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BI-ANNUAL ISSUE 13

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WORK

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SOLOMON
ISLANDS

JIMMY BARNES
The Last Post Interview



THE LAST POST

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

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the power of
humanity



foreward



The Hon. Dan Tehan

Federal Minister for Veteran's Affairs

Each year about 5000 permanent members separate from the ADF and of those around 70% are leaving for a career change while they are still young enough.

The transition phase for our Defence personnel can be challenging. One of the best things we can do to honour the men and women who serve in defence of our country is ensure that transition is successful, and central to that is satisfying employment.

Everyone leaving the ADF gets a transition plan to make the process as smooth as possible. They receive a personalised Transition Plan that covers external support services, financial and housing matters and accreditation.

Financial support, coaching, services and paid leave to attend training courses and work experience are also available. But we need to do more.

This month, Malcolm Turnbull will host the first Prime Minister's Veterans' Employment Initiative in Sydney which will bring together leaders from the private and public sector to identify new ways to recognise the talents of our ADF personnel.

Our ADF personnel possess unique skills that are in demand across the economy.

Our veterans have experience working in and leading teams.

They are flexible and able to work in a stressful, fast-paced, dynamic environment.

They are dependable, demonstrate a strong work ethic, and have the tenacity to consistently complete the work.

Veterans display integrity and loyalty.

They are experienced with culturally diverse and global working environments.

The Prime Minister's Employment Initiative is about finding ways for the private sector to recognise the talents our ADF personnel can bring to business.

It's about a friendly hand up to those who have been prepared to serve their country. ■



The Hon. Dr Brendan Nelson,

Director, Australian War Memorial

A nation reveals itself in certain ways. To know the Australian War Memorial is to understand us as Australians. Interred in the Hall of Memory beneath the Byzantine-inspired dome is the Unknown Australian Soldier.

We do not know who he is. He is definitely not an admiral or a general. He is most likely of the lowest rank. He could be Aboriginal. We do not know. But we honour him because we are Australians, revering the heroism and idealism of the everyday Australian. Similarly, the bronze Roll of Honour presents everyone as equal in death. No rank, no military honours.

Yet within this monument to our egalitarian ideals, there is one group worthy of recognition. It is those Aboriginal and Torres Strait Islanders who have served, fought and died for us and our freedoms since the Boer War.

Just think. Only four to five generations after the arrival of the First Fleet, living in a desperately unequal Australia, often denying their Aboriginality, they enlisted to fight for the young nation that had taken so much from them. As they did so, their families fought injustices here at home

while contributing to the war effort at home.

They have proudly served in every conflict and operation in which our nation has engaged.

For Country, for Nation tells their stories at the Australian War Memorial. Learn about the three Aboriginal Hill brothers who served in the Second World War. John, wounded in the defence of Singapore, died in Changi; Harold, sunk on HMAS Perth, survived as a prisoner of war; and Roy piloted Lancasters in Bomber Command over Europe. Extraordinary.

Within the architecture of equality, we proudly recognise these remarkable men and women for what they have given and continue to give for our freedoms and the hope of a better world. In doing so, far from diminishing equality, we strengthen it. ■

From the Publisher: GREG T ROSS

I started this magazine 5 years ago on a wing and a prayer, with lots of help from the bank, my partner and the left-over's from what my father, Raymond had left to me in his will. Raymond, of course, had started the original The Last Post but it had died with him back in 1983.

One of the things that became clear to me, very early on, was the large amount of goodwill in the community there was towards honouring our veterans by helping to build a better Australia. We're not talking about flag-waving here, rather real examples of common spirit. Examples of why, despite frequent media headlines suggesting the opposite, we all have a lot more in common with each other than we may think.

I remember the email still, from Australian Red Cross and their then representative Bruce Wardley, telling me that they would be the first to align themselves to the "new" concept of The Last Post. Defence Health, Australian War Memorial, National Archives, Geelong Grammar, the federal department of Veterans Affairs followed soon after and allowed me to at least get a foothold. Still, when I think back at how relatively little we raised in advertising support for that first issue in the spring of 2011, it's a wonder we're still here. I was learning, we were all learning about the opportunities that were presenting themselves. The idea of a modern, national, generic and quality magazine representing our veterans and their place in our society was something that sometimes took a lot of explaining. My getting on the phone to raise support was essential and, with the workload I had arranged, that was sometimes a real effort. What made it easier though was the reaction I got from most of the people I spoke with.

The years passed and with each edition the advertising support for The Last Post grew. Our supporter base grew too, meaning we could go out and reach more Australians. Today, you will find The Last Post in libraries, businesses, governments, in the waiting rooms of doctors and dentists and optometrists, RSL's, the Australian War Memorial, veteran's advisory boards. Australians also subscribe to The Last Post and receive each edition in the mail or online.

The Last Post makes a point of interviewing Australians who share the common trait of being successful and open and sharing a positive vision for now and the future. In this 5th birthday edition we continue the tradition by featuring people like renowned Aussie muso, Jimmy Barnes.

My personal situation changed too. The beautiful woman I have been living with since 2008 and who was a primary school classmate was diagnosed with cancer in May this year. Wendy is still young and was fit and active when we were told. The last six months have been uncertain and worrying times but thanks to love and regard and knowledge from those involved, we forge ahead, still convinced of a positive outcome.

Briefly, in August, Wendy had a rough time when things could have ended badly. Before that, we had decided to marry at our old school. When Wendy was admitted to hospital 5 days before the wedding date, the school option looked unlikely.

In the end, with help from friends, family and hospital staff, we married on a sunny winters Friday afternoon at the hospital. We had a large turnout too.

It was the most beautiful moment of my life. As we pledged our allegiance, the tears in Wendy's eyes told me it was close to ditto for her. We spent our wedding night together in Room 15 of the Marion Ward. I slept on a recliner next to my new wife's bed. We fell asleep holding hands. I was unaware of having ever felt such love.



"Our editor, Greg and I were married at Ashford Hospital on Friday, August 29th in a beautiful ceremony conducted in the hospital's 'Sacred Room'. We exchanged our vows in front of a well-turned out number of family and friends and hospital staff and patients. Unfortunately, the reception was put on hold, but that will be celebrated at a later date at the primary school we both attended". Wendy Joy Ross

So there it is. Thank you for letting me share this with you. The Last Post continues, despite the difficulties involved in putting this edition together, we rightfully believe this to be, like every one before it, the best edition yet.

Please enjoy and spend the summer flicking through the pages of this magazine, so tied to the tradition of the Ross family but tied also, to the hopes and dreams and beliefs of good Australians, whatever their colour or creed.

Keeping the Anzac spirit alive, The Last Post.

Greg T Ross
Editor and Publisher
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

ADVERTISING

www.thelastpostmagazine.com

SUBSCRIPTIONS

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print design
websites
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email marketing
design training
copywriting

Adelaide Hills, South Australia

+61 419 035 000

kirstiewyatt@internode.on.net

www.wyattcreative.com.au

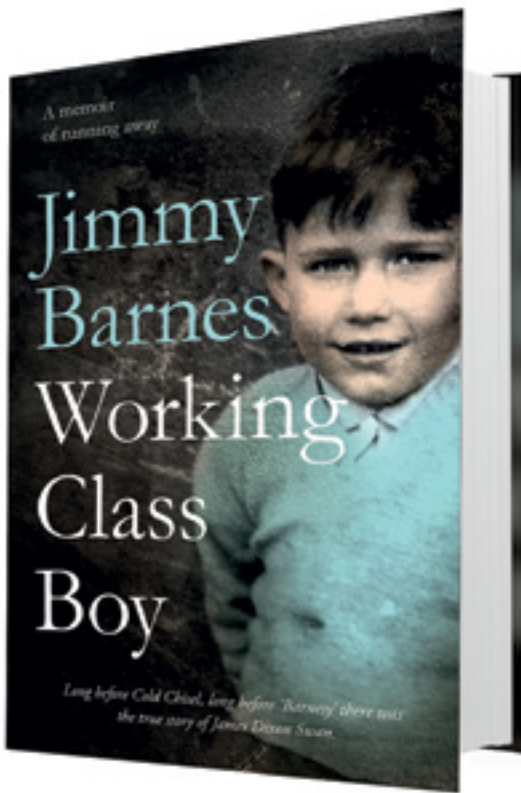
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THE LAST POST: eNEWS, NEWS

The Last Post eNews is growing in popularity. Are you a subscriber? For your free subscription, please contact our subscription team at thelastpostmagazine.com.

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.



Jimmy Barnes talks with The Last Post about his book, *Working Class Boy*, his childhood, Cold Chisel and his thoughts on Australia's veterans.

A household name, an Australian rock icon, the elder statesman of OzPubRock – there isn't an accolade or cliché that doesn't apply to Jimmy Barnes.

But long before Cold Chisel and 'Barnesy', long before the tall tales of success and excess, there was the true story of James Dixon Swan – a working class boy whose family made the journey from Scotland to Australia in search of a better life. *Working Class Boy* is a powerful reflection on a traumatic and violent childhood, which fuelled the excess and recklessness that would define, but almost destroy, the rock'n'roll legend. This is the story of how James Swan became Jimmy Barnes. It is a memoir burning with the frustration and frenetic energy of teenage sex, drugs, violence and ambition for more than what you have. Raw, gritty, compassionate, surprising and darkly funny – Jimmy Barnes's childhood memoir is at once the story of migrant dreams fulfilled and dashed. Arriving in Australia in the summer of 1962, things went from bad to worse for the Swan family – Dot, Jim and their six kids. The scramble to manage in the tough northern suburbs of Adelaide in the 60s would take its toll on the Swans as dwindling money, too much alcohol, and fraying tempers gave way to violence and despair. This is the story a family's collapse, but also a young boy's dream to escape the misery of the suburbs with a once-in-a-lifetime chance to join a rock'n'roll band and get out of town for good.

The Last Post: Hi Jimmy, thanks for joining us here at The Last Post. What inspired you to sit down and document your life so far in such a detailed and honest fashion?

Jimmy Barnes: Pleased to be here thanks. I guess it was a necessity. I had to sit and write it for myself, to get it out. Some of the things in the book I've never spoken to anybody about. Some of the things in the book came to me as I was writing. I would suddenly remember these things that I had previously blocked out. There was a lot of my childhood that was still in me, it was affecting me and one way or another, I had to get it out. When these things affected me, they affected those around me, my kids, my wife and any relationships I had with any human being. So I started writing it, basically for myself. As I started writing it, there were a number of themes that were recurring. There was stuff that I realise a lot of people go through, a shared reality. I used to have my wife ask me what my childhood was like and I'd reply, "Oh, just normal" you know. Then, when I started thinking about it and writing it I realised it wasn't normal, it was anything but. By the time I finished writing it I felt like a huge weight had been lifted from me. Then I started thinking it was sad that this sort of stuff was more normal than not. There are a lot of families out there, you just have to look at the statistics on domestic violence in this country and alcohol abuse, gambling. There are a lot of people, a lot of families and kids going through the same stuff that we did. I'm reminded that getting this out and talking about it with my family has been such a healing process. Other people reading it, other people sharing conversations about it will be a healing thing. I think also, the position I'm in, not even a role model but being somebody people look up to, I've been in the public eye and people have life with me for the last 45 years. For me to be talking about it gives people, blokes



"SOME OF THE THINGS IN THE BOOK I'VE NEVER SPOKEN TO ANYBODY ABOUT."

particularly the opportunity to also talk about it.

TLP: Had you been aware that you were carrying this throughout your life, until this book came about? Had you felt a need through the years to express this part of you or was this something that came to you suddenly?

JB: It had been coming out but coming out in all the wrong ways. I look at my well-documented life, the wildness, the alcohol and drug problems and I look at that now and I don't look on it as celebrating life, I look on it, well I made a joke of it, saying that it was almost the longest suicide attempt in Australia's history. The first time I drank I was probably nine, ten years old and from that day on I've been trying to kill myself, whether I knew it or not. It might have been an inner cry for help but over the years I've been doing therapy,

I've spent time with good people who've given me good advice. Over the years, all this good advice I've been getting led me to this point. Literally, there was a point two years ago, when I sat down to write this story properly, I was sitting watching a movie in a hotel room and the only movie I hadn't seen was called *Snowtown*. It was a shocking story about the bodies-in-the-barrels murders, the serial killers. I didn't really want to watch it, you know, late at night in a hotel, it's not going to help me sleep. But I was bored, I couldn't sleep so I put it on and for the first 15, 20 minutes of that movie, before it became obvious they were serial killers, it just looked like my childhood. The houses in it looked like my house, the street looked like my street, the people in the movie that walked around the house looked like friends of the family. It was violent, it was ugly, it was dangerous. It was threatening and promiscuous with everything based

TOUR DATES:
WORKING CLASS BOY:
 An Evening of Stories and Songs

Tuesday, 15 November 2016

The Wendouree Centre for Performing Arts, Ballarat, Vic
 Tickets available from the Venue / 03 5338 0980
 and www.wcpa.com.au

Thursday, 17 November 2016

Lighthouse Theatre, Warrnambool, Vic
 Tickets available from the Venue / 03 5559 4999
 and www.lighthouse theatre.com.au

Friday, 18 November 2016

Ulumbarra Theatre, Bendigo, Vic
 Tickets available from the Venue / 03 5434 6100
 and www.gotix.com.au

Saturday, 19 November 2016

Regent Theatre, Melbourne, Vic
 Tickets available from Ticketmaster / 136 100
 and www.ticketmaster.com.au

Sunday, 20 November 2016

West Gippsland Arts Centre, Warragul, Vic
 Tickets available from the Venue / 03 5624 2456
 and www.wgac.com.au

Friday, 25 November 2016

Her Majesty's Theatre, Adelaide, SA
 Tickets available from BASS / 131 246
 and www.bass.net.au

Saturday, 26 November 2016

The Barossa Arts & Convention Centre, Barossa Valley, SA
 Tickets available from Ticketmaster / 136 100
 and www.ticketmaster.com.au

Thursday, 1 December 2016

Brisbane City Hall, Brisbane, Qld
 Tickets available from Ticketmaster / 136 100
 and www.ticketmaster.com.au

Friday, 2 December 2016

Jupiter's Hotel & Casino, Gold Coast, Qld
 Tickets available from Ticketek / 13 28 49
 and www.ticketek.com.au

Saturday, 3 December 2016

Saraton Theatre, Grafton, NSW
 Tickets available from the Venue / 02 6642 1633
 and www.saraton.com

Thursday, 8 December 2016

Shoalhaven Entertainment Centre, Nowra, NSW
 Tickets available from the Venue / 1300 788 503
 and www.shoalhavenentertainment.com.au

Friday, 9 December 2016

Anita's Theatre, Thirroul, NSW
 Tickets available from Ticketmaster / 136 100
 and www.ticketmaster.com.au

Saturday, 10 December 2016

Sydney Opera House, Sydney, NSW
 Tickets available from the Venue / 02 9250 7777
 and www.sydneyoperahouse.com

Sunday, 11 December 2016

Canberra Theatre Centre, Canberra, ACT
 Tickets available from the Venue / 02 6275 2700
 and www.canberratheatrecentre.com.au

Wednesday, 14 December 2016

Albany Entertainment Centre, Albany, WA
 Tickets available from the Venue / 08 9844 5005 and
 Ticketek / 13 28 49 and www.ticketek.com.au

Thursday, 15 December 2016

Bunbury Regional Entertainment Centre, Bunbury, WA
 Tickets available from the Venue / 1300 661 272
 and www.bunburyentertainment.com

Friday, 16 December 2016

Perth Concert Hall, Perth, WA
 Tickets available from the Venue / 08 9231 9999
 and www.perthconcerthall.com.au
 and Ticketmaster / 136 100 / www.ticketmaster.com.au

Saturday, 17 December 2016

Queens Park Theatre, Geraldton, WA
 Tickets available from the Venue / 08 9956 6662
 and www.queensparktheatre.com.au

around alcohol. It just looked like my house and at that point it all came flooding back to me and that's when I realised I had to write it down. And the thing is, these issues are social issues about alcoholism and violence that bring feelings of shame and guilt and fear and if you keep them locked inside they become toxic. I liken it to having a weeping sore that you just keep covered up and hidden. It's never going to heal. You have to let the fresh air and light of day get to it. And writing these things down helped me, as in the first steps in a journey to make sense of my life and to change my life. I said this in an interview with my son, David that every time I change my life it's like upgrading the software. I can see my kids taking steps forward and my grandkids having more of a chance of life than had I not done it. So it's really important on a lot of levels.

TLP: As is said, honesty is strength.

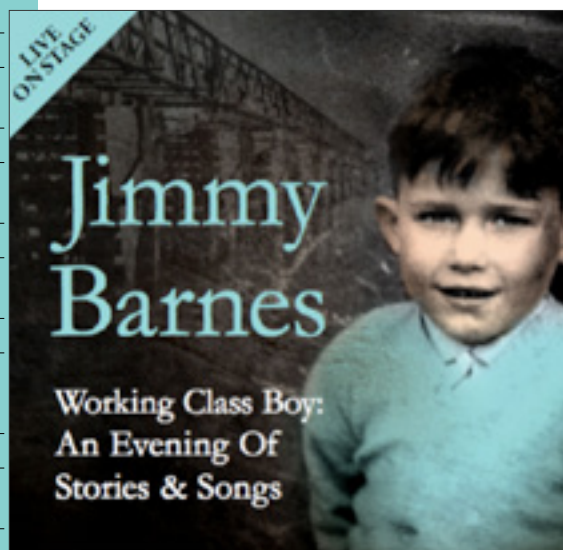
JB: Yes, you're right. But it's difficult, it's not easy to sit down and write this stuff. As I said, there's stuff in this book that I've never spoken to anyone about and stuff that my siblings and I shared that we never spoke to each other about. We were too scared, too afraid and too ashamed to talk about it. Part of that shame was that we were ashamed of how we were being brought up. At the same time, we were defensive of our parents. I love my parents and I love them dearly but I can't defend their mistakes, I can only acknowledge them. I can understand, possibly why they made those mistakes but they're still mistakes.

TLP: I suppose coming out here in '62 from Glasgow and going to Elizabeth. It wasn't a monumental change in the sense that it wouldn't have seemed things had changed that much?

JB: It wasn't much different. Instead of being high rise slums, they were spread out. When I mention the word "slums", the people of Elizabeth criticised me and said it wasn't a slum but where we lived and the conditions we lived in, it was a slum because there wasn't enough work for the fathers and there were major social issues in the community. Just because it was a new housing area with football fields on every corner but the same people that had been in northern Britain came out here and you had the same problems, the violent alcoholic, undereducated...they left there and came out to Elizabeth but it was the same thing with the same problems. It was probably worse because in Glasgow or wherever they came from they had extended families for support. If there was violence in the household, my Mum could run to her Mum or if we were hungry we would be fed by her sisters. We suddenly came here and my parents had no support. I remember it as being a very lonely place for my Mum and things went from bad to worse.

TLP: With the alcohol fuelled violence. Perhaps the people there knew of their situations and their frustrations and felt they had no way of expressing that frustration other than through drinking?

JB: I make a quip in the book about these lessons being "back-handed down" from father to son. That's how they were taught to deal with problems. When



"I WAS SORT OF LIKE THE PERFORMING MONKEY WHERE PEOPLE WANT YOU TO BE WILD AND IF YOU DON'T DO IT, I WASN'T GOING TO GET FED."

Please note that in keeping with the nature of this production, the show will be staged over two acts with a short interval. There will be no support band so Jimmy will be onstage from the advertised starting time at all shows.

www.jimmybarnes.com | www.facebook.com/jimmybarnesofficial | Twitter: @JimmyBarnes | Instagram: @jimmybarnesofficial

there was a dispute in the street between my sister and another kid, my mum and the other kids mum fought, virtually fist-fought and that's how they dealt with it. We learnt from a very young age that that was how you dealt with problems. As a young teenager, I just thought that if somebody disgraced me, you hit them. One of the big lessons with this sort of Scottish pride and about being tough was never let anyone beat you. If somebody beat you, you'd go and wait for them in an alley with a baseball bat. That's a stupid, macho, chest-beating and there's nothing good about that as a lesson or otherwise but that was one of the great lessons from my father. And that's what he was taught about being Scottish and we never lie-down and we're always tough. Really? The Scottish people I know and love the most are soft and they're caring and they share and it's not about chest-beating and being macho. My Mum and Dad, we weren't beaten by them, my Mum and Dad beat each other. So we weren't afraid of being beaten but a lot of people don't understand that domestic violence comes in all forms and every time my parents hit each other, they might as well have been throwing us across the room into the wall. It was doing the same damage. Just because you don't hit your kids, if they're being exposed to that then they're being abused.

TLP: You spoke about the family culture of violence. Were you quicker to pick up on that than John? Did John try to chest-beat longer than you?

JB: You know what, I think we both tried to get out of it. He was just better at it than me. John and I were both in gangs. We never used to call them gangs but when big mobs of guys hang around and fight and drink, that's a gang. We were involved not because we like beating guys up but because we were scared. A lot of violence and aggression comes from fear. And shame. We wanted people to look up to us. If you were scared and others knew you were scared, they were going to beat you up. It was a defence mechanism. I believe that John was more scared than me but also, he was better at it than me. I got the opportunity to leave Adelaide at 16-years old when I met the guys from Cold Chisel. Suddenly, I met someone like Don Walker, who comes from a nice family of academics and you know, he

had plans and thoughts for the future. He has a Masters degree in Quantum Physics. He was a person that thought and he mentored me. It was lucky that I got into a group of people like that. Within 3 months we left and moved to Armidale in New South Wales and I was wrenched away from this whole culture of violence that we'd grown up in.

TLP: It saved your life?

JB: Maybe. But with John, he was left there a bit longer than I was. John's like me, we look back on those days and we're ashamed of having been in gangs and of fighting and of using that violence. The reason I write about my violence and John's violence and my sisters in this book, and I talk about people getting their throats cut, that's how everybody dealt with their problems and that's how we were dealing with our problems. Had we not had some lucky breaks, I mean a lot of people I knew from those days are dead or in jail. There's a few that have got through that had decent parents that showed them how to problem solve without using their fists.

TLP: You created your own luck with your music and that really started everything for you.

JB: Yes and I was one of those people who was always looking for a way out. I didn't want to be in that place. I talk about it in the book but when my mother left and my father got really bad, I'd steal two-bob from his pockets, twenty cents and catch a train to the beach. At that time I was eight years of age and I'd be thirty, forty miles away from my house, by myself with no food and no one looking after me and I was hanging around Glenelg beach, which is near where the Beaumont kids went missing. I was putting myself in danger but I felt safer away from home than I felt in my own house. With that experience, I found a freedom, I knew that I didn't have to be in that situation. From that early age on I was looking at ways to get out of there. I say it in the book but if Cold Chisel hadn't have come along, I'm sure I would have found a way to get out of there, whether it was on the back of a train or in a truck or whatever. I wouldn't have stayed there. I reckon I was really, really lucky. I always reckon

I had someone looking down on me. I always seem to have the luck of the Irish.

TLP: Moving to Armidale. What a culture shock.

JB: Going from Adelaide, where we all used to wear blue, almost like a uniform. Blue denims, blue t-shirts and jackets, sneakers, because we all wanted to look like each other. I think also it was so the cops couldn't tell who did what. I remember getting out of the truck in Armidale and walking down the street. There were hippies and farmers and cow cockies. It was a completely different world for me. It took me a little while to put my guard down because I was used to walking down the street or you're having a drink in the pub or you're out somewhere, you're always waiting for someone to tap you on the shoulder and belt you. So, it took me a few months but eventually I really dropped my guard and for me, that was the start of the change.

TLP: How did it start? When you first arrived in Australia...Elizabeth, the rock 'n roll thing was just about to really hit this country. Did you latch on to that straight away?

JB: I sort of shuffled upon it. I always loved music, my parents loved music. That's one of the gifts they gave me. Ray Charles, Frank Sinatra, Nat King Cole Matt Munro. They played a lot of those type of singers so I was hearing good music. My brother John, who's probably the best and worst influences on my life, he was in bands from 10, 11-years old. While the kids in the streets would be listening to The Archies, I'd be listening to Jimi Hendrix, Sly and The Family Stone so I always loved music. It was something that brought me great pleasure. I joined the band mainly because I wanted to be like my big brother. I found I liked it. I also liked that people liked me for..... well, part of the issues in this book is that I've spent a lifetime trying to make people like me. The situation that I grew up in is almost the perfect breeding ground for a rock 'n roll singer. As a kid, I remember jumping up and down, saying "Like me, like" doing anything to get schoolteachers, other kids to like me. I was captain of the football team, I could fight, I was top of my class. It was like when I first became a rock 'n roll singer, wanting people to like. And it

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up with me and in the end I'd be alone, looking in the mirror saying "What's it going to take to kill you, pal?" I was sort of like the performing monkey where people want you to be wild and if you don't do it, I wasn't going to get fed. I thought I had to do it to be successful. But I had to get myself sober and straight so I could live and be there for my family so I went to a Rehab for six weeks and came back and went to AA and NA and all the A's. Then I had to think about working again. At that point, for many years, I hadn't done a show sober or straight. I was afraid of what people would think and I was afraid I couldn't do it. I thought I needed that stuff to perform. So the first show came along and I was really worried but I got up there and did the show and the first thing I noticed was that I could still sing, in fact I could sing much better. Normally I'd be exhausted after a show but this show I did straight, I finished and thought wow, I could do another one. Most importantly, the audience loved it. It was the opposite to how I thought it would be. Like anything when you turn to face it, it the thought of turning to face it that's the hardest not the act of doing it.

TLP: With Australia being a migrant country and we still are, basically. How do you feel about people who are calling for migration to be curbed?

JB: As you say, this country was built on migrants and their problems. We've got a lot of migrants and their problems here and that's always been here, just like the problems my family brought here. But there are a lot of migrants who have brought great things to this culture. People and families that came from Britain and Europe, they formed bands like The Easybeats, The Twilights and those bands, they brought culture with them too. The migrant input into this country has been invaluable. Australia is made of migrants. When I see people talking about blocking the migration, it reminds me of the gangs and their bravado. It's all about fear and spreading fear. Fear often comes from ignorance. I don't think policies about making this country great that come from fear-based ideas, it's not bright and it's not right. I think there's a lot of problems in the world and I agree with tougher screening and being selective with our immigration but we are a compassionate nation and there are people out there that need our help. As human beings, that's what we have to do.

TLP: Khe Sanh, one of the great songs from Cold Chisel. How did that help align you to the meaning of what it's like to be a veteran?

seemed the wilder I was, the more people like me, so I kept getting wilder and that was obviously a downward spiral. So rock 'n roll came along and it was something I liked and something that gave me some sense of worth. So as I stumbled upon Cold Chisel, for those first eighteen months music really took a hold and became more than my salvation, it was the key to my life.

TLP: Did that present a new set of problems, though as far as the rock 'n roll lifestyle goes? How did you handle that and how did you come through all of that new lifestyle?

JB: It took me a long, long time. It appeared, similar to what I said earlier, the wilder I got, the worse my behaviour was, the more people like it. People were living vicariously through me. They looked at me and I'd be running amok with sex, drugs, rock 'n roll with not a fear or worry in the world. On the inside, well the times that I was smashed it was okay but there are times when you have to come down and you're on your own and whenever that would happen, I would suddenly get very, very scared. So, the times when I was sober and straight got less and less and I couldn't deal with how I was behaving. It got to the point where I was constantly smashed and that could only go on for so long. It was going to kill me. Eventually I had to look at myself. There were times where I'd been drinking for three or four days and there'd be bodies left in the wake. Other band members, other people partying, bikies, none of them could keep

TLP: You probably didn't want to become another Jim Morrison where, in the end, we're led to believe, the band members became pissed off at him. Did any of your band members join you in the largesse of excess?

JB: People talk about Cold Chisel being a wild rock 'n roll band but those guys are musicians and that was number one. They were really quite mild. They were great guys and fun but they didn't drink or party like me and I'm sure that for a lot of the time, that drove them crazy. But they could see that every time I went nuts, the crowds got bigger. They were worried about me but could see the benefits to our careers. They, like me fell for the same thing, although they weren't doing it. It was okay for me to keep doing it because I made it happen. Unfortunately, they had to be in the car with me after the shows. It was a double-edged sword for them.

TLP: I remember seeing you guys at The Station Hotel in '77 and you did Wild Thing, I think but, geez, I tell you what...

JB: Yes, it was pretty full-on. But the funny thing is, I never thought it could be as wild again but musically now my shows are much more intense. I look back and listen to some of our old shows. Some were great but some others, when I could perform or sing it was all smoke and mirrors. I'd smash the place up or dive off the PA stack and people would think it was great.

JB: before the Vietnam War, every time Australian soldiers went away and were asked to do something, they came home as heroes. We've been asked to go into some wars that we shouldn't have been involved in. I separate the politics of war and the soldiers. Prior to Vietnam, even if the politics had been wrong, we were always supportive of our troops. By the time the Vietnam War came about, it was obviously the wrong place to be and people were no longer just sitting back and going along with what the government said. Unfortunately, the bad ending to that magnified that. A lot of these veterans didn't want to be there but it was their job. They went off and fought in a war that wasn't popular and when they returned, instead of being seen as soldiers valiantly representing their country, they caught the backlash from the political side of it. We knew and Don Walker knew people that had been over there and had come back affected. One moment they'd been in the jungle of Vietnam and then, bang, you're finished, discharged and back on the streets of suburban or rural Australia, hoping people would understand. There was no de-briefing, no support, no help and on top of that, you're disliked by a majority of your countrymen and women. Wow. That created a hell-of-a-lot of problems for both the veterans and society. We felt nothing but compassion for them. That was a protest song and it was about human dignity. If we wanted to condemn it was to condemn the governments involved. ■



RSL 100th National Conference

On 6 June 1916 the first national conference of the Returned & Services League of Australia (RSL) conference was held in Melbourne.

To mark its centenary the RSL returned to the city to celebrate 100 years of service to the veteran community.

Prior to the conference, a wreath laying ceremony was held at The Shrine of Remembrance to remember the fallen. This service was attended by Prime Minister, The Hon. Malcolm Turnbull and Leader of the Opposition, The Hon. Bill Shorten and many other dignitaries.

The theme for the Conference was "The Next 100 Years" and the key note speakers provided thoughts on how the RSL might evolve to continue its good works.

Sir Peter Cosgrove, Governor-General cautioned the RSL "you must not whiter but continue your vital contemporary work to improve and modernise the ways and means of care for our veterans."

The Governor-General the presented the ANZAC Peace Prize to Peter Greste for his outstanding contribution to world peace. Peter was humbled to receive the award and spoke of his admiration for

the spirit of mateship that binds service personnel and RSL members. "If we could broaden the concept of mateship in our communities around the world there would be greater peace," he said.

The Prime Minister addressed the delegates and announced a new veteran's jobs program, if elected. He was followed by the Leader of the Opposition echoed the need to do more for veterans.

Transcripts of the leader's speeches are available at www.rsl.org.au

In the afternoon, four presentations and discussion sessions were held to explore the history of the RSL, its current state, the needs of modern veterans and corporate governance.

Agala dinner was held that evening to close the Conference with all guests receiving a collectible RSL Centenary coin from The Perth Mint. Rear Admiral Ken Doolan, gave his final address as National President and encouraged the RSL to use the lessons of the past to create an even stronger organisation of the future. ■





Vietnam veteran elected RSL National President



A Vietnam veteran who rose to the rank of Major after enlisting in the Australian Defence Force is the RSL's new National President.

RSL NSW President Rod White AM RFD was elected to the RSL's most senior position at the organisation's annual general meeting in Melbourne in June..

For his service to the RSL and the broader ex-service community, Mr White has received the Australian Centenary Medal and been appointed a Life Member of the RSL.

Mr White said he was excited and honoured to lead the League into its second century.

"I joined the RSL in 1971 and have been a champion of its work and Australia's veteran community ever since," Mr White said.

Within the RSL, he has had extensive experience including Branch President, State Councillor, Trustee of the Welfare & Benevolent Institution, Director of the ANZAC House Trust plus several other key appointments.

Mr White serves on the Board of RSL LifeCare, the Army Museum of NSW Victoria Barracks Paddington and is on the executive of Regimental committees.

"My priority, of course, will be the betterment of both the veteran

community and serving members of the ADF, together with their dependents," he said.

"I also hope to further enhance society's knowledge and awareness of our military heritage, so Australians never forget the sacrifices that have been made to preserve our freedoms."

Besides his involvement with veteran welfare, Mr White has a keen interest in corporate governance, Australian military and social history and is a regular lawn bowler.

He succeeds Rear Admiral Ken Doolan AO, who has served as RSL National President since 2009.

"The RSL has served the nation well for 100 years and, thanks to the dedication and hard work I have seen over the past seven years, I'm certain it will continue to do so," RADM Doolan said.

"There are challenges ahead meeting the needs of the next generation of veterans but the RSL, with continued public and corporate support, is ready and able to support our Defence members during and after their service." ■

www.rsl.org.au

RSL Centenary Concert

The Returned & Services League of Australia (RSL) is celebrating its Centenary Year in 2016 and as such they are highlighting their contribution to Australia's veteran community via a 'once in a lifetime opportunity' aboard the Royal Australian Navy's flag ship, HMAS CANBERRA, in Sydney Harbour.



Archie Roach

The concert commemorates the centenary of the RSL and raises the profile of the many issues faced by our veteran community, including issues that have an impact on our current serving personnel and their dependents.

'The concert presents a unique opportunity to raise corporate and public awareness of the RSL and the vital services we provide to our veterans and their families, especially in the mental health space' said Sam Jackman, RSL National CEO.

'Having this opportunity to reflect on the rich history of the RSL, whilst highlighting the work we undertake for veterans, is one example of the way the RSL engages with the contemporary veteran community.'

This fully catered event, with performances from Kasey Chambers, Archie Roach, Anne Kirkpatrick, Eric Bogle, Fred Smith, The Stiletos, The Royal Australian Navy Band and Sing Australia will be MC'd by Ian Leslie OAM and Erin Molan.

The concert follows on the back of the RSL Principal Partnership of the 2016 Veterans Film Festival and the provision of care packages to personnel in the Australian Forces Overseas Fund (AFOF) program which celebrated it's 50th anniversary this year.

The event will profile the latest footage from the Veterans Film Festival and Mel Gibson's soon to be released film Hacksaw Ridge and will showcase the photographic work undertaken by the Australian

RSL CENTENARY CONCERT

HMAS CANBERRA SYDNEY HARBOUR



Once in a lifetime opportunity to celebrate the centenary of the RSL and contribute to the continued welfare of veterans and their families.

THUR 8 DEC
6PM-10PM

FULLY CATERED
EVENT

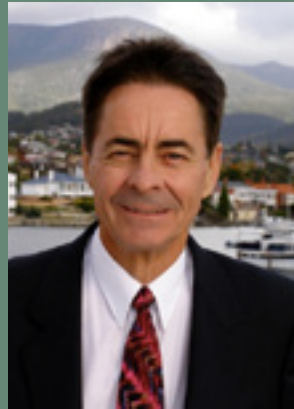


STRICTLY LIMITED TICKETS AVAILABLE from





Kasey Chambers



Ian Leslie, OAM



Erin Molan

Institute of Professional Photographers 'Reflections of WWII' veteran project.

Celebrity cricketers from Cricket Australia will host activities on board and everyone

who attends will receive a limited edition Great War replica soldier bag from the Military Shop containing an RSL Centenary Proof Medallion, keyring and a variety of gifts from sponsors and supporters. ■

Tickets to this fully catered event are strictly limited and are available from Ticketek by visiting: premier.ticketek.com.au/shows/show.aspx?sh=RSLANNIV16



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Image courtesy of Department of Defence

local community support programme

WORKING TOGETHER

Defence Shed is proud to have been selected as a charity of choice by leading international engineering support services company Babcock Pty Ltd. Babcock successfully operates in various industries including defence, mining and construction, aviation, maritime, ports, emergency services, energy, cyber security and engineering consultancy.

Through its 'Local Community Support Program' Babcock seeks to engage with the communities in proximity to their sites and operations. It also provides opportunities for employees to assist with local initiatives and support local charities that are important to them. Babcock has committed funds to current & ex-serving Australian Defence Force Members (ADF) by sponsoring Defence Shed's 'Diggers Emergency Fund' program. This fund assists homeless Veterans with temporary accommodation, emergency bills or unexpected cost that arise.

Babcock is also sponsoring Defence Shed's 'Saturday Morning Breakfast Catch Ups'. Every week Defence Shed serve our current & ex-serving ADF Members and their families a cooked breakfast. It's a chance for Members to get involved in the care of their mates through Peer2Peer Support, networking and information sharing.

Defence Shed look forward to working together in partnership with Babcock in helping to assist our current & ex-serving ADF Members with service related health issues.

Veterans the focus in WA

By Peter Aspinall, State President RSLWA

In Western Australia, the RSL is gearing for its next 50 years of service.

We have listened carefully to our *raison d'être* – our reason for being – and as a result veterans will be put front and centre in the delivery of all our services.

So you ask: what's new?

Putting veterans first is not a slogan. It means revamping how we engage and behave.

For example, before RSLWA builds its next new head office in Perth, it will invite the numerous other Ex-Service Organisations in WA to co-locate their services in the new ANZAC House. This is not an easy task, with something like 50 ESOs involved.

Putting veterans first also means improving our own delivery of advocacy and welfare assistance through our extensive network of outstanding volunteers and since July this year DefenceCare WA has been bedding down its operations that provide vital support to our volunteers.

It means focusing on 130 sub-branches and understanding and responding to their needs and breaking down any barriers with head office.

As the first regionally-based President of the RSL in Western Australia it is my goal to revitalise the sub-branch network to ensure our volunteer advocates and welfare officers get the support they need.

It was thus with some pride that I co-signed the Head of Agreement with Premier Colin Barnett on November 9 to return to us the freehold title of the property hosting the existing ANZAC House. That decision clears the way for construction of a new modern building to revolutionise services to veterans and to create a one-stop shop for all services currently provided by ESOs.

Before I sign off, may I congratulate The Last Post on its 5th anniversary and wish it well for the future. ■

The RSL has had a long association with the land on the corner of St Georges Terrace and Irwin Street which now houses the two-storey ANZAC House headquarters. The first ANZAC House was opened in 1934 and was demolished in 1976. It was replaced in 198. As part of the new development, RSLWA surrendered its freehold right to the Crown. Having retrieved the freehold title, RSLWA is now planning a seven-storey building on the site to be built during the next four years. Later this year the RSL is temporarily shifting to Level 3, 66 St Georges Terrace in Perth.



Above: New ANZAC House

Poppies symbolise RSL's sacred pledge

Pedestrians pause on footpaths and reflect, as buglers sound Last Post. A forest of miniature wooden crosses is nurtured on the lawns outside Government House. 'Ghost soldiers', clad in the uniforms of conflicts long past, parade through the city to deliver the remembrance message.

Those are just some of the Remembrance Day strategies enacted by RSL SA. Similar acts of commemoration and observance are found throughout South Australia, the Northern Territory and Broken Hill. Meanwhile, an army of collectors supplies a critical stream of financial support – in aid of current and former Defence Force members, and their families, at times of need.

By dusk on Remembrance Day 2015, they had sold out the RSL's stock of 150,000 poppies – double the 2014 total. They were dispensing replicas of *Papaver rhoeas*, the Flanders poppy chosen by the Canadian poet John McCrae a century ago as a fleeting sign of hope amidst the carnage of the Western Front.

