FREE (delivery charges apply) BI-ANNUAL ISSUE 14

ANDREW DENTON The Last Post Interview

COLIN HAY COSTA GEORGIADIS DVA UPDATES JOHN KINSELA

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

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foreword

THE HON. DR BRENDAN NELSON AO, DIRECTOR, AUSTRALIAN WAR MEMORIAL



This year marks the centenary of our darkest year of the First World War. When Australia's official war correspondent ended 1916, he thought he had been witness to the worst that the AIF would endure for the war. From the front at Pozieres and Moquet Farm, Charles Bean had seen 'blackened men, torn and whole – dead for days'.

Our young nation sustained 76,000 casualties in 1917 – 22,000 dead. It would begin in the snow of Bullecourt and end in the muddy bloodbath of the Passchendaele Ridge. In just eight weeks we would suffer 10,000 dead - half their bodies never found. Seven Australians would be awarded the Victoria Cross, four of them posthumously.

As the stunning charge of the light horse at Beersheba on 31 October lifted the nation's spirits, the scale of 6,000 dead in the same month in Flanders was yet to sink in. For the second time during the war, our forebears voted against conscription.

For a decade one word was synonymous with inconsolable grief and sorrowful mourning – *Passchendaele*.

The Seabrook family from Petersham, Sydney lost three sons on the Menin Road in twenty four hours. From Keith Seabrook's breast pocket as he died would be removed a photograph of his mother with a single bullet hole through it. Their father would subsequently lose his sanity and their mother her house.

For these sacrifices made in our name, devotion to duty and to Australia we have much to give thanks for on Anzac Day.

"FOR A DECADE ONE WORD WAS SYNONYMOUS WITH INCONSOLABLE GRIEF AND SORROWFUL MOURNING -PASSCHENDAELE."

from the publisher GREG T ROSS

In the last edition of TLP, my wife, Wendy and I spoke about our ongoing battle with Wendy's pancreatic cancer which had been diagnosed in May last year. Wendy succumbed to the aggressive cancer on January 5th this year after a brave and stoic eight-month battle.

In this edition's Health, we feature a 4-page spread on Wendy, followed by a close look at the advancements being made in the treatment of this deadly cancer. Wendy's story, A Journey of Love, is an essay from me about my relationship with this marvellous woman. The Last Post also announces a live musical event, The Concert for Wendy and the fight against pancreatic cancer, to be held in Mitcham Councils – by then newly renovated – Memorial Gardens. It is to be held on Sunday, Oct 28th, 2018 and will start at 5pm. If you would like to perform at this event or know someone who would, please be in contact with me via email, Facebook, Twitter or phone. We have time to ensure this is a wonderfully successful event and would love to see you there. Proceeds from The Concert for Wendy and the fight against pancreatic cancer will go to The Pancare Foundation. www.pancare.org.au

This edition of The Last Post features an in-depth and confronting interview with Andrew Denton on the subject of assisted dying or euthanasia. Andrew speaks with us about his advocacy for giving those most vulnerable an end-of-life option.

Also in Health, author and former police officer Simon Gillard talks with us about his book, Life Sentence and how his suffering from Post Traumatic Stress Disorder (PTSD) affected his career, his family and his life. Like our interview with Andrew Denton, it is a confronting and forthright read. Simon is now an advocate for those with PTSD.

In Music, Arts and Entertainment, The Last Post speaks with former Men at Work frontman Colin Hay. Colin resides in Los Angeles but is due back here early May to begin touring with Deborah Conway, Mental as Anything, Joe Camilleri and Vika and Linda Bull.

In our new Gardening section, we speak with popular Gardening Australia presenter and cult horticulturalist Costa Georgiadis.

In Sport, TLP features AFL, NRL, Golf and Bowls news and a look at John Kinsela, our first Aboriginal wrestler in both the 1968 and 1972 Olympics.

In Travel we feature a special in-depth look at Kokoda and the historic 96km Kokoda Trail, that links the southern and northern coast of Papua New Guinea.

With a look at the 75th anniversary of the bombing of Darwin, DVA Updates, homeless veterans and a poignant story from writer Ian Smith on WW1 indigenous veteran Private Miller Mack, this is another great read.

Peace and prosperity to you until we catch up again.

Keeping the Anzac spirit alive, The Last Post.

