distributed around Australia and across the world through 1,000’s of sponsors, volunteers and supporters the world has changed for all Footys4all recipients.

As a 44 year old Australian born in Fiji I see it as all our responsibility to also be an effective agent of peace and unification using the vehicle of sport just as Mr Mandela did after the oppression of apartheid in unifying his country together at the 1995 Rugby Union World Cup.

The Footys4all Foundation takes this concept a step further by involving like minded people who value the power of sport to reach those children in need and provide them with the same hope, happiness and sporting opportunities we have been so lucky enough to have. Mr Mandela stated that sports speaks to youth in a language that they understand. It doesn’t matter what language you speak, the colour of your

skin, economic standing, location of your community or religion a sporting game with a ball can be played in all parts of the world and barriers broken down and friendships, hope and happiness created. Sport was the only thing that stopped World War 1 and united the troops of both sides when a game of soccer was played on the Western Front by opposing troops during the Christmas Truce of 1914.

In 2014 the Footys4all Foundation visited Redfern in Sydney NSW and in conjunction with Sydney City Council delivered a Footys4all Molten basketball to a group of 8-10 youths who were just hanging around the Redfern basketball court looking for something to do as they had no ball. This lack of positive activity often leads youth into following a negative pathway of action. The Footys4all foundation arrived and gave the gift of the ball with no strings attached suddenly within seconds this group of Aboriginal, Greek, Sudanese, Asian, Italian, Anglos Saxon youths from both sexes were engaged in a positive, healthy activity where they all had to communicate, work together, be active in mind and body, show agility, be respectful and most importantly laugh and have fun together all through the power of sport and a ball.

The time is now to join us and become part of the community unifying the world through the power of sport and creating world peace by joining Footys4all as a volunteer, sponsor, facebook, twitter, instagram follower via [www.footys4all.com.au](http://www.footys4all.com.au)

Be the change you want to see in the world for the sake of the children of the world in need. ■

By Michael Gallus



“BE THE CHANGE YOU WANT TO SEE IN THE WORLD FOR THE SAKE OF THE CHILDREN OF THE WORLD IN NEED.”



In 1905 (Behind the Crown Hotel)



1969 A Grade First Premiership



2010 Premiership after 33 year drought.

# The Reynella Football Club



The Reynella Football Club was formally established on 18 April 1896 at a meeting at the Crown Hotel making it one of the oldest Football Clubs in Australia. The first playing ground was secured behind the Crown Hotel 'within an hour and a half's drive from the city. (now only 35 minutes).

We are a proud community club and our mission is to build and develop a safe, healthy and community aware environment for players from 6 years old to Seniors.

The Reynella Football Club is a non profit sporting club. As a member of the Southern Football League, we currently have 20 junior teams from Under 8's to Under 18's playing at the club, as well as senior A Grade, B Grade and C Grade sides (Total 23 teams – over 400 playing members).

Our home ground is based at Oval Rd, Old Reynella, our Senior side plays their home and away season on Saturdays along with our Under 14s, Under 16s, Under 18s and B grade. Due to the success of our Junior programmes, we are blessed with junior teams Under 8 to Under 14s playing at our Oval every Sunday during the Football season.

In these early days there was no organised competition with players travelling long distances to battle with other clubs – just for fun. In 1909, Reynella Football Club temporarily joined a competition run by the Marion/Sturt Football Clubs before joining the Mid Southern Competition in 1913 to play against other teams 'down the hill'. In 1913, the club also relocated it's oval from behind the Crown Hotel to it's current position on Oval Road.

The club played in the Mid Southern Competition until 1927 other than one year in 1919 when they briefly played in the Southern Football Association, an earlier incarnation of the current Southern Football League.

In 1928, Reynella Football Club combined with current day arch rivals Morphett Vale and joined the Southern Football Association. They reformed again in their own right in 1930 and became 'Black and Red' as most players already had their jumpers from their days playing with Morphett Vale. Reynella rejoined the Glenelg-South Adelaide Football Association until 1947 when they finally

returned to the Southern Football League for the last time.

The Reynella Football Club has been a stalwart member of the SFA/L for the last six decades. The club has also been evocatively known as The Wineflies since the early 1940's, largely due to the presence of vineyards in the area at the time.