Hopes for similar levels of response are flourishing in 2016.

At the core of this annual exercise in mass commemoration is an assurance – a sacred pledge in fact – that RSL members and its supporters will never forget. Never forget, that is, the service and sacrifice recorded generation-by-generation.

This sense of duty is displayed, by way of classic example, in the memoirs of Loxton RSL stalwart Howard Hendrick. He served as a Lancaster bomber pilot in World War 2, survived 31 missions over Europe, and was awarded the Distinguished Flying Cross.

Howard writes of the sense of duty inherited from his father, Tom, who was awarded the Military Medal for gallantry on the Western Front:

'Mademoiselle from Armentieres parlez vous?' ... 'Pack up your troubles in your old kit bag, and smile, smile, smile.' These were the popular pieces I remember my father singing as he worked on his fruit block at Renmark. His memories of Gallipoli and the battlefields of the Western Front were still vivid, and the marching tunes sung by AIF men still came often to the fore back in Australia. Soon too he had a young English bride to care for, and in the fullness of time, three young children.

The most highly anticipated day of the year at Renmark was ANZAC day. This day was celebrated by the entire town. The children of Renmark delighted in watching their fathers march proudly in their hundreds, medals gleaming and jangling, along the main street. In the local river towns, settled by a vast majority of servicemen, it was to be expected that when WW2 broke out, many young men and women would volunteer, as their fathers had done 25 years earlier.

Due to the First and Second World Wars, my father's life and mine ran parallel over many years. At the age of 18 my father volunteered and joined the Australian Army. I too, 25 years later at the age of 18 volunteered, but joined the RAAF. At 19, my father was sent to Gallipoli. Again, 25 years later at 19, I was sent to England. At 22, my father, sent on a course to England, met and fell in love with a young girl from Bristol, and later married her when she came out to Australia. At 22, I met a WAAF girl while in England, and later married her. She too came to settle in Australia. Both my father and I took up soldier settler blocks in the Riverland, bringing up our children in the peaceful environment there, enjoying the lifestyle on the land.

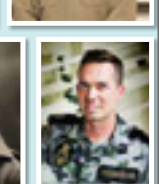
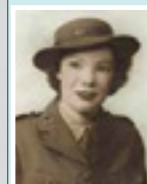
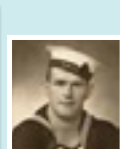
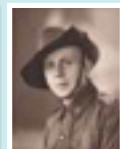
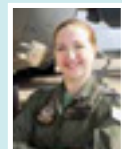
The Hendrick family story is one of distinguished service, fuelled by that 'never forget' creed. It shares, with society at large each November, a sense of obligation – an obligation to honour those who have served their nation. In itself, it is an honourable thing; the simple purchase of a poppy for the Remembrance Day cause is a noble gesture.

Collectively, our community remembers. Collectively, we will never forget. ■



Poppy Appeal

Remembering and
supporting all who served



www.rlsa.org.au



Poppy Appeal
Partner

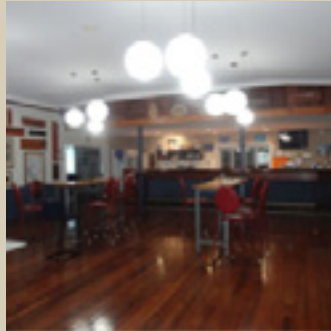
Busselton RSL Sub Branch & Social Club Inc



BSN Committee Members: L-R. Pat Sweetman, Kitchen Manager, President, Bob Wood OAM, Secretary, Glenn Woodward, Memorial Wall Co-Ord, John Cutbush, Membership Officer, Wilf Lynch and Warden, Peter Dalgleish



Busselton RSL Building



Busselton RSL



Busselton RSL

The Busselton RSL Sub Branch & Social Club is located approx. 220 kms south of Perth. Travel time from Perth is approx. 2 ¼ hours via a good highway.

The charter of the Sub Branch is 1918 making one of the oldest in the state. The RSL purchased the current building from the Uniting Church back in 1998 and is located on the causeway leading out of town. The old premises were located in Duchess Street in the town centre.

Management of RSL Sub Branch is made up of an executive committee along with a Social Club sub committee.

Current appointments are President Mr. Robert (Bob) Wood OAM, Vice President, Mr. Kevin (Doc) Casey, Secretary Mr. Glenn Woodward, Treasurer Mr. Rick Winch, Membership Officer, Mr. Wilf Lynch with Mr. Peter Dalgleish and Mr. Peter Wilde being the two Wardens which make up the executive committee.

This committee also makes up the Social Club committee along with a Bar manager, Kitchen manager, Memorial Wall, Maintenance, and Memorabilia Officer.

The RSL complex consists of the Main hall with tables /chairs capable of seating up to approx. 150, a large bar with serving area, pool room and a fully equipped kitchen. Outside we have a rear garden used for BBQ's and outside functions.

Adjacent to the Hall and outdoor area we have a house used for Welfare and Advocate services. Staff include Mr. Bob Wood (who as well as President) is a level 4 Advocate with Mrs. Bev Streeter a level 3 Advocate and Senior Welfare officer and Mr. Rob Lennox and Mr Graeme

Caddy as Pension and Welfare Officers. The Advocate and Welfare office is open Tuesday through Friday from 09.00–12.00

This building also contains our library including numerous memorabilia items and storage for all our archives.

The RSL is open every Friday morning for morning tea and in the evening we hold fellowship from 4.30 onwards. Raffles are held and light meals available at \$10.00.

Throughout the year social and sporting events/ get together are held each month.

Current membership is approx. 380 members made up of 195 Service, 110 Social members and 85 affiliates.

Whilst the RSL is available at no cost to members for private functions, the committee agreed to allow Non-for Profit organizations, choir groups, various local health and welfare support groups to use the hall for meetings etc.

The RSL is very supportive of the local schools and aged Care facilities where our members visit to attend ANZAC Day and Remembrance Day Commemorative services.

Members are kept well informed of upcoming events, DVA information, RSL national and State announcements via email and a quarterly Newsletters.

The committee's meet on the first Tuesday of each month with General meetings held quarterly and the Annual General meeting in September.

Everyone is welcome so if you are down our way please drop in and say Hello. ■

**Written by: Glenn Woodward, Secretary
Busselton RSL Sub Branch and Social Club**



Camp Gregory Veterans Retreat

Camp Gregory is a Veterans Retreat located on a 40 acre block adjacent to the Gregory River – Woodgate QLD. For those unaware of where Woodgate is it is about an hour's drive south along the coast from Bundaberg and roughly an hour and a half drive north from Hervey Bay.

Camp Gregory is a place for all ex-service personnel, veterans and their families to camp, relax and simply just get away from it all.

Often it is asked how Camp Gregory came about?? It all started roughly 15-16 years ago, the land which the retreat is now situated is owned by Roger Dwyer. Roger was part of the 1968 National Service Intake, the veterans, their families and friends would gather at Rogers Woodgate property.

Roger opened up the property as a Retreat in 2010, this is when Camp Gregory Veterans Retreat Inc. was formed and an open ended agreement (Memorandum of Understanding) for use of the land as a Veterans Retreat was put in place. This was following an ordeal with the Queensland State Government regarding the clearing of a section of mangroves for a veteran to have wheel chair access to the water. Subsequently this unfortunate ordeal actually helped bring Camp Gregory Veterans Retreat in to the national spotlight, this includes all

forms of government all the way up to the Prime minister at the time.

Since 2010 Camp Gregory has prospered and continues to every day, Camp Gregory is only what it is today because of the tireless effort of the Veteran Community and its supporters. The Camp is free for all Veterans and ex-service personnel to stay this includes families and friends and open fires are allowed. The Camp has accommodation available, toilets, hot showers, room for caravans and plenty of camping spaces. As Woodgate is a 5 minute drive this gives you the convenience of shops, fuel, ice and bottle shops as well as one of the most beautiful beaches Queensland has to offer. Situated right on the Gregory River you can enjoy some fishing and crabbing all year long.

Take the time to have a look at our new website which has all contact details and further information about the Camp- we hope to see you there! ■

www.campgregoryveterans.com



'EVERYONE IS WELCOME AT THE GEELONG RSL!

WE'RE ABOUT CHANGING PEOPLE'S PERCEPTION OF THE RSL'S IN VICTORIA. WE ARE A CLUB WHERE ALL OF THE COMMUNITY ARE WELCOME! HOWEVER, WE ARE HERE TO SUPPORT THE VETERAN COMMUNITY THROUGH OUR WELFARE FUNDS. THAT'S OUR POINT OF DIFFERENCE! THAT'S WHAT MAKES OUR CAUSE NOBLE; AND THAT'S WHAT MAKES US AN RSL WHERE ALL ARE WELCOME!

Geelong RSL

50 Barwon Heads Road
Belmont, Victoria
03 5241 1766



Everyone is welcome at GEEELONG RSL

Tuesday is the popular \$13 steak night, with the feedback on this price level and product being very good!

Wednesday's \$13 "Parma and Pot" night is very popular, attracting a very good range from the local community of all ages.

The club's Belmont building has just undergone major refurbishments, expanding the carpark to fit 155 cars, and sprucing up and extending the front of the building.

Members price drinks \$3.60 for a pot and \$5.10 for a glass of wine

The club also have bands every Saturday night and jazz nights every Sunday, where you can purchase a two-course meal for just \$18.

Regular meal and show nights are always popular. Iconic Australian rock star Ronnie Charles has performed with his band, Ronnie Charles and the Retro Bandits. More great acts on their way.

The Geelong RSL also features a large function room with fully-serviced bar and kitchen which can be booked for any occasion for \$250. Half price if you support my footy team!

Manager Chris Bennett says despite common misconceptions, anybody can become a member.

"We're here for everyone," he says. "You don't have to have served in the defence forces or be service persons relative, you're very welcome here."

"Every day at 6pm we honour the people that guard our freedom with a moments silence."

Chris says the most anyone pays for membership is just \$35 but non-members are also welcome to come and enjoy some of the facilities.

...COME DOWN AND TRY US OUT!





An impression that lasts is affordable

Medallions, or coins as they are sometimes referred to, are easily one of the most collected, shared and awarded items in Australia's military, if not the world's.

Today most serving personnel going on deployment or visits will have at least one medallion ready to use when meeting colleagues from other forces or officials. The American forces have steadfastly pushed the idea of 'challenge coins' and now more and more international forces are playing along.

Even clubs, associations and teams are creating unique medallions as part of promoting who they are and what they do.

A top quality medallion, regardless of being plated with precious metals, doesn't have to cost and arm and leg if you find the right designer and manufacturer.

When considering a medallion there are two options – die-cast zinc alloy or die-struck brass. Each has advantages depending on the medallion design.

Die-cast can produce amazing '3D depth' and a crisp finish, while die-struck is much the same process used to mint money and is the process used to create weightier 'Proof' medallions. Both processes deliver a quality look, feel and durability, and the raw base-medallions should be plated, polished and treated with a finish to show off your design.

Every design is different. Where one may suit the added depth of 3D, others will stand out more effectively in 2D, which is not actually 'flat'. Rather the 2D medallion will have two levels – the base and a raised design/text. The separation allows for colourisation of lower areas and polishing of higher points. Generally 2D designs can be either die struck or die cast.

'3D' on the other hand allows for greater dimensional detail in the medallion design, such as replicating a detailed badge or shape. It is not suitable or necessary for all designs and the full effect

is usually achieved best when die cast. There are many finishes – from antiqued, enamelled, and sandblasted and more, that can be used to create a unique and sought-after medallion.

See all the steps and options in creating a medallion: MilitaryShop.com.au/MedallionGuide

Military Shop's expert designers have created hundreds of thousands of medallions for all areas of Australia's military, from each of the Service Chiefs, individual units, ships and squadrons, as well as for major commemorative events.

WHO GETS THE MEDALS?

What happens when two or more adult children believe they are 'entitled' to mum or dad's service medals? If you work in medal restoration and mounting you hear these stories often enough.

The team at one company in Canberra say they have heard nightmare stories. Like the chap who lent his father's WWII medals to his sister to have only half return – she actually cut the set in two and kept 'her share'. In other cases sets have been broken-up and individual medals shared between siblings, but the story of service and the inherent value of the set is lost.

Many veterans, and families with a link to service, are having replica medal sets created so that each generation can share in their family's proud story of service. While original medals will always be prized, high-quality replicas, which can be created to the exacting standards of originals, will be a treasured heirloom and may help avoid family breakdowns.

Former Victorian Policeman Arthur Mitchell, who is head of Medal Services at Military Shop in Canberra, says he has seen a massive increase in requests for

replica sets in the past two years, both to create sets for family and also to protect valuable originals from loss, damage or theft.

The increase in replica sets being requested to share across families is, according to Arthur, "a wonderful development", which means the originals can be passed down intact and other family members can each keep a set as part of their family history.

"We have also noticed that more and more people are having a number of replica medal sets created for special gifts to their children and grandchildren. This is a special way in which they can share and pass down their military history to the next generations."

In terms of security of medals Arthur says there is little people can do about theft of originals, other than buying a secure safe, but when it comes to preventing the loss of medals the safest option is to wear replicas rather than originals.

Military Shop handles thousands of orders for replica medals each year - from the Boer War through to Afghanistan, and its team is well versed in interpreting military service records to determine what awards were bestowed. The team also provides one of Australia's leading medal mounting and refurbishing services.

The company places great care in protecting originals entrusted to it for these services. Every medal is treated as a priceless heirloom and security measures see the medals stored in fireproof safes, hand-delivered between experts when required and tracked while moving about the facility.

"We take no chances. These are priceless and irreplaceable. At every stage we have original medals secured in safes or in the hands of trusted people. If the owner insists on posting we insist on using our secure courier. Nothing is worth the risk of losing an original medal." ■

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Speech to Wounded, Injured and Ill Digger Forum 2016

We want to make sure that for every individual that joins the Defence force we are looking after their welfare and, just as important, they are looking after their own welfare.

That is the challenge. There are resources available to everyone but one of the key things to look at is: are those resources being fully used in the right places and in the right way?

Government's intent is usually always good but making sure the policies and approaches in place are correct always needs refining.

I congratulate the Army for saying, 'we want to continue to make sure what we are doing is effective' and the best way to do that is by bringing people together and listening. We need to understand the experiences of the people who are going through the system and ways we can improve it.

What the Army is doing with its Wounded, Injured and Ill Diggers Forum is something the other services – Navy and the Airforce – should look to replicate because Army is leading the way in this regard.

We can make the military a leading example, an innovator, in this field because for the rest of the community, whether its

police, the fire services, the public service and business, looking after the welfare of your employees is absolutely vital.

As someone who represents a rural community, if we can solve the problem of how we provide doctors and health services into the military then we can use that model to make sure people in country communities, who also lack for those types of services, can also get the attention they deserve.

I had the privilege of being in Townsville recently and what they are doing there is ensuring that when people join the Australian Defence Force they get the right type of advice that builds resilience – both physical and mental. That is about making sure they're eating well, making sure they're sleeping well and making sure they're exercising well so those habits are maintained right through their time in the armed forces.

It is also very important to prepare people for life after the armed forces. About 5,000 people leave the ADF every year and the majority do so because they want a career change. The average time in the military is now seven years. Making sure we can transition people from the military into civilian life is very important.

That is why the Prime Minister has launched the Prime Minister's Veterans' Employment Initiative. The Prime Minister has a strong belief that one of

the best ways to commemorate those who have served is to look after those who serve now.

The best way is ensuring those who serve go on to lead a fulfilling civilian life and a big part of that is fulfilling employment. In November, we will bring business and government leaders together to make sure we are doing everything we can to make the transition from the ADF to civilian life a good one. We're going to encourage businesses large and small to think about all the skills our veterans can bring to employment.

From a Government point of view there are other things we are doing. In this year's budget there was an important initiative in the mental health space. If you have served for one day in the armed services you are eligible to get free treatment for PTSD, anxiety, depression and alcohol or substance abuse. The treatment is there, it's accessible and you can get it early. The statistics show that the earlier you get treatment for mental health the greater the chances for success.

Making sure that we are always learning; that our veterans get the employment they need and making sure treatment is available if our veterans need it are the things we will continue to focus on. ■

Speech by Federal Minister for Veteran's Affairs, Dan Tehan

FOR **COUNTRY** *for nation*



EXHIBITION NOW OPEN
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Aboriginal and Torres Strait Islander stories of military service in times of war and peace are told in this new exhibition at the Australian War Memorial.

For Country, for Nation draws inspiration from cultural traditions and symbols of the warrior's discipline, knowledge, leadership, and skill.





WA, c. 1941
Studio portrait of WX8756 Lance Corporal John Hill,
B Company, 2/4th Machine Gun Battalion, 2nd AIF.
Australian War Memorial P01814.001

Three brothers, three services By Dr Lachlan Grant

Lance Corporal John Hill, a member of the Wardandi nation, was born on 1 January 1912, the eldest of the nine children of Arthur and Margaret Hill of Busselton, Western Australia. During the Second World War, John and his brothers Roy and Harold volunteered. John enlisted in the Second Australian Imperial Force, Harold enlisted in the Royal Australian Navy, and Roy enlisted in the Royal Australian Air Force.

John Hill was posted to the 2/4th Machine Gun Battalion, a support unit for the 8th Division, and was assigned to B Company, qualifying as the driver of a Bren gun carrier. After Japan entered the war in December 1941, the 2/4th Machine Gun Battalion was sent to join units of the 8th Division in Malaya, but could not reach Singapore until the end of January. The Japanese had captured Malaya and were preparing to invade Singapore. In that battle, Lance Corporal Hill was wounded in the arm and head. Despite this, he still managed to drive his Bren gun carrier, with its dead and wounded crew members, back to an aid post.

When Singapore fell to the Japanese, Hill was one of 45,000 Australian and British troops captured. At Selarang Barracks in Changi, he slowly recovered and was employed on work parties around Singapore. In late February 1943 he contracted dysentery. He was sent to the hospital in Changi but died from his illness on 11 March. John Hill was buried in the AIF Cemetery in Changi.

Harold and Roy Hill both survived the war. After enlisting in the RAN, Harold joined the crew of HMAS *Perth*. He became a prisoner of the Japanese after *Perth's* sinking, and narrowly missed meeting up with John at Changi in October 1942. Harold was put to work on the Burma–Thailand Railway, and later wrote a memoir of his experiences.

Roy Hill, who had enlisted in the RAAF, became a pilot and an officer in Bomber Command. Serving in Britain, he flew Lancaster bombers for No. 106 and No. 189 Squadrons of the Royal Air Force.

After the war, John Hill's remains were reinterred in the British and Commonwealth war cemetery at Kranji, Singapore. The original cross from his grave in Changi was brought to Australia by his mates, and later donated to the Australian War Memorial. It is displayed in the new exhibition, *For Country, for Nation*. The epitaph, chosen by his family, bears the inscription: "His duty nobly done. Ever remembered." ■

HONOURING MALAYA AND BORNEO VETERANS

At the end of August, on Malaya and Borneo Veterans' Day, Minister for Veterans' Affairs Dan Tehan paid tribute to the Australians who served in the post-Second World War campaigns.

Honouring the Australians who served during the Malayan Emergency (1948–1960) and the Indonesian Confrontation (or Konfrontasi, 1962–1966), Mr Tehan said,

"Australians should reflect on the service and sacrifice of the Australian Navy, Army and Air Force personnel who served in these two conflicts,"

"The Malayan Emergency was declared on 18 June 1948 when the Malayan Communist Party launched an insurgency against the British colonial government. Australia's military involvement commenced in June 1950 and continued until the Emergency was declared officially over on 31 July 1960, but Australian forces, as part of the British Commonwealth Far East Strategic Reserve, continued to conduct anti-insurgency operations in Malaya until 1963.

Fifty-one Australian servicemen died in the Malayan Emergency, 15 of them as a result of operations, and 27 were wounded.

"During Australia's 13-year military involvement in Malaya, Australian military personnel played an important role in bringing the long-running Communist insurgency in the region to an end.

"Australian troops first became involved in the Indonesian Confrontation in 1964, in defence of the newly established Federation of Malaysia. In 1965 the Australian Government agreed to the deployment of Australian troops for service in Borneo. The Indonesian Confrontation formally ended with the signing of peace accords by Adam Malik and Tun Abdul Razak in Jakarta on 11 August 1966."

Twenty-three Australian servicemen died during Confrontation, seven of them as a result of operations, and eight were wounded. ■

DVA SUPPORTS VIBRANT VETERAN NETWORKS

The Minister for Veterans' Affairs, Dan Tehan, has announced that 15 ex-service organisations will share in nearly \$140,000 Grants in Aid funding in 2016–17.

"The Grants in Aid program provides administrative support to national ex-service organisations in recognition of the work they do supporting the veteran community," Mr Tehan said.

"The program helps to fund representational activities aimed at improving connectedness between the head office of a national organisation and its state and local branches.

"These activities contribute toward an organisation's governance and responsiveness to national issues. They play an important role to ensure the issues facing local veterans, regardless of when or where they served, are shared and understood by ex-service organisations and the Department of Veterans' Affairs.

"These activities contribute to the capacity of ex-service organisations and the vitality of the veteran community as a whole. Ultimately, this is funding that will help veterans to help veterans.

"In recognition of their service, the Government is committed to supporting and improving services for our many veterans, war widows and widowers, current serving Australian Defence Force personnel and their families." ■

For more information on Grants in Aid, visit www.dva.gov.au/grants or call 133 254 or 1800 555 254 for regional callers

INCREASE TO VETERAN PENSION

Pension payments were increased from 20 September 2016 in line with indexation for veterans, their partners, war widows and widowers across Australia. The new pension rates were fully effective from payment date 13 October 2016.

The table below highlights the new annual rates.

SERVICE PENSION	Old rate (annually)	New rate (annually)	Increase (annually)
Single person	\$22,721.40	\$22,804.60	\$83.20
Couples (each)	\$17,126.20	\$17,191.20	\$65.00
Single person – transitional	\$19,167.20	\$19,203.60	\$36.40
Couples (each) – transitional	\$15,459.60	\$15,490.80	\$31.20
WAR WIDOWS			
War widow(er)'s pension	\$23,085.40	\$23,173.80	\$88.40
Income support supplement	\$6,812.00	\$6,840.60	\$28.60
DISABILITY PENSION			
T&PI (Special rate)	\$34,879.00	\$35,019.40	\$140.40
Intermediate rate	\$23,678.20	\$23,774.40	\$96.20
EDA	\$19,266.00	\$19,344.00	\$78.00
100 per cent	\$12,399.40	\$12,448.80	\$49.40
10 per cent	\$1,420.12	\$1,425.06	\$4.94

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

For a full summary, please visit www.dva.gov.au or call 133 254 or 1800 555 254 from regional Australia ■

MINISTER DAN TEHAN'S SPEECH AT VC CORNER CEMETERY FOR THE 100TH ANNIVERSARY OF THE BATTLE OF FROMELLES

"In places the parapet was repaired with bodies – bodies that but yesterday had housed the personality of a friend by whom we had warmed ourselves. If you had gathered the stock of a thousand butcher shops, cut it into small pieces and strewn it about, it would give you a faint conception of the shambles those trenches were."

This is how an Australian soldier described the land we stand on today — one hundred years ago.

The stock of a thousand butcher shops.

The darkest 24 hours in Australia's history.

Here, a world away from a newly federated nation, over 1,900 of our nation's sons charged out of trenches to their death.

They would become the butchered meat.

They would be part of the over 5,500 Australian casualties that day, all in the end, for not a single inch of ground.

As a nation we have never seen a battle, a natural disaster or a catastrophe take so many Australian lives in a single day.

It had been meant as a distraction from the main offensive across the Somme, an attempt to put fresh Australian recruits to use by pinning down the German reinforcements.

Many of the men here, they would become known as the "fair dinkums", had never experienced war, having enlisted too late to experience Gallipoli.

But here, as one soldier bluntly put it, "they received their full education in one day."

Industrial warfare on a scale unimaginable, an enemy well entrenched and seasoned by two years of fighting on this very ground, and orders that simply ignored the facts.

The commander of the 15th Brigade, Brigadier General Harold Elliot, was known for his plain speaking. He did not hold back in his confronting language, describing the event as a "tactical abortion".

He had advocated that the operation be abandoned.

Taking one member of the General Staff out in to no man's land, he showed him part of the German defences – an emplacement called Sugar Loaf.

A fortified concrete structure that rose out of the open terrain.

If his men were to reach Sugar Loaf, they would have to cross 400 yards without

cover and in full view of the German machine guns.

The officer admitted to Elliot that if the attack went as planned it would be "a bloody holocaust". Elliot pleaded for him to have the plans changed. They were merely delayed.

On the 19th of July, it began with the shelling of the German lines. They pounded them for seven hours, hoping forlornly to weaken the enemy for the Australian attack.

Putting on a brave face, Elliot told his men, "Boys, you won't find a German when you get there."

At around 5:30 the shelling stopped. In the evening summer light the Australians rose out of the trenches. They charged without flinching, resolved in their duty and died.

Private Walter Downing described the carnage: "The air was thick with bullets, swishing in a flat lattice of death ... The bullets skimmed low, from knee to groin, riddling tumbling bodies before they touched the ground."

The Australians did not turn back. Downing wrote: "The survivors spread across the front kept the line straight. There was no hesitation, no recoil, no dropping of the unwounded into shell holes ... still the line kept on."

The day after, many fought bravely to make it back to safety. Many were surrounded in pockets of resistance and captured.

The dead were so many that recovering them was a monumental task, which took three days and as we learn again today was never completed.

Elliot stood to watch his returned brigade as they came back through the lines. Tears in his eyes, he yelled to one Captain: "Good God Bill, what's happened to my brigade?"

Elliot's Brigade would account for one third of the Australian dead.

He took the loss hard. He would later become another casualty — taking his own life after struggling to adapt to his return to Australia.

A generation of men from many nations were destroyed by the Western Front. For Australia it destroyed many here in an instant.

Given the butchery, it would be easy to push the tragedy out of our memories, to put it behind us and forget.

But Fromelles must be remembered. Not just as a tragedy but as an example of bravery and resolve that we cannot possibly imagine today.

The men who fought and died here came half way across the world to this place without any hope of knowing what awaited them.

On the command of their country and for their love of it, they fought and died without recoil.

The men who Australia lost on its darkest day; fathers, sons, brothers, uncles and cousins who never came home.

Though time may have dimmed the memories of these men, we rightly recognise and remember today their duty.

Amidst the tragedy of Fromelles we commemorate their actions.

They did not grow old due to the human butchery that occurred here 100 years ago today.

But we who are left rightly remember them, their unbridled courage, their resolve, their sacrifice.

Lest we forget. ■

50TH ANNIVERSARY OF THE END OF THE INDONESIAN CONFRONTATION

August 11th marked the 50th anniversary of the end of the Indonesian Confrontation, an undeclared conflict fought mainly along the Malaysian-Indonesian frontier on the island of Borneo from 1963-1966.

Australian personnel joined British, Commonwealth and Malaysian forces in repelling cross-border raids by Indonesian troops seeking to destabilise the newly federated state of Malaysia and claim former British territories on Borneo.

Minister for Veterans' Affairs Dan Tehan said 21 Australians lost their lives as a result of the operations on Borneo.

"Today we remember the service and sacrifice of the Australians on Borneo 50 years ago," Mr Tehan said in August.

"Our troops were sent to protect Malaysia against external attack – which

they did against Indonesian paratroop and amphibious raids on the Malayan Peninsula, and against Indonesian infantry in operations on Borneo."

"It is a reminder that the men and women who serve in defence of our country are called on to do their duty in a variety of forms and as a nation we honour them all." ■

The Australian War Memorial commemorated the end of the Indonesian Confrontation during the Last Post Ceremony, broadcast live online, at 4.55pm on 11 August

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

VETERANS HELPING VETERANS RECEIVE \$4M BOOST

The Minister for Veterans' Affairs, Dan Tehan, announced in August more than \$4 million in Government funding for essential advice, advocacy and welfare services for veterans, serving members and their families, war widows and widowers.

"The Building Excellence in Support and Training (BEST) grants program will support 144 ex-service organisations (ESO) across Australia to continue providing help and advice to the veteran community," Mr Tehan said.

"This funding helps committed organisations continue their essential work – veterans, helping veterans, when they need it and from people they trust.

"BEST grants fund ESOs for a range of veteran support measures, including salaries for trained advocates and pension staff, essential office supplies, computer equipment, internet access and other administrative needs.

"The Government is committed to providing ongoing support for our many veterans, war widows and widowers, current serving Australian Defence Force personnel and their families." ■

For more information on BEST grants visit www.dva.gov.au/grants or call 133 254 or 1800 555 254 for regional callers

MINISTER LAUNCHES VETERANS' TRAINING PROGRAM

The Minister for Veterans' Affairs and Defence Personnel, Dan Tehan, has called on the private sector to explore new pathways to provide veterans with employment opportunities.

In October, Mr Tehan launched a pilot training program for veterans in Canberra run by technology company ServiceNow and ex-service organisation Soldier On.

Mr Tehan said the collaboration between ServiceNow and Soldier On was an example of how the private sector could utilise the skills of former Australian Defence Force (ADF) personnel.

"The men and women who serve in Australia's defence force are regarded as the best in the world and when they transition out of the ADF they have skills that are incredibly valuable to any business," Mr Tehan said.

"The Government is committed to finding new ways for those skills to be recognised and the talents of our former ADF personnel to be used to their potential.

"In November, Malcolm Turnbull will host the first Prime Minister's Veterans' Employment Initiative in Sydney which will bring together leaders from the private and public sector to identify new ways to recognise the talents of our ADF personnel.

"I encourage all innovative business people to think about the needs of their organisation and how they could be met by a veteran then I say, 'go out and make it happen' like the training program I launch today." ■

VETERANS' GRANTS BUILD COMMUNITY CONNECTION

Ex-service organisations will share more than \$600,000 to enhance the lives of those in the veteran community.

Minister for Veterans' Affairs Dan Tehan has said the latest round of 35 grants under the Veteran and Community Grants program would directly benefit veterans and their families.

"These grants will assist members of the veteran community to remain independent, healthy and active as well as helping reduce social isolation, especially for those who live alone," Mr Tehan said.

"This round of grants will fund a diverse range of projects and equipment, including facilities upgrades to improve venue accessibility, computer equipment and social outings.

"As a nation we must never forget the service and sacrifice of the men and women who serve in defence of our nation. We honour that service in many ways and these grants will make a meaningful difference at a community level to improve the lives of our veterans."

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. ■

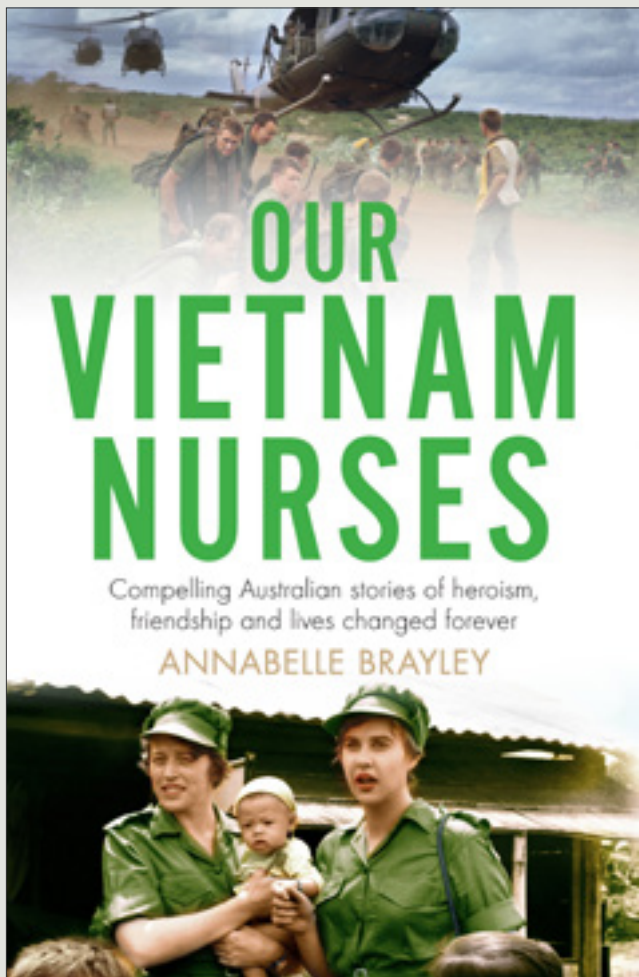
For more information or to apply visit the DVA website: www.dva.gov.au/consultation-and-grants/grants



Join us at West Terrace Cemetery on Remembrance Day as the community gathers to commemorate and honour the supreme sacrifice of all who have been lost to war.

10.20am Friday 11 November 2016
Australian Imperial Forces Section, West Terrace Cemetery

To find out more visit
www.aca.sa.gov.au



The following is an edited extract from a conversation The Last Post had with 'Our Vietnam Nurses' author, Annabelle Brayley.

From the bestselling author of *Bush Nurses* and *Nurses of the Outback* comes this collection of compelling and moving stories of our heroic nurses in the Vietnam War.

Being a nurse always requires a cool head, a steady hand and an open heart. But if you're working in a war zone, the challenges are much harder. When Australia joined the Vietnam War, civilian and military nurses were there to save lives and comfort the wounded. With spirit and good humour, they worked hard and held strong, even though most of them were completely unprepared for the war before they landed in the middle of it.

Working incredibly long hours and surrounded by chaos and turmoil, these brave nurses and medics were integral to our war effort. These fifteen stories show a side to the Vietnam War that has received little recognition but played an important part in shaping Australia's presence in the war. From flying with critically wounded Australian soldiers out of turbulent war zones, to being held at gunpoint, the compassion, courage and grace under fire in *Our Vietnam Nurses* will inspire and astound.

The Last Post: Welcome to The Last Post. We're here today to talk about your book, *Our Vietnam Nurses*. How did this book come about for you?

Annabelle Brayley: Initially, it came about because I was in the Northern Territory about three years ago, researching for a book I wrote about nurses in the outback and somebody said to me, do you know any Vietnam nurses? I didn't really think about it and just said "no", and went about my business. A little later in the year there was talk about the battle of Long Tan. It was then I had time to think about that question regarding Vietnam nurses. I'd really overlooked the subject and realised most people hadn't really thought about it either, unless of course because of a direct connection. Initially I was curious about the subject but over time, it became a passion. I found myself thinking I was ashamed and appalled that we had overlooked the nurses so badly. And you can include in that the medics and the Red Cross ladies as well, they were subject to indifference. There had been a couple of books on the subject but what I wanted to do was to celebrate the contribution of all the Australians who nursed in Vietnam. It became very easy for me to take the leap and get their stories out there. Nurses became my heroes.

TLP: At the time there was a growing focus on the war and the casualties and the anti-war movement grew from that. Nurses may have tended to be overlooked.

AB: I think that's right, Greg. I'm old enough to remember the Vietnam War. I was in secondary school during the Vietnam War. My eldest brother was called up but he didn't

end up going as they announced that no more troops would be going by the time he'd completed his training. My other brother and husband were also involved, being in the second-last ballot would you believe. My images and memories from that time centred on the protests and the vitriol. I was in a cloistered girl's boarding school at the time but even we were hearing about it. So there were protests and terrible things being said about the Vietnam veterans.

TLP: Well, there was a lot of frustration at the war but, outside the government of the day, a lot of that was directed at the soldiers.

AB: Exactly. The more I've come to know about the nurses, I've come to know more about the vets as well. They suffered too and at that time, as a country, we were found very wanting, in my opinion. We treated the Vietnam veterans very badly, as a nation. The fact that the RSL as it was back then, rejected them. It was no wonder that the nurses were reluctant to put their hands up and say, "I was in Vietnam." One of them, Anne Young didn't tell anybody, apart from her husband, until 1992. And her husband was a Vietnam vet. Nobody knew. Her family didn't know. They knew she was at Butterworth but I guess they thought she was nursing at the Butterworth Hospital. They didn't know she was flying Medevacs in and out of Vietnam, nor did they know that she was one of the 32 RAAF nurses who were attached to USAF for 60 day rotations so that she was flying almost daily, or second-daily milk runs into South Vietnam, picking up wounded Americans and Koreans and taking them out to Clark in the Philippines or to Korea or Japan.



Clockwise, from above:
 1. RAANC nurses Annie Hall, Ruth Page, Di Lawrence, Back Beach, Vung Tau, 1969 (Courtesy Australian War Memorial), 2. RAAF nurse Anne Laurence 1967 (Courtesy Anne Young nee Laurence), 3. Book cover, 4. RAANC nurse Maureen Healy, 1970 (Courtesy Maureen Patch nee Healy), 5. Civilian nurse Anne Lindley, w Vietnamese patient, 1970

TLP: This collection of stories in *Our Vietnam Nurses* is valuable historically in many ways. You mentioned nurses as heroes because of the unveiling of stories in this book that will touch a lot of people's hearts.

AB: I think that's true, Greg. Certainly from a social history and historical point of view, it's important that these stories have been recorded but also, I hope that what I have conveyed to people is some of the emotions and challenges and confrontations and joy and difficulty and danger and fun. Such a kaleidoscope of emotions that all of them must have felt at different times, as must all of the veterans. I think it's important that people understand what Vietnam was really about for the people of Australia who went there. I don't claim to be an expert on the Vietnam War, nor do I claim to have written a definitive history or dissertation of the war itself but anecdotally I hope that people are able to gain a better understanding of it.

TLP: Yes, and perhaps a reflection on the fact that nurses and their role generally, whether in war or the community, can be overlooked.

AB: Absolutely. That's one of the reasons I started writing about nurses is because I think we have overlooked them completely. We take them very much for granted, in the community. I think if we look around we realise we all have nurses in our lives that we depend upon but we don't think of that always in a medical way. As a rule, nurses are dependable and trustworthy people and generally, pretty humble. In a lot of places around Australia, a nurse or nurses are the only professional medical help available. It's a big country and those nurses aren't always employed, it might be a nurse that married and went and lived in the district or a nurse who happens to live in a town but because she's a nurse, she's the one who can fix stuff, medically. I became very passionate about the hashtag, my heroes are nurses. I become more passionate about it when I hear some fool on the radio or television say that some football star is a hero. They're not heroes. Hopefully they are good role models and some of them are but they are not "heroes". These nurses that come to life in my books, they're heroes.

TLP: Annabelle, can you outline the circumstances surrounding the first Australian nurses going to Vietnam. What was that all about?

AB: The very first nurses who went were civilian nurses from the Royal Melbourne Hospital, who went to Vietnam in October, 1964. The South Vietnamese government asked the Australian government to provide surgical assistance because a lot of their doctors had been seconded into the South Vietnamese army. So our government responded and an Australian surgical team went in '64. All together there were about 450 people

in those teams, 200 roughly of which were nurses. During the course of the war, those surgical teams continued to go in, from all over Australia, into provincial hospitals around South Vietnam. They walked into and worked in the most unbelievable conditions. That first team went to Long Swin provincial hospital. It was a 400-bed hospital with about 600 patients in it, plus the relatives of patients who would come in to stay with their loved ones. There were wall-to-wall stretchers in the hallways, under the beds, two patients to a bed in some cases. The level of hygiene was not what our nurses were used to in Australian hospitals. They worked with intermittent power. They'd be in the middle of an operation and the power would go off, so they then had to work by lamp light. Essentially the surgical teams ran the operating theatres which were mostly rebuilt for the purposes by the Americans. They had few resources, the hospitals. I was told that when one of the surgical teams went in they counted up the drugs and there was miniscule pethidine and two bags of IV fluid. Not much of anything. On the ground they worked in unbelievably harsh conditions but they just got stuck in and did the job, magnificently, as Quentin Bryce said.