Greg T Ross

Greg TRoss Editor and Publisher www.thelastpostmagazine.com

contents

FEATURES

- ${\bf 8}$ Matthew Freckelton Keeping the ANZAC legacy alive, one family member at a time
- **38** Professor Ross Fitzgerald's review of Barry Dickens' book on the last hanging in Australia
- 67 World War I Digger Returns Home By Ian Smith
- 68 Cartoonist of the 'Death Railway' Nigel Starck looks at cartoonist and Burma railway survivor Ronald Searle
- 70 To Paint A War: The Lives Of The Australian Artists Who Painted The Great War80 Ian Townsend's book Line Of Fire
- 96 Neil Mcdonald's book Valiant For Truth: The Life Of Chester Wilmot, War Correspondent
- **104** 75th Anniversary of the Bombing of Darwin

YOUR RSL AT WORK

4 Featuring RSL National, RSL Creswick–Smeaton And RSL Victoria

DVA UPDATES

 ${\bf 14}~~{\rm A}~{\rm collection}~{\rm of}~{\rm updates}~{\rm from}~{\rm the}~{\rm DVA}~{\rm on}~{\rm services}~{\rm available}~{\rm to}~{\rm veterans}~{\rm and}~{\rm their}~{\rm families}$

MUSIC, ARTS AND ENTERTAINMENT

- 16 Former Men at Work frontman Colin Hay opens up to The Last Post about his past, present and future and his coming tour of Australia
- 24 Sydney singer-songwriter Luke O'Shea uses his talents to shine a light on Post Traumatic Stress Disorder
- 26 The Last Post looks at the 50th anniversary of The Beatles classic album Sgt Pepper's Lonely Hearts Club Band
- **29** Country and bush band, Simply Bushed, proud of their connection with the Australian Defence
- 30 Part 1 of New Zealand poet Jeremy Roberts' unique take on Vietnam
- **32** The Last Post looks at talented Australian artist Benjamin LM's new direction

HEALTH

- 42 Previously known for his work in the media, now co-director of Go Gentle Australia, Andrew Denton speaks with The Last Post about assisted dying
 46 A Journey of Love The Last Post publisher Greg T Ross gives an intimate
- insight into his late wife Wendy's battle with pancreatic cancer50 The Last Post looks at the latest advancements in fighting the silent killer, pancreatic cancer
- 55 Veterans SA's Rob Manton explains that PTSD is an injury not a disorder, and why we should drop the D
- **56** Former police officer Simon Gillard talks to the last post about his experience with PTSD, and his groundbreaking book on the subject, Life Sentence.
- 58 Sex after 60 Author Marie de Hennezel gives a French guide to loving intimacy

TRAVEL

72 The word "Kokoda" and it's symbolism means different things to different people - By Frank Taylor

SPORT

- 87 John Kinsela's historic life, as a Vietnam Veteran and Australia's first Aboriginal Olympic Wrestler
- 88 AFL
- 93 NRL
- **91** Vicki Cleary Day Coburg Oval hosts a match in memory of Vicki Cleary and all the women lost
- 94 Boys club's back as girls get a hip and shoulder By Susie O'Brien

GARDENING

101 Gardening Australia's Costa Georgiadis talks to The Last Post about his holistic approach to gardening and its benefits for the soil and soul

The Last Post Magazine has been proudly designed by Kirstie Wyatt from Wyatt Creative, since the very first issue 5 years ago. Kirstie is a freelance graphic and web designer. Please contact her anytime to see how she can create the perfect design to enhance your marketing and help you get the results you want in your business. No job is too big or small!

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

RSL NATIONAL



FOREWORD BY RSL NATIONAL PRESIDENT ROBERT DICK

Welcome to the latest edition of The Last Post. This magazine provides the RSL with an excellent additional platform for keeping our membership up to date on some of the activities, challenges and opportunities currently in progress across the RSL network.

A great deal of time since my appointment as acting National President in November 2016, and that of my small team of five at RSL National, has been consumed with the unprecedented events surrounding RSL New South Wales. I feel it is very important to reassure all members that we are extremely focused on the alleged misconduct within the RSL and we will ensure that all of the allegations to date are thoroughly investigated. I must clarify that RSL National has very limited authority under the RSL National constitution and by laws to hold responsible or discipline any misconduct. This is a deficit in our constitution and must be remedied as soon as possible.

It may seem at times that this process is cumbersome but it is imperative that these matters are handled with the highest level of integrity and legal compliance that they require. Rest assured that wherever we have been able to intervene in the matters associated with NSW we have actively facilitated whatever solution we have had within our grasp. This includes commissioning a forensic investigation by KordaMentha into the allegations of misconduct, the compilation of a draft investigative report, the instigation of a board of enquiry, holding the New South Wales State Council accountable and pursuing charges as a result, encouraging the State Council to stand aside during the board of enquiry and reassuring State and Federal Government delegates that the RSL has matters in hand.