Premierships - 1969 – 1975 – 1977 – 2010 – 2013 – 2015

Reynella FC has produced a number of Australian Football League (AFL/VFL) players including Jason Bevan (Collingwood), Michael Doughty (Adelaide), Ben Moore (Richmond), Darren Kappler (Fitzroy, Hawthorn, Sydney), Andrew Brockhurst (Fitzroy), Brenton Harris (North Melbourne), Darren Harris (North Melbourne), Matthew Golding (Adelaide), Justin Bollenhagen (Fremantle) and Cory Gregson (Geelong).

Upon entering the SFL in 1947, the club again changed their colours – this time to Brown & Gold to avoid clashing with Morphett Vale. They played in these colours until 1968 when they changed to Black & White and have remained these colours ever since.

Having contested two losing grand finals in the 1950s the Wineflies finally broke through for a premiership in 1969, beating Christies Beach in the grand final by 16 points, 11.3 (69) to 7.11 (53). The victory might, and perhaps ought to, have been a springboard to even greater things as the side went on to contest seven of the next eight grand finals. However, only twice in 1975 and 1977, was the premiership attained. In 1975 they defeated McLaren Flat by 20 points 14.15 (99) to 11.13 (79) and in 1977 they defeated Port Noarlunga by 15 points 15.9 (99) to 12.12 (84).

After another losing grand final to Port Noarlunga in 1985, the late 1980's and early 1990's were lean times for the club. Finishing outside of the finals in many of these years, it wasn't until 1998

that they made another Grand Final but unfortunately lost to Happy Valley by 1 point. Over the next few years despite the club's growing strength, The Wineflies players and supporters continued to taste heartache by losing another 4 grand finals in the first decade of the 21st century. Despite this lack of success at the most senior level, the club has seen 14 premierships at Reserves Level over its existence.

In 2010, the premiership drought was finally broken after an eternal 33 years. An emphatic victory over Brighton by 30 points 13.11 (89) to 9.5 (59) finally saw reward for years of effort from players and supporters alike. Many of the clubs long term stalwarts were moved to tears after so many years between drinks.

While this recent taste of success was sweet, it has so far proven to be the start of a very successful decade for the Wineflies. Winning the 2013 SFL Grand Final beating Morphettville Park by 25 points 12.11-83 to 8.10-58.

Again in 2014 Reynella made the Grand Final against Noarlunga Football Club, the Wineflies led the game from the first minute of the match and led throughout the whole match only to see Noarlunga kick a goal after the final siren to snatch the game away from Reynella denying us of back to back Premierships.

Season 2015 saw most of the 2014 team return determined to turnaround their 2014 loss. Reynella again looked the side to beat in 2015 and won their way through to the Grand Final again this time against a much improved Brighton Districts Old Scholars team, once again Reynella took the lead in the Grand Final but memories of the disappointment of 2014 saw them keep the pressure on and power home to their 3rd Premiership in 6 years, also collecting the B Grade Premiership and both Under 16 division premierships, a record 4 Premierships in one year.

Our Club prides itself on its' success of making finals, having been Premiers in 2010, 2013 and 2015 and all sides Under 14 to A Grade participating in Finals in 2015, with season 2015 being our most successful being A Grade, B Grade and both Saturday and Sunday Under 16 Premiers.

We are looking forward to Season 2016 and hopeful of another great year for the mighty Reynella Wineflies !!!! ■

# Olympic golf champions to gain entry to major championships.

Both men's and women's gold medallists when golf returns to the Olympics for the first time in 112 years will earn the prized berths on top of their place in history.

Augusta National chairman Billy Payne, who ran the 1996 Atlanta Games, told a pre-Masters press conference today that it was another key moment in the sport's return to the Olympic family.

"We believe our game's visibility will be dramatically elevated by the global platform that only the Olympics offer," Payne said.

"New audiences from all over the world, some for the very first time ever, will be exposed to our great sport and come to know and appreciate the amazing athletes and heroes in golf.

"From this greater visibility, we believe will evolve greater participation in our game, and it will be a certain beneficiary."

While the move was largely viewed as positive, one knock is that the gold medal winners are likely to come from a small group of players already qualified for golf's most revered events.

But PGA of America chief executive Pete Bevacqua rejected the suggestion that offering major exemptions as an incentive in Rio was an insignificant gesture.