TLP: An acknowledgement of that is very important in this story, this book. The change of environment, of standards and conditions must have been quite shocking when they first arrived.

AB: Yes. I think for most of them though, they went with a certain sense of adventure. I don't think any of the nurses had any real understanding of what they were going into. Certainly, none of the civilian nurses. In that period of our history, the call to Queen and country was pretty strong. The underlying theme was, we're here, let's do the best damn job we can. The same can be said of the Nashos, even those that didn't originally want to go to Vietnam. In the case of the medics who worked in the hospitals, all of the Army nurses and the RAAF because they had Orderlys on their flights in and out of Vietnam and home, all of them spoke so highly of the medics and Orderlys and their competence and dedication. They may not have wanted to be there but they knuckled down and did the best job



they could to save their mates. The word mates is used because of the connection and closeness of the Vietnam veterans, en masse. Undoubtedly, because they were rejected on so many levels, that has enhanced that connection. They're a special group of people. You can't really know what it was like if you weren't there but I'm confident that these stories will give readers a closer look and a bit of an idea.

TLP: There's an educational angle here, too Annabelle.

AB: I would like to see every Australian read these stories in *Our Vietnam Nurses*, because of the history aspect. For those that weren't attached personally and also I hope there comes a time when Vietnam vets and their families can read them, however confronting they may be to help them understand how well the vets were looked after by the nurses. That was also on an emotional level as well as medical and that's where the Red Cross comes in, too. The Red Cross girls that were there helped get the soldiers any essential items they needed. They also connected them to home and wrote their letters, read their letters if they couldn't read them themselves, sat and chatted and listened to them. These women were the link to home for a lot of these wounded young men. ■



Living longer, working longer: 3 ways to help pump up your super balance

By AMP financial adviser Darren James*

The flipside of Australians enjoying the best life expectancy in our history, unfortunately for many, will be the need to work longer in order to be able to fund their retirement.

While we are living longer (80.3 years for men and 84.4 years for women on average), research has found only half of all working Australians will be healthy enough to keep working throughout their sixties.

A recent AMP.NATSEM report, *Going the distance: Working longer, living healthier*, found almost a quarter (23%) of Australians are predicted to be in fair or poor health in 2035, when they are aged between 60 and 74 years. This will reduce their ability to keep working with less than 40 per cent of men and women in this group likely to be unemployed.

While “work longer” may become the new retirement strategy for many, backed by the Australian government’s plan to increase the pension age to 70 by 2035, it may not be a viable solution.

The AMP.NATSEM report shows as the number of older working Australians increases, so too will the number of people in the workforce affected by conditions such as heart disease, arthritis and osteoporosis.

In the meantime, if you plan to keep on working longer to accumulate more wealth before your retirement send-off, here are three things you can do right now to make sure there’s enough in the retirement kitty, even if your health proves too big a hurdle to work past 65.

1. The transition to retirement strategy offers an opportunity to put cash into your super while also deriving tax benefits. This strategy may allow you to work less but at the same income, or work the same hours and increase payments into your super.
2. Salary sacrificing some of your annual income before it is taxed and swapping it for a tax-free super income stream if you’re under 65 years makes good sense. As well as adding to your super balance, this also effectively reduces your taxable income. While there are some proposed changes to super rules from 1 July 2017, for the current financial year you can salary sacrifice up to \$35,000 into your super if you were 49 years or over by June 30 this year.
3. If you’re already over 65 you may want to look at part-time work to lengthen your working life and earning ability before tapping into your super.

*Darren James is an Authorised Representative of AMP Financial Planning Pty Ltd, ABN 89 051 208 327, AFS Licence No. 232706.

Any advice given is general only and has not taken into account your objectives, financial situation or needs. Because of this, before acting on any advice, you should consult a financial planner to consider how appropriate the advice is to your objectives, financial situation and needs.

Passage to Pusan

A new book by Louise Evans

Little has been written about the plight of Australian soldiers' families and the hardships and heartache they suffer as a consequence of war.

Now a new non-fiction book titled *Passage to Pusan*, by award-winning Australian journalist Louise Evans, provides a unique insight into what one Australian family endures when three brothers enlist and go to war between 1945 and 1970 in Japan, Korea and Vietnam.

Passage to Pusan tells the story of a pioneering mother Thelma Healy who fights poverty and the legal system to keep her big family together while her sons fight and fall on foreign soil.

When Thelma's first born son Vincent dies in uncertain circumstances in the Korean War she vows that before she dies she'll find out what happened to Vince, the linchpin of the family.

It takes Thelma 10 years of to save up enough money to embark on a harrowing 15,000km solo journey of discovery to Korea find Vince's grave and to find some peace.

Passage to Pusan is set during a tumultuous period of our history when initially there was no TV, when bad news came via a knock at the front door and a telegram.

The book also lays bare working-class family life in a way rarely seen in Australian literature.

It details graphic first-hand experiences and letters from three brothers serving in Asian theatres of war and the impact their fate has on their struggling mother and seven siblings back home.

Passage to Pusan also reminds us of the character of the ordinary people who continue to make Australia great. ■



Above:
Passage to Pusan author and journalist Louise Evans



Above: *Passage to Pusan* heroine Thelma Healy with a photograph of her beloved soldier son Vincent who was killed in action in the Korean War in 1951



Left:
Book cover

You can read more about the book here:
www.facebook.com/passagetopusan/
You can buy the book here:
passagetopusan.com/buy-passage-to-pusan/



The Solomon Islands - the birthplace of South Pacific freedom

A scattered archipelago of some 990 islands and low-lying coral atolls, the Solomon Islands - or 'Hapi Isles' as they have long been known - are considered a true paradise on earth.

Hard to believe then that this sun-kissed, tucked away corner of the earth formed the backdrop for two events which were to have a major impact on world history – the battle for Guadalcanal in August 1942, one of the bloodiest of the Pacific campaign and the rescue of a certain US Navy Lieutenant, John F. Kennedy, who survived to become the most famous US President of them all.

During the six-month war of attrition between Japan and the United States for control of Guadalcanal in the then British Solomon Islands, Allied Forces came perilously close to defeat. Had Guadalcanal fallen, the Japanese would have succeeded in their objective to isolate Australia and cut it off from American aid, exposing the country to a possible invasion.

Elite Imperial Japanese Army troops, many of who had fought the ANZACs on the dreaded Kokoda Trail in Papua New Guinea, arrived on Guadalcanal on 08 June 1942, to construct an air base which was intended to play a major role in plans to cut the US-Australia line of supply.

But two months later, US Marines in their first overseas action following the bombing of Pearl Harbour, landed to wrest control of the airfield that today is still known as Henderson Airport.

The ensuing six-month Guadalcanal campaign proved to be the turning point of the Pacific war and by February 1943 the Imperial Japanese Army had suffered immense losses while the Marines lost less than 2,000 of the 60,000 deployed during the campaign.

Ship and crew losses on both sides, including the loss of HMAS Canberra with almost all hands, were terrible but perhaps the most significant factor of all was the near destruction of the Japanese naval aviation force, a circumstance which was to play a definitive role in the eventual defeat of the Japanese as slowly and inexorably they were pushed back to Japan.

So where does a future President of the United States fit into this story?

Kennedy's vessel, PT-109, a motor torpedo boat used to harry Japanese shipping, was cut in half after being rammed in the dead of night by a destroyer and the survivors managed



to swim to safety on a small sandy island called Plum Pudding Island, today known as Kennedy Island.

From here they swam to nearby Olasana Island where they hid before being rescued by two Solomon Islanders who, carrying a message from Kennedy carved on a coconut, risked their own lives to paddle for 14 hours through enemy territory to find help.

Kennedy never forgot his saviours and the coconut shell with the carved message encased in wood and plastic was used as a paperweight on his desk in the Oval Office for the rest of his short and remarkable life.

Today the coconut sits behind a glassed case in the Smithsonian Institute.

(cont on pg 33)



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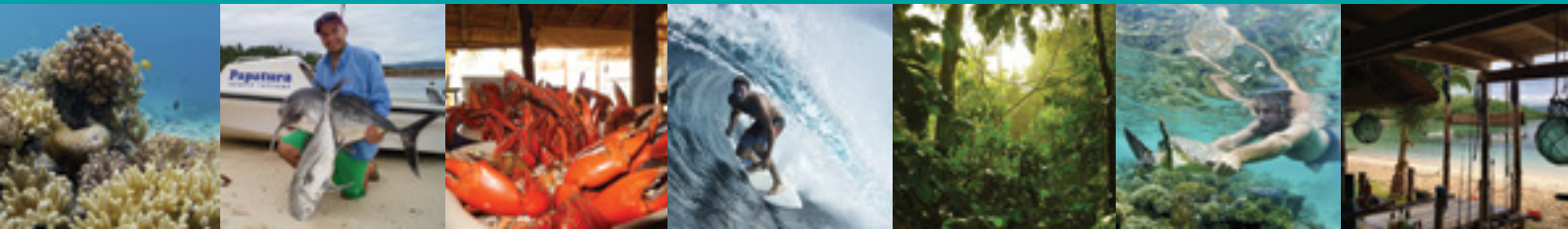
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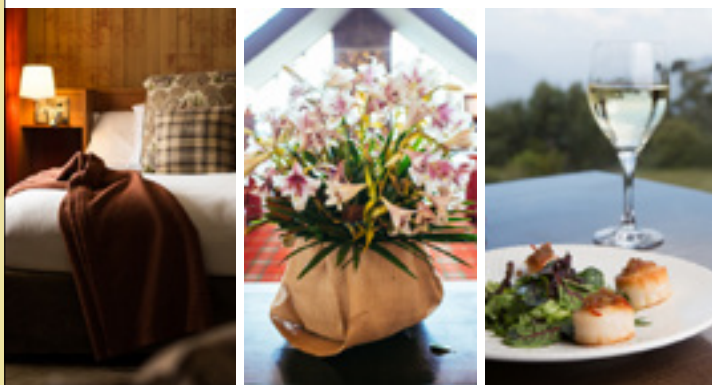
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(from pg 30)

The Guadalcanal of today is a far cry from 1942 and today SCUBA divers looking to dive on countless WWII wrecks and surfers looking for uncrowded waves make up many of the 25,000 travellers who visit every year including World War II veterans and their descendants.

Next year will mark the 75th anniversary of the battle for Guadalcanal and the corresponding 100th anniversary of JFK's birth. Plans are already underway for a very special commemoration.

The event will hold even greater significance for the people of these 'Hapi Isles' who take immense pride in the knowledge their home is the place where freedom for the Pacific was hard fought for and ultimately finally won.. ■



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PNG Circle

It's not every day that you get the opportunity to walk in the footsteps of history, sharing the stories that shaped your life, and our nation. Seeing the growing interest in visiting these areas, some companies have put together travel itineraries that visit such locations.

Such specialised touring is usually conducted in small groups, with rich engaging guides and guest lecturers; Coral Expeditions is one such operator, offering a series of voyages in Papua New Guinea in late 2017, visiting destinations such as Alotau and Buna. Here, Virginia Edwards, Product Manager, shares her experience:

"Approaching Alotau, in the Milne Bay province, we awoke to the scenery of the China Strait, and view traditional welcome dances prior to joining a WW2 tour. Here, we learned about the military history of this region and paid our respects at the Australian War Memorial; the battle of Milne Bay is where the Japanese suffered their first land defeat during World War II in the Pacific (1942). It was very moving, and a lot of the guests onboard had travelled with family, and took the opportunity to talk through their personal family history in the area.

A few days later, the ship pulled in at Buna, site of the Battle of Buna, which saw some of the fiercest fighting between American, Australian and Japanese forces during the final stages of WW2. It's an emotional place, the battle of Buna campaigns followed the conclusion of the Kokoda track campaign and lasted from Nov 1942 to Jan 1943. In Buna, we walked through the jungle

with local villagers, helping us to understand what the forces experienced. A visit to the War Museum followed, built by the villagers to honour both sides.

While this cruise gave guests the opportunity to reflect on and enrich their knowledge of the area, some guests brought family along with them to share their experiences, serving as a "living history" of what they or their relatives experienced. Interspersed with the history, we of course enjoyed a pioneering cruise experience, with the small ship pulling into local ports of call, meeting with the villagers personally, and – of course – relaxing at colourful snorkeling and swimming spots. The guests onboard really bonded together, we all made firm friends, and that's a typical aspect of a Coral Expeditions cruise, with only 72 guests onboard. I feel honoured to have been able to learn about and pay tribute what my ancestors experienced."



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It finally happened- Mr and Mrs Dennis Ashby

By Tamara Seaman

I don't think any of us in our family will ever forget July the 18th, 2015. It finally happened- Mr and Mrs Ashby.

What was funny, is that no one knew they were getting married, or the fact they actually weren't already. Mum and Dad had been together for 30 years. If we want to get technical, he is actually my Step-father, but to me, he's my dad and has raised me to be the person who I am today. I feel very blessed to have a dad and a grandfather to my son like him.

In the early years, my parents wanted to get married but having four of us children to provide for they couldn't afford it. In the chaotic lives we call family and living, time went on. All of us children wanted to see them get married, and with Dad's 70th birthday on its way, it seemed like the perfect plan, and so my job of Cupid began.

Last year, I suggested to mum that we go to Bali for Dad's 70th birthday. A surprise gift to dad for his birthday. I told the boys, my brothers, about my plan. Some weeks later, I mentioned to mum about a small exchange of vows, and two months before our trip, I said to dad a small wedding would be perfect on the day of his 70th. Both of them loved the idea, both of them didn't know I had spoken with each of them about it. It was so adorable how shy they were talking about it to each other... I had become the 'middle- (wo)man'!



Bali is a special place for our family and the last time we were all together was for Dad's 60th in 2005. With my older Brother living in Switzerland with his Swiss wife, after years of living away from Adelaide, my younger brother living the travelling dream on a Ski resort in Canada, it was time for us to all be together again. It is worth mentioning too, that our first Bali holiday together was in 1984, staying at the same place where the wedding reception was held, the Kuta Beach Club.

Anyway, back to the story....

Dad is a small business owner, he's been a butcher for over 50 years. Such a role model to us my dad. He still works so hard and loves talking with his customers. It's an important part of their wedding story because until 10 years ago, he never went on holidays as he couldn't have the time off from his shop. This is why Bali is our place, its mum and his place.

Mum too.... She is truly amazing, raising all of us kids. I look at her in awe some days, especially after I became a mother, wandering how she did it all with four of us children, one child having cerebral palsy and an intellectual disability. Mum is still a full-time carer to my older brother Patrick. Mum isn't in good health these days, but she is always there for each of us still and is an incredible Grandma to my son, Kayne. The look on his face holding the wedding rings for Grandma and Grandpa... just priceless, such admiration in his eyes.

I eventually booked my youngest brother on the same flight as us, and my eldest brother had secretly planned for his wife and him to meet us in Bali for Dad's 70th/ their secret wedding! Dad didn't know they would be there. We kept the secret and it was hard for mum to keep the secret as secrets weren't her speciality, until Mount Ruang erupted and all flights to and from Bali were cancelled. Then I had to explain to my dad that I wasn't upset with Mother Nature, I was stressed because Nick (my brother) and his wife, Sarina, were already there waiting for us.

He also didn't know that my cousin Cathy and her son Samuel, would also be arriving for his birthday (and the wedding) the following day. With a blessing of luck, our flight moved by two days and we arrived safely in Bali.

THE WEDDING DAY

The photographers were organised the day before through our driver (everyone who travels to Bali has their driver!). The memories they captured will be forever shared. Mum and I went to our favourite surf shop and coincidentally there were three matching men's shirts- the groom's matched his Grandson's and the Groomsmen matched my dress from home. The bride, well she matched all of us and reflected the sheer beauty and ambience of our family's paradise. Everything fell into place so simply, the way it should. It was meant to be, I'm sure of it.

The small hotel where our family had stayed at for over 30 years organised an amazing reception, everything was carefully planned and handcrafted by the staff. It took a whole day of preparation, right down to the love heart of rose petals. It was perfect.

My mum and dad got married on Saturday, July the 18th, 2015. My son saw his Grandma and Grandpa walk down the aisle (a cobbled path lined with yellow frangipanis) together, holding a white umbrella. I threw petals on my mum and dad. We all saw them say "I do".

It finally happened. They were married.

It still brings a tear to my eye when I write about that afternoon. A tear of love and a tear of luck. Lucky to see everyday love, real everlasting love.

Dad went back to work 5 days after his 70th- a married man. ■





ONCE IN A LIFETIME OPPORTUNITY

The Spirit of Anzac Centenary Experience – the largest free travelling exhibition ever featured by the Australian War Memorial – has just six months until finishing and is not to be missed. The exhibition allows visitors to journey through the nation's footsteps into the First World War in new and engaging ways and offers access to 200 important historical objects.

The Spirit of Anzac Centenary Experience is Australia's flagship community event of the Anzac Centenary. The free of charge, ground-breaking exhibition is touring to 23 locations around Australia from September 2015 to April 2017.

Major General (retired) Brian Dawson from the Australian War Memorial stated, "This is a once-in-a-lifetime opportunity for people to learn of the ways in which the sacrifice of our service men and women has shaped, and continues to shape, Australia as a nation,"

"This is a free exhibition to mark the Anzac Centenary, 1914 to 1918. Across Australia the response has been tremendous, so I urge visitors to book their free place through the website at www.spiritofanzac.gov.au to avoid disappointment." said Major General Dawson.

In November 2016, three cities will be visited in Western Australia; Perth, Bunbury and Kalgoorlie. In the New Year the Spirit of Anzac Centenary Experience will head to Geelong for its final stop in Victoria, then to New South Wales, to Orange and Newcastle before finishing in Sydney just after Anzac Day 2017.

Close to 250,000 Australians have already been through the exhibition in its first 16 locations and the response has been overwhelmingly positive with visitors saying it is "brilliant", "amazing", "a must see" and a "mammoth task executed perfectly."

In each location, the Spirit of Anzac Centenary Experience includes a community zone created in consultation with local organisations. The community zone has been a consistently popular feature at all locations as it shares the stories of local servicemen and women who contributed to Australia's First World War efforts.

The Experience brings to life an infant Australia still finding its feet on the eve of war. It follows in the footsteps of our soldiers, sailors, airmen and nurses throughout the campaign, including a commemoration of Australia's century of service. Driven by more than 200 artefacts from the Australian War Memorial, the Experience also integrates interactive environments and special effects to tell Australia's story in new and engaging ways. ■

Spirit of Anzac Centenary Experience is presented by the Australian Government and the Australian War Memorial, and proudly supported by the Commonwealth Bank and Telstra: www.spiritofanzac.gov.au





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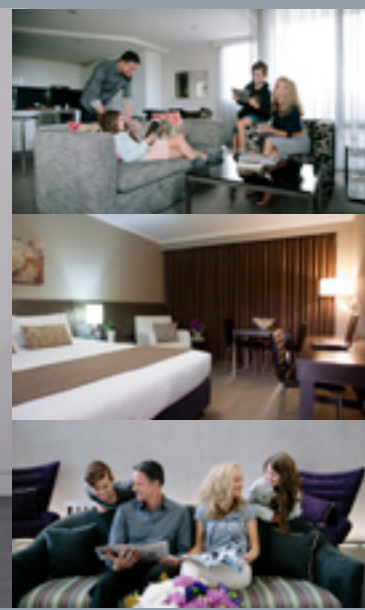
For an incredible dining experience, located onsite is Marble & Grain, Avenue Hotel's stylish European steakhouse inspired gastro-pub delivering the classic elements of a European Steakhouse in the modern form, working with seasonal local and Australian produce to deliver a paddock-to-plate menu.

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Joe Camilleri keeps moving forward By Jack P Kellerman

When Joe Camilleri drives passed The London Tavern, in Caulfield he fondly remembers his successful days as Jo Jo Zep with The Falcons, playing there in the 70's, "I used to love that gig" he says.

At their peak they were selling a lot of records and attracting big crowds. Of the bands eventual demise in the early 80's, he says, "I had all this new material and we could have gone a lot further but we ran out of hits". Still, of The Falcons, he remembers, "I had a great time".

After The Falcons, Joe had some chart success of his own with Taxi Mary and Walk On By. With the help of former Stiletto singer and actress Jane Clifton, Taxi Mary was cutting edge at the time. While this was going on, Joe's new group, The Black Sorrows, came to the fore with the release of their cover of Van Morrison's Brown-Eyed Girl.

As it has been since the beginning, with each new release, Joe is eager to gauge public feedback. His and The Black Sorrows latest album, Faithful Satellite is receiving some solid reviews. "I like it" he says, "and it's good to get positive feedback". As far as being a marker as to his musical journey, he's confident that it accurately represents where he is now.

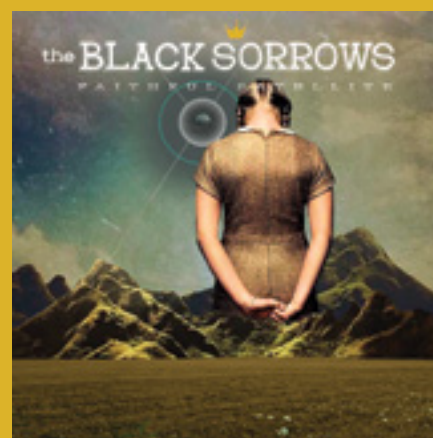
"I started out with 30 songs and ended up with 20. The extra tracks are on the vinyl release" says Joe and on one side he teams up with the Melbourne blues group, The Three Kings after playing with them one night and writing a bunch of songs he felt were suited to their down and dirty style.

Over the years Joe has played and adapted blues, gospel, pop and rockabilly, "I'm always trying to make it so these different styles can live together. Whether I'm attracted to sounds like Willy DeVille's Mixed Up, Shook Up Girl or Van's Gloria, the important thing is to keeping moving forward" he says of his latest release.

The idea of merging these styles comes easily for Joe whose use of different instrumentation like the piano accordion, mandolin and violin put him into a category somewhat different than had been the case with The Falcons. "You take these different instruments and make it as interesting as can be" he says.

On Faithful Satellite, Joe again works with lyricist Nick Smith. This, the bands 18th album sounds fresh. It's an album that deserves airplay. "There's no reason that because you have a few years behind you can't enjoy doing your thing" says the singer, songwriter, saxophonist and producer. Of his time in music, Joe says, "it's been a wonderful ride".

With over 50 years in the business, Camilleri is riding high again with this acclaimed album and a national tour on the back of it. ■



The Black Sorrows "THE FAITHFUL SATELLITE"

New album
National tour

The Black Sorrows are:

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Claude Carranza
– guitar, vocals

Mark Gray
– bass, vocals

Angus Burchall
– drums

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NZ

28 JAN 2017
TAUPO AMPHITHEATRE
TAUPO NZ

29 JAN 2017
WHITIANGA OPEN
AIR YENUS
WHITIANGA
NZ

1 & 2 FEB 2017
CROWN THEATRE
PERTH WA

9 FEB 2017
THEATRON THEATRE
ADELAIDE SA

11 FEB 2017
OLD MOUNT
GAMBER GROL
MT GAMBIER
SA

18 FEB 2017
LAUNCESTON
COUNTRY CLUB LAWNS
LAUNCESTON
TAS

24 FEB 2017
BRISBANE
CONVENTION &
EXHIBITION CENTRE
BRISBANE QLD

11 MAR 2017
MACKEY PARK
BATEMAN'S
BAY NSW

17 & 18 MAR 2017
WEST POINT
ENTERTAINMENT
CENTRE
HOBART TAS

25 MAR 2017
ROCKE STATE
HUNTER
VALLEY NSW

1 APR 2017
HARRIGAN'S DRIFT INN
JACOB'S WELL
QLD

22 APRIL 2017
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THIRSTY MERC TOUR DATES:

Sunday, 2 October 2016
Caloundra Music Festival,
Kings Beach, QLD. Tickets
available from the Caloundra
Music Festival

Friday, 7 October 2016
Ettamogah Hotel, Kellyville
Ridge, NSW. Tickets available
from Moshtix

Saturday, 8 October 2016
Grand Chancellor Ballroom,
Launceston, TAS. * SOLD
OUT *

Sunday, 9 October 2016
Republic Bar, North Hobart,
TAS. Tickets available from
Moshtix

Monday, 10 October 2016
Drift Café Bar, Devonport, TAS
* SOLD OUT *

Friday, 14 October 2016
Slug N Lettuce, Parafield
Gardens, SA. Tickets available
from Moshtix

Saturday, 15 October 2016
Concordia Campus, Highgate,
SA. Tickets available from
Oztix

Sunday, 16 October 2016
Royal Oak, North Adelaide,
SA. Tickets available from
Moshtix

Thursday, 20 October 2016
Royal Hotel Muswellbrook,
Muswellbrook, NSW
Tickets available from the
venue | 02 6543 1070

Friday, 21 October 2016
Young Services Club, Young,
NSW. Tickets available from
the venue | 02 6382 1944

Saturday, 22 October 2016
A Day on the Green
Robert Oatley Vineyards,
Mudgee, NSW. Tickets
available from Ticketmaster

Friday, 28 October 2016
Inverell RSL Club, Inverell,
NSW. Tickets available from
Oztix

Saturday, 29 October 2016
A Day on the Green
Petersons Armidale Winery,
Armidale, NSW. Tickets
available from Ticketmaster

Friday, 4 November 2016
Coogee Diggers Club, Coogee,
NSW. Tickets available from
Moshtix

Sunday, 6 November 2016
Live at the Foreshore
Camp Shortland, Newcastle,
NSW. Tickets available from
Ticketbooth

Friday, 11 November 2016,
Mount Pritchard Community
Club 'Mounties', Mount
Pritchard, NSW. Tickets
available from the Venue

Saturday, 12 November 2016
Wyong Lakes Festival
Memorial Park, The Entrance,
NSW * Free Entry *

Sunday, 13 November 2016
96FM's Kickstart Summer of
Music, Houghton Winery,
Middle Swan, WA
Tickets available from
Ticketmaster

Wednesday, 16 November 2016
O'Donohues Irish Pub, Emu
Plains, NSW. Tickets available
from Moshtix

Saturday, 19 November 2016
Broken Hill Rockfest, Broken
Hill, NSW. Tickets available
now from Rockfest

Friday, 25 November 2016
Gynea Hotel, Gynea, NSW.
Tickets available from
Moshtix

Saturday, 26 November 2016
River Rockfest Mildura,
Mildura, VIC. Tickets available
from Rockfest

Friday, 2 December 2016
The Black Swan Hotel – The
Perch, Bendigo, VIC. Tickets
available from the Venue

Saturday, 3 December 2016
River Rockfest Swan Hill,
Swan Hill, VIC. Tickets
available from Rockfest

Sunday, 4 December 2016
Sooki Lounge, Belgrave, VIC
Tickets available from Oztix

Saturday, 10 December 2016
Club Central, Menai, NSW
Tickets available from the
Venue

Saturday, 17 December 2016,
Blue Cattle Dog Hotel, St Clair,
NSW. Tickets available from
Moshtix

Friday, 23 December 2016
Pure Gold Live
ICC Sydney Theatre, Darling
Harbour, NSW. Tickets
available from Ticketek

Saturday, 7 January 2017
Summernats, Exhibition
Park, Canberra, ACT. Tickets
available from Summernats

Wednesday, 25 January 2017
Hamilton Hotel, Hamilton,
QLD. Tickets available from
Moshtix

Thursday, 26 January 2017
Racehorse Hotel, Booval, QLD
Tickets available from the
Venue | 07 3282 1222

Friday, 27 January 2017
Villa Noosa Hotel, Noosaville,
QLD. Tickets available from
Moshtix

Saturday, 28 January 2017
Parkwood Tavern, Parkwood,
QLD. Tickets available from
Moshtix

Saturday, 4 February 2017
The Oaks Hotel, Albion
Park Rail, NSW. Tickets
available from the Venue |
02 4257 1211.

Friday, 10 February 2017
SS&A Club, Albury, NSW
*Free Entry *

Saturday, 11 February 2017
Mulwala Ski Club, Mulwala,
NSW * Free Entry *

Saturday, 18 February 2017
Caves Beachside Resort,
Caves Beach, NSW
Tickets available from the
venue | (02) 4980 9999

JET REUNION?

A report from the Sydney Morning Herald suggests Aussie rockers Jet are working on a reunion set to hit us early next year.

According to the Fairfax Media publication, the 'Are You Gonna Be My Girl' hit-makers will reunite to support Bruce Springsteen on an upcoming Australian tour.

Australian music industry legend Michael Gudinski had previously teased that an Australian Springsteen tour was on the books for 2017. According to Fairfax, the Boss tour is not only happening, but Jet will serve as support act on all shows except one performance at Victoria's Hanging Rock.

There was talk of Jet potentially reforming to support AC/DC during their Australian tour last year, though these rumours never came to fruition.

"I think I'd prefer to get up [on stage] under our own steam but they're an amazing band and I do love them very much" Jet bassist Mark Wilson said at the time.

"I think it would be a tough gig to get up before them. I don't think you'd have the crowd on your side necessarily."

Wilson also said that relations between bandmates are positive. *"We're like brothers,"* he said. *"I text Chris all the time. Cam and I live around the corner from each other."*

We've been through a lot together." ■

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ENGAGING WITH THE LOCAL YOUTH

The Semaphore Port Adelaide RSL hosts an Open Mic Night every second Thursday evening from 6pm onwards. Popular with local students and families, it attracts budding artists seeking experience in performing in a safe and non-judgemental public forum.

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.

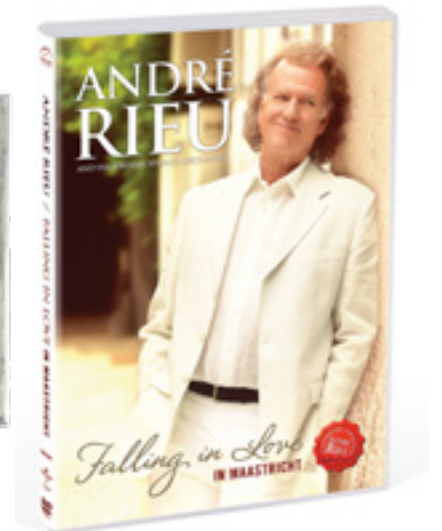
In collaboration with Universal Music and their Decca label, the Silver Memories CD series was launched in March 2016. Silver Memories on CD is Australia's leading Nostalgia music series, featuring affordable recordings of the world's most famous artists performing nostalgic favourites. August saw the release of: Happiness With André Rieu – his handpicked favourite tunes; Julie Andrews The Voice – a collection of her most famous tunes; The Magic of Mantovani – his unforgettable instrumentals. There will be further releases later this year including Bing Crosby, Kenneth McKellar, The Boswell Sisters, Al Jolson, The Mills Brothers, Leroy Anderson, and many more.

Having just completed his Australian Tour, The King Of The Waltz, André Rieu has selected his favourite songs for this album including Louis Armstrong's 'What A Wonderful World' and the universally loved 'Hallelujah'.

With one of the most unforgettable voices in the world, Julie Andrews' classy vocals feature on this 2CD set featuring music from across her career. Songs that have become simply synonymous with her, be it The Sound Of Music or My Fair Lady or dozens of other evergreen melodies this album will have you singing along with one of the greatest voices of the stage and screen.

The Magic of Montavani – being one of the best-selling artists in the 50s and 60s, Montavani's appeal has long since been continued, his melodies are instantly recognisable, bursting full of nostalgia and glory.

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



CD GIVEAWAY!

Is there a more beautiful feeling in life?

When you fall in love your cheeks flush, your heart beats faster and your head starts spinning... but you are as happy as one can be! According to André, whenever he looks at the audience during his concerts, he gets the feeling that everybody is in love, *"All due to the fantastic magical power of music!"*

Experience the magic of music with Falling in Love in Maastricht. Probably the best Maastricht concert yet! Where over 80,000 people enjoyed the Maestro's annual city-square sound-and-music take-over live, and now you can too.

This year's fun-filled spectacular show once again broke Australian cinema box office records. Watch and listen as André Rieu and The Johann Strauss Orchestra perform classic hits from their extraordinary repertoire, plus brand new songs and arrangements prepared especially for the show.

FALLING IN LOVE IN MAASTRICHT features special guests including Mirusia, The Platin Tenors, Lou Bega and over one hundred waltzers!

The Last Post is giving away five CD/DVD bundles of Falling In Love. Simply email us stating why you'd like a copy.



Silver MEMORIES

Songs you'll always remember... memories you'll never forget

DECCA

In association with



**HAPPINESS WITH
ANDRÉ RIEU**



**JULIE ANDREWS
THE VOICE**



**THE MAGIC OF
MANTOVANI**

Reminisce with this collection of André's favourite songs which he handpicked for this album! Including his own liner notes and a secret recipe for happiness, this album features the reflective tracks 'What A Wonderful World', 'Hallelujah' and more.

Broadway made her, Hollywood immortalized her. Just the sound of Julie is reassuring, the voice, the diction, born of another place, another time. Featuring the greatest songs from Julie Andrew's career including Broadway hits, *The Sound Of Music* and *My Fair Lady*.

The sweeping strings of Mantovani made him one of the best-selling artists in the 50s and 60s. His music is some of the most recognisable tunes in the world, instantly recognisable and full of nostalgia.



ANDRÉ RIEU: CHRISTMAS IN LONDON

Celebrate the festive spirit this Christmas with André Rieu and his Johann Strauss Orchestra! Filmed in London in 2015, this concert DVD features the most beautiful Christmas music of all time, including 'We Wish You A Merry Christmas', 'White Christmas' and more!

IN STORES ON DECEMBER 2

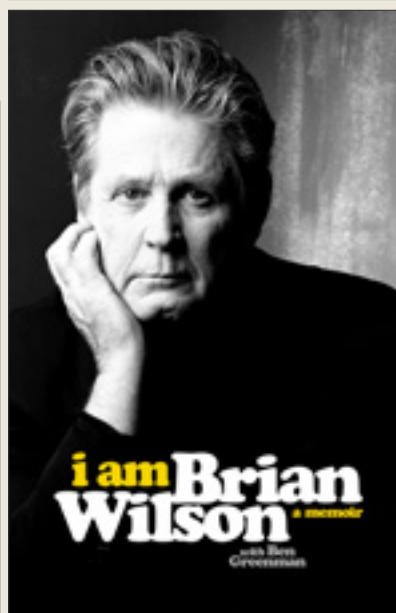
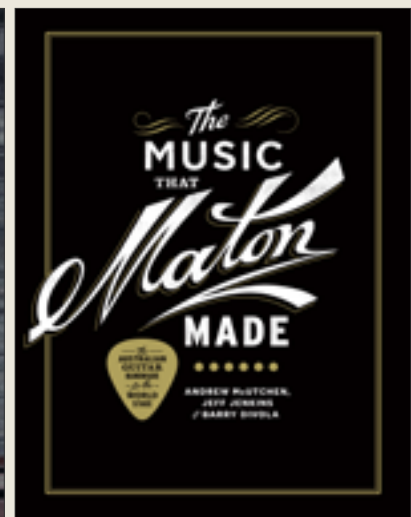
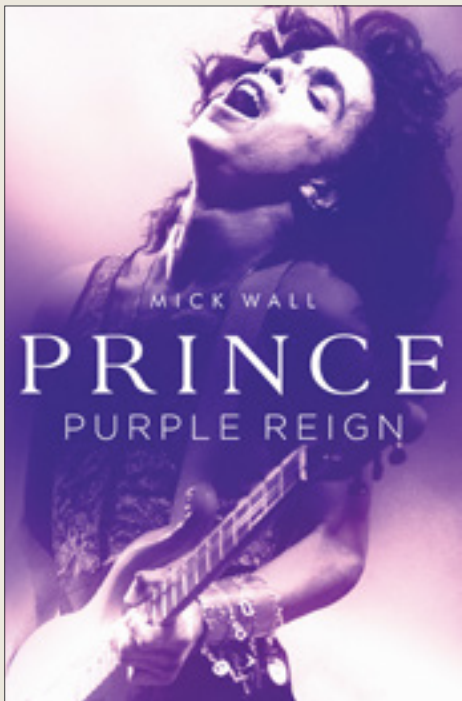
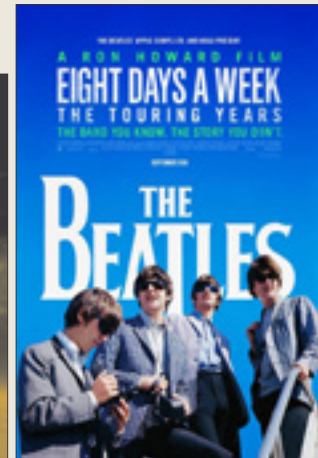
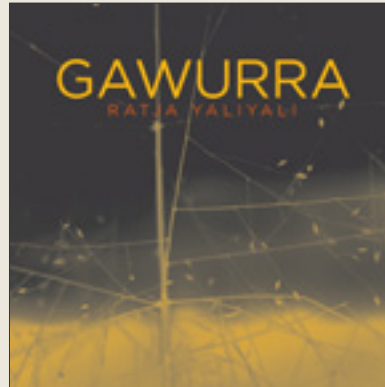
VISIT: www.AndreRieuAustralia.com for updates, competitions and the latest news

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Worth Listening To... Alien Lanes, Guided by Voices

by Taj Worthington-Jones

I didn't even know Guided By Voices existed before reading Matt Diehl's Rolling Stone 1995 4-star review of the groups stellar album, Alien Lanes.

Twenty-one years later I'm still listening to their garage/grunge/melodic sound and I've slotted them into my much revered (to me) Top Ten Groups Of All Time list.

With songs rarely stretching passed 2 minutes, their raw, guitar thrashing anthems are mosh-pit heaven.

And these guys were in their late-thirties back then. Baby boomers/almost baby boomer, guitar thrashing males. Hard to pick though, their age – the music is so youth infused. And as lead singer/songwriter Robert Pollard says, "The kids, the kids, it's all about the kids." They could be rock royalty, these guys. With slick production their riffs could be likened to Cheap Trick, The Who and The Beatles. But with Guided By Voices, the old becomes the new.

Back in '95, Diehl described Alien Lanes as "a magnum opus of pure pop for now people".

That was enough for me. I drove into Prahran, Greville Records. If anyone would have this new, previously unheard-of group, it would be them.

I can't remember when I bought my first CD, but Alien Lanes was definitely one of the first.

Again, over to you, Matt:

"GBV typically get tagged as aviators of low-fi – a sound characterized by hiss and noise, the result of home taping on primitive recording equipment. Indeed, like most previous GBV projects, Alien was recorded in a basement on four and eight-track machines. The coarse sound gives the album the feel of a treasured bootleg, a millionth-generation tape of a favourite unknown band on which lie gems of unquestionable value."

Go to You Tube and check out Guided By Voices, or as their crowd chanting fans abbreviate it, GBV...GBV...GBV!! ■



10 SONGS

By Jack P. Kellerman

My Kind of Soldier, Guided by Voices

We hadn't intended to turn this into a GBV edition but Taj and I were sitting having a beer in Hardware Lane recently when a guy walked past that looked familiar.

"Isn't that GBV's Beatle Bob", I asked my friend.

"It ain't Beatle Bob", Taj replied upon checking this guy out "but it damn well looks like him".