RSL members and the community at large will be kept up to date on the process of these and other matters via my video newsletters available at rsInational.org and our YouTube channel.

On a lighter note I welcome Georgie Macris as the newly appointed CEO of RSL National. Georgie brings a wealth of contemporary corporate, social and Government knowledge to the role, as well as personal experience with veteran issues, ensuring that the needs and concerns of the RSL community remain at the forefront of national's operations.

The first round of the 2017 Australian Forces Overseas Care Packages were prepared at Randwick Barracks in late March. Some 2,500 care packages are delivered to all Australian Defence Force and Australian Federal Police personnel serving overseas. Some serving in areas of particular hardship and in conditions quite foreign to those they would experience back home. The care packages provide a reminder to those serving that our thoughts are always with them and that we appreciate the contribution they are making towards our country's overseas commitments. I would particularly like to send special thanks to the generous content sponsors of the care packages including Visy, Modern Baking Company, Nestle, Stuart Alexander and Accor Hotels.

Training camps for the 2017 Invictus Games were held in Canberra in January and March with some 34 RSL members making up over 50% of the veterans involved. A further training camp will take place in June in New South Wales and then team selection will take place for attendance in Toronto Canada for the 2017 games. All within RSL appreciate the hard work and commitment of those members involved in the training camps and we wish them all the best in the selection process.

Finally the 2017 Anzac Day preparations are well underway across the country. April 25 is a day when we remember the service and sacrifice of all Australian servicemen and women from every conflict, past and present. Ceremonies will be held in towns and cities across the nation to acknowledge and remember the service of our veterans. The Anzac Appeal commences this month and raises funds to support former and serving members of the Australian defence forces, their allies and dependents when in need. I encourage everybody to buy a badge and wear it with pride.









your rsl at work

RSL CRESWICK-SMEATON



In September 2013, the Creswick-Smeaton RSL had a website set up to help inform members and the community on activities and event that are held by the RSL and associate organisations as well as providing a resource for families to research family members who have served especially in the First World War.



BY PHIL GREENBANK CRESWICK-SMEATON RSL PUBLICITY OFFICER

The website also looked at recording the history of the RSL, it's ANZAC Day, Dawn and Remembrance Day services with most of the records coming from the Creswick Advertiser from the early 1900's until it's closer in the mid 1970's.

There are currently five stories project which include the Field of Crosses to capture the story behind the name on the crosses, who were these men and women, what did they do before enlisting, during their war service and if they came home after the war, we then include the stories of the cenotaph, the memorial stones in front of the RSL hall, stories of the Kingston avenue of Honour and more recently our WWI enlistment project, for those who were born in the shire of Creswick (consisting of 14 towns) and enlisted in the First World War.

One aim of the site is to record all the Honour Boards, Avenue of Honours, Memorial Gates, Stones and Halls, Cenotaphs and Obelisks within the district. Apart from the original list provided by the Creswick Museum, we have since had the community provide details on nine other unrecorded Honour Boards of which two were retrieved from a closed church and since have been restored.

The Community gets behind the annual ANZAC Day Badge and Remembrance Day Poppy appeals that enables us to do our welfare work such as \$4300 for an oxygen concentrator and a new walker for two of our RSL members, as well as assistance with taxi fares for those who aren't mobile.

RSL VICTORIA

ANZAC Day is a day when we remember the service and sacrifice of all Australian servicemen and women from every conflict, past and present.





RETURNED & SERVICES LEAGUE OF AUSTRALIA

From the RSL's founding fathers who served in the First World War, their mateship, their postwar needs and welfare, and their sense of what it meant to be an Australian, that ethos of compassion and service remains today the motivating influence of the League. That core mission has never changed but continues to evolve to meet the needs of each generation of servicemen and women.

We have a branch network that covers Australia and any veteran who needs help will get it – every serving ADF member and veteran will be warmly welcomed at their local RSL. We advocate for the best possible conditions for our serving men and women and for those who have served the nation in the past. We foster respect and thanks from the nation for all those who have made sacrifices in Australia's name and we will provide a strong voice on issues of national unity and security.

The ANZAC Appeal is an RSL major fundraising activity. Donated funds drive our veteran support programs.

The way we help varies greatly and is always tailored to the needs of the individual, and it may include such things as:

- Relief from financial hardship
- Assistance with DVA pensions and advocacy
- Crisis accommodation
- Access to employment pathways and transition to civilian life
- Combatting social isolation through veteran engagement programs

Thank you for supporting the work of the RSL, by buying an ANZAC Appeal badge and wearing it with pride.