"From our perspective, whether it's someone that is in the top rankings of the world or someone who is that Cinderella story, in both ways it's a positive," Bevacqua said.

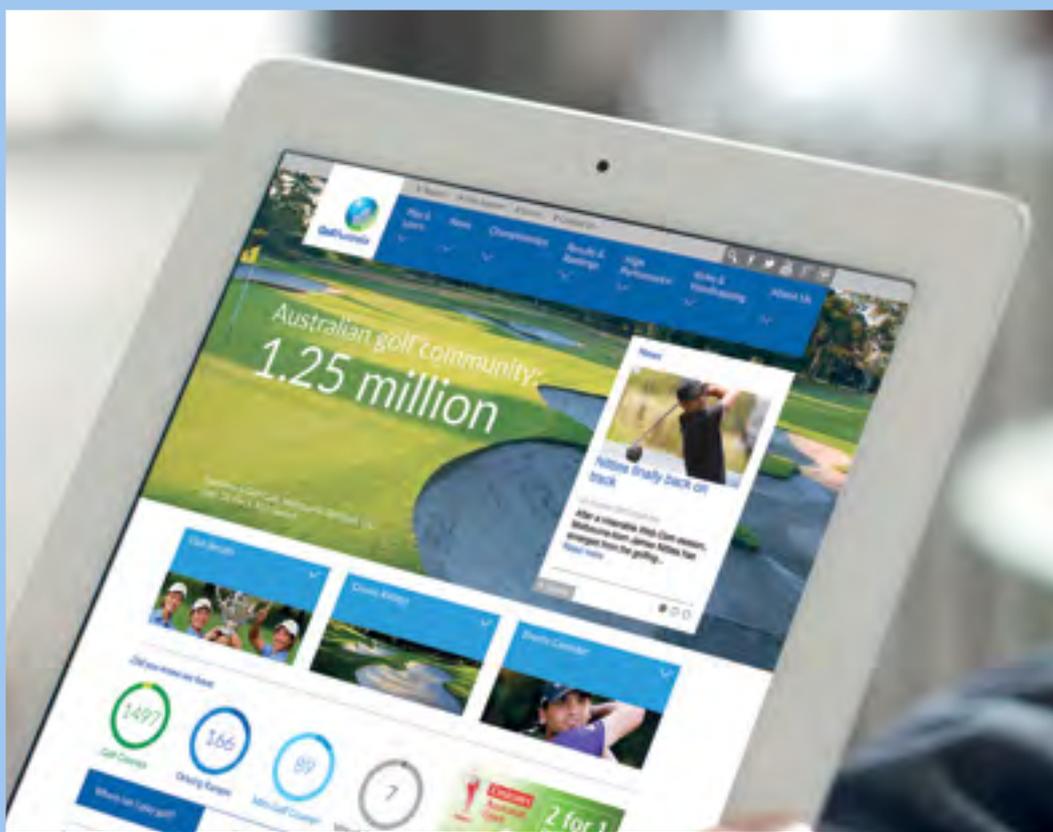
"It's a positive for golf, it's a great story for golf."

Payne said he expected more and more of the world's elite players to become enthused about the Olympic return as the August dates neared and that national pride will surface.

"My experience has been when looking at the joy and the happiness of kids competing all across the board in various Olympic endeavours, that there is nothing, nothing, more powerful than representing your country," Payne said.

"So I suspect that you will see that take over and totally capture the enthusiasm of the players for golf.

"I think what you feel now, and what you hear now, as some of these individuals themselves become part of the Olympics, probably change their mind." ■



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**GolfAustralia**

**“THE ONLY  
THING A  
GOLFER  
NEEDS IS  
MORE  
DAYLIGHT.”**

*Ben Hogan*



**CHAMPIONS OF MY GAME**

**The  
House  
of Golf.**

# Bowls rolls back onto free-to-air television with SBS partnership

The sport of bowls will return to free-to-air television after a four-year hiatus, with a new weekly episodic program titled "The Bowls Show" to air on SBS and SBS On Demand.

Bowls Australia and SBS have announced a partnership to bring the sport of bowls back to the masses with an hour-long magazine-style program, that will also feature highlights of the sport's marquee events, every Sunday afternoon, from 1pm on SBS.