Beatle Bob is a legend to Guided By Voices fans and he can be found doing his thing on the classic GBV You Tube clip for their equally classic song, My Kind Of Soldier.

Bob is a legend around St Louis, USA and has a collection of around 12,000 records. He loves rock 'n roll and dancing and has been to around 12,000 shows since 1978. According to GBV, Bob goes dancing every night and is even known to be a regular at New Orleans' Jazzfest.

Like most GBV songs, I've got no idea what My Kind of Soldier is but it's from their 2003 album, Earthquake Glue. Listen to it, look at it and get into it. It's rock 'n roll and it will blow your mind. ■



www.caravanmusic.com.au



www.memomusichall.com.au



www.flyingsaucerclub.com.au



www.daptoleagues.com.au



www.birdsbasement.com



Some Lonesome Picker

Greg Quill Tribute

Various artists

MGM

4 stars

By Tony Hillier

Who better to interpret the work of Greg Quill (1947-2013), one of the most accomplished singer-songwriters of the 1960s-70s domestic music scene, than his peers?

Producer Kerryn Tolhurst has done his erstwhile partner in the revered band Country Radio — Australia's answer to the Byrds, the Flying Burrito Brothers and the Band — proud with a richly merited tribute album, not only in his selection of artists and arrangements, but also with immaculate support, playing guitars and mandolin. Plaudits are also deserved for the who's who of veteran Australian singer-songwriters who put their stamp on Quill's poetic lyrics and lilting music. Daddy Cool bandmates singer Ross Wilson and electric guitarist Ross Hannaford (who died in March) get the ball rolling with a Byrds-inflected reading of Just Goodbye that perfectly complements the veracity of verses such as: *"You stand inside the rim / Of your crystal captured day / And talk to me of freedom / Never knowing how to say / That smoky shades of changes / Have simply carried you away."*

Country Radio's biggest selling single, 1972's Gypsy Queen, is rendered in similarly consummate fashion in a Paul Kelly-Stephen Pigram duet, with acoustic backing reflecting the freewheeling feel promoted from the song's opening lines: *"Ris'n' moon and silver road behind me / And I do believe the sky's about to fall."*

Shane Howard's mellifluous vocal cords and guitar fingerpicking and Greg Field's plaintive fiddle chords prove a perfect match in Terry's Tune. Similar backing works in Glenn Cardier's tasty Dylanesque take on I'd Not Let You Be and Mike McClellan's earnest version of Clever Lines. Kevin Bennett's jaunty interpretation of Observations and Broderick Smith's more reflective Fleetwood Plain also benefit from fiddle cameos.

Joe Camilleri and Doug Parkinson enjoy more expansive band backing, including Marcia Howard and Bennett's back-up vocals, in Wintersong and Always to the Light. Parkinson's smoky delivery of lines such as: *"Ravens cross the sun now / My long run is done now / Help me reach the river and some shade"* is enhanced by organ wash, piano chords and a characteristically incisive Hannaford axe break.

Russell Morris's world-weary vocals and executive producer Chris Blanchflower's bluesy harmonica are more in step with sentiments expressed in Last Time Around than the song's bright and breezy rhythm. Richard Clapton imbues Quill's evocative imagery in Almost Freedom with requisite soul as he embraces lines such as: *"The poet bleeds against the wall / For all the street to see / He carries just a mirror and a key."* Because he spent the latter half of his life in Canada rather than Australia, Quill's superlative songcraft might have been overlooked in home circles. The airing of works from his catalogue by comparable craftsmen in Some Lonesome Picker rebalances the ledger. ■





SUZI Q TOUR

Veteran US rocker Suzi Quatro has announced that she'll be heading down under once again in February 2017.

Quatro has toured Australia a mammoth 31 times, including a 2015 tour which was billed as her last ever Aussie tour.

Clearly, she just can't stay away from us, and who can blame her. *"Well... what can I say, eh! Australia. You're in my bones, you're in my blood, I was born to entertain, I had to come back – I missed you too much,"* says Quatro.

The Detroit-born singer-songwriter has now been in the music business for over 50 years, and on this special 'Leather Forever' Encore Tour she'll bring The Sweet's Andy Scott on guitar and vocals, as well as Don Powell from Slade on drums.

As a trio, they've recorded a new album titled QSP, which is billed for a January 2017 release — just in time for this 17-date tour of the country.

SUZI QUATRO 'LEATHER FOREVER' AUSTRALIAN ENCORE TOUR 2017

Friday, 3rd February
Twin Towns, Tweed Heads
Tickets: Official Website

Saturday, 4th February
Twin Towns, Tweed Heads
Tickets: Official Website

Monday, 6th February
Empire Theatre, Toowoomba
Tickets: Official Website

Tuesday, 7th February
Concert Hall, Brisbane
Tickets: Official Website

Saturday, 11th February
Crown Theatre, Perth
Tickets: Official Website

Tuesday, 14th February
Sydney Opera House, Sydney
Tickets: Official Website

Saturday, 18th February
Arts Centre, Melbourne
Tickets: Official Website

Sunday, 19th February
Botanic Gardens, Sale
Tickets: Official Website

Tuesday, 21st February
Wrest Point Entertainment

Centre, Hobart
Tickets: Official Website

Thursday, 23rd February
Canberra Theatre, Canberra
Tickets: Official Website

Friday, 24th February
Anita's Theatre Thirroul, Wollongong
Tickets: Official Website

Saturday, 25th February
Hope Estate Winery, Hunter Valley
Tickets: Official Website

Tuesday, 28th February
Entertainment Centre, Mackay
Tickets: Official Website

Wednesday, 1st March
Entertainment & Convention Centre, Townsville
Tickets: Official Website

Thursday, 2nd March
Convention Centre, Cairns
Tickets: Official Website

Saturday, 4th March
Convention Centre, Darwin



Rodriguez Tour

Bookings: ticketmaster.com.au

When	Venue	Details
Fri Nov 11	Lyric Theatre - QPAC South Bank, QLD 08:00 PM	Rodriguez With Special Guest Archie Roach
Sat Nov 12	Brisbane Convention & Exhibition Centre South Brisbane, QLD 08:00 PM	Rodriguez With Special Guest Archie Roach
Mon Nov 14	State Theatre, Sydney Sydney, NSW 08:00 PM	Rodriguez With Special Guest Archie Roach
Tue Nov 15	State Theatre, Sydney Sydney, NSW 08:00 PM	Rodriguez With Special Guest Archie Roach
Thu Nov 17	State Theatre, Sydney Sydney, NSW 08:00 PM	Rodriguez With Special Guest Archie Roach
Sat Nov 19	Bimbaden Pokolbin, NSW 03:00 PM	A day on the green - Rodriguez
Mon Nov 21	Derwent Entertainment Centre Glenorchy, TAS 08:00 PM	Rodriguez With Special Guest Archie Roach
Fri Nov 25	Melbourne Convention and Exhibition Centre - Plenary South Wharf, VIC 08:00 PM	Rodriguez With Special Guest Archie Roach
Tue Nov 29	Thebarton Theatre Torrensville, SA 08:00 PM	Rodriguez With Special Guest Archie Roach
Wed Nov 30	Thebarton Theatre Torrensville, SA 08:00 PM	Rodriguez With Special Guest Archie Roach
Sat Dec 10	Kings Park West Perth, WA 06:00 PM	Rodriguez With Special Guest Archie Roach

Jeremy Roberts, poet

Jeremy Roberts was born the year Elvis went into the army ('59) & grew up in the middle of two sisters.

He fondly remembers Waiheke Island school holidays, TT2 ice blocks & the thrill of owning a transistor radio. Early black & white TV psychic-programming included Disney, Lost in Space, Hogan's Heroes, & Dr Who. As a boy, he revelled in the freedom of a second-hand bicycle & spent summer Saturdays playing cricket – learning a lot about fear, human reflexes & the laws of physics. A reluctant attendee at Auckland's most famous boys school, he skipped senior prize-giving to drink beer.

Throughout the 1970s he hid in movie theatres to feed a cinema obsession: Eastwood, Bronson, Peckinpah, Scorsese & Coppola. Teenage reading material included Tintin, Biggles, Ian Fleming, The Auckland Star, Rolling Stone, Playboy & Time.

He completed a BA degree at the University of Auckland, discovering Ferlinghetti & the Beats, Blake, Keats, Coleridge & Sylvia Plath - while devouring regulation psychic-survival soul food from Chuck Berry, Elvis, The Beatles, the Stones, The Who, Hendrix, The Doors, The Sex Pistols & The Clash. The earliest live poetry performers he witnessed were Kendrick Smithyman & Sam Hunt's sidekick, Gary McCormick.

After having his heart gloriously broken, he discovered what it really meant to be wild & free on the streets - creating mayhem & drama & trails of broken glass with his friend Mark. Poems were born out of this experience. There was a string of perfect, era-defining jobs: dishwasher, velvet-suit salesman, Parnell boutique "manager", trailer-inhabitant & waiter in Canada. A pilgrimage to Jim Morrison's grave in Paris & Rimbaud's in Charleville, ended by being stone-broke in Soho, London. Back in Kiwiland, he became an oyster-farmer/caravan-dweller in Russell, then was a van-driver for the MOT.

In 1985 he got married & studied the art of making neon lights - meeting his great 'American Friend', neon magician Ben Livingston, which would lead to a number of forays into Texas. Highlights of the 80s included a stint as a hotel-manager in Sydney's seedy Kings Cross, visiting the Picasso museum in Barcelona & making children's puzzles. In 1995 he became the father of Eden, & trained as a Primary school-teacher. The 2000s were filled with his family-in-the-blender, framing high-priced art & school-teaching. He eventually became an MC at Auckland "Poetry Live" & performed poetry gigs with soundscape master Rasam & others.

In early 2013 he arrived in Jakarta & formed The Bajaj Boys with Derek Fraser, amid adventures in steamy Java & Bali. He subsequently formed Bom Molotov & then Molotov with local musicians. He was married in Bekasi to Asiah, in July of 2015. ■



DECISIONS AT THE MATA AIR FESTIVAL, SALITIGA

for Gita & Erwin

what is the name of that sleeping volcano -
making us want to suck deep on weed & ciu?

& what of these trees standing over us like guardians
of conversation & laughter?

enough questions already - this is a landscape of power,
but we also feel tenang.

each fact of existence dissolves
into a stream of affirmation -

sitting on soil, grass & leaves, we watch moments piggy-back
moments & exhale our responses:

Ucok the trumpet player, ums & ahs all day - to jam or not - with spoken-word before finally
admitting "I just wanted to get wasted"...

Deugalih plays his guitar, on which is a version of Guthrie's mantra:
THIS MACHINE TURNS LOSERS INTO HEALERS & sings "The Drugs Don't Work Anymore"...

DJ Sampson - spinning vintage vinyl 45s, chooses an obscure erotic track from '69
& the orgasmic moans of a woman fill our forest...

Tony - jungle photographer, is busy with bubble mixture, seeking to capture
the ultimate sunburst...

Nova simply obliterates a heckler who shouts at her to get off the stage - her voice
soaring, carrying...

PainSugar says he kissed goodbye to God seventeen years ago
& he's doing fine...

THE TOPLEXIL SYRUP SLEEP MEDICATION KICKS IN

Hey Hanoi - I'm coming to you
I'm climbing aboard the B52
Was only a kid when the bombs were falling
Ho Chi Minh & the States were brawling

cough! swallow - waiting for impulse to lessen...mental list fading, pattern on bed cover emerging; repeating rectangles grey & burgundy - view from plane window: crops & fields / blood & old skin - a board game of plastic Bazookas & tiny soldiers.

all's fair in love & war, mother said & the pillow a soft atom cloud for my head - how much time did Albert Einstein spend in bed? he hated the A - Bomb. I'm dropping now... battle of the day over, but only battle of Western man in reasonable luxury.

Pete Townshend wrote: I've known no war - but so many families have

& tick tick tick says the clock. what time do I leave for airport?

have to remember: shampoo & conditioner...transfer from big container to little, otherwise I possible danger? dangerous as landmine?

reading: post-war landmine dead or wounded in Vietnam: 100,000 / Agent Orange: generations of horrific genetic distortion. travel articles say "landscape has healed", yet teams of mine-clearing still in operation & suffering mutants people wouldn't believe.

I curl my toes & stretch my limbs...

not everybody gets that innocent world I had as a boy - waking in pure light, wide-eyed... & the smell of everything! certainly not napalm in the morning & never terror in the rain outside - beyond the curtain: burning children running down the road. but they were out there - just a little further from sleepy eyes.

photo-man Tim Page declared: *You can't take the glamour out of war & he was there with shrapnel in the brain...*

what can you do when the enemy is coming to do you ill? Look good as you run up the hill, engaging deadly machinery, helicopters thunder overhead as politicians discuss numbers of dead over lunch, dinner - fingers all over the menu. just keep those body-bags off TV! - unless we're winning, because war is an extension of politics & good business. the job of government: make the agenda a just cause & only admit years later, it was wrong. it's fun being a cock. It's fun being a cunt. It's fun being an asshole. & it's an old bedtime story: Vietnam - plenty of blood, screams, exploding body parts, politicians neck-deep in atrocity - & also true: when you're President, you're allowed to murder...

*Nixon was never a friend of mine
But I loved his evil smirk
They say he died & went to Hell
& now hustles in the dirt*

DRIVING WITH TERRY

the cassette tapes I play as I drive around the city in my 1984 Toyota Corolla LE are a dead man's tapes.

this music came into my hands because for several years I was his daughter's number one squeeze. he must have really liked this music, because these are all homemade tapes, dubbed off original vinyl LPs.

the cardboard inserts inside each plastic cassette case have playlists - in neat, upper-case handwriting. I sing along with the music, and say things like: *Good choice, Terry - or Why did you pick that album, man? You know they wrote better songs than that!*

if I'm on a downer - say I've fallen for somebody who could out-flirt Madonna & who now won't give me the time of day - I'll pop one of his cassettes into the tape machine & travel with him through the green lights to happier distracted times.

lust is a bitch though & the power of music brings those feelings - the intense disappointment of unrequited dirty thoughts to the surface.

Terry had been on that trip a few times & sometimes, he's right there.

I often wonder which song was his favourite on a particular album & which particular part of that song really rocked his world.

e.g. On the tape containing "The Eagles - Greatest Hits", I wonder if he would have gone for "Take it to the Limit", "Lynin' Eyes", or the masterpiece loved by millions: "Hotel California."

if it was the latter, I wonder whether his favourite part of the song would have been Joe Walsh and Don Felder's classic - "Punk's-worst-nightmare-but-they'd-have-played-it-if-they-could" solo interplay, which cuts in just after Don Henley sings:

"You can check out any time you like, but you can never leave"

such is the esteem that this guitar solo is held in, that it was voted the eighth-greatest guitar solo of all time by Guitar Magazine.

Terry would have instinctively known he was listening to aural gold - a masterpiece of rock culture because his taste in music was pretty good, overall.

an inspired guitar solo is like a joyful hit of liberation - the creative inverse of emotional pain.

those who take their own lives can't get free of the pain & express it in a drastically different way. they get my respect.

those that don't understand are lucky.

I've heard it:
*What a weak person
Good riddance
What a selfish thing to do -*

no understanding of how the human mind can arrive in such a place - the lake of fire; taking the freaking hand of the Stygian Ferryman...

beyond anger.

they are the ones fortunate enough to walk in the light through pretty much all their lives.

those who don't - get tired, desperate & hear the call.

the music over.

THE GUARD

I know that guard sitting in his uniform in the hot bright sun, guarding something

is a guard sitting in his uniform in the hot bright sun.

the day might be hanging by a thread, but that guard is there - guarding, for all he's worth.

his head turns as I laugh out loud, offering me a slight nod. *Hail team spirit!* I mutter quietly,

walking away thru the steamy air; the shuddering

sounds of traffic & birds fading in & out -

happy, in our fellowship of uncertainty.

KEMANG RAYA WALK

shiny face me - out & about walking uphill Saturday am thru frequently-ill sunshine & steaming blue smoke - flower stalls, motorbike babies, rotting rubbish, orange & black bajajs, oversize Stupid Ugly Vehicles & 3rd dead rat of week - nicely squashed: guts squeezed out - like the poor here in Indonesia...

spot trainer tread-pattern on fresh speed-bump paint - bright yellow, stick-man in white paint on ground & wall graffiti - head of man w/- wings - meaning? eye-candy - always plenty...

as I turn right onto Kemang Raya - boulevard of crumbled footpath, perfumed dust, street-food & carbonated petrol clouds - hard on the streets here.

stride / cough, don't breathe, must breathe - avoid new hole in ground, furry grey water - don't fall in -

whistles & shouting - "Terus! Terus!" Keep going! Keep going!

& they will - election over / banners down - new boss - an end to corruption / big business / military dominance? precautionary water cannon & tanks still on streets...

the people wait - & I think about them, as I step into franchised unreality: coffee at Starbucks - skim milk Latte tall, chocolate muffin, upstairs soft chair, AC, note paper...

Cards on the Table

*collected poems IP Publishing

Frustrated by the perception that Australian poetry is dry, inaccessible and focused only on the country's landscape, acclaimed poet Jamie Grant decided to form his own collection.



soundcloud.com/jeremy-n-roberts
www.facebook.com/Jeremy-Roberts-Poet
www.instagram.com/jnrpoet/

Crowded House to return to Sydney Harbour for two concerts in 2016

By Bernard Zuel



They said farewell to the world from the steps of the Opera House but now it's hello again as a much loved band return to the scene of their iconic 'final' concert.

The Sydney Opera House forecourt, from where Crowded House said farewell to the world in 1996, will host a return of the much loved trans-Tasman band for two anniversary concerts in November.

Twenty years after the group broke up at the now legendary show under the stars, and 30 years since their first album, which spawned the contemporary classic Don't Dream It's Over, Neil Finn, Nick Seymour, Mark Hart and Matt Sherrrod, will return on November 25 and 26.

While the band officially reformed in 2007, two years after the death of original drummer Paul Hester, and have toured intermittently and recorded two albums since then, they have always studiously avoided a return to the spot that in many ways was a high water mark in a career that took them to number two spot in the United States. However, a month when they will also be inducted into the ARIA hall of fame and re-release repackaged versions of all the Crowded House albums, has won over the perennial hold out, New Zealand's premier songwriter, Finn.

What's not lost on bassplayer and the band's in-house art director, Melbourne-born Seymour is "the irony that our most successful moment was our breakup show".

"I think the analogies drawn between Rob Reiner's [rock mockumentary] *Spinal Tap* and real life are a very fine line," he said, with a laugh.

Finn, whose decision it was to end the band first time around, has said over the years that he didn't enjoy the Opera House show anywhere near as much as everyone else seemed to. Anxiety ruled and its legacy coloured his view of any return while his long and successful solo career has continued.

For Seymour, returning to the Opera House forecourt from his home in Ireland is a genuine Charles Dickens moment because that Farewell To The World show really was the best of times and the worst of times.

"As I recall the Sydney Opera House gig, ironically it was the first gig that I felt really carefree, and it was the last gig

we were doing," he said. "Possibly because it was the last gig we were ever doing. Against my wishes.

"But I surrendered myself to it and thought, 'well, I might as well enjoy this'."

Jovial about it now, and happy to return to the scene, Seymour was not so sanguine in 1996 and confesses now that in fact he had felt under pressure pretty much from when they changed their name from The Mullanes to Crowded House while recording the self-titled debut in Los Angeles.

"I was always willing it forward [but] every gig that we did I was always careful to assess how things transpired and what could go wrong," he said. "That [Opera House] gig was the first time that Neil was feeling the responsibility of (a) his decision to leave the band and (b) how it was weighing on his shoulders emotionally. He was the reason [it was happening]. So I can understand him not enjoying the gig fully.

"For me on the other hand it was kind of a liberation, without me realising. And I thoroughly enjoyed it." ■

fairfax.com

Silverchair's bassist has opened a record store By Greg Moskovitch

Daniel Johns is busying himself with his blooming solo career and reworking the music of The Beatles for a children's TV show and Ben Gillies is the force behind Australia's favourite alco-pop range. But what of Silverchair's bassist, Chris Joannou?

Well, in addition to serving as co-founder and co-owner of beer company Lovells Lager and launching a mental health scholarship, Joannou is about to put the

finishing touches on The Edwards, a one-stop entertainment avenue in Newcastle.

As the Newcastle Herald reports, Joannou opened The Edwards with business partner Chris Johnston just over two years ago as a cafe, restaurant, and bar, but it's since expanded to include a coin laundry, motorcycle workshop, and best of all, a record store.

Joannou and Johnston are now slotting in the final pieces of The Edwards, which includes a beer garden and intimate front bar, with space for functions and community events, turning The Edwards into a multi-tiered entertainment venue.

"We've always tried to look beyond offering just a cold beer and a burger, and really tried to create something where

you could come three times in the same week and not have the same experience," Joannou says.

"There are so many great makers of things in this town, from music to art to bikes and leather goods." Indeed, you can spend one day browsing through records and another checking out custom motorcycles courtesy of local craftsman Liam Butler.

The Edwards was recently the host of the annual Hunter Record Fair, bringing together stallholders from around the country who put out a wide selection of new and second-hand vinyl records and CDs that ran the entire genre and style gamut. ■

tonedeaf.com.au



Recording engineer helped to define the sound of jazz

Rudy Van Gelder, Audio engineer

Rudy Van Gelder, an audio engineer whose work with Miles Davis, John Coltrane and many other musicians helped define the sound of jazz on record, died aged 91 in September in his New Jersey home that doubled as a studio.

Van Gelder, as he took pains to explain to interviewers, was an engineer and not a producer. He was not in charge of the sessions he recorded; he did not hire the musicians or play any role in choosing the repertoire.

But he had the final say in what the records sounded like, and he was, in the view of countless producers, musicians and listeners, better at it than anyone.

The many albums he engineered for Blue Note, Prestige, Impulse and other labels in the 1950's and 60's included acknowledged classics such as Coltrane's *A Love Supreme*, Davis' *Walkin'*, Herbie Hancock's *Maiden Voyage*, Sonny Rollins' *Saxophone Colossus* and Horace Silver's *Song for My Father*.

In the 1970's he worked primarily for CTI Records, the most commercially successful jazz label of the period, where his discography included hit albums like Esther Phillips' *What a Diff'rence a Day Makes* and Grover Washington jnr's *Mister Magic*. *"I think I've been associated with more records, technically, than anybody else in the history of the record business,"* Van Gelder told the *New York Times* in 1988.

Van Gelder was reluctant to reveal too many specifics about his recording techniques. But he was clear about his goal: he wanted, he told Marc Myers of the website *Jazz Wax* in 2012, *"to get electronics to accurately capture the human spirit,"* and to make the records he engineered sound *"as warm and as realistic as possible"*.

Van Gelder also prided himself on being at the cutting edge of recording technology. He was one of the first in the US to use microphones made by the German company Neumann (because, he said, a Neumann *"could capture sounds that other microphones couldn't"*). He was quick to embrace magnetic tape and digital recording.

Rudolph Van Gelder was born in Jersey City, New Jersey. His parents, Louis Van Gelder and the former Sarah Cohen, ran a clothing store in Passaic, New Jersey.

He became interested in jazz at an early age – he played trumpet, although by his own account not well – while developing a parallel passion for sound technology. When he was 12 he acquired a home recording device that included a turntable and discs.

But he did not originally think he could make a living as a recording engineer, and attended the Pennsylvania College of Optometry in Pennsylvania.

For more than a decade he was an optometrist by day and a recording engineer in his spare time. Not until 1959 – by which time he had already engineered some of the most celebrated recordings in jazz history – could he afford to make engineering his full-time occupation, shifting his base of operations to an elaborate home studio that he designed himself in Englewood Cliffs.

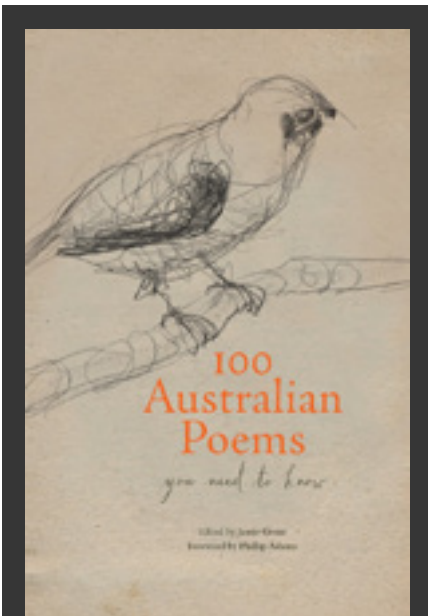
"I never made much money while practicing optometry after college," he said. *"I made more from making records. But everything I made as an optometrist went into new recording equipment, and eventually, into building my studio in Englewood Cliffs."*

In 1952, after he had been recording 78rpm discs of local musicians and singers for several years, he attracted the attention of Alfred Lion of Blue Note Records, the leading jazz label of the day.

Lion began using him regularly, and other record companies quickly followed suit.

Van Gelder named a National Endowment for the Arts Jazz Master in 2009 and received lifetime achievement awards from the Recording Academy in 2012 and the Audio Engineering Society in 2013. ■

New York Times



100 Australian Poems

Hardie Grant Books

Frustrated by the perception that Australian poetry is dry, inaccessible and focused only on the country's landscape, acclaimed poet Jamie Grant decided to form his own collection. One that properly encompassed the liveliness of our country's writing and showed that the only thing dry about Australian poetry was the humour within it. The collection ranges from the early nineteenth century of Francis Macnamara and Charles Harpur, through the later years of CJ Dennis and Henry Lawson, right up to the present day of Gig Ryan, David Malouf, Stephen McInerney and Kate Jennings. For anyone curious about what makes Australians who they are, this collection is a must-have.

fun and games

Trivia Quiz

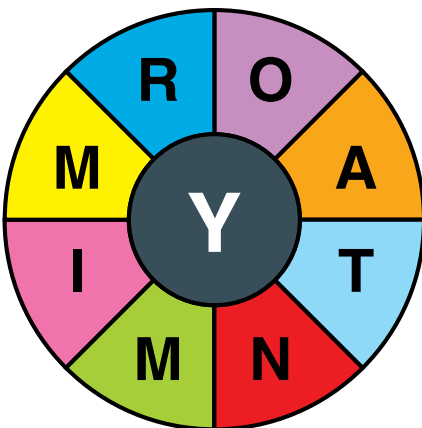
1. The leader of Australian music group, The Church, Steve Kilby, was born in A) Australia B) New Zealand C) Solomon Islands D) England?
2. The theme "It's Time" was used by what political party in which Australian Federal election?
3. Which Australian state politician created attention when he wore pink shorts into Parliament?
4. In which organ are the hepatic arteries?
5. Which Beatle walked barefoot across Abbey Road on the cover of the album of the same name?
6. Which ex- Moody Blues singer/songwriter joined Paul McCartney's Wings?
7. In what year did the Alan Bond-backed yacht Southern Cross compete in the Americas Cup?
8. The Australian movie classic, Picnic at Hanging Rock, was first shown in cinemas in what year?
9. Joseph Cahill was Premier of NSW in what decade of the 20th Century?
10. Coopers Brewery is a national beer company. In which state is the company's headquarters?
11. Which federal Senator recently resigned due to financial difficulties?
12. Aboriginal actor, Tom E Lewis was the lead in what 1978 movie drama?
13. Which former Australian Test cricketer has recently released his book, Bucking The Trend?
14. He was in Full Frontal and Underbelly. He appeared in The Comedy Company as Col'n Carpenter and played in a group whose only album was produced by Men At Work's Colin Hay. He is....?
15. Who holds the Australian Rules Football record of successive premierships and who holds the VFL/AFL record?
16. Australian rock group Powderfinger took their name from which artists song of the same name?
17. Who is the youngest person ever to be appointed editor of Australian Women's Weekly?
18. Pat Cash reached the Wimbledon doubles final in 1984 with who as a partner?
19. Jim Keays was the lead-singer and co-songwriter of which successful Australian group.
20. The title of Germaine Greer's first book?

Answers on page 104

Wheel Words

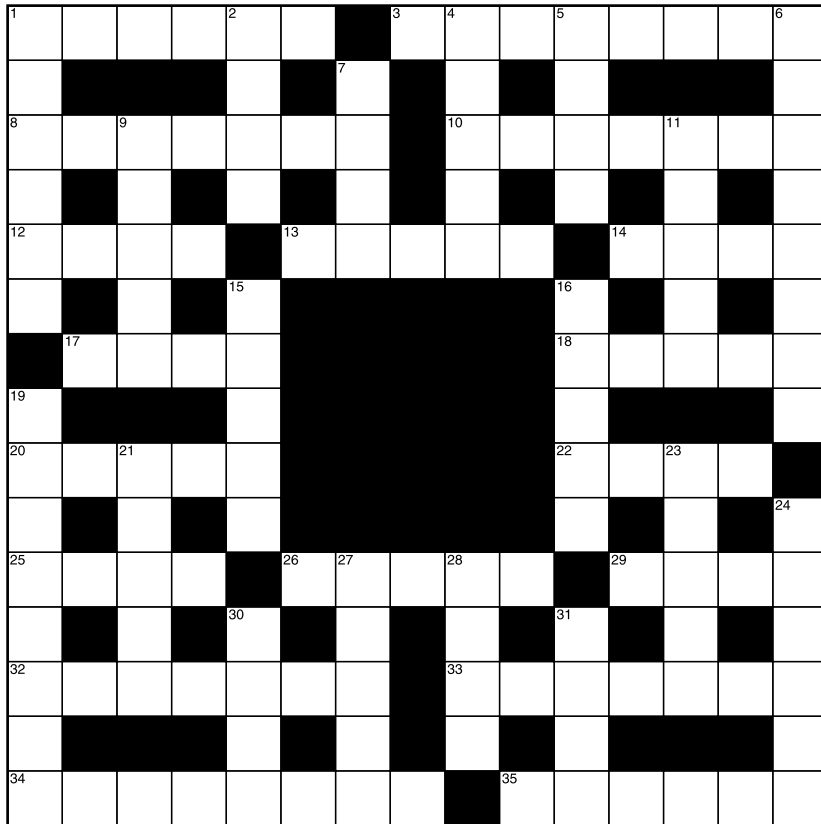
Create as many words of 4 letters or more using the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using up all letters.

7 Good 12 Very Good 15+ Excellent



Answers on page 104

Crossword



Answers on page 104

ACROSS

1. Oblivion star, Tom ... (6)
3. Bradley Cooper and Zach Galifianakis comedy, The ... Part III (8)
8. Stay singer with the album Unapologetic (7)
10. 30 Rock writer and actress (4,3)
12. Bachelorette star, ... Fisher (4)
13. Jennifer Lawrence sci-fi adventure, The Hunger ... (5)
14. The Wolfman actor who played Lado in Savages, Benicio Del ... (4)
17. 2012 actress, Amanda ... (4)
18. Tom Hanks film featuring multiple plotlines set across six different eras, ... Atlas (5)
20. Mariska Hargitay crime series, Law & ...: SVU (5)
22. Rapper who teamed up with Jennifer Lopez for Sweet Spot, Flo ... (4)
25. Colin Farrell and Noomi Rapace crime drama, ... Man Down (4)
26. High-rise thriller starring Sam Worthington, Man On A ... (5)
29. The Women actress who provides the voice for Madagascar's Gloria, ... Pinkett Smith (4)
32. Johnny Galecki's character in The Big Bang Theory, ... Hofstadter (7)
33. Les Misérables actor, ... Crowe (7)
34. Urge Overkill hit from Pulp Fiction, Girl, ... Woman Soon (3'2,2,1)
35. The Big Wedding actress, Diane ... (6)

DOWN

1. Freaky Friday actress, Jamie Lee ... (6)
2. Miley Cyrus romance, The Last ... (4)
4. Kevin McHale's Glee character, ... Abrams (5)
5. Crime thriller about a kidnapped child, starring Casey Affleck and Morgan Freeman, ... Baby Gone (4)
6. Safe House actor, Ryan ... (8)
7. Pop star, Lady ... (4)
9. The Call actress, ... Berry (5)
11. Bilbo's nephew played by Elijah Wood in The Hobbit: An Unexpected Journey (5)
15. Iron Man superhero played by Robert Downey Jr, Tony ... (5)
16. Horror film satire with Charlie Sheen and Ashley Tisdale, ... Movie 5 (5)
19. Chris Martin's rock band (8)
21. Harry Potter's schoolboy foe played by Tom Felton, ... Malfoy (5)
23. Canadian rapper who teamed up with singer at 8 across for the track Take Care (5)
24. American actor, comedian and late-night talk show host, Jimmy ... (6)
27. Comic actor, ... Murphy (5)
28. Teen drama series depicting the scandalous lives of New York's elite Upper East Siders, Gossip ... (4)
30. Kevin Spacey and Simon Baker film, Margin ... (4)
31. Elizabeth Reaser plays ... Cullen in The Twilight Saga movies (4)

Hope for individuals with the new Veterans Peer Support Program



MIFNQ, in partnership with Mates4Mates and SOLAS, is delighted to be delivering the DVA Peer to Peer Support Network Program Pilot in Townsville.

MIFNQ has a thirty year history of providing successful peer support programs across north Queensland. The unique lived experience that peer workers contribute is vital to developing, implementing and evaluating recovery approaches for people whose lives are affected by mental illness.

Peer Support is invaluable in mental health. It supplements and enhances other health care services by providing emotional, social and practical assistance to manage illness; its ultimate objective is to promote hope and the possibility of recovery.

For Veterans, this recovery path can be aided by complementary support from peers, with whom the ex-service member can identify as having experienced

military service and made an effective recovery from similar challenges. Speaking the same language and having a shared experience is an important key in helping people move on in their lives.

The Peer to Peer Support Network Program in Townsville operates out of MIFNQ's Cambridge Street office in Vincent, where trained Peer Mentors are matched with Peers. The matching process is a key ingredient of a successful Peer to Peer Support Network Program. Matching is not only about having a Peer Mentor with a lived experience of mental illness and relevant military background; it is also about developing mutual trust and respect between the Peer Mentor and the Peer requiring support.

The underlying philosophy of the Peer to Peer Support Network Program is to provide hope for individuals in need of treatment for mental health conditions. Through the connection of similar lived experience, emotional and practical support is encouraged to promote self-advocacy and empower peers with the necessary tools for recovery. ■

PEER TO PEER SUPPORT NETWORK PROGRAM PILOT

The Department of Veterans' Affairs (DVA) has partnered with veteran and mental health groups from Sydney and Townsville to conduct a 12-month pilot program to train veterans with experience of mental illness to be mentors to other veterans seeking help with their mental health.

The pilot commenced in December 2015. DVA is committed to providing the veteran community with the best possible support.

Evidence shows that individuals experiencing mental health challenges who are well-supported have a greater sense of control over their health management, and are more likely to complete the recovery process.

This recovery path can be aided by support from peers, with whom the ex-service member can identify as having experienced military service and made an effective recovery from similar challenges.

Under the pilot, ex-service members with a mental health condition are linked with a trained volunteer Peer Mentor.

The volunteer Peer Mentor will have experienced a mental health condition and recovered sufficiently, in order to provide insight into the recovery process and the path to wellness.

Mental Illness Fellowship North Queensland, in alliance with Mates4Mates and Supported Options in Lifestyle and Access Services are delivering the Townsville-based pilot program. In Sydney, RSL DefenceCare in alliance with St John of God Richmond Hospital is delivering the pilot program.

Minister for Veterans' Affairs Dan Tehan recently met with some of the veterans participating in the Townsville pilot to learn more about the program and hear about their experiences.

"The mentors and the veterans share a common experience and a common language. These mentors can look a veteran in the eye and say, 'I know what you are going through and there is hope,' which is a powerful message to deliver," Mr Tehan said.

"The mentors taking part in this trial served their country in the armed forces and are serving their country again by supporting other veterans to get better.

"They are helping break down barriers that may prevent veterans from getting the help they need."

The success of the pilot will be evaluated early next year. ■

PRAISE FOR VOLUNTEER VETERANS SUPPORTING OTHER VETERANS

Minister for Veterans' Affairs Dan Tehan has praised the veterans who volunteer their time to support other veterans with mental health issues as he toured the Peer to Peer Support Network pilot program in Townsville in September.

Mr Tehan visited the premises of Mates4Mates to meet volunteer mentors taking part in a mental health support trial and to listen to former Defence personnel talk about their experiences.

The program trains veterans with experience of mental illness to be mentors to other veterans seeking help with their mental health.

"We know that veterans experiencing mental health issues who feel supported during their treatment are more likely to make a complete recovery," Mr Tehan said.

"A veteran who has served their country and faced mental health challenges can provide valuable insight and support to another veteran who is just starting their journey to recovery."

"The mentors and the veterans share a common experience and a common language. These mentors can look a veteran in the eye and say, 'I know what you are going through and there is hope,' which is a powerful message to deliver."

"The mentors taking part in this trial served their country in the armed forces and are serving their country again by supporting other veterans to get better."

"They are helping break down barriers that may prevent veterans from getting the help they need."

"We want our current and former Australian Defence Force [ADF] members to know that services exist to support them and the Government is working on innovative solutions that will improve those services."

Townsville is one of two centres hosting a 12-month peer-to-peer pilot program to improve veterans' mental health.

"The Government is also developing a Suicide Prevention Trial Site in Townsville that will be rolled out through the North Queensland Primary Health Network. As part of its work, the trial will focus on veterans' mental health," Mr Tehan said.

"This will be one of 12 innovative, front-line trial sites in our fight against suicide,

which will improve understanding of the challenges and work to develop best-practice services that can be applied nationwide."

"The National Mental Health Commission will shortly start work on its review of suicide and self-harm prevention services across Defence and the Department of Veterans' Affairs."

"One suicide is one too many, and as a society we must address mental health issues together to find solutions. The Government has already announced an additional \$192 million to tackle the mental health challenges across the whole Australian community."

"The additional investment complements the range of veteran mental health initiatives introduced by the Government, including access to free treatment for a range of mental health conditions for any current or former permanent member of the ADF." ■

If you are interested in taking part in the Peer to Peer Support Network pilot program as a Peer Mentor or a Peer and would like further information on how to become involved, please contact Mental Illness Fellowship on (07) 4725 3664 (Townsville) or DefenceCare on (02) 8088 0388 (Sydney)

Calling for participants
in a Townsville first

VETERANS PEER SUPPORT PROGRAM

FOR TRANSITIONING AND EX-SERVING
AUSTRALIAN DEFENCE FORCE MEMBERS

MIFNQ, Mates4Mates and SOLAS have partnered to conduct a pilot program in Townsville to provide Peer Support to veterans living with a mental health condition.

FOR INFORMATION, PHONE MIFNQ:

07 4725 3664 or email: townsville@mifnq.org.au



GOVERNMENT SUPPORT FOR VETERANS AND ADF

The Federal Government will increase support for veterans and ADF members, including an employment initiative to support people moving from military service to civilian life.

Recognising that the transition from the services into civilian life can be challenging for some members, the Government aims to provide the required support to re-enter the workforce. The Prime Minister will host the first Prime Minister's Veterans' Employment Initiative in November – bringing together business leaders and veterans to find ways to better use the valuable skills and leadership of former service personnel into our modern economy.

The Government aims to ensure ADF members and veterans who face mental health challenges, either during service or once they have left the ADF, can access the mental health services they require.

In August, the Government announced a review of suicide and self-harm prevention services available to veterans and ADF members. The National Mental Health Commission in conjunction with clinical experts and a reference group comprised of current and former members of Defence, will analyse the effectiveness of existing suicide and self-harm prevention services.

Feeling that one suicide is one too many, and as a society there is a need to address mental health issues together to find solutions, the Government has already announced an additional \$192 million to tackle the mental health challenges across our community.

In preparing the Government's response to the Senate Inquiry into the Mental Health of Australian Defence Force Members and Veterans, it became clear that this was a complex issue that required a forensic examination of how we tackle suicide and self-harm.

The review of services for veterans and Defence personnel announced today will build on this work by providing an independent analysis of the services provided.

The Government is announcing that in North Queensland - home to a large veteran community - the first Suicide Prevention Trial Site will be established. This will occur through the North Queensland Primary Health Network. As part of its work, the trial will focus on veterans' mental health.

This will be one of 12 innovative, front-line trials in our fight against suicide which will improve understanding of the challenges and work to develop best-practice services which we can be applied nationwide.

All of these sites will incorporate a focus on veterans and Defence personnel. The review will provide an interim report in December and a full report in February next year.

It will consider:

- The range of services available to current and former serving members and their families
- The effectiveness of these services in supporting members and their families while they serve, as they transition from Defence to civilian life, and later in their civilian life
- Any duplication or gaps in current services and how they might be addressed
- Any barriers to current and former serving members accessing services, taking into account cultural relevance, availability of providers, employment, functional capacity and degree of ill health
- The extent to which former serving members utilise services provided by other parts of government, ex-service organisations, the private sector or non-government organisations
- Whether there is balance in the way in which the military experience is understood by and communicated to the Australian community, recognising the impacts that it can have on the mental health of those who have served but also the positive benefits that are derived from the military experience
- The reporting of and incidence of suicide amongst serving and former serving ADF members compared to the broader Australian community.

This review in conjunction with our \$6 million investment in the Phoenix Australia Centenary Institute will improve our understanding of mental health challenges and lead to better treatment for our veterans and the wider community.

These investments complement the \$46.4 million for veterans and Defence personnel to access free mental health treatment announced in this year's budget.

The Government is funding the national rollout of an alternative dispute resolution and case management system that significantly cuts the time taken to process claims. Obviously there is a responsibility to the men and women who defend our liberties. The Government is committed to action on veteran and ADF suicide and is working with the wider veteran community to achieve this.. ■

A life-changing gift

*Your bequest will help change the lives of people with epilepsy.
Help us break down the barriers of ignorance and discrimination.*

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.

Epilepsy had never stopped Tessa from being like any other energetic and social little girl. That was until she began school and there was resistance to her being involved in normal school activities.

Tessa had to wear a lanyard around her neck with the word 'epilepsy' on it. She was banned from joining in activities and excursions. The school's resistance to acceptance went on for a long time.

Eventually, with help from our Epilepsy Smart Schools program, Tessa's life at

school became much more tolerable and the whole school community benefited from greater understanding and support.

By including a bequest to the Epilepsy Foundation in your Will, you will be investing in and helping transform the lives of people living with epilepsy for future generations to come. No matter how big or small, your help will make a big difference in making ignorance and discrimination of epilepsy a thing of the past.

For more information and a free booklet on leaving a bequest in your Will contact our Bequest Manager on 03 8809 0664 or visit us online.

www.epilepsyfoundation.org.au

epilepsy
foundation





MedicAlert ... providing peace of mind

The 33-year-old, who served in the Navy from 2001 to 2006, was recently medically discharged due to chronic pain and a diagnosis of Neurocardiogenic Syncope - a heart condition which causes a drop in blood pressure and a slowed heart-rate.

The most common type of syncope in young people, Aaron's condition is typically benign but can cause random loss of consciousness, something which is of natural concern to Aaron and those around him.

"If something ever happened to me in public, both my wife and I know that I would be appropriately cared for - which is just so important for us to be able to get on with our everyday life," he said.

Aaron's syncope is treated with a pacemaker, another aspect of his health which is noted by MedicAlert and adds value to his MedicAlert medical ID.

"My syncope does cause me to black out and if I'm on my own I needed something

that would alert people to the fact that I have a heart condition - and the fact that I have a pacemaker, which might alter the treatment I receive in an emergency," Aaron said.

"The MedicAlert Medical ID was the best option for me as it enables anyone who is near me to make a call and find out what's likely to have happened and access the most appropriate treatment."

MedicAlert Foundation is Australia's only not-for-profit organisation providing a 24/7 personal medical emergency information and identification service. Established in 1971, it has provided protection and peace of mind to 300,000 Australians.

Department of Veteran's Affairs (DVA) Gold Card holders have access to free MedicAlert membership and a free stainless steel medical ID. ■

For further information visit www.medicalert.org.au/cost.

Or call the Membership Services team on 1800 88 22 22.

For young Navy Veteran Aaron Cheney, wearing a MedicAlert Medical ID provides peace of mind - not just for him, but for his family and friends.

WHAT HAPPENS NEXT IS UP TO YOU



MedicAlert® membership can mean the difference between life and death. Make sure you're protected in a medical emergency. Become a member today.

A MedicAlert membership provides you with:



An internationally recognised medical ID



Protection for 12 months



24/7 emergency service access to your medical information



Exclusive member only offers



Secure online access to your health records

Provide us your DVA Gold Card number to receive FREE annual MedicAlert membership and a stainless steel medical ID of your choice.



Meditation

Meditation involves deliberately holding your attention on a subject, object or process. It may also involve clearing the mind. Results can include feeling more alive, enhanced feelings of calm, and heightened awareness. Meditation offers many health benefits, including reduced stress and anxiety.

Meditation of one style or another can be found in most of the major religions, including Christianity, Judaism, Buddhism, Hinduism and Islam. Generally, Eastern religions have tended to concentrate on meditation as a means of realising spiritual enlightenment, a fundamental part of which has been the use of many health-promoting practices that go hand in hand with the spiritual ones.

Many millions of people in the West and elsewhere in the world are active meditators. Meditation in the West is practiced for both health and religious or spiritual reasons, although many people regard it mainly as a self-help tool for improving cognitive (thought) performance and for managing stress.

Meditating for spiritual expansion and fulfilment, without a religious basis, is becoming very common.

Meditation produces a clearing of the mind in ways that promote a sense of calm and heightened awareness. Interestingly, measurements using electroencephalography (EEG) and magnetic resonance imaging (MRI) show that meditation can alter your brain's activity.

RISKS OF MEDITATION

When meditating alone or without guidance, it is important to remember that meditation is part of living a balanced life. It should not be used to withdraw from life or to avoid personal and practical issues.

For a person with serious mental illness, meditation should be used under expert guidance, and if done alone, extreme caution should be taken.

TYPES OF MEDITATION

Meditation has evolved out of numerous approaches to life, religions, philosophies and situations, which means there are many different techniques to choose from. Some examples include:

- concentrating on the breath – consciously noticing the movement of air in and out of your nostrils, or counting your breaths in various ways
- grounding and mindfulness – being aware of inner experiences (such as bodily sensations, feelings, thoughts and memories) and simply observing them without judgement
- emptying your mind – allowing your mind to clear and 'float', gently pushing aside any stray thoughts, or allowing thoughts to float in and out of awareness
- looking at an object – focusing your attention, but not necessarily your thoughts, on the shape, sound and texture of an object such as a tree, a candle flame, or a spiritually significant painting or image
- movement – using a physical technique like yoga, qi gong or tai chi to still your mind by coordinating your breath and body with gentle movement
- using a mantra – repeating a word or phrase over and over, either aloud or silently, sometimes timed with the breath, to focus your attention and brighten your consciousness.



PRACTICING MEDITATION

Whatever your preferred meditation technique, a common approach is to sit in a comfortable position in a quiet place for five minutes to half an hour without outside distractions. Set an alarm if you don't want to lose track of time. Meditating every day at around the same time can help you develop a regular habit, and make it easier and quicker to slip into deeply meditative states.

Contrary to popular belief, you don't have to sit cross-legged on the floor in order to meditate. You can also sit in a chair or in bed. However, you might just fall asleep if you try to meditate lying down at night, which will defeat the purpose.

Many people prefer to meditate while moving around. When meditating like this, it is important to make sure that your activities are an expression of inner focus, not a distraction from whatever you are experiencing. The activity is done slowly and attentively.

People can meditate while walking, swimming or doing something repetitive that is not distracting (such as washing dishes, digging in the garden or sweeping). The activity is not the purpose – it is a means of focusing and holding attention on inner processes.

You can master many meditation practices by yourself. However, some people prefer to attend classes or learn in a group from an experienced teacher.

RELAX AS YOU MEDITATE

Trying to meditate is a lot like trying to sleep – attempting to force it can often make it more difficult. Thinking of a meditation session as a chance to relax, rather than as a discipline you have to master, can make a big difference.

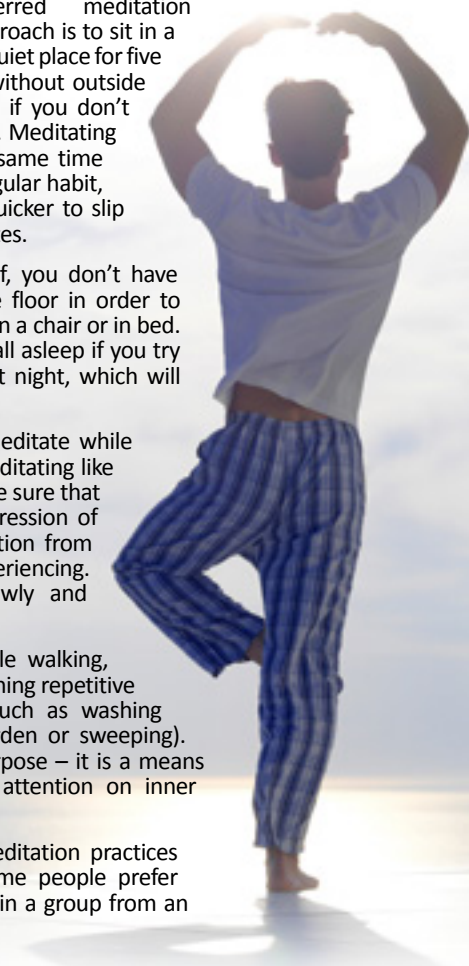
If your attention wanders, try to practice acceptance and avoid getting annoyed with yourself. Simply direct your attention back to what you are doing and your experience of that moment.

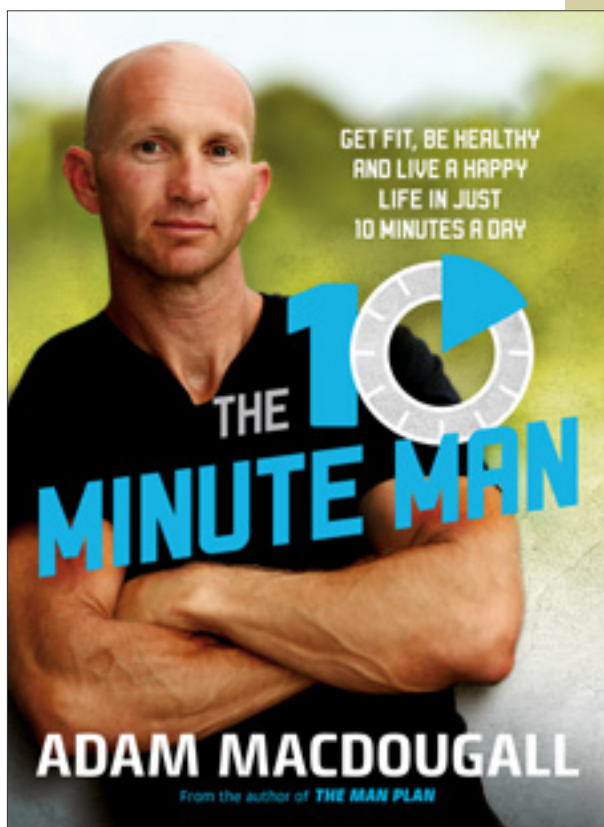
WHERE TO GET HELP

- Your doctor
- Psychologist
- Yoga, kum nye, qi gong and tai chi teachers

THINGS TO REMEMBER

- Meditation is the deliberate focusing of attention to bring about feelings of calm and heightened energy and awareness.
- Regular meditation offers many health benefits, such as reduced stress and anxiety.
- There are many different ways to meditate, such as using a mantra, looking at an object, or focusing on the breath. It can be done sitting still or moving around while maintaining self-awareness. ■





The 10 Minute Man

Adam MacDougall

Penguin Random House

From the author of *The Man Plan*, Adam MacDougall's *The 10-Minute Man* is a no-BS, DIY guide to eating, working out and living smarter for everyday Aussie blokes – and all in just 10 minutes a day!

Are your shirts getting a bit tight across your gut? Do you have a sore back or knees? Have you tried diets and failed? Is it all just too hard?

What if I told you I could help you fix all these things in just 10 minutes a day?

A man's body is a machine – it needs regular maintenance and clean fuel to run well.

The 10-Minute Man will show you how to get the best performance out of your body with super simple workouts that only take 10 minutes, 30 no-fuss recipes for tasty, healthy meals, and smart DIY shortcuts to save you time and money.

No BS, no dramas – just a tiny fraction of your day to achieve a happier, healthier life. You've got nothing to lose except that spare tyre!

No matter how busy, how unfit, how old – or how lazy! – you are, you can't go wrong when you simply do what works.

EXTRACT:

One of the biggest mistakes we make is underestimating how much the simple things have an impact on our health and fitness. We think losing weight and being healthy needs to be complicated and time-consuming because that's what the people and companies selling the so-called solutions have taught us.

The health and fitness industry makes hundreds of millions of dollars every year from trendy diets and exercise programs; unfortunately, however, most of them promise the world but deliver an atlas. Who has an hour to train at the gym, let alone the hour to get there and back? Who can be bothered counting calories? And who can stick to a diet where you never get to eat the food you enjoy and can't have a beer with your mates? It's no wonder that 80 per cent of people with gym memberships don't use them and 65 per cent of dieters end up putting the weight back on!

But it really doesn't have to be that hard. No, you don't need to take out an expensive gym membership or have a degree in maths to figure out how many calories are in that sandwich – just focus on something simple that you know is good for your health and start with that. It could be as basic as eating a high-protein breakfast, cutting out soft drinks or going for a walk at lunchtime. There's nothing stopping you and the best time to start is now!

That one small change will have a positive impact on your health and fitness and flow on to other things, and that's ultimately how you get results. In fact, with most things in life, we get 80 per cent of our results from 20 per cent of what we do – economists call this the 80/20 rule, and it applies to health and fitness too. The trick is finding the 20 per cent that will give you the biggest results, as I discovered when I was a footballer.

FITNESS ECONOMICS

While I was playing rugby league, I did an economics and finance degree. I wasn't sure what I'd end up doing with it, but it turned out that the principle of using scarce resources to get the best return actually came in handy sooner than I expected.

At the time, we were spending hours upon hours swimming laps, going for long, slow runs and riding bikes, which I felt had little carryover to playing footy. I remember one day I cracked it and said, 'The day we ride a bike onto the football field is the day I'll ride a bike for three hours.' Why spend your limited resources – your time and energy – on something that has no practical application?

My frustration only grew after a bad knee injury stopped me playing for nearly 18 months. I fought my way back but couldn't spend hours training anymore or my knee would blow up, so I had to adapt. That's when I started hacking different fitness theories and training methods to develop a program that would keep me fit enough to compete at the highest level without wrecking my body or wasting time on things that didn't work. It was the best thing I could have done, and ultimately it prolonged my career. I was the oldest guy to play finals football in the NRL, playing to just shy of my 37th birthday.

Now I have a normal job and a baby and even less time, so getting the best return from exercise is even more important. The 10-minute workouts in this book are simply the smartest way I know to train: they deliver the most bang for buck in the smallest amount of time possible, using the best gym in the world – your body. You can work out whenever you like, wherever you happen to be, and it's free. Even better, if you're smart about what fuel you put into your body, you can easily maximise the muscle-building, fat-blasting value of your workouts.

YOU REALLY CAN'T OUT-TRAIN A BAD DIET

I know I've said it before, but it bears repeating – you simply can't out-train a bad diet. If you are eating refined, sugary, greasy crap, exercise alone will not shift your gut, stop you having problems in the sack, or protect you from type 2 diabetes, heart disease, cancer or, ultimately, premature death. So if you want to get the most from your training, keep the lead in your pencil and stick around longer, you need to apply some fitness economics to what you put in your mouth.

Once again, it comes back to making the simple changes that will give you big results. I always say, the best diet is the one you stick to – if you can stick to something it'll become a habit, and healthy habits lead to long-term success. ■

“Despite the unimaginable tragedy...
I felt such pride to be a Legacy child,
as well as an Australian”



Clockwise, from above:

1. His Excellency the Honourable Paul de Jersey AC and Mrs Kaye de Jersey, His Excellency General The Honourable David Hurley AC DSC (Ret'd), Governor of New South Wales and Mrs Linda Hurley, accompanied by Tour Participants at the Centenary of Pozières Commemoration – 23 July 2016
2. His Excellency General The Honourable David Hurley AC DSC (Ret'd), Governor of New South Wales and Mrs Linda Hurley and Tour Contingent at the Centenary of Pozières Commemoration – 23 July 2016
3. Laying of Wreaths – (LtoR) Timothy Potter & Tiani Louise Le Var, Centenary of Pozières Commemoration – 23 July 2016
4. Pozières...Our Legacy 2016 Study Tour Contingent – ANZAC Memorial, Hyde Park Sydney – 16 July 2016

Legacy is a unique and iconic Australian organisation providing support to the families of veterans who have died or given their health.

Caring and compassionate services are provided to over 75,000 families and 1,500 children and dependants with a disability.

There are over 5,000 volunteers around Australia who actively 'keep the promise,' to care for the families of fallen comrades. A promise made in the frontline trenches at Pozières in 1916.

“... They gave their tomorrow for our today ...”
– St George Church Ieper, Belgium

“It was a beautiful experience, despite the unimaginable tragedy of all the fallen soldiers, the cemeteries and memorials were represented so respectfully in such a beautiful landscape. I felt such pride to be a Legacy child, as well as an Australian.” Legacy ward, Alysha Coulson from Brisbane Legacy reflecting on the Pozières...Our Legacy 2016 Study Tour.

In July 2016, Legacy Australia conducted its largest national initiative of remembrance in its 93 year history. A contingent of 75 Legacy youths and 11 support staff

from all across the nation participated in a pilgrimage to the battlefields of the Western Front, culminating in the centenary commemoration of the Battle of Pozières.

The study tour was an opportunity for Legacy youths to immerse themselves in WWI history and to embrace the Anzac values to be leaders in their Legacy clubs and the wider Australian community.

At its core, Legacy promotes the interest of families, to ensure dependants enjoy and experience the best upbringing, education and opportunities that Legacy can facilitate. Family is what binds us all together and more so through the loss of a family member. The Chairman of Legacy Australia, Tony Ralph, in his address to the contingent at their departure, said that he was confident that the participants understanding of ‘family’ “will be forever enriched by those you meet and the experiences you have on this study tour.”

The tour participants were required to research the service and sacrifice of

Australians who fought on the Western Front. Some participants were the first of their family to visit the gravesite of their forebears.

Legacy ward, Lewis Short from Bendigo Legacy reflected on an experience he had in the Pozières cemetery. In Lewis’ words, he “saw something that words cannot explain, and the emotion I felt while watching was indescribable.

This soldier has been standing at a grave for no longer than two minutes when he bowed his head. He took off his slouch hat, kneeled and placed his slouch hat on the top edge of the gravestone. He continued to bow his head while kneeling. I didn't know if he knew the soldier or what was going through his mind, but that emotion I felt at that moment I have never felt before.

That moment summed up the sacrifice every soldier gives when they serve their country, from the battlefields of Pozières a hundred years ago, to soldiers today and their sacrifice for us.” ■

For each serving Australian
who risks everything,
a family does the same.



LANCE CORPORAL LUKE GAVIN

17/02/82 - 29/10/11



Through serious illness, injury
or death of a loved one,
Legacy supports our Defence Force families.



Serving alongside our veterans and their families

RSL Care RDNS recognises the service and sacrifice of our current and past service men and women and their families as we mark Remembrance Day.

Our connection with supporting the Veteran community is at the heart of our collective 200-year history.

More than 130 years ago, the Royal District Nursing Service (RDNS) began its work with Melbourne's most disadvantaged people, forging a lasting bond with the Veteran community. Four decades later, as Australia reeled from the effects of one devastating war and sat poised on the precipice of another, RSL Care was founded in Queensland to provide accommodation, care and support for ageing ex-service men and women.

Our merged organisation remains committed to current and ex-service personnel and their families, while broadly welcoming every other Australian.

We proudly support more than 30,000 Veterans each year.

We are a founding member of the Australasian Services Care Network, a community of organisations committed to improving the lifelong health and wellbeing of ex-servicemen and women. Through our work we continue to promote research, knowledge sharing, thought leadership, service design, representation and advocacy for the Veteran community.

On November 11, we are proud to honour the experience of our Veteran residents and clients around Australia living in their own homes and in our retirement and residential communities, and to remember the journey we have taken with the returned service men and women of Australia. ■

Proud to provide retirement living, home care and residential aged care services to Veterans for over 75 years.



Kingshorne:
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In South Australia we are known as Rally HomeCare.





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Seniors Rights Service

The Aged-care Rights Service Inc trading as Seniors Rights Service

Did you know that there is free and confidential legal advice and advocacy available to all seniors including war veterans?

Seniors Rights Service provides free, confidential advocacy, advice, education and legal services in New South Wales.

Our advocates assist recipients of all Commonwealth funded aged-care services, their carers' or family members to understand their rights under the Aged Care Act 1997. We help them to advocate for themselves to resolve issues and complaints to ensure people can improve their aged care services.

Our legal service provides advice, assistance and education to older people in NSW. Issues include: consumer issues (debt management, unfair contracts), human rights (elder abuse including financial, discrimination), Planning Ahead (wills, Power of Attorney, Guardianship), accommodation issues (granny flats) and other issues.

We assist many war veterans and their partners particularly if they are living alone and need our support and assistance. Our service provides telephone advice, minor assistance such as writing a legal letter on their behalf and in some cases we have represented Vets at court or tribunal.

Solicitors also provide advice to the residents of retirement villages (self-care units and serviced apartments) about issues arising from disputes with management or interpretation of contract under the Retirement Villages Act (NSW) 1999.

We have assisted veterans in retirement villages where repairs and maintenance have not been attended to by village operators pursuant to the NSW retirement village laws, such as air conditioning units and kitchen ovens. We have advised residents in relation to their contractual right to services and facilities such as the village bus, a must for those veterans with lots of meetings to attend in retirement.

We also provide education to aged care facilities and a broad range of service providers and community groups such as Probus, bowling clubs, RSL and similar community organisations. ■

For more information please make contact with Seniors Rights Service on 1800 424 079 or info@seniorsrightsservice.org.au. Our web address is www.seniorsrightsservice.org.au.



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VASEY | RSL
CARE

American style Medicare? No thanks.

Medicare is a major issue for Australians. Yes, there are those who abuse our health system, sometimes just from sheer laziness, thoughtlessness or stupidity.

But we are damned lucky to have it. I have just been to the USA, and the horror stories are shocking. The thought of our healthcare going down the "American route" is terrifying.

According to the New York Times, the Congressional Budget Office has said that if medical costs in the US continue to grow unabated, "total spending on health care would eventually account for all the country's economic output."

HUGE EXTRAS

There are reports of patients being charged outlandish fees by a system where doctors and specialists, and in some cases even the physio who helped you down the hall, work together with the medical insurance companies to charge patients as much as \$100,000 as a small extra surprise. Whatever insurance company you're with, it's known as a Network and, prior to treatment or surgery, you must agree to the surgeons' and doctors' fees within your medical network. So that is your team "in network." If they bring in someone outside of your network, that you don't know about (you might have been unconscious on the operating table for example), and you haven't agreed to this persons fee, they are "out of network" and can charge more or less whatever they want. It is then up to you to fight their huge 'out of network fee', argue the toss and negotiate what you think is fair.

Hearing of internet horror stories about US medical bills (especially in the New York Times), scared me when my granddaughter broke her wrist badly at home in Texas. With the potential of astronomical bills, I worried that my daughter could lose her house. My daughter pointed out that one of the good things about ObamaCare, even watered down by Congress, is that your home cannot be sacrificed to pay medical bills.

DAUGHTER'S EXPERIENCE

My daughter has now been through the hoops, and became outraged at the complacency of her American friends and also the fact that they didn't like her "criticising America." My daughter, Gabrielle, sent me the following –

"I count myself lucky. I have friends with kids battling chronic illnesses, permanent disabilities, mystery illnesses and two with cancer.

My daughter fell from the top of a slide, after a collision with another child in the park, when I was laid up with a knee ligament replacement. My daughter had her wrist badly broken and her hand damaged.

I am able to pay \$16,000 on top of \$10,000 out-of-pocket from my savings. But I shouldn't have to. No one should. I shouldn't have to field phone calls about bills before surgery while my daughter is in pain.

I shouldn't have to respond to billing companies, demanding large payments which don't match health insurance statements, within two weeks of surgery, while we are still healing. Our family shouldn't have the stress of facing stunningly large bills out of the blue, while we are still weeks away from follow-up surgery and wondering what that will cost (and being told that it's an "unknown figure").

UNFAIR

I am no doubt, a privileged white woman in America, I can speak fluent English, I'm educated and I can discuss bills and health with some confidence. I can manage an ever expanding Excel spreadsheet of providers, co-payments, co-insurances, deductible payments, out-of-pocket balances, and match those against both provider statements and health insurance statements. I can fight for what's fair, and argue against what's not right. But I shouldn't have to. With all the empowerment I have going for me, I shouldn't have to face the overwhelming confusion and stress associated with understanding the banking side of health and healing. I shouldn't have to source reassurance in the fact that I'm lucky I have the resources to "negotiate" sixteen thousand dollars down to a "fair" figure. What if I was a refugee? What if it was more than orthopaedic surgery for my daughter or for me? What if I was my friend's 80-year old mother? What if I was mentally unwell? What if I was a member of the ever growing class of working poor in America? What if I worked from 8-8 and barely had 30 minutes free from all my juggles to sit on the phone and make call after call? Who advocates for these people? Who "negotiates" for these people?

Health fees should not be negotiable according to a person's ability, or knowledge of how to negotiate.

Conversations with colleagues who work alongside me for the under-served, inform me what I already know: not enough Americans advocate for them. Too many shrug, pay, say nothing, feel relief and feel lucky.

The health system in America is broken. It's unfair, it's institutionally racist and culturally biased, it isn't even remotely transparent and it's the ugliest form of power, because it feeds off the most vulnerable and disempowered in an industry that should care for its most vulnerable and needy first.

So am I going to pay a bill because I can, and shrug with relief and thank my lucky stars? No way. I'm going to rage. Because I want change. Keeping quiet won't change a damn thing. I'll fight because I can and others can't. And others won't. But maybe, when more of us rage against the system, something will change. Or sadly, maybe it won't. But I know for sure it won't change if I just pay up. So instead, I'm going to speak up. And in addition, I'm going to say to everyone back home, Protect Medicare!"

Good on you, Gabrielle. God bless Medicare. ■

Gene switch cancer hope

Melbourne researchers have discovered a way to reactivate a missing cancer-fighting gene, raising hope of the first new treatment for a common form of the disease in 30 years.

By using an experimental drug called pracinostat in trials for treating leukaemia, Hudson researchers have been able to switch on the cancer-suppressing gene ATF3 which had been found to disappear in patients with bladder cancer. Trials in mice have shown that when the gene is reactivated the tumours shrink and diseased cells return to their normal state. ■

New cancer nanomedicine reduces pancreatic tumour growth

Australian cancer researchers have developed a highly promising nanomedicine that could improve treatment for pancreatic cancer – the most deadly cancer in Australia.



Dr Phoebe Phillips

Australian cancer researchers have developed a highly promising technology to deliver gene-silencing drugs to treat pancreatic cancer – the most chemo-resistant and deadly cancer in Australia.

When tested in mice, the new nanomedicine resulted in a 50 per cent reduction in the growth of tumours and reduced the spread of pancreatic cancer.

The UNSW-led research, published in the *Biomacromolecules* journal, provides new hope for pancreatic cancer patients, most of whom succumb to the disease within three to six months of diagnosis.

Lead researcher Dr Phoebe Phillips, from UNSW's Lowy Cancer Research Centre, said it was devastating for her clinical colleagues when they had to tell pancreatic cancer patients that the best chemotherapy drug available could prolong life by only 16 weeks.

"A major reason for the lack of response to chemotherapy is that pancreatic tumours have an extensive scar tissue which makes up to 90 per cent of the tumour," Dr Phillips said.

"This scar causes pancreatic cancer cell chemotherapy resistance and is a physical

barrier to chemotherapy drug delivery to tumours.

"We recently identified a key promoter of tumour growth, cancer spread and chemo-resistance in pancreatic tumours called β III-tubulin. Inhibition of this gene resulted in a 50 per cent reduction in tumour growth and reduced the spread of the cancer in mice," Dr Phillips said.

The problem with therapeutically targeting this gene is that it is difficult to deliver drugs to it. To overcome this problem, the researchers have developed a nanomedicine which consists of a state-of-the-art nanoparticle that can package small RNA molecules (DNA photocopies of cells) and greatly inhibit β III-tubulin.

The researchers have shown that their novel nanoparticle can deliver therapeutic doses of small RNAs to pancreatic tumours in mice, despite the presence of scar tissue, and successfully inhibit β III-tubulin.

This work has the potential to develop new therapies to target this drug-resistant cancer and improve the effectiveness of current chemotherapies, which may increase survival and quality of life for pancreatic cancer patients.

"The significance of our nanomedicine technology lies in its potential to inhibit any tumour-promoting gene or a cocktail of genes personalised to the genetic profile of a patient's tumour," Dr Phillips said.

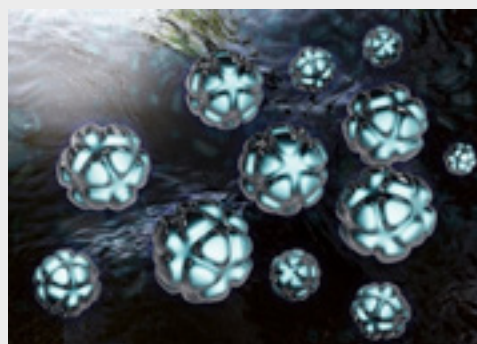
"This work has the potential to develop new therapies to target this drug-resistant cancer and improve the effectiveness of current chemotherapies, which may increase survival and quality of life for pancreatic cancer patients."

The research is a result of a collaboration with two of Australia's leading chemists, UNSW Associate Professor Cyrille Boyer and Professor Tom Davis from Monash University. UNSW Professor Maria Kavallaris and Dr Joshua McCarroll from the Children's Cancer Institute are also key partners in the research team.

This research was supported by the National Health and Medical Research Council and the Cancer Council NSW.

Donations to help Dr Phoebe Phillips continue her research and move towards human clinical trials can be made through the website. ■

www.donate.unsw.edu.au



Clockwise, from bottom right:

1. Dr Phillips and her team
2. Dr Phillips and her research assistant in the lab
3. Dr Phillips in the lab
4. Nanoparticles (Image: Thinkstock)

Scientists uncover potential trigger to kill cancer

Melbourne researchers have discovered a new way of triggering cell death, in a finding that could lead to drugs to treat cancer and autoimmune disease.

Programmed cell death, also called apoptosis, is a natural process that removes unwanted cells from the body. Failure of apoptosis can allow cancer cells to grow unchecked or immune cells to inappropriately attack the body.

The protein known as Bak is central to apoptosis. In healthy cells Bak sits in an inert state but when a cell receives a signal to die, Bak transforms into a killer protein that destroys the cell.

Institute researchers Dr Sweta Iyer, Dr Ruth Kluck and colleagues have discovered a novel way of directly activating Bak to trigger cell death. Their findings have just been published in the journal Nature Communications.

The researchers discovered that an antibody they had produced to study Bak actually bound to the Bak protein and triggered its activation.

Dr Kluck said the findings were completely unexpected.

"We were excited when we realised we had found an entirely new way of activating Bak." Dr Kluck said. She hopes to use this discovery to develop drugs that promote cell death.

"There is great interest in developing drugs that trigger Bak activation to treat diseases such as cancer where apoptosis has gone awry," she said. *"This discovery gives us a new starting point for developing therapies that directly activate Bak and cause cell death."*

The researchers used information about Bak's three-dimensional structure to find out precisely how the antibody activated Bak.

"It is well known that Bak can be activated by a class of proteins called 'BH3-only proteins' that bind to a groove on Bak. We were surprised to find that despite our antibody binding to a completely different site on Bak, it could still trigger activation." Dr Kluck said.

Drugs that target this new activation site could be useful in combination with other therapies that promote cell death by mimicking the BH3-only proteins.

"The advantage of our antibody is that it can't be 'mopped up' and neutralised by pro-survival proteins in the cell, potentially reducing the chance of drug resistance occurring." Dr Kluck said.

The researchers are now working with collaborators to develop their antibody into a drug that can access Bak inside cells.

The research was supported by the National Health and Medical Research Council, the Australian Research Council, the Victorian State Government Operational Infrastructure Support Scheme and the Victorian Life Science Computation Initiative.

The Walter and Eliza Hall Institute is a research powerhouse within the Victorian Comprehensive Cancer Centre, an alliance of leading Victorian hospitals and research centres committed to controlling cancer. ■

www.wehi.edu.au

The Best Xmas Gift Ever !!!

Usually every Christmas I get beer, chocolates or tickets for the cricket, but this year my son surprised me completely! After a picnic in the park and a fish by the creek with my children and grandchildren, I came home and found they had changed my toilet seat.

My son told me that this new seat would wash and dry me with just the push of a button, he said that he had purchased one for his family just last week and they loved it so much that he just had to get one for me to!

Well, two weeks later I don't know how I ever survived without it...

Now my toileting is a time of luxury, it is the best Christmas present I have ever bloody got!

Marvin Ross



Installs in minutes

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- ✓ Soft closing lid
- ✓ Heated seat



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History of the Scarborough Cricket Club

The Scarborough Cricket Club was formed in 1946 as part of the Scarborough Sportsmen's Club and competed with considerable success in the Metropolitan Cricket Association.

In 1957/58 the club was admitted into the WACA competition, limited to Second Grade and Third Grade teams. In the next 10 seasons the club progressed to having a Fourth Grade team, which went on to win the club's first Premiership in 1966/67. After much lobbying and hard work by the committee of the time, Scarborough Cricket Club earned promotion into the First Grade competition in 1968/69. Success in the early 1970's saw the club participate in three successive First Grade Finals, culminating in the club winning it's first First Grade Flag in the 1976/77 season.

The 1980's saw a relatively lean period for the club with appearances in the finals very rare and a lack of

success in most grades. With a heavy emphasis on home grown talent and a strong junior development program, Scarborough emerged in the 1990's as one of the power clubs of the WACA competition. With First Grade Premierships in 1991/92, 1994/95, 1997/98 and 1999/2000 as well as three WACA Club Championships in 1993/94, 1996/97, 1999/2000.

In 2002/03 the club reached the finals in all four grades, emulating the feat of the 1999/2000 season, and at last won the Sunday League One-Day competition. Following the success of the previous season, Scarborough went on to win the 2003/04 Club Championship and 2004/05 Club Championship. This run of success for the club resulted in First

Grade Premierships in the 2006/07, 2007/08, 2008/09, 2009/10 seasons, making Scarborough one of the most formidable teams in the 2000's.

With the addition of Twenty20 Cricket into WACA competition in 2007/08 season, it did not take long for Scarborough to win the Twenty20 Competition in 2011/12.

Over the years, the club has been represented by many players who have progressed through the junior development program and reached First Class Cricket, representing Western Australia and some players progressing to represent Australia. To view the list of players who have represented Western Australia and Australia. ■

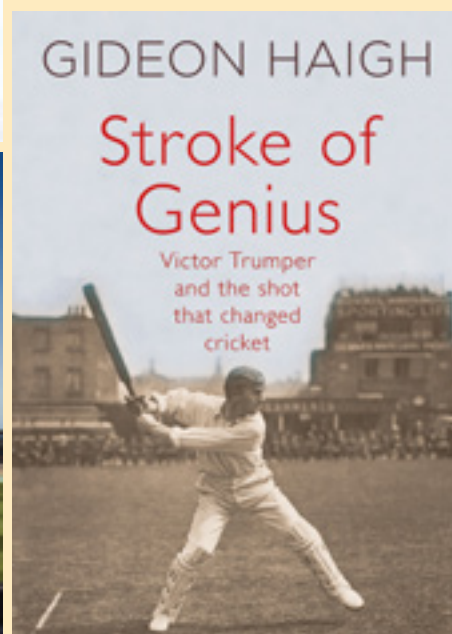
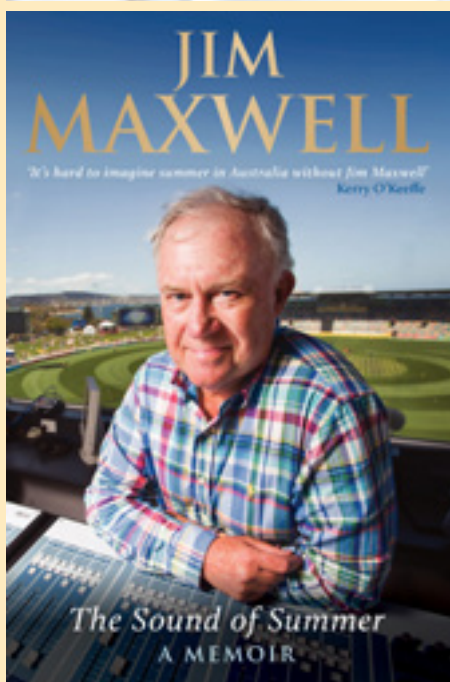
Scarborough Cricket Club Representatives:

Western Australia	Australia
Robbie Langer	Derek Chadwick
Greg Shipperd	Graeme Watson*
Trevor Chappell	Rod Marsh*
Darrin Ramshaw	Mick Malone*
Peter Henderson	Sam Gannon*
Kade Harvey	Tom Hogan*
Rob Baker	Justin Langer*
Matthew Garnaut	Matthew Nicholson*
Michael Dighton	Ryan Campbell
Clint Heron	Brad Williams*
David Bandy	Beau Casson*
Liam Davis	
Daniel McLauchlan	
Theo Doropoulos	
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Marcus Harris	
Andrew Tan	

*Test Cricketer



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BPL05 heads across the Tasman

You say you wanted more Bowls Premier League action and we have delivered with BPL05 just three months away; however, did you know our friends from across the Tasman will be hosting the fifth instalment of the revolutionary event in Auckland from February 27 to March 2.

In a coup for the sport of bowls, it is confirmed a second BPL will be staged each year with all eight franchises committing to a further three year deal.

An additional \$100,000 will be up for grabs when eight franchises step out onto the arena for BPL05 including last year's champions New Zealand Blackjacks in front of a bustling home crowd.

Yes you heard right, the teams will step out onto an arena, the North Shore Events Centre, home of the New Zealand Breakers basketball team.

Bowls' biggest event just got bigger, and for the first time in history a Bowls Australia event will be played on a portable rink, not at a bowling club, but at a venue that can seat a crowd of thousands.