Commencing on May 15 and running for 20 consecutive weeks until September 25, The Bowls Show will bring the sport back to free-to-air television for the first time since 2011, when it concluded a 30 year relationship with the ABC.

The program will also mark the first occasion bowls is broadcast in high definition on free-to-air channels, with the sport finding a new home on SBS while also being made available through the network's catch-up service, SBS On Demand.

The Bowls Show will be hosted by Jack Heverin, and will feature some of the biggest names in the sport, including Steve Glasson, Karen Murphy, Kelvin Kerkow, Kelsey Cottrell, Mark Casey and Barrie Lester.

Regular segments on coaching, development, officiating, high performance and social bowls will be incorporated in the program and will provide a point of difference to the traditional event-only coverage shown in past broadcasts.

Bowls Australia President Nigel Smith said that the return to free-to-air television was a strategic priority for the sport and the new partnership with SBS would help bowls appeal to new audiences.

"Bowlers from across the country have been enormously vocal in their desire to see the sport back on free-to-air television following the 30 year relationship with the ABC, and it has been a strategic focus of Bowls Australia's to achieve this outcome, so this announcement is a tremendous coup for players, spectators and admirers of Bowls in Australia," Mr Smith said.

"Bowls Australia has worked hard to develop broadcast products that appeal to general sporting enthusiasts, not just regular participants, through coverage like the Australian Premier League, and this is another step in that direction.

"The Bowls Show will help build awareness of new membership opportunities and social participation initiatives like Jack

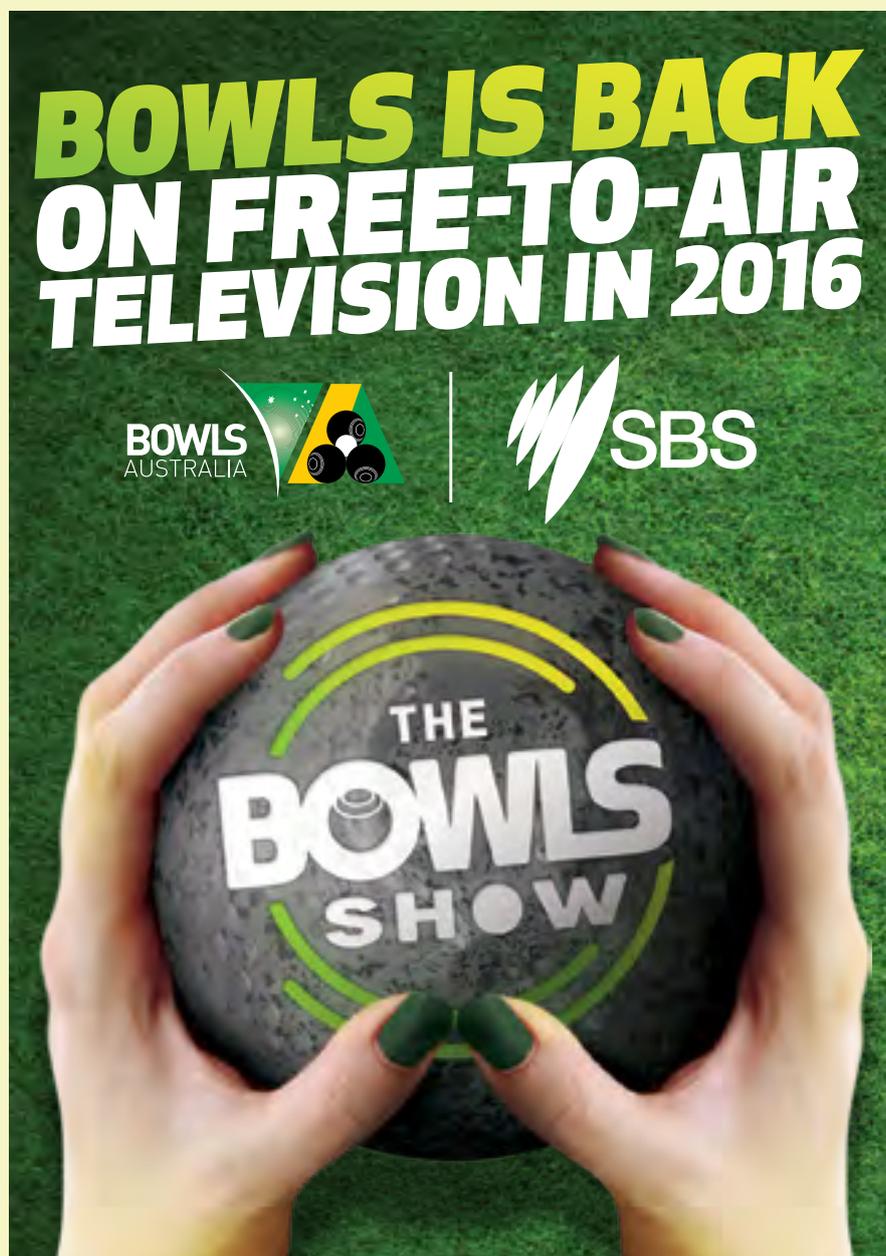
Attack and Jr. Jack Attack, and promote that bowls is a sport for life."