The daily non-broadcast rubbers will be conducted at a neighbouring bowling club, Sunnybrae Bowling Club, and then the action will move inside for the night matches, broadcast live on Sky Sports around New Zealand and conveniently on Fox Sports for all our Australian viewers.

The addition of the second event ensures twice the amount of Fox Sports Australia and Sky Sport NZ broadcast hours, bringing the total amount of live coverage to 40 hours across both tournaments, plus additional replays.

Some of your favourite BPL stars will be in action in BPL04; however nothing is stopping a franchise making changes to their line up, so could we see some new faces in Auckland?

Bowls Australia CEO Neil Dalrymple says the recent name change and introduction of second BPL yearly ensures the event is poised to grow.

"We've already had expressions of interest from international teams, and with the addition of a second BPL event overseas, boasting more prize money, more coverage and more sponsorship opportunities, the prospect of owning a team is even more lucrative to international buyers," Dalrymple said.

"New Zealand is primed to be a fantastic host for the sport's most exciting competition, and I acknowledge and thank Bowls NZ for their progressive planning and contribution in establishing the second series."

Another first for BPL is the involvement of more clubs in the area adopting each of the franchises as the teams host clubs for the event.

In order to spread the word around the local area, each of the franchises have been allocated a host club to visit and drum up support for their team, in what would otherwise be a hostile environment for the Trans-Tasman rivals.

Browns Bay	Gold Coast Hawks
Sunnybrae	Melbourne Roys
Birkenhead	Sydney Lions
Milford	Murray Streamers
Mairanga Bay	Adelaide Endurance
Takapuna	Perth Suns
Pt Chevalier	Brisbane Pirates
Orewa	NZ Black Jacks

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Vale Arnold Palmer

Tributes flow for Palmer as "the folk hero of golf" departs

Some golfers have clothing named after them and some champions have clubs and even golf courses dedicated in their honour.

Photo: Associated Press

Golfing great Arnold Palmer, who died at the age of 87 in September, was very different. He had his own army of followers.

"Arnie's Army" started marching in the late 1950s and continued throughout the 1960s and early 1970s in homage to one of the greatest players ever to pick up a club and surely the most charismatic.

A seven-times major champion, Palmer had no peers as a fan favourite and always went to great lengths to ensure that every person waiting in line ended up with a cherished autograph, an approach that even today's generation of players tries to live up to.

With his swashbuckling style, prodigious length off the tee, bold putting and affection for the galleries, he did more than any other player to popularise the game with the advent of television.

Spaniard Seve Ballesteros may have later matched him for flamboyance and American Tiger Woods in the late 1990s and early 2000s certainly eclipsed him for sustained shot-making brilliance, but no one has ever trod the fairways with such a fanatical following. At its height, Arnie's Army numbered thousands and provided the ultimate inspiration to Palmer as he stomped to 92 professional tournament wins in a career that lasted nearly 50 years.

His swing was never a thing of beauty – more of an agricultural swipe than the elegant arc of a Sam Snead or an Ernie Els – but it would always get the job done.

Palmer could hit the ball further than almost all his rivals in the 1960s – Jack Nicklaus was an exception – and he could recover from tricky positions off the fairway better than any of them.

Packer won back-to-back British Opens (in 1961 and '62), the US Open in 1960, and four wins in the tournament he most cherished, the Masters in 1958, '60, '62 and '64.

Palmer was born on September 10, 1929 in Latrobe, a small industrial town in western Pennsylvania where his father was both resident professional and superintendent of the local golf course. By the age of four, under his father's supervision, Palmer was already swinging a cut-down club.

By the time he reached his early teens, he was showing considerable potential and beating the older caddies there.

He continued his development, rising at dawn to practice on the deserted course and then returning after schoolwork at twilight before finishing in near darkness.

By 17 he was already a proven champion on the amateur circuit and he headed the golf team at his college, Wake Forest University, before quitting after one of his best friends was killed in a car crash.

Three years followed as a coast guard before Palmer's interest in golf was rekindled and victory in the US Amateur championship in 1954 launched him into the paid ranks.

He married his beloved wife Winnie and together they travelled the world together as he made his fame and fortune after joining the US Tour in 1955.

By 1964, he had reached the pinnacle of the game, amassing the then huge sum of \$US 400,000 in the previous four seasons.

In later life, Palmer and entrepreneur Mark McCormack launched a massive business empire which encapsulated course design, car and plane service firms, sports goods and golf tuition aids.

Five-time British Open winner Peter Thomson said in a statement: "Arnold was the folk hero of golf. Not only was he the greatest personality the game has produced, he was king of the fairways every time he played." ■

Reuters

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NEEDS IS
MORE
DAYLIGHT.”**

Ben Hogan



CHAMPIONS OF MY GAME

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Midge (Bernard) Farrelly - Breakthrough surfing champion became the patriarch of a new Australian beach culture

BERNARD FARRELLY Champion surfer 13.9.44 – 6.8.2016

By Damien Murphy

It falls to few to have their names epitomise a sport: Bradman, Cazaly, Phar Lap have the honour. So did Bernard Farrelly. 'Midget', his schoolyard nickname, became shorthand for surfing when riding waves was symbolic of a new nationalism, as Australia turned from the United Kingdom to the United States and baby boomers embraced California dreaming.

Farrelly was a world surfing champion and an innovative surfboard shaper and surfboard mogul but his moment came on January 2, 1963 when the outsider from the far side of the Pacific unexpectedly won the Makaha International Championships on the west side of Hawaii's Oahu island.

It made Farrelly a national hero and he rode the wave of fame for years. But curiously, he became a prophet without honour within the surf tribe: some surf media tastemakers eschewed him, preferring to fan the fire of rivalry with his former protégé Robert 'Nat' Young. Farrelly did little to disabuse his tormentors, speaking out against marijuana at a time when getting high and opposition to the Vietnam War were large parts of middle-class youth culture.

As a result, he is regarded as the patriarch of Australian surfing but a man tinged by an acerbic yet misunderstood edge: his 1965 book *This Surfing Life* contains the observation: "*When you're comfortable, you're dead.*"

Farrelly, who died in August, aged 71 grew up in an Australia where World War Two made people want to stay home. He was one of the few youngsters to experience another life. He grew up living between the surf and the harbour in Pacific Parade, Manly and attended Manly Village Primary School. He also lived in Canada and New Zealand and his father, a taxi driver, holidayed with his family in Hawaii.

It was there that Farrelly caught his first glimpse of the beach not filtered through the lens of the SLSC movement.

The 'Hawaiian beach boy' culture bit deep. Like many Australians in 1960, he left high school at 15 but a bank or trade apprenticeship was not for him. Instead, he did something highly unusual; he hung out at the beach.

He'd seen the early surf movies at the Freshwater SLSC and stood on the Queenscliff headland watching Dave Jackman paddle an 11-foot balsa gun onto a giant "Queenie Bombie" wave. There and then, a group of home-grown beach boys on Sydney's northern beaches decided to go to Hawaii.

In the summer of 1962-63, Farrelly made his second surf trek to Hawaii with a crew from Queenscliff, Freshwater, North Steyne and North Bondi. He was like the 172-centimetre kid brother but in the Makaha final, danced across the wave faces – his sister Jane was a ballerina – and shut down the big Hawaiians Rabbit Kekai and Nappy Napoleon and the pipeline specialist, Californian John Peck.

"They gave me the trophy, I remember an Australian couple in the Makaha crowd saying 'Good on you' and Ron Church taking that photo of me with the trophy on the Keyo board I'd shaped for Hawaii," Farrelly recalled four years ago. *"I got into my car – you could buy a bomb for \$50 without windows, \$100 with windows – and drove back to the North Shore to tell the other blokes I'd won. They probably had some beer."*

It took a couple of days for news of his win to reach Sydney, but he returned home the hero.

Single-handedly and almost overnight he wrenched the beach from the muscular and military culture of the life-saving clubs and gave small men a place on the sand.

He wrote a newspaper column, established a surfboard-making business and eventually the Sydney-based Surfblanks manufacturing company, appeared at shopping malls, spruiked for electric razors and helped form the Australian Surfriders'

(cont on pg 78)



"It was always a pleasure to make my way to the beach to see Midge, and I remember watching Midget surfing. He was graceful and he danced on the board as he made his way up to the nose".

Tony Bonner



"I did not know Bernard 'Midget' Farrelly personally but as a young grommet like most, I knew of 'Midget' the surfing legend. For a guy built with a diminutive stature there was nothing small about him, everything he did was big and full of commitment. Born in an era of surfing often forgotten these days, it will be his dogged tenacity and style in and out of the water that will be remembered. Midget became Australia's and the World's first surfing champion.

He became the reason many of us started surfing and living the life we do today. To emulate Midget is impossible but to admire him is as natural as his graceful surfing appeared to be."

David 'Hutch' Hutchinson, former owner of The Surf Travel Company



(from pg 76)

Association. He also starred in many surf movies, invariably made by the other patriarch of Australian surfing, the late Bob Evans.

By 1964, as Beatlemania and Cassius Clay gripped boomers, a crowd of 65,000 watched Farrelly ride the sandbank in front of Manly's Corso to win the first world surfing championship on his home beach.

But one of his fellow finalists, Californian Joey Cabell, inadvertently became the seed of the Australian world champion's undoing in the surf world.

While Farrelly gave a flawless display of smooth riding in the curl, Cabell, riding a board some 10 pounds lighter, was all over the wave face and lost points for dropping in on fellow competitors. But that Sunday afternoon Cabell's bustling style started the shortboard revolution in Australia.

Inspired by Cabell, some Australian surfers, including Bob McTavish, Young and Kevin Platt, headed north to the new-found surf mecca of Noosa Heads and Byron Bay to experiment with board design, eventually chopping off about a metre in length of the surfboards of the day.

Young won the 1966 world championship on a small board and was immediately painted as some new-age god in the most influential of the surf media at the time, Evans' Surfing World magazine.

Drugs were not a part of youth culture in 1966 but as surfers started to head to the West Coast in the 1967 'summer of love', marijuana and LSD became part of the surf life. Shortboard exponents personified Californian cool. In the race to be hip Farrelly was collateral damage, yesterday's hero when going with the flow was replaced with an aggressive, more assertive style, both at sea and on land.

Despite his achievements, Farrelly fell off the memory banks: Australia's Surfing Life magazine totally ignored him in the 1992 list of 'The Top 16 Shapers of All Time'; he suffered the same fate in SURFER magazine's 2009 'Fifty Greatest Surfers of All Time'.

Little wonder perhaps. For years his media opponents had ignored or suppressed his superb contest record after his 1964 world record win. He was a far more successful competitor than his rival Nat Young.

In 1986 Farrelly was inducted, along with Young, into the Australian Surfing Hall of Fame, but they never really had a rapprochement.

He lived at Palm Beach since the 1960's. In later years he coached surfboat crews at the Palm Beach Surf Life Saving Club. Farrelly did not think much of the Palmie elites; he competed in the surfboat for Whale Beach SLSC. ■

Vale: Bernard 'Midget' Farrelly

Australia's first world surfing champion, Midget helped propel surfing from society's fringes to the mainstream. He was instrumental in the formation of the Australian Surfriders Association and launched the International Surfing Federation which ensured the growth of surfing as a huge business worldwide.

Midget was inducted into the Sports Australia Hall of Fame in 1985; in 2007 he was inducted into the Surfing Walk of Fame at Huntington Beach.

Later he became a surfboard designer and manufacturer producing some of the sports most progressive boards. His business, Surfblanks Australia founded in the early '70s is one of the sport's longest running operations.

A focused individual his priorities included his marriage to Beverlie and raising their daughters Priscilla, Johanna and Lucy, maintaining his business, designing and making surfboards, and expanding his knowledge of wind and water through hang-gliding, windsurfing, and racing paddleboards and surf skis.

Midget was interested and engaged with the world around him, in people and events outside of surfing, and because there was balance in his life, his love for riding waves never waned.

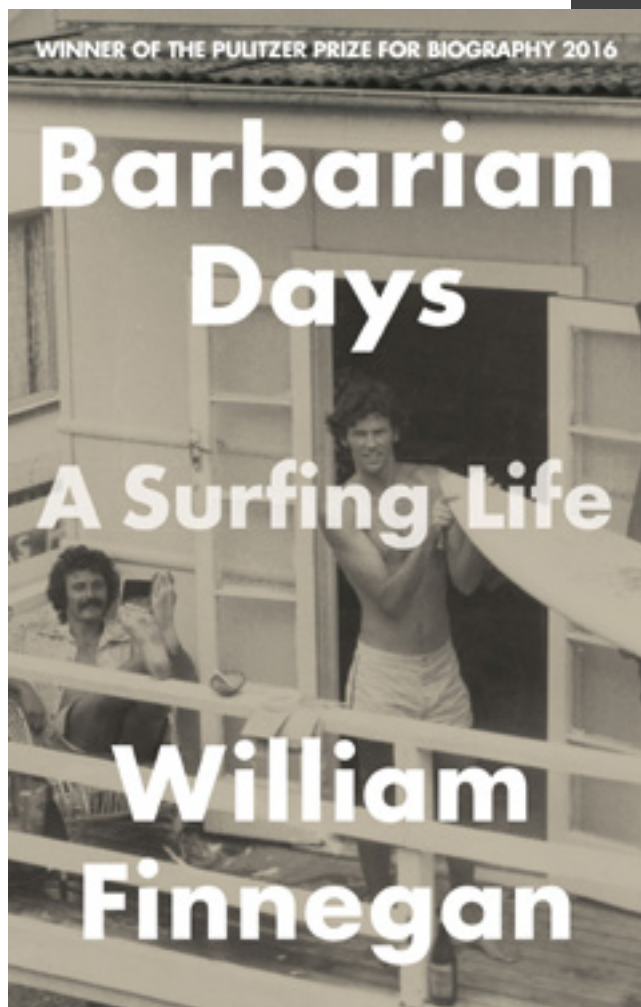
As a talented surf boat sweep he challenged the traditional ways of the arcane sport. Casual viewers were often baffled by Midget and his surf boat crew, riding waves and then effectively flicking off and paddling back out for more, without the chaos of a typical surf boat crash-landing on the sand.

Midget has been a member at Whale Beach since 2006, holding positions as Boat Captain and Competition Secretary. Through our involvement in the Management Committee I came to

adore Midget. He was my mentor and trusted advisor, we spent hours sharing ideas and our visions for the club's future. Not afraid to tread on toes I very much enjoyed Midget challenging the status quo. A true gentlemen, always well mannered with a sharp wit. I found Midget gracious and eloquent and admired his sense of style evident in his dapper dress sense and colour palettes used on his boats and boards. Midget certainly had a presence amongst us, in the ocean and on the beach. We will miss you and we will not forget you.

The Whale Beach Surf Club extends our deepest sympathies to Bev and your family. ■

Andrew Pearce, President



Barbarian Days

William Finnegan

WINNER OF THE
PULITZER PRIZE FOR
BIOGRAPHY 2016

Penguin Random
House Company

William Finnegan's memoir of a life in the waves has captivated readers worldwide, and in August 2016 he brings his work to Australian readers.

Barbarian Days is Finnegan's immersive memoir of a life spent travelling the world chasing waves through the South Pacific, Australia, Asia, Africa, and beyond.

Part old-school adventure story, part social history, Barbarian Days is an extraordinary exploration of one man's gradual mastering of an exacting and little-understood art.

It is a memoir of dangerous obsession and enchantment, and Finnegan's writing leaps from the page leaving readers with sandy feet and salt spray crystalizing in their eyelashes.

EXTRACT:

At the post office in Nuku'alofa, I tried to send my father a telegram. It was 1978, his fiftieth birthday. But I couldn't tell if the message actually went through. Did anyone back home even know what country we were in?

I wandered down a road of half-built cinderblock houses. There was a strange, philosophical graffiti: ALL OUTER PROGRESS PRODUCE CRIMINAL. I passed a graveyard. In the cemeteries in Tonga, late in the day, there always seemed to be old women tending the graves of their parents—combing the coral-sand mounds into the proper coffin-top shape, sweeping away leaves, hand washing faded wreaths of plastic flowers, rearranging the haunting patterns of tropical peppercorns, orange and green on bleached white sand.

A shiver of secondhand sorrow ran through me. And an ache of something else. It wasn't exactly homesickness. It felt like I had sailed off the edge of the known world. That part was actually fine with me. The world was mapped in so many different ways. For worldly Americans, the whole globe was covered by the foreign bureaus of the better newspapers. But the truth was, we were wandering now through a world that would never be part of any correspondent's beat. It was full of news, but all of it was oblique, mysterious, important only if you listened and watched and felt its weight.

On the ferry here, I had ridden on the roof with three boys who said they planned to see every kung-fu and cowboy and cop movie playing at the three cinemas in Nuku'alofa until their money ran out. One boy, thin and laughing and fourteen, told me that he had quit school because he was "lazy." He had a Japanese comic book that got passed around the ferry roof. The book was a bizarre mashup: cutesy children's cartoons, hairy-armed war stories, nurse-and-doctor soap opera, graphic pornography. A ferry crewman frowned when he got to the porn, tore each page out, crumpled it, and threw it in the sea. The boys laughed. Finally, with a great bark of disgust, the sailor threw the whole book in the water, and the boys laughed harder. I watched the tattered pages float away in a glassy lagoon. I closed my eyes. I felt the weight of unmapped worlds, unborn language. I knew I was chasing something more than waves.

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So the sadness of the obscure graveyard, of unforgotten elders buried under sand made my chest tight. It seemed to mock this whole vague childish enterprise.

Still, something beckoned. Maybe it was Fiji. ■

The Last Post speaks with tennis guru, Roger Rasheed



Roger Rasheed is a former Australian rules football player, tennis player, tennis coach, and tennis commentator.

Rasheed is best known as Grand Slam coach of Australian former World No. 1 Lleyton Hewitt, former French No. 1 Gaël Monfils, former World No. 5 Jo-Wilfried Tsonga, the Top 10 ATP Tour player Grigor Dimitrov and through ProTennisCoach.com. In addition, Rasheed is a media personality on Channel Seven and operates the Roger Rasheed Sports Foundation. Prior to his work as a coach, Rasheed was the youngest ever player to qualify for an Australian Open in 1985. Rasheed also competed in the ATP Challenger Series and won four titles in 1992. Wikipedia

This is an edited extract of a conversation between Roger Rasheed and The Last Post's Greg T Ross

The Last Post: Thanks for joining us here Roger. You've made your name in sport from an early age. What message would you send to Australians would you give about the importance of sport to the psyche, and the physical and mental wellbeing?

Roger Rasheed: I think it's important that our kids at an early age are introduced to activity because it then creates a natural environment for them in regards to what they become used to. From there it becomes part of their natural DNA. The earlier we can get children involved in physical activity then they become used to it and think of it as a natural part of their life. They then grow the emotional intellect for it and their development starts at a younger age and so their co-

ordination and ability to accept sport starts with that. It's like a child that reads regularly as a youngster they will become better at it than a child that reads only once a week. If a teacher asks who would like to read, the ones that put their hands up to read are those that feel confident because they read regularly. It's the same with anything, including sport. If the child feels vulnerable because they are not doing it regularly, they will be more reluctant to become involved.

THP: And that would have a flow-on effect, growing into adulthood with a lack of confidence too.

RR: Yes, it does, so I'm a real advocate for getting kids involved in a physical activity, in a sport. Just motor-skill stuff, it's not rocket science, what we're trying to give them access to. We're keen to give them access so they can feel as though they are capable of getting involved in sport, in PE. And the earlier they can gain access, the more beneficial it becomes, not just from a sports angle but the for the social values and resilience and health implications for kids that are active from a young age compared to ones that aren't are enormous. There are more risks for kids that are not active, health-wise.

TLP: If sport had not existed we would have had to invent it, which we did, I suppose.

RR: Exactly. Who knows what we'd be doing. At schools now they have one and two days of organised physical activity in the early years, I just think it should be every day. I know they run around at school, after school but my feeling is that every day there should be PE lessons. It should be as much a part of schooling as reading. It stimulates parts of the brain that make learning easier and more fun, too. The healthier and more active we

are, the broader are our capabilities about the ways we will develop as functioning humans. There's so much upside to getting kids involved and we should be looking at it in a more holistic way. I think at the moment, we're not dealing with it in the right way.

TLP: You must enjoy your role as a mentor for kids and young adults as well.

RR: My coaching is very holistic, it's coaching life skills because I need to include that element locked in properly so the rest of their talents can be activated. If I don't look after that part of their world, it's impossible for me to get full value of their natural talents as a sports person. From that, it's important to make sure that the mentoring, the life development side of it is taken care of. As a tennis coach I obviously love the combativeness, the competition, the win-loss and facing different opponents. All of that, I love and combined too, with the mentoring and helping athletes and people find their best. And that best then becomes their life-story. To give them a look at their best and what they can achieve, rather than succumb to what others may have thought of you. It's a matter of showing them what they've got and then putting things in place so that they can reach their respective goals, free of boundaries. My biggest weapon is to help train the mind to become the strongest it can be on a daily basis so that you can push away the negativity. It's about resilience and being able to get the best out of even a day that may not have been your best day. It might be a day where you're dealing with a lot of different issues and mentally you're not quite there but to still have a base-line about you that allows you to not bottom-out. I think we find in society today, there's a lot of different things going on, whether you're a sports person or not and the ability for people to bottom-out is



growing. It seems to have become easier for some to take that road and feel that things aren't going their way.

TLP: Yes. Tom Liberatore from the Western Bulldogs, has a saying, it came after some personal dilemma in 2012 where he realised he wasn't doing as much as he was capable of, he's got a saying now, *"never be scared to do your best."*

RR: That's right. That's a good point because, you can say it in a lot of different ways but a lot of people fear success. They fear what that may look like. There's a lot of fear of having a go and putting yourself into a place where you're accountable daily and weekly because the scrutiny that's attached to that is enormous. And the output from you personally, mentally is enormous also because you've got to give so much to the competition. Having to continually give and strive in the competition is a scary thought for a lot of people. The fear of what they see as failure. In their minds they have big plans and big dreams and they think if they don't get there, they've failed, but that's not true. I always say to them that just going after it, whatever result it ends up being, it's a win because you've been able to use the tools available to you, all your mental capacity, you've given yourself physically and that is a win, regardless of outcome. To attack and Libba did that well throughout the season and you can see athletes who are in that place. Some of them play with fear of failure and that's fine, as long as you use that in a positive way to make a positive impact. If your fear of failure means not trying and not attempting and not putting yourself out there, then that's a different kettle of fish.

TLP: Is that the difference between being a champion of your profession and not being? The fact that is easier to 'choose' to be mediocre? Is that difference a chasm?

RR: Well, yes, I think most people are happy in the comfort zone, because of that – it's comfortable. I don't blame people for that, that's fine. But there's got to be a good reason why you want to be only comfortable, maybe through the course of your whole life. If I was to sit in front of those people, I'd want to

hear a really good reason because, no matter almost with any situation you can move forward and attempt. I don't like that comfortable mindset. I can accept it and understand it but I don't like it. Some people don't like the stresses that come with success and I can understand that. We shouldn't stereotype or put people down that do that. I think, though that when you have a talent and the skill and a dream, I just think you have to go after it. But I think you have to taste it. I say to kids and their parents, you've got to let them taste it because until they taste it, they may not realise they want it. Once they taste it and they hang around the environment and to see what it comes with, that may be the driver, the thing that opens the floodgates. You just need that one little 'Wow' moment to change the direction of your life.

TLP: Yes, I suppose some people may, a lot of people may subconsciously not give their best so that they always have a fallback, an excuse?

RR: Yeah, I see a lot of those athletes and I see them at the elite level. They are people who won't deliver on the basics everyday because it then allows them to create an excuse. As far as accountability goes, yes there are a lot of people who would prefer not to be in that space. If these same people don't hold up day to day, they can then say things like, *"I haven't been able to train much"* or *"I wasn't feeling well"*. I think if you're aiming to be successful then every day is a match in itself and facing an opponent then gives you the opportunity to show what you're worth to the rest of the world and how far you've come and what you've been doing. The best part of you is what you do on a daily basis, when no-one's watching, when it's just you – that's the best time that I'll gauge an athlete. Once they're in competition, I'll say to them that that's their opportunity to show everyone, to give them a little snapshot of what they've been doing the weeks before. Whether good or bad, that one-and-a-half hours, two hours should reflect what they've been doing. If you haven't been putting in, the cracks will show and that's why it's said that we gauge the best players in the biggest moments. You can't

flake it on the big stage. Or, you might but you can't repeat it.

TLP: I bumped into the late, great Robert Flower (former AFL footballer with Melbourne FC) in London and asked him if he always knew he was going to be a champion. He told me he never had considered himself a champion and that all he had gained had come from hard work.

RR: That's right, Greg. My parents are Lebanese and they came to Australia. They are hard workers, my Dad barely saw me play sport. When he did get the opportunity around Christmas time or when the Australian Men's Hardcourt was in Adelaide, he would turn up in the stands and watch. But he would never clap. You never knew if he was barracking for anybody. He was driving me around from when I started at 12, until I qualified for the Australian Open four years later, I was just playing but the one thing was the work ethic. From day one, and I gather it was from watching my parents get up early and go to the markets and setting up shop, at school I would visualise that and that was ingrained in me without my father saying much, he's not a man of a lot of words but he would say, *"you get what you put in"*. I was training hard from an early age, even jogging hard through the smog in Seoul. I had in mind not wanting to waste the money, and they didn't have a lot, my parents had put into me. I did that running in the smog in preference to paying fees to go to a gym. I have to keep ticking off those work ethic boxes and I had to feel like I was doing more than the rest. Similar to what was said earlier, I have a saying that centres on telling people not to walk away thinking you're not the best prepared athlete.

TLP: You mentioned the hard work ethic but it must also have been the love of what you were doing. I mean, you played football as well. Just competing, did you love competing?

RR: Yes, I love competing. There was never a non-competitive moment in what I was doing and I loved the challenge of who I was facing. As a kid I just enjoyed playing but I did like to

"I THINK IT'S IMPORTANT THAT OUR KIDS AT AN EARLY AGE ARE INTRODUCED TO ACTIVITY BECAUSE IT THEN CREATES A NATURAL ENVIRONMENT FOR THEM IN REGARDS TO WHAT THEY BECOME USED TO."

win. Most kids love to win. When I say most, there are some kids that don't care about the result but I loved to win. For the most, I didn't need to be pushed – it was me pushing me. My parents weren't there to push, they were there to support. My father, he might have watched half-a-dozen of my matches in my entire career. But the bottom line is that I was doing it because I wanted to do it, it wasn't a parental push. Parents have to be careful not to push too far. I see sometimes the amount of parental push and I think it's better to guide them but not to push. In the end it may just push the kid away. The parent, for the majority, Greg, they sit there and watches the kid play – for an example, 10 and under football, my daughter plays 10 and under football in a boys competition and the parents that continually talk as if there should never be a mistake or there should be perfection or "that kid should go there", "why didn't he mark that". The perfection level demands from a parent who probably couldn't play themselves feel they have the right to push this stuff down their sons or daughters throat. These same parents then wonder why the kids are not going on with the sport or choose not to play when their parents turn up.

TLP: What was Lleyton Hewitt like to coach?

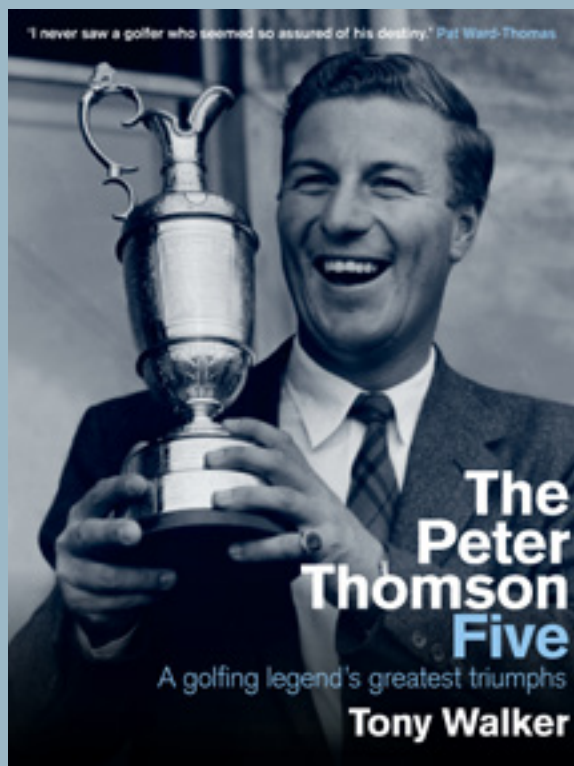
RR: Lleyton was great to coach. Over 5 and a half years we had a great relationship, we loved the competition, we loved the training, he loved the training. I'd added dynamics to the training by asking Lleyton to be fitter and stronger, designed to

create more mental strength. I got him to change his game to add some strength because he wasn't a big-bodied tennis player, added 7 kilos to his body, all there to make him a better player for the future. The great thing was that he bought-in straight away. He understood all of that. I'd been with him since the start of the 2002 and I remember at the start of the 2003 season I said to him, "Lleyton, in two years time you'll win *The Australian Open*. You'll win it because these are the things we'll be doing". In 2005, obviously we were runner-up. We weren't far away, only a couple of sets from winning but we looked good for a while. Lleyton was one of those guys who wanted to know all the information. Once you gave it to him, he was all-in. On match days, you knew he would give it all because he was a performer and desperate for the competition. He loved it. He had an inbuilt hunger. Whether that was through his upbringing and some of the stuff that went on, he got through the crack I suppose, there's no secret about some of his upbringing so that may have added to it but what he loved was the competition and the opportunity to put in. It wasn't the money. We turned down commitments where there were hundreds of thousands of dollars on the table because we needed to train that week or to prepare for a Grand Slam down the track. If it wasn't part of the plan it didn't happen. We had to keep ahead because the game was changing so quickly.

TLP: Having that understanding is a gift, perhaps. To be able to communicate your dreams and visions to a talented athlete must be both a powerful and wonderful

feeling? You see the possible future, the potential and perhaps this is what Nick Kyrgios perhaps didn't understand when you questioned why he was playing doubles at the US Open?

RR: Nick's an evolving character. He's showing more maturity, there's no doubt about that, he's getting there. All credit to him, he's still doing things his own way and is going to do that for a while longer, I think. But the longer he's in the system, the sooner he'll evolve into finding his own place and space in the system. He'll face questions from himself focusing on how good he wants to be. Hopefully that will then allow him to make the right calls. Everyone's different and gets to where they want to go differently. My position and comment on the doubles thing was based on my understanding of, if you want to win majors, then surround yourself with the tools that allow that to happen or at least to go deep into the Major's. Doubles doesn't allow that because of the extra days you're required to put in physically, emotionally and mentally to a competition that is not going to help. It won't help if you're in the semi-finals in the fourth set and running out of gas and thinking, geez I played three doubles matches and they went for a total of eight hours. That's eight extra hours of wear and tear on your body that is not going to help you achieve your dream. The doubles, it can be an excuse. If you don't want an excuse you'll put your hand up and say, "I'm here to play singles and go deep and try and win one of these events". That takes strength. ■



The Peter Thomson Five

Tony Walker | Melbourne University Press

On the 51st anniversary of his last open championship, Peter Thomson talks about his life, golf and how he achieved Open glory.

Peter Thomson won five golf Open Championships. He is only the third golfer to have won five or more, behind the great Harry Vardon, who won six. It is a feat unlikely to be repeated in the modern era and puts him in the legendary league of sports players like Don Bradman, Rod Laver, Margaret Court and Dawn Fraser.

About the author

Tony Walker is a golf tragic who has spent his career as a foreign correspondent and a political editor for various Fairfax papers. He has won two Walkley awards and was awarded the Centenary Medal for contributions to journalism in 2001. He is an adjunct professor at LaTrobe university in the School of Communications. He has written a biography of Yasser Arafat. A frustrated sports journalist, this is his first sporting book. ■



In Vietnam, 1966, a small group of Australian soldiers battled their way into the history books at Long Tan.

Theirs is not the only remarkable story of bravery from that year.

*The latest exhibition at the National Vietnam Veterans Museum, **Unsung Stories** features the little-known story of Private John Densley and his mother Christina, flown by the Australian Government to her son's bedside in Saigon when a sniper's bullets nearly took his life, and the tragic tale of Private Errol Noack, controversially, the first conscript soldier to die. In October 2016, Australia Post honoured Vietnam veterans with a series of stamps and collectors' products created with the support of the NVVM to commemorate the 50th Anniversary of the Battle of Long Tan. **The Museum** is now proud to present an exhibition of the original documents and artifacts behind these products. The exhibition will run from 19 October 2016 to 30 April 2017.*

Thursday 1 December 2016 sees lunch with Annabelle Brayley at the Museum. **Annabelle Brayley** is the highly regarded author and editor of four collections of moving and inspirational stories; *Bush Nurses*, *Nurses of the Outback*, *Outback Vets*, and *Our Vietnam Nurses*. With a passion for telling the dramatic real life stories of ordinary Australians working in remote and dangerous locations, Annabelle has forged a reputation for accuracy, honesty and sensitivity that enables people to tell their stories without fear of prejudice or sensationalism. Come along to hear her speak and Annabelle will be available for book signing after lunch.

2017 will see several events which occur on an annual basis at the Museum, including a Locals Free Open Day – a day for the local community with children's activities; Rock Away on Labour Day – a day filled with bands playing music of the 50's, 60's and 70's and a dance floor to make your dance moves. Queen's Birthday Weekend sees the Antiques Fair, which is run in the style of the well-known Antiques Roadshow. There is much to see at the Museum with over 20,000 artefacts on display. New exhibits are constantly appearing and the Museum continues to grow and improve over the years. Trip Advisor awarded the Museum the Travelers Choice Award 2016. Definitely worth a visit. ■

Please see the website www.vietnamvetmuseum.org for further details about any events



October 2016, Australia Post honours Vietnam veterans with a series of stamps and collectors' products created with the support of NVVM to Commemorate the 50th Anniversary of the Battle of Long Tan.

UNSUNG STORIES: A Special Exhibition

Unsung Stories features the little-known story of Private John Densley and his mother Christina, flown by the Australian Government to her son's bedside in Saigon when a sniper's bullets nearly took his life, and the tragic tale of Private Errol Noack; controversially, the first conscript soldier to die.



This Special Exhibition will be on display from **Wednesday 19 October, 2016** until **30 April 2017**
Normal entry fee applies.



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The Army's Posties in Vietnam

With the arrival of Australian combat troops in South Vietnam in May 1965, the Directorate of Army Postal Services set up a dedicated postal system to meet the needs of the troops.

Australian Forces Post Offices (AFPOs) were established to deliver mail incoming from Australia and arrange the despatch of outgoing mail.

In accordance with established practice, the AFPOs were identified by numbers and not by locality names. There were five AFPOs operating in Vietnam and Thailand:

- AFPO1 (1965–72) located in Saigon primarily served the troops at Bien Hoa, about 24km away.
- AFPO2 (1965–68) operated at the RAAF Station in Ubon, Thailand.
- AFPO3 (1966–72) was at Vung Tau, about 64km south-east of Saigon.
- AFPO4 (1966–71) was located at Nui Dat, an area near Baria, capital of Phuoc Tuy province. It was the busiest AFPO, serving the main body of combat troops until they were withdrawn in late 1971.
- AFPO5 (1965–71) was located at Phan Rang, about 265km north-east of Saigon, mainly to serve RAAF personnel.

Although the Army's post offices operated independently of the Australian Post Office (Australia Post's predecessor), the two

organisations had close connections. Before leaving Australia, the Vietnam posties were trained by Australian Post Office staff in Townsville. Also, some AFPO staff had been employed as postal workers in civilian life, before being called up for National Service. Most of the equipment in the AFPOs was obtained from the Australian Post Office and, to a large extent, Australian postal procedures were followed by the Army.

All mail posted in Australia for delivery to defence personnel in Vietnam was routed through Sydney, and then carried by RAAF aircraft to Saigon. Heavier mail, including parcels and newspapers, was carried by ship.

Air mail letters sent to and from Vietnam involved a concessional postage rate of 5c, this being the same amount applying to ordinary letters by air within Australia. From 1 September 1968, free air mail postage was introduced to and from Vietnam for letters, postcards and voice tapes with personal messages.

AFPO1 was the last Army post office to close when Australia's military participation in Vietnam came to an end in December 1972. ■

COLLECT AND TREASURE A Century of Service: Vietnam War



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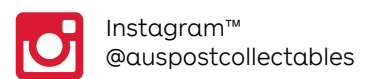
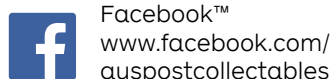
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Released on the 11 October 2016 these stamps and associated products are available now at participating Post Offices, via mail order on 1800 331 794 or online at auspost.com.au/stamps while stocks last.



Follow us on



Images: Clockwise from right:

1. Steve Dodd - Steve Dodd was a Korean War veteran and actor that worked on many movies, including *The Chant of Jimmy Blacksmith* and *The Matrix* (AWM)
2. Dedication of the ATSIWM - Representatives of the three services pay their respects at the dedication of the Aboriginal and Torres Strait Islander War Memorial in Adelaide in November 2013 (Ash Starkey)
3. Tim Hughes - Tim Hughes was awarded the Military Medal for bravery during the capture of Buna (AWM)
4. Harry Peel - Documentation of Aboriginal heritage on war records is rare, and is often limited to a notation of "(ab)" somewhere on the file (NAA)
Aboriginal and Torres Strait Islander readers are advised that this article contains the names and images of people who have died



foreword

Ian's story rightfully recognises and acknowledges Aboriginal and Torres Strait Islander men and women who have served in every conflict, and as far as we know, in every peacekeeping and humanitarian operation Australia has been involved in.

For me personally; it is a remarkable story, given that initially those Aboriginal and Torres Strait Islander men described as "half-castes" were the only ones invited to volunteer initially - yet most somehow found a way to serve their Country.

As recognised in Ian's story, our men had always served their Country as true warriors and it doesn't surprise me in the least that a number of them were awarded medals for their bravery.

Further, Ian's story highlights some of the awful obstacles which many of our men and women experienced on their return from active service. I sincerely hope that today's young Aboriginal and Torres Strait Islander men and women serving the ADF will never have to overcome those obstacles.

Ian's story is an excellent account of the long overdue recognition and acknowledgement of Aboriginal and Torres Strait Islander service and one I'm sure you'll all enjoy reading. ■

Frank H Lampard OAM
Co-Chair, Register of Aboriginal Veterans of South Australia (RAVSA) Committee

Our Forgotten Heroes

by Ian Smith

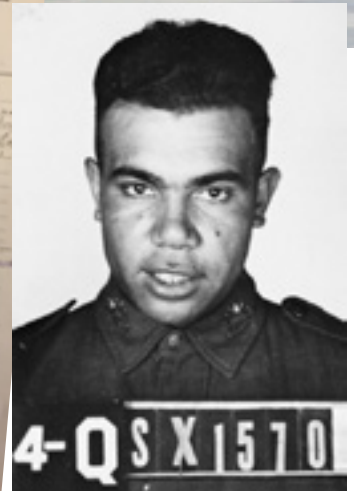
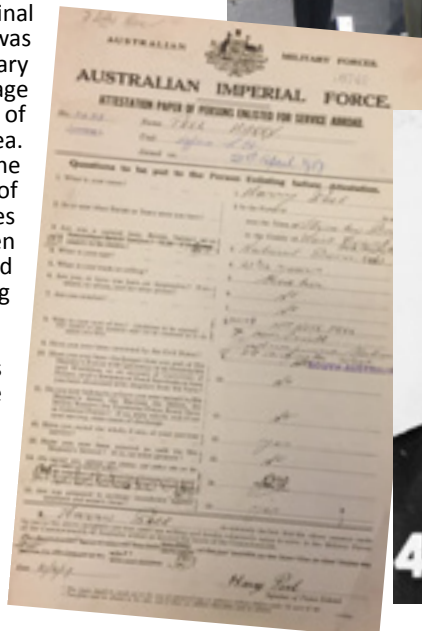
Aboriginal and Torres Strait Islander men and women have served in every conflict and, as far as we know, in every peacekeeping and humanitarian operation Australia has been involved in. Before that, Indigenous warriors throughout the continent defended their lands from encroachment by European settlers, often against tremendous odds.

For the first half of the 20th century, men and women of our First Nations were supposed to be "predominantly of European descent" to be allowed to enlist. A few slipped past the recruiters in the early rush, or the recruiters turned a blind eye because they saw a fit young man or woman who wanted to serve, or they had a quota to meet, or they didn't agree with the policy. Even then there were occasions where a country doctor and recruiting officer thought a recruit was fine, but when they arrived in the city, they were soon sent home as "not sufficiently of European origin".

For example, in South Australia during World War I, more than a quarter of all Aboriginal men that volunteered were rejected in this way; in World War II the same thing happened. In that war, the authorities that wouldn't accept them as volunteers were happy to conscript them a year later to do labouring work. Hundreds were conscripted for this purpose, despite the fact that when they

were allowed to serve on the front line, they often distinguished themselves as warriors. A young South Australian Aboriginal man, Tim Hughes, was awarded the Military Medal for his courage during the capture of Buna in New Guinea. He was following in the footsteps of dozens of Aboriginal and Torres Strait Islander men who were decorated for bravery during World War I.

The double standards in recruiting were still in place during the 1960's and 70's. When one Aboriginal man completed his national service medical, the doctor said "thanks, but



you don't have to go any further". But he took the view that his marble had come up, and he would continue; he figured if he didn't go, someone else would have to go in his place. He served in Vietnam as a corporal with 9 RAR.

So, Aboriginal and Torres Strait Islander men and women have faced significant obstacles when volunteering to serve in the defence of their nation, and have usually returned to face the same discrimination after their service that they suffered before it. In most cases, they have not suffered significant discrimination while serving, particularly when on active service. There is little room for racism when you are relying on the man or woman next to you

to watch your back when the chips are down. As one Aboriginal Vietnam veteran observed, "when I was in the Army, we were all the same colour, jungle green".

It has been said that ANZAC is "a party to which Aboriginal and Torres Strait Islander people were not invited". The dedication of the Aboriginal and Torres Strait Islander War Memorial in Adelaide in 2013 was a huge milestone in righting that historical wrong. Similar memorials have been constructed in other places around Australia, and more are planned.

Since then, travelling exhibitions highlighting Indigenous service have been developed, including one by the Shrine

of Remembrance in Melbourne and another by History SA. The Australian War Memorial recently opened a temporary exhibition, For Country, for Nation, which also explores the service of Aboriginal and Torres Strait Islander peoples in war and peace. Hopefully a permanent exhibition will follow. These memorials and exhibitions are a long overdue recognition of the service and sacrifice of the people of our First Nations in defence of our land.

But we have not reached the end of the journey. There is more to do in recognising and celebrating the service and achievements of our First Peoples. In the spirit of reconciliation, I encourage you to lend a hand. ■

26 Anzac stories recorded at the Mount Gambier Cheer-Up Hut!



Above: Mayor Andrew Lee with CEO Mark McShane and Library Manager Vicki Hutchinson, opening the Mt Gambier Cheer-Up Hut



Above: The Mount Gambier Cheer-Up Hut re-creation at the Mount Gambier Library

The Anzac Centenary Cheer-Up Hut continues to make its way around the state, with its most recent stop at the Mount Gambier Library in September.

With the support of the City of Mount Gambier Council the Cheer-Up Hut re-creation was very well received, attracting 450 visitors over the four days of the display, which ran from Friday 16 to Monday 19 September inclusive.

Radio and newspaper coverage was extensive with many of Mount Gambier's locals relishing the opportunity to enjoy the atmosphere of the Hut.

A superb program of events was organised by Library staff throughout the weekend. They included a Billy-Cart Workshop, and the All About Squares dancing demonstration. Highlights included the Mayfair singers led by Conductor, Shylie Barry who sang a repertoire of patriotic songs they had worked tirelessly to learn in the two weeks prior to the Hut's arrival. Local pianist Beth Edwards played wartime favourites accompanied by Soloist Barbara Watson. Students from Compton Primary School performed a short play about recruitment, which

included a hearty rendition of "It's a long way to Tipperary."

Local Cheer-Up Hut Champion, Leanne Dunn, shared her story of service in a series of Living Book presentations on the Sunday while a wonderful slide show about Local Motorcycle History from (1902 – 1949) compiled by Colin Thompson, featured alongside the Mount Gambier artefacts and stories displayed inside the hut, which were added to over the course of the weekend. These included those of Pauline Verity and Mike Scutter; two of 26 local stories captured within the Cheer-Up Hut recording booth. Others included in-depth interviews with Charlie Miller, Jack Hopgood, Cyril Blackmore, Joe Flavelle, Brian Brooksby as well as local regional military history expert Garry Von Stanke, whose military legacy in the Mount Gambier region dates back to before the Boer War. Garry provided some superb insights into Mount Gambier's military history dating back to the late 1880s including his family's close involvement with it.

The Cheer-Up Hut display was put together with assistance from Helmut

Schoepf whose daughter Christeen is the project's expert consultant. Christeen is completing a PhD on the Cheer-Up Hut Society. The local history group were instrumental in leading candidates to the recording hut, as was the Mount Gambier RSL. The Country Women's Association, with assistance from Kristi Leamey, baked Anzac Cookies which were thoroughly enjoyed by all throughout the weekend.

Recordings will be edited and made available as audio podcasts in the not too distant future. They'll be available for download via the Anzac Centenary website with plans to turn some of these into short films over time.

Special thanks to History Officer, Danni Reader; Library Event Officer, Kristi Leamey and Publicity Officer, Xarnia Keding, who worked tirelessly with the Anzac Centenary Coordination Unit to ensure the event was a great success! ■

The Cheer-Up Hut's next stop is Port Augusta from 9 – 14 November as part of the Spirit of Anzac Centenary Experience. Go to anzaccentenary.sa.gov.au to find out more.

Anzac Centenary Memorial Walk Awards



A memorial for all, not a few.

The Anzac Centenary Memorial Walk has been awarded the Colonel William Light Award for Design Excellence at the 2016 Australian Civic Trust Civic Review 2016. The Memorial Walk was also awarded the People's Choice Award voted on by members of the public. These awards are in addition to previous recognition for landscaping and lighting.

The Memorial Walk won the People's Choice award by 390 votes to 151 votes for second placed Hart's Mill Projects in the Port Adelaide area. The citation for the Colonel William Light Award reads as follows:

The Anzac Centenary Memorial Walk is South Australia's contribution to the Centenary of Anzac commemorations and a lasting reminder of the human cost of war. It has transformed Kintore Avenue into a memorial precinct that pays tribute to the service and sacrifice of all Australians affected by war. It encourages public interaction with Government House, opens up Kintore Avenue as a pedestrian boulevard and is an important public connection between the City of Adelaide's North Terrace Cultural Promenade and the Riverbank Precinct thus enhancing and consolidating the basic design of Adelaide.

The Memorial Walk provides a fitting extension to the South Australian National War Memorial and is a gathering place for education, contemplation and reflection.

Underpinned by the theme 'a memorial for all, not a few', the Walk acknowledges the impact of conflict on Australian society, both at home and abroad, while honouring the service of all who have worn the nation's uniform through a Century of Service since World War I. The Memorial Walk does not seek to highlight the service of any individual, unit, organisation, association or service but is based on and symbolised by three design pillars:

Remembrance - the South Australian National War Memorial and associated memorials;

Service - Torrens Parade Ground from where many service personnel departed for theatres of operation;

Loyalty - Government House.

Comments received relating to the People's Choice Award included:

'An outstanding addition to our City'

'Great acknowledgement by Government House also to provide the land for such a worthy purpose for all'

'Brilliant design and concept...reflections of our identity'

'Does more than its original purpose – awakens the surrounding area'. ■

The Last Chapter



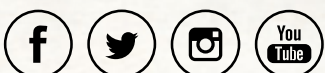
The *Australia at War* series concludes with the sixth and final release. The final instalment pays homage to the conflict at Afghanistan, the Vietnam War and the Gulf Wars.

This Remembrance Day these coins serve as a fitting conclusion to the commemorative *Australia at War* journey.

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How I Remember World War 2

By Martin Flanagan

If I were to make a film about Australians at the end of World War 2, it would be set in the Japanese coastal town of Ohama.

In the Ohama coal mine, which ran out beneath the sea, Australian prisoners of war worked side by side with Japanese civilians. Everyone knew the war was entering the final phase of its drama but no-one knew exactly what that final phase would be.

Food was getting short for the Japanese generally; the ones getting the least were the prisoners. They knew the Americans were getting close. They could see their big bombers in the sky, but they feared the Americans would bomb the mine and hit the pumps. The mine leaked and, without the pumps, they'd drown. There was also a fear that the Japanese would slaughter all their prisoners once the Allied forces landed on Japanese territory to prevent them escaping and joining up with the invasion force. When one of the Australians at Ohama, Doug Craig, spilt a can of hot ash, he was made to kneel in the snow outside the guard house for a whole night. In the morning, his mates, in the words of one of them, tried to "thaw" him but he was dead.

Ohama is only 65 kms south of Hiroshima and 100 kms east of Nagasaki. All his life, Tom Uren remembered seeing the orange glow over Hiroshima after the dropping of the atomic bomb. A member of the Whitlam and Hawke Labor governments, Uren would take his political philosophy of what he called "collectivism" from his experience as a POW under Weary Dunlop's command on the Burma Railway. He would also come to the view that the dropping of the atomic bombs on Hiroshima and Nagasaki was a crime against humanity.

Tom Uren was like my godfather so his opinion is of consequence to me. Nonetheless, the evidence is pretty clear that if it were not for the dropping of the two atomic bombs, I would never have existed. My father was a prisoner in the Ohama camp.

My father said the news the war had ended met with "neither cheers nor tears" among the men he was with. They were – to use his word – "spent". They'd been prisoners of the Japanese for three and a half years. They'd worked on the Burma Railway where 2700 Australians died in the way that slave labourers have always died – of illness, exhaustion, beatings and malnutrition. They'd survived being transported to Japan in a rusty hulk that narrowly avoided being torpedoed by the Americans and was all

but tipped over in a typhoon. And now that the war was finally over they found themselves between the two incinerated cities of Hiroshima and Nagasaki, 200,000 civilians dead, and a fearful new weapon having been unleashed on the world.

Meanwhile, in Europe, the victorious Allied armies were discovering another horrifying global first – the camps where the Nazi regime had practised murder on an industrial scale.

The world was grieving and exhausted – 60 million people had died, 30,000 of them Australian, women as well as men. In Europe, millions of people were on the move in the biggest refugee crisis seen on the continent up until that time.

My father enlisted to fight during World War 2 for the same reason certain educated northerners enlisted to fight for the Union during the American Civil War. He believed the war was about the defence of civilized values. The morality of war is complex and murky, but my impression is that most people, then and now, believe World War 2 was a war that had to be fought. The Imperial Japanese Army had committed mass atrocities in China, a memory that is burningly alive in China to this day and a good reason for Australia not to step lightly into the escalating tensions between China and Japan in the South China sea.

In World War 2, unlike World War 1, Australia was threatened with invasion. Northern Australia was bombed. Six months ago, I went into a Melbourne school and asked a group of Year 11 and 12 students how many knew where Darwin is? About a quarter put up their hands. I then asked how many knew about Pearl Harbor? Over half the hands went up. A girl cried out, "It was bombed". I said, "Well, Darwin had more bombs dropped on it during World War 2 than Pearl Harbor did". The Japanese launched 63 raids on Darwin. Australian children today should know that Australia was attacked during World War 2. They should also know that World War 1 and World War 2 were fundamentally different conflicts and we do no-one, least of all our children, any favours by blurring that difference. At Gallipoli, we invaded a country with whom we had no difference beyond those created by the bonds of empire.

In 1939, when World War 2 broke out, Australia's population was seven million. One million of those were involved with the armed services. Some of those who enlisted would have been young men who were, more or less, on for anything - the mere idea of war didn't scare them off. And there were probably men who could find no other occupation. But, in making any judgment of those who fought, I can only be guided by the World War 2 veterans that I have encountered along

the way. The five Burma Railway men I got to know well had seen a lot, had suffered a lot and were people of compassion. They were like my elders.

And then there were the women, heroes like Vivian Bullwinkel, sole survivor of the Banka Island massacre when 22 Australian nurses were told to walk into the sea by their Japanese captors, then machine-gunned from behind. I feel it necessary to add at this point, having just mentioned another atrocity committed by the Imperial Japanese Army during World War 2, that last month I attended an Australia-Japan reconciliation conference in Sydney. By the end of his long life, my father believed, in his words, that no nation of people has moral superiority over another – he said it was a matter of how people were led, of good and bad governments.

Then there were the women back here in Australia. Football legend Ron Barassi's first memory is of seeing his mother weeping and being held by his uncle. She'd just learned that his father had been killed at Tobruk. Australians would fight and die in north Africa, they would lead the charge at the battle of El Alamein. They would fight in the Mediterranean and Europe – on land, in the air, on sea. I grew up listening to World War 2 songs. The line, "Keep smiling through/ just like you/ always do...." seemed to sum up the best of this generation. They were courageous and stoic. When 9/11 happened and there was that atmosphere of panic, the two calmest people I knew were my parents, then in their 80s. They'd seen it before, they'd seen worse.

Keith Miller, later to win fame as an Australian Test cricketer, flew Mosquito fighter-bombers over Europe in the last year of the war. When asked by a sportswriter to talk about pressure, Miller famously replied, "Pressure is having a Messerschmidt up your arse. Cricket is not".

They were a tough generation. The Bloodbath, the 1945 grand final between Carlton and South Melbourne, stands as the most violent grand final in the history of the game. I'd always assumed the players were young men home from the war letting out their demons. But when I investigated the matter I found perhaps only three or four of the players in the game had seen action. But there were plenty of young men fresh home from the war in the crowd of 62,000. Princes Park - where the game was played, the MCG being an American military base - was supposed to hold less than 30,000. So young men who hadn't been to war put on a display of their courage and fighting abilities for young men who had been to war. A total of 10 players were charged including one, Carlton's Freddie Fitzgibbon, who was sitting in the crowd suspended and leapt the fence to join a

“IN 1939, WHEN WORLD WAR 2 BROKE OUT, AUSTRALIA’S POPULATION WAS SEVEN MILLION. ONE MILLION OF THOSE WERE INVOLVED WITH THE ARMED SERVICES.”

melee. Ted Whitten, later dubbed Mister Football, was there as a 12-year-old boy – he said it was the best game he ever saw.

Researching the Bloodbath, I read a lot of newspapers for that period immediately after the war in Melbourne. One newspaper described the celebrations which followed the end of the war in the Pacific as “the storm which followed the storm”. There was a lot of vandalism. In the newspapers, there were already discussions about the atomic bomb and what might happen if it fell into the possession of an enemy power. Already, a man called Bob Santamaria was saying that enemy was the Soviet Union. World War had scarcely ended, and the next war, the Cold War, had begun.

About ten years ago, with my father, I met an Australian who was a prisoner of the Germans. He’d been in a plane shot down over Germany. The plane was dropping through the sky in flames when he got out; not all his crew-mates did. I met him about seventy years after that terrifying event. I thought he was a lovely, giving man but I also saw that within him was a sort of blur, like some part of his nervous system had been switched on by trauma and couldn’t be switched off. An Aboriginal man who fought with the Australian Army in Malaya once told me, “Everyone is wounded in war”.

And then there are those who didn’t come home. In 2001, when Dad and I wrote a book about the Burma Railway, Dad wrote the dedication: “Dedicated to those who never returned to lead the old life again, to love and be loved”. On the

following page was a quote I chose from the Australian poet John Shaw Neilsen about a returned soldier from World War 1: “Simple, salt tears will redden his eyes; No-one shall hear what he hears, or see what he sees”.

I said at the start if I was to make a film about Australians at the end of World War 2 it would be set in Ohama, Japan. Two years ago, my brother Tim, our family historian, tracked down an Ohama story from another man who was there when the war ended. From Scone in New South Wales, his name was Allan “Bridie” Brideoake. The story is contained in a book titled Closer than Brothers by his son Bruce, but I rang Bridie to hear it for myself. Even at 95, he was full of good cheer. He’d grown up in the bush, was good with horses and liked having fun with his mates. In that spirit, he’d gone off to the war.

He was wounded and captured during the Fall of Singapore. “Bridie” was sent to the Burma Railway, but he counted himself lucky – 12 of his mates were sent to Borneo and died on the Sandakan Death March. Bridie copped his share of beltings from guards, suffered from beriberi and nicked what he could from slow-moving trains; the camp doctor was particularly pleased when he arrived back with a bottle of quinine. He made the sea journey to Japan in a rusty hulk and was sent to Ohama. And that’s where he was when the war ended.

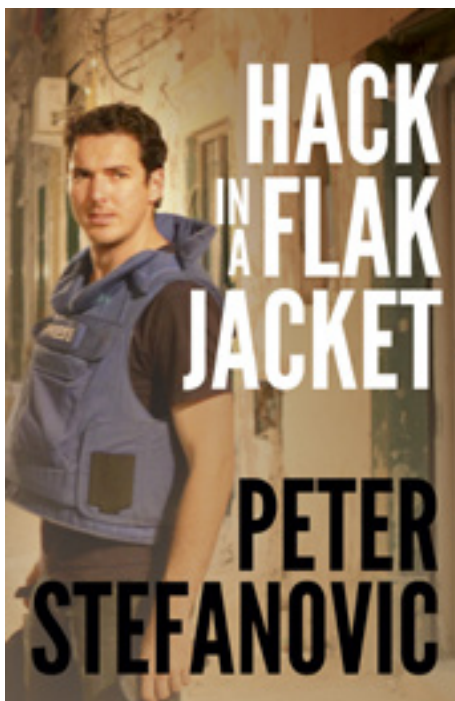
Bridie and a couple of his mates decided to take the initiative. They strode into the guards’ hut. The guards didn’t move as the Australians took their rifles. Then one of Bridie’s mates, a feller called Bligh, known

to his mates as The Governor, suggested they go for an outing. In a nearby town, they beheld a fire brigade station, went in and said they wanted a truck. The fire brigade thought they were the US army and gave them a very old trucked that pre-dated pneumatic tyres. Off they bumped.

Some 10 or 20 miles later, they saw a brewery. Three of them went and requisitioned half a dozen cartons of beer. The brewery manager demanded a signed authorisation to present to the US Army for payment. Governor Bligh signed the document Governor Bligh. Two of his mates stepped forward and the document was counter-signed by Ned Kelly and Bob Menzies.

In telling me this story all those years later, Bridie Brideoake said of Governor Bligh, and I quote, “The old Governor could be a bit unpredictable”. A further 20 minutes down the road, they saw a bank. Governor Bligh called a halt, declaring, “I’ve always wanted to rob a bank”. Taking the rifle with him, the Governor entered the building. Then the others heard a loud bang as the Governor put a shot through the roof. A minute later, he emerged with an armful of money.

And if I were to make a film about Australians at the end of World War 2, the concluding image would be what happened next: Governor Bligh walking down the street throwing notes this way and that, impoverished Japanese civilians coming out of the ruins to follow him, his mates in the fire truck with their Japanese beers standing and cheering him on. ■



Hack in a Flak Jacket

Hachette Australia

A startlingly honest account of experiencing war and terrorism from the frontline by Peter Stefanovic, one of Australia’s leading journalists and foreign correspondents.

‘Flak jackets are dreadful things. Sure, they have a purpose, and if one ever stopped a bullet or piece of shrapnel from spearing into my vital organs, I would kiss it, hang it up, and frame it. But that hasn’t happened, yet.’

For almost ten years Peter Stefanovic was Channel Nine’s foreign correspondent in Europe, the US, Africa and the Middle East. During that time he witnessed more than his fair share of death and destruction, and carried the burden of those images - all while putting his own personal safety very much in the firing line.

From flak jackets to tuxedos. From the funerals of world leaders and icons, to war zones and natural disasters. This is a thrilling account of a life lived on camera, delivering the news wherever it happens, whatever the risk.

Anzac Day and the Little Man with only One Arm

By Richard Holdsworth

Baz said to meet in the pub just down the road from the newspaper office. A beer or two, he said. The Grenadier.

"Maybe three," said Jason with a wry grin. "Maybe three..."

I knew ANZAC Day was regarded as a National holiday throughout Australia, not just a day off, not just a day down at the beach or a barbie in the back yard. I had been told what to expect long before I'd made Australia my new home. But I hadn't expected this.

"The law is hot on drink driving," Baz warned. "If you don't want your collar felt, I'd take the train. I am."

I had heeded the warning. The 9.35 into Adelaide station was packed; so many Aussies wanted to share the day. Share it with brave men like Baz and Jason who'd volunteered and flown Spitfires and Hurricanes and helped rout the Japs in the Islands.

Then I'd joined the crowds lining the route, King William Street, ten and twelve deep, watching the march. The band, resplendent, played. The crowd cheered, Aussie flags waved. I caught a glimpse of Baz with the handlebar moustache and Jason with the tiny tash. There they were, striding out. So smart, so focused, such determination written on their faces for the day. Their day.

"Brave bastards," muttered the man to my right. "Brave bastards came through hell." I turned and nodded to him. I shared his thought.

And then they passed, so proud. And I was proud to know them. Baz and Jason, proud to work alongside them on the paper, Baz the sub-editor, Jason the senior writer. Proud for what they had done for their country, our country, our freedom.

"Brave bastards, all of them," he said again as the last man trailed off down King William Street and out of sight. And the sound of the band trailed off too.

* * * * *

I'm through the door and the pub's heaving. The men are there already, straight off the march, still smart and pristine, their uniforms still blinking in the light of day for the first time in twelve months, spruced up, freshly ironed for the occasion, their wives had seen to that. Digger hats brushed, shirts ironed and jackets festooned with medals.

"Brave bastards," the man at my side had said. "Gallipoli, Flanders Fields, Singapore, El Alamein."

"I'll get them in," I say after I've pushed through. There's a dozen serving, the beer keeps coming, glasses filled as fast as emptied. Beer swills across the counter and spills over and down onto the floor. "Cheers," I say, among the noise.

"Cheers."

"Cheers."

"Well, did you enjoy it?" says Baz. "Your first ANZAC Day."

"I did. All those men, all you men... I didn't realise."

"You're not the only one." Jason puts his beer down, wipes his lips with the back of his hand. "The younger generation. It's all past history to them. We're all Old Timers. Yesterday's news although it was barely ten years ago."

I nod in agreement. "Back home ours is Remembrance Sunday, a minute's silence, then we get on with our lives as though nothing happened."

There's a pause while it sinks in.

"But I reckon you Aussies respect your war heroes much more than we do. What I saw today in King William Street is proof. The crowds, the sentiment, the appreciation of what you all did."

Did Baz say, "Maybe"?

And Jason, "Perhaps"?

You can scarcely hear in the bar. "There's a room out the back, it's quieter," says Jason. He points. Ruddy cheeks, the tiny tash. "It's quieter there." He has to shout to make himself heard.

Tables, chairs, an aspidistra in the corner, men sitting, leaning over, talking together. Sharing jokes. Yes, it's quieter in here even though it's still packed.

I find myself standing over a table with a group of three soldiers in uniforms of the First World War, chatting about what they went through. Reminiscing, telling their experiences, the details, the days, the nights, their comrades, the dead. Yes,



Richard Holdsworth has been a writer all his life - starting with the Adelaide Stock & Station Journal then the Herald and Weekly Times in Melbourne. He was educated at Wallingford Grammar School in England having been evacuated from London at the start of WWII. He went into farming and then to agricultural college and as a 20 year old took up the challenge from Dalgety and Co of bringing stud cattle to Australia on the deck of a cargo ship.

That took him into journalism and at the Stock and Station Journal he worked alongside two wonderful men who had fought in the Islands. Being fresh out of England they introduced him to his first ANZAC Day.

It was a very moving experience for Richard, and this story captures this, reflecting his appreciation of what ANZACS have done - and are doing - for a better world.

Richard has two books available now: 'Six Spoons of Sugar - an evacuee's tale' and 'In The Hot Seat', about his Australian adventures.

the dead, the men they left behind on the battlefield. Good Aussie men.

I'm looking down on a man of around sixty, maybe more, it's hard to tell, the hair is all but gone, the face lined. He looks up and asks softly, "Your first ANZAC Day, son?"

"Yes, we have Remembrance Sunday, up in London," I find myself explaining all over again. "I've never been."

He has a pleasant face, pock marked, eyebrows like an overgrown hedge. A little man with sad, blue eyes and just one arm. "Flanders Fields," he tells me. "But not before we had taken the village." Yes, just one arm.

"The village?"

"Villers-Bretonneux." His hand is trembling. His left hand. His only hand. "Villers-Bretonneux," he says again. "Picardy. It comes back to you on ANZAC Day as if it's yesterday. And it was slaughter." ■

I am not sure if he wants to talk about it. Jason said some bottle it up, their experiences, the trenches in the First World War, Japanese camps in the Second. "Some things you cannot share. Some experiences you keep to yourself. Keep from your loved ones."

The man looks up at me.

"I want to hear," I say.

"You know the song?"

I don't.

And he starts to sing in a low, quiet voice, with a strong Australian accent.

"Roses are shining in Picardy
In the hush of the silver dew,
Roses are shining in Picardy
But there's never a rose like you
And the roses will die with the
summer time
And our roads may be far apart
But there's one rose that dies not in
Picardy,
'Tis the rose that I keep in my heart."

"Villers-Bretonneux," he's saying now. "The orders came down from the top. Drive the Germans out. Drive them out."

He's looking up at me again. His eyes confirm he is there, this minute, now. He can hear the thunder of war, the smell of fear, the sound of death.

"I was part of the 13th Division under Brigadier-General Glasgow and Glasgow was ordered to take the village. In daylight..." He hesitates. "I tell you in bloody daylight and Glasgow told them."

"Told them?"

"The Germans were entrenched, you see, son. Dug in. And on high ground. Their guns well set and machine gun entrenchments ready. Slaughter it would have been... he told them, slaughter."

I'm feeling pleased for the little man with pock marked face, sad eyes and one arm. Pleased his leader told them what it would be.

"Then Glasgow came up with this plan to surprise them, surprise the Jerries." He takes a sip of his beer. "At night. After darkness fell. No artillery to warn them. That was the trick."

My mind is visualising the darkness, the Germans set, the Aussies outnumbered.

"Yes, outnumbered," he is saying. "Outnumbered ten to one. Not that we knew it at the time, you understand. They didn't tell us at the time."

I think to myself how Churchill said truth was the first casualty in war.

"Then he gave the order, Glasgow did. And we scrambled to get at them. Out of the trenches, out of our fox holes. Over the top we went, every man-jack of us. And the cry went out, 'Get the machine guns. Get the bloody Kraut machine guns – or die.' My mate, Harold on my left, a chap by the name of Nichols from Ballarat on the right, just lads, all of us. Through the swish and patter."

"Patter?"

"The machine guns. A sort of pattering noise and the swish of the bullets and

the men dropping like flies, no sound except the thump of them hitting the ground. No time to stop, to look back. No time to help them."

He sighs, draws breath. He is there, now. "We ran hard and fast. Heads down. Then stood still, motionless, when the Very lights lit up the night sky."

"Standing still?"

"You can't pick up a motionless figure, son. Only a moving one."

I scarcely dare ask. "That where you lost your right arm?"

"Not till it was nearly over. Copped one in the elbow. Smashed the bone. They could have saved my arm but it took time to get the medics in and me away."

I am at a loss as to what to say.

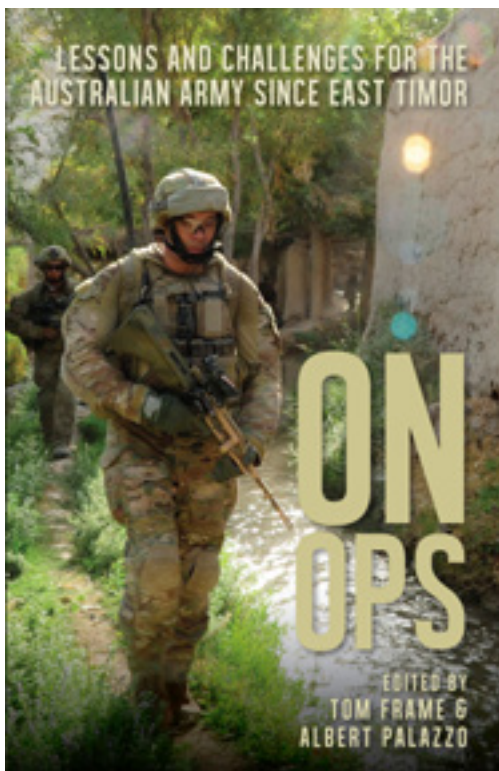
He knows my discomfort. "I hope you never go through it son. Hope you never..."

His voice trails off. The tears in his eyes. Those sad eyes.

"The war to end all wars, they assured us. And we were at it again just a handful of years later. The Jerries and us. What's wrong with them, son? What's wrong with us? So much slaughter. So many of my comrades left back there on the fields of Picardy."

Years later I would stand on those fields and know exactly what he meant. The little man with only one arm. ■

www.holdsworthwrites.co.uk



On Ops Lessons and Challenges for the Australian Army since East Timor UNSW PRESS

Edited by Tom Frame & Albert Palazzo

In the 25 years following the end of the Cold War Australian Army personnel were deployed to Rwanda, Cambodia, Somalia, Bougainville, East Timor, Afghanistan, Iraq and the Solomon Islands.

This insightful collection of essays looks at the lessons and challenges that have arisen for the Australian Army since 1999 when its peacekeeping taskforce was deployed to East Timor. In a constructive critique of the modern Army, *On Ops* addresses the issues from a range of perspectives – politics and policy, strategy and tactics, intelligence and logistics, health care and ethics. Contributors include David Horner, John Howard, Peter Leahy, Amin Saikal, Craig Stockings and an eclectic array of military historians, academics, intelligence experts and former and present serving Army personnel.

PROFESSOR TOM FRAME is the Director of the Australian Centre for the Study of Armed Conflict and Society (ACSACS) at UNSW Canberra.

DOCTOR ALBERT PALAZZO is the Director of Research for the Australian Army and has written extensively on Australian military history.



Remembering Paul Brickhill, Australian creator of *The Great Escape*, *The Dam Busters* and *Reach For The Sky*

By Stephen Dando-Collins

100 years ago in December, Paul Brickhill was born in Melbourne. He would join the RAAF, fly Spitfires, be shot down in North Africa, and participate in the Great Escape. After the war he would thank the enemy pilot who shot him down for helping him become the king of war story authors. He didn't thank him for the PTSD that would later cripple his life.

Brickhill, son of a Tasmanian journalist and co-founder of the AJA, grew up in Port Pirie, Adelaide and Sydney. He was the only one of George Brickhill's five sons to follow him into journalism, becoming a star reporter for Sydney's Sun before joining the RAAF in 1941.

Dux of his class at Uplands, Ontario, Brickhill trained in Spitfires at Llandow, Wales before being seconded to the RAF's 74 Squadron. In North Africa, he flew with 74, 145, 127, and 274 Squadrons – in the later case flying a Hurricane in the Second Battle of El Alamein, before joining 92 Squadron in December, 1942.

Back in Spits, Brickhill still hadn't shot down a single plane by March 17, 1943, the day he himself was shot down in a dogfight over the desert. He always thought he'd been downed by an Me-109. In reality, it was an Italian Macchi 202.

As his Spitfire spiralled toward the desert, Brickhill was trapped half in, half out by his parachute pack. He resigned himself to dying, only to be thrown free at 1,000 feet, just in time to deploy his parachute.

Once he hit the sand, his chute dragged him through a minefield before depositing him

at the feet of troops of the Italian 1st Army. Miraculously, he'd survived the fall, and the minefield.

Brickhill was sent to a Luftwaffe-run POW camp in German Silesia, Stalag Luft 3 –not Stalag Luft III as it's often incorrectly written. There in North Compound, Roger Bushell, known as Big X, brought Brickhill into the X Organisation, the prisoners' escape team.

One of Brickhill's X Organisation tasks was to listen to BBC Radio news on a secret radio, copying down reports in shorthand. The first time he went down one of three escape tunnels, to dig, to his great embarrassment he suffered from severe claustrophobia and had to get out – the first obvious manifestation of his PTSD.

Bushell then appointed Brickhill head of security for X Organisation's forgers, who were creating fake documents for what Brickhill came to call *The Great Escape*. At the last minute, Roger Bushell pulled the names of Brickhill and several other claustrophobia sufferers from the escape list, telling them he couldn't afford to have them panic in the tunnel when the break was going down.

A bitterly disappointed Brickhill remained in his bunk as 76 RAF prisoners made their escape on the night of March 24/25, 1944. Only three escapees made it back to England. The rest were recaptured, with fifty of those, including Bushell, executed by the Gestapo.

Brickhill was so shocked by the executions he determined to write the story of the *Great Escape* after the war to honour those

fifty men. With Brickhill focusing on the *Great Escape*, he and fellow POW Conrad Norton, a South African war correspondent, put together enough material for a book about Allied escapes, interviewing fellow POWs about their escape experiences.

Brickhill kept extensive notes for the book rolled in his blanket when 300,000 Allied POWs were force-marched west by the Germans in January, 1945 ahead of the advancing Soviet Army. While entering his final POW camp, near Bremen, a guard at the gate pointed to Brickhill's bedroll.

"What have you in there?" the German demanded.

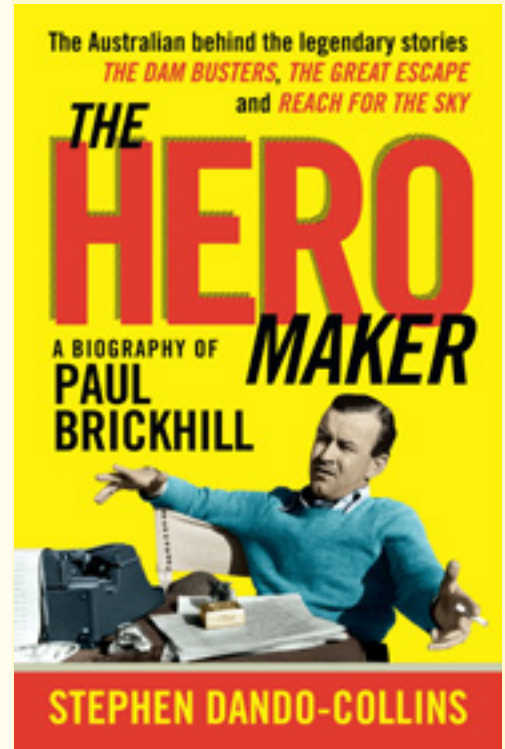
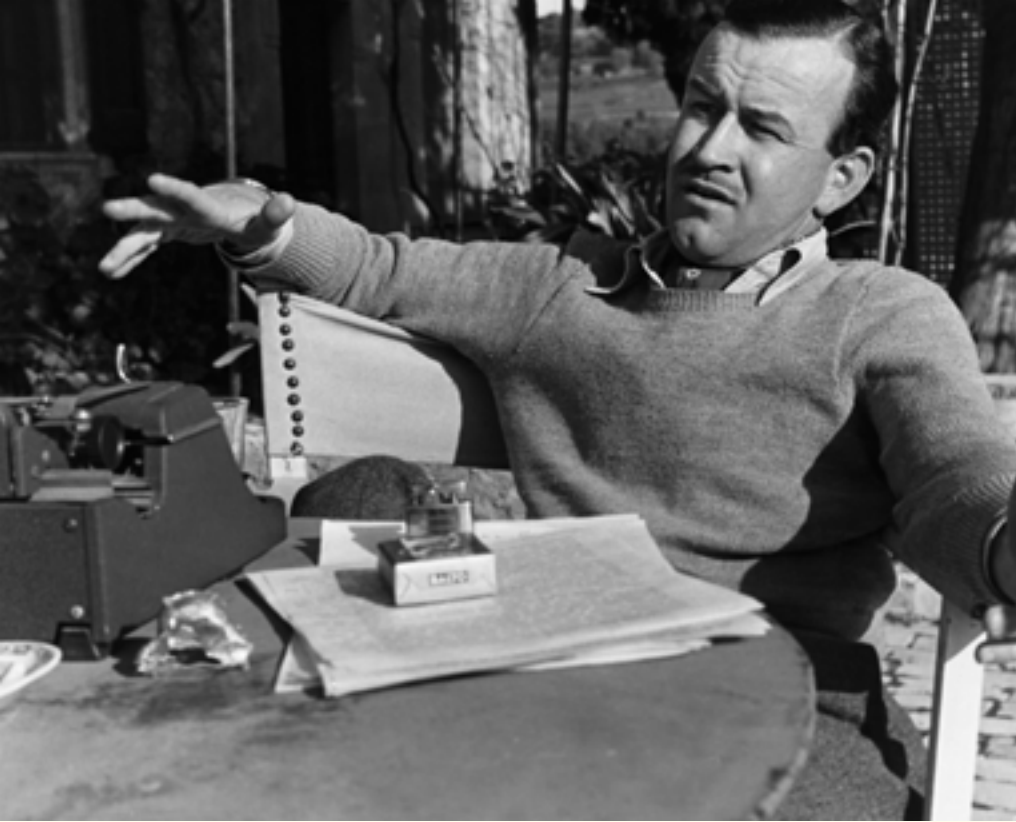
"A tommy-gun," Brickhill quipped.

The guard laughed, and let him by without inspecting the bedroll.

By May, Brickhill had been liberated by the British Army, and, back in England, he was urged by Conrad Norton to put their book together. He did it reluctantly. But then he found a London literary agent, who found them a publisher. Brickhill also wrote a ten-minute talk about the *Great Escape*, which he gave on the BBC.

With the Brickhill-Conrad book, *Escape to Danger*, not due out until 1946, Brickhill impatiently wrote a feature article about the *Great Escape* for the Australian press, and another for *Reader's Digest*.

By the time *Escape to Danger* came out, to mild success, Brickhill was the Sydney Sun's European correspondent, covering the



Nuremberg War Trials, and later the paper's US correspondent, in New York.

Back in Sydney in 1948, he was approached by the RAF to write the history of 617 Squadron, the Dam Busters. He turned them down. But, when an English publishing friend approached him to write the book that would become *The Great Escape*, he seized the offer, as it would get him back to England.

While sailing from Sydney to Southampton in 1949, Brickhill met Margot Slater, a tall budding model twelve years his junior, who urged him to revisit the Dam Busters project. Brickhill both married Margot in London in 1950 and took on *The Dam Busters*.

That year, *The Great Escape* became a huge international bestseller, with *The Dam Busters* following suit the next year. Legless fighter pilot Douglas Bader then

approached Brickhill to write his biography. The resulting *Reach for the Sky* was an even bigger bestseller. *Escape or Die*, a subsequent escape anthology, proved another success for Brickhill.