SBS Director of Sport Ken Shipp was equally optimistic about the potential of The Bowls Show and the sport's return to free-to-air television on SBS.

"SBS believes in championing sports which unite communities, and we are pleased to bring Bowls back to free to air television for all Australians to enjoy," Shipp said.

"The Bowls community is extremely passionate, and The Bowls Show gives players, fans and newcomers an opportunity to engage with and stay connected to their sport."

Bowls Australia will maintain its relationship with Fox Sports as the sport's official Pay-TV partner, which will continue to televise more than 30 hours of live Australian Premier League and Australian Open coverage, in addition to other unannounced events. ■



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# The first Anzac Day?

## Commemorating the first Anzac Day.

By Gareth Knapman

Australia's first commemorative Anzac Day was not 25 April 1916, but rather 13 October 1915 and occurred in Adelaide—replacing the traditional eight-hour holiday. This first quirky Anzac Day was more of a carnival than a solemn ceremony of commemoration. However, many of the later Anzac Day commemorations have their origins in this first Anzac Day.

Initially termed the 'Patriotic Procession and Carnival', the committee made a public appeal for a new name for the day. This renaming established the name Anzac Day over the name Gallipoli Day in Australia. Most importantly, coverage from the time argued that Anzac Day filled a void in the national narrative of Australia, transcending class boundaries and becoming a new and unifying focus in a time of war.

The object and mood resembled a mardi gras mixed with Harvey Norman's Australia Day sale. On the morning of Anzac Day, the advertiser awkwardly pontificated: "All must pay the price of Empire. If all may not lay their lives upon the altar of their country, at least all may dip deeply into their pockets and contribute a portion of their resources to meet the needs of the living victims of the red gods." Despite high rhetoric, obviously most people were not about to pay the ultimate price. In reality, Anzac Day was a public holiday, a day of leisure and shopping.

The first Anzac Day march was headed by a reserve unit, the Royal Australian Naval Brigade, which marched with fixed bayonets accompanied by the Brigade Band. The returned wounded soldiers were followed by the 2000 new recruits bringing up the rear. After this came the traditional union march. However, even that was unique for the day. Many of the floats had a Gallipoli theme, such as one for the 'Operative Painters and Decorative Employees of Australia', which hosted a background painting of the Gallipoli hills with painters dressed as soldiers at the ready to clamber up the painted escarpment occupying the foreground. Displays of imperial patriotism were also a facet of the day, with numerous floats representing historic heroes of the British Empire and imperial mascots, including John Bull and Britannia. Another float consisted of a giant effigy of the Kaiser skewered by a sword. The banner read, "The Kaiser wants Copper, hit him with some." The purpose of these floats was to raise money, with patrons hurling pennies at the floats.

After the parade, the celebrations moved to Adelaide Oval. A group of people dressed as prehistoric animals chased by cavemen circled the oval. This was probably not an indigenous people parody. Instead, the visual style, captioning and promotion all related to a satirical image of prehistoric Europe. For weeks, the papers had covered the build up to Anzac Day, particularly the preparations for the 'tram-car crash'. Described as an 'American novelty', the event was highly choreographed and reportedly attracted a crowd of 15,000. Two obsolete horse-drawn trams were mounted on a track raised at both ends. With gravity powering the trams to a speed of 16 miles per hour, the impact of the collision was made more impressive with timed explosions bursting the wreck into flames upon impact. An eyewitness described it as 'watching two tramcars melt into a shapeless mass of twisted iron and splintered wood. The flames completed the total destruction'. Other events included a display of air balloons and military kites (the precursors to the aeroplane). In addition, a mock arrest of cabinet members from the South Australian Government, who pretended to be common thieves, was staged.