In 1953, he was the top-earning author in Britain. And that was before the massive success of the movie versions of *The Dam Busters* and *Reach for the Sky*. But, drinking heavily, with his marriage coming apart at the seams, and despite a resurgence of his fame with 1963's *The Great Escape* movie, over the next thirty-eight years he would publish just one more book, a lacklustre novel.

Brickhill died twenty-five years ago in 1991, in Sydney, a rich although tormented recluse, having skillfully made heroes of men whom history might otherwise have forgotten. According to London's *Times*, he has never been surpassed as an author of war stories. ■

STEPHEN DANDO-COLLINS

STEPHEN DANDO-COLLINS is the award-winning author of 38 books. *The Hero Maker*, his biography of Paul Brickhill, has recently been published by Random House. Stephen will be talking about *The Hero Maker* at Melbourne's Shrine of Remembrance on the evening of Thursday, December 8. See the Shrine's website for details.

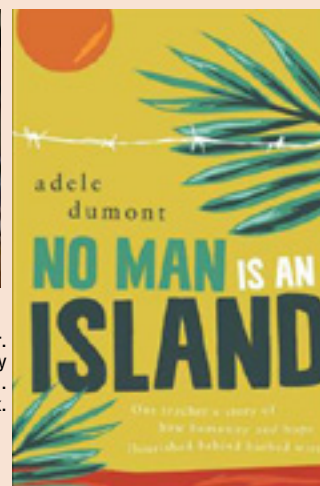


The Last Post speaks with 'No Man Is An Island' author Adele Dumont

In 2010, 24-year-old Sydneysider Adele Dumont volunteered to teach English to men in immigration detention on Christmas Island. She didn't expect to find the work so rewarding or the people she met so interesting. So when she was offered a job working at Curtin detention centre near Derby in Western Australia, she took it.



Above: Author Adele Dumont.



Right: Book Cover. 'No Man is a Island' is published by Hachette Australia. \$32.99 paperback, \$12.99 e-book.

Working at Curtin required a fly-in fly-out lifestyle. Adele lived in a donga in WA, her life full of bus trips to the detention centre; back home in Sydney, she was overwhelmed by the choices and privileges people had. What kept her returning to Curtin were her students: men from many lands who had sacrificed all they knew for a chance to live in Australia; men who were unfailingly polite to her in a situation that was barbarous. Men who were looking for an opportunity for a better life. NO MAN IS AN ISLAND is a unique personal story that takes a humanitarian stance on immigration detention. It makes the issue of immigration detention accessible to far more interested Australians than newspaper articles. It is a vividly told story full of characters and humanity. It is the story about immigration detention all Australians need to read.

The Last Post: Welcome to The Last Post, Adele. The detainees on Christmas Island, as outlined in your book, are called "clients". Why that description?

Adele Dumont: The explanation that was given to me was that it is the neutral term for all staff to use, which I found quite strange but as time went on, it did make sense. I didn't think much about it after that.

TLP: Arriving on Christmas Island, what were your first impressions? You'd never been there, it was new ground for you. What were you feeling?

AD: I went there, not knowing very much about what I was getting myself into. Because there's a media blackout on detention centres, I didn't even know what countries asylum seekers came from or what kind of people they were. Everything I'd heard about detention centres was really bad. I went there expecting a pretty depressing kind of place and I was surprised that the clients were amazingly welcoming and excited about learning English.

TLP: Prior to going to the island, had you been forewarned about not going into too much detail with other people about what you were doing there or about the conditions on the island?

AD: I really wasn't given much information at all. All I was told were my flight times and that I would be teaching English and that I would be in a high security centre working with adult males but that was just about all the information I was given. When I was on the island, remember I was a volunteer but we were told not to

communicate with staff members and not to relay any information back home.

TLP: How did that focus on secrecy make you feel?

AD: It heightened the sense of adventure, I think. I was 24 at the time. All of the volunteers were very young. There was a feeling about how lucky we were to be going to a place a lot of journalists would kill to get into.

TLP: "Debriefing", Adele. Could you explain what that was and how often it took place?

AD: Debriefing was something that was used by the volunteer organisations that we were working for. At the end of each day we would all meet, the dozen or so volunteers. We'd sit in a circle and we'd go around that circle with everyone having to say something positive about the day and then something negative about the day. Then we'd all be asked to put a positive spin on the negative.

TLP: Tempting to call that bizarre but how did you view it?

AD: Yes, well when I first arrived on the island I was taken aback at how upbeat all of the volunteers were. My feelings were that it had been viewed as a desperate situation and yet here were these volunteers upbeat and making jokes. It took me some time to realise that being with the asylum seekers wasn't depressing despite the circumstances. It was actually uplifting work.

TLP: That reflects what you've said in your book in line with your confidence that a

lot of these refugees, asylum seekers, clients, call them what you will, had and have the intelligence and resilience to get through this situation. You seem to have got a lot of positive feedback from your time there?

AD: Definitely. A lot of the clients when they first arrive are full of hope and energy and determined to learn English and all about Australian culture. My response was that they were incredibly resilient people and they don't really need my help.

TLP: Was your decision to go to Christmas Island in the first place based on a sense of adventure, a willingness to try something new?

AD: Yes but at the time it didn't seem that way or even seem that important. I viewed it more as just a four-week. I thought I had nothing to lose and it sounded interesting. I had been a little concerned that I'd had a habit of feeling others pain too easily and I imagined the asylum seekers sitting around telling harrowing stories about being tortured and traumatised but the fact was that they didn't all sit around telling depressing stories, instead they were welcoming and inquisitive, wanting to know all about me and Australia.

TLP: Was it an eye-opener, that first day, or second day when you had your first meeting with the refugees who wanted to attend the English class?

AD: Yes, it was to see how motivated people were. I'd taught English in Sydney, before going. There you tended to have to try and motivate students to come to class, to get there on time and to put their phones away. With the refugees it was incredible how motivated and keen everybody was, to come to class. In the end we had so many wanting to attend that we had to put a limit on class numbers because it became almost too popular. And on my first day of teaching on Christmas Island, I can remember

what I wrote in the book and that was that there were a lot of people in the room, maybe 40 people and everybody sitting there in silence, looking like they're waiting for a concert to begin. They were very attentive, waiting for the teacher to start so they could take notes.

TLP: You also mention in your book, a lot of the asylum seekers or clients or whatever you choose to call them, had been through a lot and travelled great distances before they found themselves on Christmas Island. They'd come across land and then left Indonesia by boat, so they'd already been through one hell of a journey and survived it.

AD: That's right. Some of these men had had to leave Afghanistan when they were children and then fled through Iran and Pakistan and then lived there for 10, maybe 20 years and then some had been deported back to Afghanistan, several times perhaps. Some had then tried to get to Europe or some had tried to settle in Pakistan but when the situation there became too unstable, some would then decide to try and make the journey to Australia. Those journeys, the relocations could take up years of a person's life. Some of these men ended up in prison in Indonesia or Malaysia before making the treacherous journey with the hope of reaching Australia.

TLP: You weren't supposed to express a political opinion on the matter of detaining the clients slash refugees but then how did you feel this book should be interpreted and what did you, personally get from this experience?

AD: Yes, it is an extremely politicised issue and it's quite problematic, the way the debate is handled in Australia. There's generally seen to be two camps. The first camp believes that all of these boat people are potential terrorists and we have to stop them invading Australia. On the other side you have people who say that boat people are victims and that we need to help them and show compassion, which naturally I agree with. But at the same time, I think that that is not the full story. Constantly referring to them as victims, in its own way, dehumanises them because it then appears that we are not treating them as the human beings they are, instead they become a political issue. I would like the people who read it....well, some people who've read it are surprised at the humour in it and there is. We should be interested in these people as real humans and want to hear more stories without becoming enraged on the subject. We've let the discussion become focused on political issues and groups.

TLP: After that you went to the Derby detention centre in Western Australia. Can you speak to us about that?

AD: On Christmas Island I was a volunteer. I ended up staying there for about four

months. Serco, the security company that run the detention centres offered me a contract to work in Western Australia. I jumped at the opportunity and flew to Curtin, which is a bit inland from Broome and very, very hot. The detention centre there is on a military airbase.

TLP: You were on a wage there so you felt perhaps more enveloped than you might have wished?

AD: Yes, you're right. As a volunteer I felt somehow separate and that I hadn't surrendered any principles. There was a kind of purity to it, I had felt as though I was on the clients side and somehow against Serco. Then Serco invited me to become part of them. It was a bit of a dilemma because I didn't agree with the way the detention centres were being run. At the same time I felt this move may give me the opportunity to do some good as a teacher and that getting paid would mean that I could stay there longer.

TLP: Do you think the Serco people at Curtin had put up an emotional wall to help them deal with the refugees plight or that there was general disinterest in the refugees? How do you think most people that worked there were dealing with it, how did you deal with it?

AD: Most of my colleagues had worked in prisons or detention centres for most of their lives. I don't know about consciously but they definitely put up a wall and weren't curious about the asylum seekers at all. I think a lot of outsiders think the officers there are abusive or that they enjoy being cruel but I don't think that's the case. Instead, I think it's because they are grossly undertrained. Having worked in prisons, they see the clients as inmates and treat them accordingly. For most people there it appeared to be just a job. They are not drawn there for humanistic reasons, rather perhaps to pay off their mortgages. They're often working 72-hour weeks, often nightshifts. It's not a glamorous job at all. As a teacher though, the clients treated me with a great deal of respect. I'm not sure that respect was offered to the officers.

TLP: How did you feel, knowing you were helping these people? I mean, a lot of them didn't know much about Australia at all.

AD: A lot of the men I was teaching had never been to school. They were not literate, even in their own language. Their knowledge of the outside world, save for what they'd been through was limited. They were eager to learn. They were keen to learn simple things like "How much are a pair of pants in Australia?" or "I'm a shepherd, when can I get a job in Australia?"

TLP: In the book, you tell the story of the seven-year old girl, Tabasoom who accompanied her father to English

classes. Can you tell us a bit about her because that's a wonderful way to finish off the book.

AD: Yes, Tabasoom's in the final chapter which is when I left Curtin and returned to Sydney. When I returned to Sydney I really missed Curtin, strange as that may sound. Then I came across this guy, Hassan who organises English classes in Auburn. I got to meet his family and his three children and especially his daughter, Tabasoom who tags along to English classes and ends up being my little helper. There's one scene in the book where some of the students arrive early and they see me and Tabasoom chatting and they ask if Tabasoom is my sister or daughter or cousin. They were confused and shocked that she could speak English. Tabasoom told them that she went to school in Sydney and I thought it was an interesting symbol of a seven-year old who came from overseas, her parents too and from a different culture but for Tabasoom, Australia was home. It was a simple thing that she was able to get her head around and we, as adults find it so difficult to grasp.

TLP: Do you think the issue for a lot of Australians is that the intensity of the situation a lot of the refugees have been through is something we know little or nothing about. The thought processes of the refugees is different because of that. Sometimes it seems like some Australians are unable to put themselves in the shoes of the refugees.

AD: Definitely. I've heard refugee advocates ask people to imagine what it would be like to be in their shoes and I can see where they're coming from but for most Australians it's impossible to imagine what it would be like because their experiences are so far beyond the realm of what our daily lives are about. In the book I've used some simple, almost banal conversations as a link rather than go through the aspects of torture and hardship which are harder for us to imagine and therefore relate to.

TLP: Do you think most Australians don't share the government's hardline approach to this?

AD: I think the Australian public has been manipulated by our governments and the media on this. The fact that there is a media blackout makes it easier for the public to be manipulated. If you never see somebody's face or hear their voice and if you only hear about the "hordes of illegal" arrivals I think some people respond with an understandable fear. When I've introduced asylum seekers to my friends and family, everybody is startled at how lovely they are. I think even people that harbour hardline attitudes can have their opinions turned around quickly by just doing something simple, like having dinner with these people or by having a cup of tea. ■



The Australian Flying Corps & the Royal Australian Air Force Association

Five months before the ANZAC landings on Gallipoli, the Australian Flying Corps went to war aboard HMAS Una, formerly the Governor of German New Guinea's yacht Komet. She conveyed a small aviation unit, commanded by Lieutenant Eric Harrison and comprising Lieutenant George Merz, four mechanics, and two aircraft, to New Guinea, to support the Australian Naval and Military Expeditionary Force (ANMEF) in ousting German forces from New Guinea. In anticipation of robust action, Harrison and two of the mechanics fitted propellers to a number of 16-kg artillery shells to convert them into bombs.

By the end of 1914, German New Guinea was under Australian military administration. This created much congratulations among the officers commanding the naval and military operations, but the fact that the aircraft were never needed caused great disappointment to the aviation staff. The aircraft remained in their crates, and were returned to Australia, in mid-January 1915.

On 8 February 1915, the Government of India cabled the Australian Government with an urgent request for pilots, mechanics and aircraft to provide an air reconnaissance unit in Mesopotamia, which was under Ottoman Turkish rule, and rich in much needed oil. The British War Office had directed the Indian Army to seize the oilfields to ensure a regular oil supply.

Australia had no aircraft to send, but offered Major Henry Petre, the chief flying instructor at Point Cook, in command of a 'Half Flight', officially formed on 1 April 1915, comprising Captain Thomas White, Lieutenant George Merz, Lieutenant William 'Harry' Treloar, 41 NCOs and other ranks, together with mechanised transport and mule transport, but no aircraft.

At Basra, they found two British Indian Army airmen and some more mechanics in charge of two Maurice Farman Shorthorn aircraft, and a single Longhorn. Two Caudron G.3 were later added to the complement.

The first operational flights were undertaken on 31 May 1915. These were reconnaissance of the enemy positions north of Qurna, and their reports led to a successful British advance on the town,

and the subsequent capture of 2000 prisoners, 17 guns and the sinking of two gunboats.

By August 1915, the Half Flight had become 'A' Flight of No 30 Squadron, Royal Flying Corps, and had acquired four Martinsyde scouts, which were soon reduced to a single airworthy aircraft. The strength of the unit was increased by the inclusion of two Indian Army airmen, and a New Zealand pilot.

On 30 July, after a reconnaissance of Nasiriyeh, Lieutenants Merz and Burn (the New Zealander) landed in the desert with engine trouble. They were attacked by marauding Arabs, eventually overcome and killed. Their bodies were never found, but the hacked apart aircraft was located and returned to the depot for salvage.

On 13 November, Captains Thomas White and Frank Yeats-Brown, volunteered to cut the main telegraph line into Baghdad. Carrying necklaces of guncotton and extra tins of fuel and oil, they landed where the surface looked smooth, but crashed into a telegraph pole rendering the aircraft irreparable. Yeats-Brown managed to blow up the wires, under fire, as White refuelled the aircraft, hoping to taxi it to safety. He failed, and they were captured and interned. White later escaped after two and a half years in captivity, recalling his story in his book, *Guests of the Unspeakable*.

On 29 April 1916, the British garrison at Kut surrendered after a 146 days siege. Only 12 of the original mechanics from the Half Flight at Kut escaped to Basra to be absorbed into 30 Squadron, RFC. It was the end of the Australian Flying Corps' contribution to the air war over Mesopotamia.

Little is known about the AFC in France, Egypt, and the UK. All told eight squadrons were formed. Four combat squadrons – Nos. 1, 2, 3 and 4, and Nos. 5, 6, 7, and 8 Squadrons formed in England to train reinforcements.

No.1 Squadron formed at Point Cook, with no aircraft, and was sent to Egypt. Its first operation, a reconnaissance flight, occurred on 12 June 1926. In December 1926, its flights, which had been scattered about the Suez Canal Zone, came together, and supported the advance through Palestine. In September 1918, the squadron received the only Handley Page Bomber to operate in theatre.

The squadron returned to Kantara in February 1919, sailed for home on 5 March and disbanded. As Number 1 Squadron, of the newly established Royal Australian Air Force, it formed on 1 January 1922, at Point Cook.

No.2 Squadron formed in Egypt, in September 1916, and was sent to the United Kingdom, before moving to St. Omer, France. On 2 October, the squadron fought the first Australian air combat in France. Following the Armistice, the squadron remained in the vicinity of Lille. In February 1919, the squadron handed over its aircraft, returned to Australia, in June, and disbanded. It reformed, as Number 2 Squadron, RAAF, on 10 January 1922, but disbanded in July, until re-formed on 3 May 1937.

Formed, at Point Cook, as No. 2 Squadron on 6 July 1916, it became No.3 Squadron on 25 October 1916, and embarked for England. It deployed to Cambrai, France in September 1917. The squadron provided air support to the Australian Imperial Force (AIF), and to the first joint AIF/US Army operations. The squadron remained, following the Armistice, until March 1919, and embarked for Australia, and disbandment. As No. 3 Squadron, RAAF, it re-formed, at Point Cook, on 1 July 1925.

No.4 Squadron, formed at Point Cook, on 16 October 1916, and arrived at St Omer, France on 18 December 1917. Equipped with Sopwith Camels, the squadron bombed and strafed German troops in their Somme offensive.

As part of the British Army of Occupation, the squadron moved to Cologne, in December 1918. In March 1919, it embarked for Australia, and was subsequently disbanded. It reformed as a unit of the RAAF, at Richmond, NSW, on 3 May 1937.

All told during WWI, the AFC put through its ranks a total of 460 officers and 2,234 other ranks. Fifty-seven of the pilots became 'Aces' with approximately 100 decorations, including the only Victoria Cross, awarded to Lieutenant F H McNamara.

The post-war report on the AFC showed an outstanding record of enemy casualties credited to the four combat squadrons during their time in the Middle East and France; a total of 517 enemy aircraft, and 33 balloons, had been destroyed.



With the formation of the Australian Air Force on March 31, 1921 (the "Royal" prefix was conferred in August), the backbone of the newly formed branch of the Australian Forces was, in the main, ex-members of the Australian Flying Corps.

On 26 February, 1920, a dinner was held in Melbourne to welcome Ross Smith, and his crew, following their successful flight from England to Australia.

This meeting was the genesis for the formation of the Australian Flying Corps Association, in Victoria. Similar groups, in other States, followed, and, in 1930, they amalgamated, to form a national association.

A new constitution was adopted in December 1940, and the various Australian Flying Corps' Association branches wound up their affairs and reformed as branches of the "Air Force Association", the objects of which were to:

- "foster the spirit of friendship formed in service and to perpetuate and honour the ideals of H.M. Air Forces;
- "preserve the memory of our comrades who died in service;
- "make suitable provision for the sick and wounded, and to care for their dependants; and,
- "promote amongst members the highest degrees of citizenship, and to serve Australia in peace and war."

The Air Force Association, today, upholds those same values through advocacy for the entitlements of serving and ex-service members of the Royal Australian Air Force, the provision of welfare assistance to ex-service personnel in strained circumstances and/or ill-health, commemoration of significant events in the nation's military history, and advocacy in support of the Royal Australian Air Force and its role in the nation's defence. ■





The Battle Of Long Tan

David W Cameron | Angus and Robertson

On the afternoon of 18 August 1966, a rubber plantation near Long Tan, in Phuoc Tuy Province became the stage for one of Australia's bloodiest battles of the Vietnam War.

On the 50th anniversary of this battle, critically-acclaimed military historian David Cameron brings us The Battle of Long Tan in commemoration of the men who fought in the rubber plantation of Long Tan – and those who did not come home.

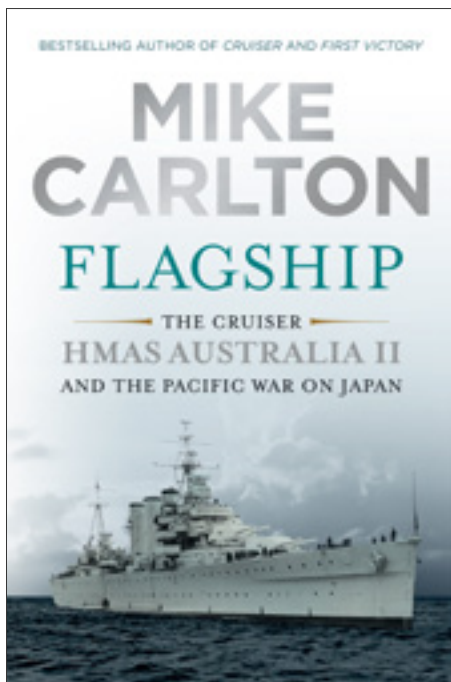
Drawing heavily on unpublished first-hand accounts from Australian servicemen, as well as their American and Vietnamese counterparts, Cameron brings to life the events of this famous battle as it unfolded – minute by minute, hour by hour – and reveals the deeds of heroism and mateship now part of Australia's Vietnam War story.

While patrolling five kilometres east of Nui Dat, Delta Company of 6RAR, originally numbering just 105 Australians and three New Zealanders, collided with Viet Cong forces numbering around 2500 troops in the plantation, ahead of a planned Vietnamese ambush.

The enemy were surprised by their sudden appearance and attacked in force, using mortar, machine gun and small-arms fire. Completely surrounded, and short on ammunition, what was first thought by the Australians to be a significant defeat quickly turned out to be a major victory.

Morning light revealed a shattered woodland, trees bleeding latex – and hundreds of dead enemy soldiers who had fallen as part of numerous human-wave assaults against the small Anzac force.

Cameron's compelling account puts Australia's involvement – and the Battle of Long Tan – in context, while confronting head-on a number of historical issues that plague the Long Tan story, including the issue of the Viet Cong objectives and forces involved. ■



Flagship

Mike Carlton | Penguin Books

In 1924 the grand old battle cruiser HMAS Australia I, once the pride of the nation, was sunk off Sydney Heads. She had saved Australia from a German attack in the Pacific in World War I, but after the war she was a victim in the race to disarm. There was a day of national mourning when they blew the bottom out of her.

In 1928 the RAN acquired a new ship of the same name, the fast, heavy cruiser HMAS Australia II, and she finally saw action when World War II began, patrolling the North Atlantic on the lookout for German battleships.

By March 1942 Australia had returned home, where the ship was stunned by a murder. One night one of her sailors, Stoker Riley, was found stabbed and bleeding to death. Before he died, he named his two

attackers, who'd tried to kill him because, he said, he'd threatened to expose their homosexual activities. At a hastily arranged court martial, the two men were found guilty and sentenced to death under British Admiralty law.

Only weeks later Australia fought in the Battle of the Coral Sea near Papua New Guinea, the first sea battle to stop the Japanese advance in the Pacific. She was heavily attacked and bombed from the air but, with brilliant ship-handling, escaped unscathed. In 1944 she took part in the greatest sea fight of all time, the Battle of Leyte Gulf, which returned the American General Douglas MacArthur to the Philippines. She was struck by a kamikaze bomber, killing her captain and 28 other men. The next year, she was hit by no fewer than four kamikaze planes on four successive days. She was, in fact, attacked by more kamikaze aircraft than any other Allied ship in the war, and in the end this finished her war.

She retired gracefully, laden with battle honours, and was scrapped in 1956 – the last of her name, for the navy no longer uses Australia for its ships. In this riveting book, with his inimitable panache and flawless research Mike Carlton tells the story of Australia, which encompasses the era's fascinating naval and social history.

Mike Carlton is one of Australia's best-known media figures. With a career spanning print, broadcast and television, he turned his hand to a life-long passion in 2010, publishing the acclaimed Cruiser, the story of the HMAS Perth and her crew. In 2014, First Victory was released, chronicling the HMAS Sydney and her battle with the German raider Emden. ■



High Court Rules That Australian Seafarers Have the Right To Work In Their Own Country

It's not often that ordinary workers have to head to the High Court in order to keep their jobs in their own country. But that's exactly what happened to Australian seafarers in the lucrative offshore oil and gas sector at the end of August this year.

The workers emerged victorious in the High Court following a long-running battle against the Abbott/Turnbull Government's efforts to exempt foreign workers on vessels in the offshore oil and gas sector from domestic visa requirements.

At face value, this case is a no brainer, particularly when you consider the value of maintaining an Australian coastal fleet given that during World War 2, one in seven merchant seafarers died protecting Australia and its interests.

Indeed this was a case reminiscent of the Australian classic film *The Castle*, where a judge asked Darryl Kerrigan: "And what Law are you basing this argument on?" Kerrigan replied: "The law of bloody common sense!"

The background is complicated. In 2012, the Federal Court of Australia handed down a decision that highlighted the issue of non-citizens being able to work on Australian offshore vessels without

visas when vessels were located outside the Migration Zone.

The then-Labor Government protected Australian jobs in the offshore oil and gas sector by responding to the 2012 Allseas case with a Bill that extended the Migration Zone to address a flaw in Australia's migration law.

Within six months of its election the Abbott Government introduced a Bill to repeal the Migration Amendment (Offshore Resources Activity) Act 2013 (ORA ACT) that was passed by the ALP-led Parliament in 2013.

It also introduced a Regulation under the ORA Act that specified an inappropriate visa class as a work visa to conform with the ORA Act (the Maritime Crew Visa, which is a transit visa for visiting international seafarers, not a work visa).

When the Senate rightly disallowed the regulation specifying that visa, the Government introduced a Ministerial Determination effectively making the ORA Act null and void in complete disregard to the wishes of the Parliament.

The Maritime Union of Australia (MUA) and Australian Maritime Officers Union (AMOU) then took the case through the Federal Court, Full Federal Court and eventually, the High Court.

Speaking outside the High Court in Canberra following the victory, MUA Deputy National Secretary Will Tracey said: "Today is a fantastic day that again

has reinforced and confirmed our right to work in our industry.

"The High Court has backed in working rights for seafarers today and should also send a signal to the Australian Government - Michaelia Cash and Peter Dutton in particular - that they should listen to the will of the Senate, the Courts and the people."

MUA National Secretary Paddy Crumlin said the High Court saw through the blatant skullduggery and legislative trickery the Abbott/Turnbull Government had used to ignore the Senate and the Full Federal Court.

"Unions watched the matter very closely because it was a blatant attack on Australians' rights to work in their own country," Crumlin said.

"Bringing in often exploited foreign workers is a dangerous attack on the rights and safe working conditions of seafarers, regardless of their nationality.

"The offshore industry in any country's territory must be the domain of the national workforce as it involves the development of that country's sovereign and public wealth."

AMOU President Tim Higgs said: "The Government has hugely overreached with these tricky legislative instruments. The Minister's attempts to bypass existing laws and give unfettered work rights to non-Australian workers was always a terrible idea." ■

In recognition of the Merchant Navy By Phil Mason

In the year 2000, after many years of lobbying, the Australian Government set aside 3 September as Merchant Navy Day; the official day of remembrance of seamen and women who have sacrificed their lives for their country. This particular date was chosen because of an incident that took place just eight hours after WWII was declared on that day in 1939. A German submarine sank the merchant ship SS Athenia as she commenced her outward bound journey from England to Canada. Though still in sight of the Irish coastline at the time, of her 1100 passengers and crew 110 lives were lost at sea that day.

I began to learn about the Merchant Navy when, as a young boy, I commenced my seamanship training on the SS Vindicatrix; a course typical of a British merchant seaman's pathway to a career in the commercial shipping industry. Although my training took place in the late '50s I was interested to learn that this particular ship had a proud and significant connection with the British Merchant Navy. Prior to World War II more than 70,000 young British teenagers aged 15 to 17 years had been trained in seamanship on the SS Vindicatrix. These young men were subsequently called upon to serve when war broke out in September, 1939 and many lost their lives.

The SS Vindicatrix was so crucial to seamanship training in Britain that she was moved from London to the safer haven of Sharpness to avoid being damaged by the heavy bombing undertaken by the German Luftwaffe. Towed around the English coast via the River Severn she was brought to rest in her new home where she resided for the next 28 years, working as a training ship for young men keen to learn the art of seamanship just like myself. It was here that I first learned what it meant to be a deck hand (above deck) or a steward (below deck) and where my passion for life as a commercial sailor was fostered. Vindicatrix ended her service in 1967. A simple memorial plaque in Sharpness serves as the only reminder of the contribution to military history, she and all who trained on her, had made.

To this day there are many who are totally unaware of the role British and Australian merchant seaman have played in the first and second world wars – and indeed in subsequent conflicts in which merchant ships have been called upon to serve.

The British Merchant Navy was first pronounced a NAVY in 1928 by King George V. He declared that Edward, Prince of Wales would be "Master of the Merchant Navy and Fishing Fleets"; a title Edward retained after his accession in January 1936, and which was only relinquished at his abduction in December that year to marry Wallis Simpson.

In WWI the Merchant Service had suffered heavy losses from German U-boat attacks, with approximately 14,660 merchant seafarers killed. It was in honour of the sacrifice made by these men that King George V granted the title "Merchant Navy" to the service.

At present Queen Elizabeth is "Master of the Merchant Navy" and given that she holds only honourable titles in the Commonwealth's Navy, Army, and Air Force, this makes the role particularly significant.

When the United Kingdom entered the Second World War, King George VI issued the following message to the Merchant Navy:

"Yours is a task no less essential to my people's experience than that allotted to the Navy, Army and Air Force. Upon you the Nation depends for much of its foodstuffs and raw materials and for the transport of its troops overseas. You have a long and glorious history, and I am proud to bear the title 'Master of the Merchant Navy and Fishing Fleets'. I know that you will carry out your duties with resolution and with fortitude, and that high chivalrous traditions of your calling are safe in your hands. God keep you and prosper you in your great task."

In the Second World War, over 3500 Allied ships were sunk between 1939 and 1945, with more than 32,000 merchant seafarers' lives lost. German U-boats alone sank 2,828 Allied ships (around two-thirds of the total allied service fleet). In 1943 the hospital ship Centaur was sunk by a torpedo fired from a Japanese submarine. Of the ship's crew, 26 were in the Merchant Navy.

The badge of the Merchant Navy is worn proudly by merchant seamen and women on our caps and blazers. This is despite a history of having been rebuked as conscientious objectors and sometimes abused and spat upon during war time - mainly because we wore 'civvies' while performing merchant

navy duties and were therefore not perceived to be 'doing our bit'.

Prime Minister John Curtin understood the importance of the Australian Merchant Navy and made the following tribute in his famous speech of 26 January, 1943 with the words:

"The men of the merchant navy have distinguished themselves in silent devotion to duty."

Merchant ships have been requisitioned by successive Australian Government's for armed service and although none were built for military service or speed, some have had armaments attached. Sadly the crews of these merchant ships were not compensated for this service. Nor were their families provided with a pension if they were killed. If their ships were sunk and they were lucky to survive, their wages were simply lost. They and their families went without, as they sought alternate postings on other vessels as quickly as they could to avoid impending bankruptcy.

Some seamen survived a sinking only to be interned and tortured in an enemy camp for the duration of the war, with the details of these stories only now beginning to come to light.

Ships requisitioned by the Australian Government included trawlers, coasters, tankers and cruise ships. These merchant vessels carried oil supplies, troops, armaments and food to all theatres of war. Some escorted naval ships, while others were left to fend for themselves as they undertook assigned duties that included journeying through seas known to present high risk to all. All were manned by merchant seamen and women who displayed great courage and commitment to providing the support they were called upon to deliver.

In 1986, the South Australian merchant ship Falie, now based in Port Adelaide, became the primary vessel for world renowned shark expert Rodney Fox, for his shark and diving tours conducted around

the South Australian coast. Prior to this the Falie was taken into military service during World War II ferrying troops and supplies to Papua New Guinea in enemy territory and later acting as a watch dog in Sydney Harbour. It was the Falie and her crew who discovered a Japanese midget submarine trying to infiltrate Sydney Harbour, alerting authorities to this Japanese presence in the heart of Australia. Later she carried explosives around the Australian coast.

Members of both the British and Australian Merchant Navies are spread throughout Australia. We keep in touch and reunite with each other on a regular basis. In South Australia we meet at Cheltenham Cemetery on 10 July each year to commemorate "Sea Sunday" – a day we set aside to honour all seafarers who have given their lives in the service of their country. We meet at Cheltenham because there are more than 80 graves in this cemetery whose memorial headstones are dedicated to merchant seamen and women.

Today many veterans of Australia's Merchant Navy proudly wear medals presented by grateful foreign countries

that have recognised their service during turbulent war years. Sadly, very few have been presented with medals by their own country. Thankfully 2008 marked a turning point and change in attitude by the Australian Government, and recognition is now slowly being addressed. With many merchant seamen who are veterans of World War II now in their nineties this recognition cannot come too soon.

On Saturday 23 April this year, at the launch of the Anzac Centenary Memorial Walk in Adelaide, the Merchant Navy Crest was unveiled alongside Australia's four defence force crests. In this remarkable local cut marble stone memorial, the Merchant Navy was formally recognised alongside the Australian Defence Force and Australia's Navy, Army and Air Force, making it a fitting dedication to all who served.

Two days later on 25 April, as part the 2016 Anzac Day Parade, the Merchant Navy Flag (Australian Red Ensign) flew alongside those of the three armed services, carried by the RSL Flag bearers at the head of the march. It was a proud moment for Maritime seamen and women past and

present. This year too, marks 160 years since the establishment of the Mission of Seamen; a dedication to seafarers and their families across the world.

The Merchant Navy proudly makes appearances at all service memorials and parades as the "4th service". We lay wreaths alongside the armed forces in annual Remembrance Day Services held on 11 November, each year.

Next time you reflect on those Australians who have provided service to their country during times of war spare a thought for the Merchant seamen and women who did their bit; both those who survived and those who did not; quietly and confidently ensuring Australia's armed forces had all they needed at the battlefield while bearing the inevitable loss this merchant service has exacted.

With more than 90% of all of the world's trade still being carried by merchant vessels, merchant seamen and women are as relevant today as they ever were.

Lest we forget. ■

Merchant Navy Day

On September 3rd, the Minister for Veterans' Affairs Dan Tehan said Merchant Navy Day was an opportunity for the nation to honour the service and sacrifice of our merchant mariners.

Mr Tehan said Australians should remember the vital contributions made by those who served in the Australian and allied Merchant Navies in times of war.

"Merchant ships played a crucial role transporting men to and from warzones and carrying valuable cargo during the First and Second World Wars," Mr Tehan said.

"Some vessels were converted to military hospital ships. The work was highly dangerous as the slow convoys were at constant risk from enemy fire, sea mines and other threats.

"Memorials around Australia record the more than 600 Australian merchant mariners known to have lost their lives in war, however there are likely more unknown because some Australians served in the merchant navies of allied nations.

"The Centenary of Anzac 2014–18 marks not only 100 years since the First World War, but 100 years of bravery and sacrifice by our servicemen and women, including the merchant mariners we honour today." ■

For more on the Anzac Centenary program, please visit www.anzaccentenary.gov.au

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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.

Keith Campbell story: Humanitarian

By Jessica Brackin

Keith Campbell is a truly remarkable person. He is polite, humble and softly spoken. At 92 years of age, he holds an Order of Australia and a Legion of Honour among other extraordinary achievements.

Keith was a member of the RAAF Bomber Command during WWII as a bomb aimer. One fateful night in July 1944, his aircraft was hit by flak over Germany. Keith remembers, "I was setting course and there was an explosion, somebody screamed 'bloody hell!' and the next thing I knew I was floating down on one strap at about 10,000 feet".

He was the only survivor.

He landed in the middle of the night in a remote field west of Stuttgart, with nothing but the clothes on his back and was forced to rid himself of any easily identifiable military attire. Despite his best attempts at disguising himself he was eventually captured by the Germans and became a prisoner of war.

That was the moment Red Cross entered his life.

While Keith was imprisoned in solitary confinement he received regular Red Cross parcels which included food, clothes, boots and sporting equipment. He says the parcels were "quite literally the difference between existing and surviving".

He used what he didn't eat as legal tender with the prison guards, who were also short of food at the time- toward the end of the war. Keith told me "I couldn't possibly repay the food parcels and clothing I received as a POW", and has been donating regularly ever since.

Keith also made a special decision to leave a gift in his Will to Red Cross because "the Red Cross were, as every POW will tell you, our salvation. It's thanks to Red Cross that I've been able to survive these last 70 years".

Leaving a gift in your Will is one of the greatest gifts someone can make to support our work. It means we will continue to be there, providing compassion and care to those most in need for generations to come.

Every September we celebrate Include a Charity Week – an initiative that helps us speak to our supporters, members and volunteers about the impact they can have by leaving a gift to Red Cross in their Will. ■

Contact our Bequests team to find out how you can leave a gift to Red Cross at bequests@redcross.org.au, or visit redcross.org.au/bequests

fun and games

ANSWERS (from page 54)

N	O	T	A	K	E	A	B	L	L	U	O	L	L	U	O	L	L	U	O	L	L
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CROSSWORD:

9-letter word: *MATRIMONY*
 Notary, Minatory.
 Yarr, Amity, Irony, Mayor, Minty, Moray, Rainy, Rayon, Airy, Army, Arty, Many, Mayo, Nary, Tiny, Tray, Tyro.

WHEEL WORDS:

TRIVIA QUIZ:

1. England
2. Alp, 1972
3. Don Dunstan
4. Liver
5. Paul
6. Denny Laine
7. 1974
8. 1975
9. The Fifties
10. South Australia
11. Bob Day
12. The Chant
13. Of Jimmy
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The Man Who Wasn't There

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He wasn't there when I was born,
but far away in countries torn
by conflicts that went on for years,
to end in tragedy and tears.
And when they brought him home once more,
a stranger entered our front door,
his mind and body wracked with pain,
and nothing was the same again.

He wasn't there when I returned
from school each day, and though I yearned
to feel his touch and hear his voice,
his absence said he'd made the choice
to heal the war's enduring scar
carousing at the local bar.
And when he stumbled home at night,
my mother had to stand and fight.

He wasn't there on Anzac Day
to march and bow his head to pray
for those who gave their lives so we
could keep our fledgling nation free,
a democratic, thriving place
where creed, religion, sex, or race
could not prevent a future where
there'd be abundant wealth to share.

He wasn't there when I had need
of counselling for some misdeed,
and so my teenage years were wild,
a fog of days and nights defiled
by drink and drugs that stole my mind
and rendered me completely blind
to those who tried to lend a hand,
a gift I could not understand.

He wasn't there when years of hell
were turned around, to leave me well
enough to cope, to struggle by,
and walk once more with head held high
to see my mother, ill and weak,
to kiss her softly on the cheek
and hold her hand a little while,
rewarded with her gentle smile.

He wasn't there the night she died
as I sat weeping by her side,
remorseful for the time we'd lost,
the hurt she'd known, the awful cost
of dealing with two wounded men,
the constant, daily battles when
she faced her own survival test
with no relief, no chance to rest.

He wasn't there the day I wed,
to hear me as I humbly said
"I do" and kissed my lovely wife
as we began our brand new life
together, knowing that I would
take any step that meant I could
support our children, come what may,
whatever price I had to pay.

He wasn't there to greet our son,
a generation now begun
to carry forward our proud name,
dispel the past, and lay a claim
to honouring the good we do
in nurturing those people who
are dear to us, despite their wrongs,
for that is where our heart belongs.

So I was there to heed his call
when cancer held him in its thrall,
and shades of death began to close
about his world, for then he chose
to seek forgiveness, make amends,
as should be done when our life ends.
He told me of the war he'd fought,
the shocking damage that it wrought.

For both of us were there at last,
a son, his father, and their past,
and so I looked into his soul
and saw the worst, the brutal toll
of trauma from the battlefield,
to which the strongest man can yield.
Together, then, we said a prayer
for all the men who were not there.

HAPPY 5th BIRTHDAY THE LAST POST

Celebrating 13 editions.



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