The day was a fundraising success and reported in newspapers across the country. The idea was copied in Victoria, with the Lord Mayor's Button Day committee selecting 17 December 1915 as Anzac Day and the issuing of a remembrance button. Yet in Ballarat, the city council decided to depart from Adelaide's lead and hosted the day on 14 January 1916. These Victorian events were also published throughout Australia. In Queensland, the Anzac Day Commemoration committee was formed after a public meeting on 10 January 1916 that proposed Anzac Day be commemorated on 25 April. This was adopted throughout the country and the eight-hour day from 1916 reverted to its traditional format. ■

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**For a fuller account of the early Anzac Days of WW I please see Knapman's chapter in forthcoming Tom Frame (ed) *Anzac Day: Then and Now*, New South Publishing: 2016).**

"...COVERAGE FROM THE TIME ARGUED THAT ANZAC DAY FILLED A VOID IN THE NATIONAL NARRATIVE OF AUSTRALIA, TRANSCENDING CLASS BOUNDARIES AND BECOMING A NEW AND UNIFYING FOCUS IN A TIME OF WAR."



# Bootcamp Company is not your average military-inspired boot camp company.

Born of the passion of it's founder Michael Geurts, Bootcamp Company came into being on Bribie Island, located in between Brisbane and the Sunshine Coast Queensland, kicking off with one young man who needed to shed some extra weight who he was put into contact with via a friend.

This was truly the beginning of Michael begining redefining his relevance within a civilian life. Michael had moved to Bribie Island at the end of his active service in the Australian Defence Force following sustaining extensive injuries during active service which ending his 17 years of service to him country.

1 person turned into 2, 2 became 4, 4 became 10 and Bootcamp Company the business was born continuing to become the Sunshine Coast's fastest growing Bootcamp ever.

Delivering highly effective, inspirational and unique personal & group training sessions along with commercial and fundraising fitness events and Designed for all ages, fitness levels and abilities all Bootcamp Company sessions and events deliver

life changing results and unforgettable memories ensuring participants are always physically and mentally challenged.

Michaels active service is representative of the Trainer, mentor and Inspiration he is to each and every person he trains drawn from not just the length of service Michael achieved but the sheer breadth across a variety of units, including recruit training, special forces active service, parachute unit active service and the development from concept to fruition of hi tech combat response time minimisation solutions which today is not only standard operation but save lives on the battlefield in conflicts across the world.

For the last 2 years now, Michael's focus has been on diversifying his fitness programs, to cater to all levels of fitness, body types and sizes. As a Military Instructor, Personal Trainer and having sustained a range of injuries during active service Michael understands the fundamentals and importance of appropriate rehabilitation, from simply being out of shape or having sustained an injury or injuries.

This has allowed him to understand the necessity of having a flexible approach to fitness. Michael is a unique trainer that takes his knowledge and professional experience serious and pushes people to their own pace, however allowing them to achieve their maximum potential with the importance of discipline, positive reinforcement and motivation.

Training at Bootcamp Company is not a 12 week program, it's a lifestyle. Many people complete 12 week programs and believe there is an end, however it's just the beginning as maintaining a healthy lifestyle and fitness is an ongoing process

All Bootcamp Company sessions are run by ex and presently serving Australian Defence Force members who are and/or have been some of the best group instructors the Australian Defence Force has produced with experience as Military Recruit Instructors, PT trainers and Sub PT trainers in Special Forces Units, Parachute units, Medical rehabilitation and recovery units, and many other respected Australian Defence Force combat role and logistic units.

Each trainer holds a long history of war and peacetime operational service with a variety of skills and qualifications. Michael hand selects his trainers to ensure each and every trainer has experienced all levels of life changing events beyond the average person which ensures all Bootcamp Company Trainers have an outside the box appreciation and approach to individual training needs delivering a variety of workable solutions. ■

For more information, to see some of the amazing fundraising and charity events, or to simply find if there is a location near you please visit:  
[www.bootcampcompany.com.au](http://www.bootcampcompany.com.au)



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