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Keeping the ANZAC legacy alive - one family member at a time

BY NATASHA MOLDRICH

Matthew Freckelton considers himself an ordinary Australian. But a desire to preserve his ANZAC heritage led him to some extraordinary findings and a zest for helping others to remember theirs.



The sun burnt fiercely on the 7th Battalion as they stood for attention on the training grounds of Egypt in early 1915.

Facing them, a hot and sweaty Company Sergeant Major yelled, "Who called the cook a bastard?" Silence.

"Who called the cook a bastard?" he shouted even louder. Silence again.

"Who called the cook a bastard?" he exploded, his face turning the colour of a glistening tomato. Still nothing.

After several more unbridled threats and furious demands for someone to own up, a voice from the rear called out, "Who called the bastard a cook?"

The entire battalion broke out into rowdy, disobedient laughter.



ABOVE: Corporal James Maxwell Bates aka 'Uncle Barney'. LEFT: A picture of one of the framed tributes Matthew made, honouring Hal Freckelton.

Eric Herman, ANZAC veteran, shared countless quips and jokes from his war days, with his young grandson Matthew Freckelton. As a child Matthew occasionally spied his grandfather's ANZAC Commemorative medallion in its purplish velvet case, amidst a store of badges and a very moth eaten colour patch. "Mud over blood", his grandfather would say, the faraway look in his eyes permanently seared into young Matthew's memory.

Decades later, spurred on by loving memories of Eric and being a father himself, 52 year old Matthew yearned to learn more about his ANZAC heritage.

"I wanted my kids to realise what their forebears had been through and in the process gain a healthy respect and gratitude for their heritage," explains Matthew.

Matthew initially trawled the internet for clues. The Australian War Memorial (AWM) website proved a fruitful source. He recognised Eric in two of a series of photos taken at Broadmeadows on the day his grandfather's group of reinforcements embarked the A18 Wiltshire on 14 April 1915. At Gallipoli, Eric was posted to 'B' Company under Lieutenant Frederick Tubb whose diaries were recently digitised and published by the AWM.

"Tubb's diaries gave me a huge clue to what Eric went through over the coming months including the August Offensive and the Battle for Lone Pine where he was injured."

Eric was wounded in the back, suffered a broken ankle and buried alive by exploding bombs while resisting Turkish counter attacks on the newly taken roofed-in trenches at Lone Pine. They eventually dug him out, the only survivor in his section of trench. He was evacuated to Lemnos, Greece, then Alexandria, Egypt where he healed and recovered.

Speaking to as many people possible also helped Matthew's research efforts. He was amazed at how they often scurried to find photographs and relay stories about their fathers and grandfathers. One acquaintance produced copies of seemingly unrelated photos from the Middle East taken by a Light Horseman. Upon checking, Matthew discovered the photographer served in his great Uncle Barney's regiment, a member of his very squadron.

"It was like seeing the war through Uncle Barney's eyes," recalls Matthew.

Determined to dig even further, Matthew started to make linkages between extended family members. In an interesting coincidence, he discovered his great grand uncle, Lance Corporal Horace Bair, an 8th Battalion Gallipoli first day lander was transferred to 4th Division Headquarters for a short stint before being sent home unfit, at the same time his grandfather Eric was there. His niece, Susan Bair became Eric's second wife and Matthew's grandmother, many years later.

"No-one had realised the connection which I thought was incredible, as there were only ever about 70 to 80 men in this unit at one time."

Between Matthew and his wife Tonya's family, counting ancestors and uncles, his research yielded 24 men who served, including 12 who enlisted for WW1. Out of these 12, eleven left home, including four who went to Gallipoli, and ten came back. Some of them were involved in famous actions such as the Gallipoli landing, the second Battle of Krithia, the battle for Lone Pine, the battle of Broodseinde, Gaza, and the Light Horse Charge at Beersheba. There were also a number of pilots including a Royal Flying Corps pilot, a Catalina pilot and two Spitfire pilots.

One of the Spitfire pilots, Matthew's great uncle, Hal Freckelton was credited with the destruction of a German JU 86 at 42,300 feet in an un-pressurised Spitfire in July 1943, not only an incredible victory but a rare feat.

Four family members also served in the Volunteer Defence Corps in WW2.

During his research, Matthew began collecting badges, original photographs, letters, and notices, practically anything he could get his hands on relating to the ex-servicemen. This involved successfully claiming medals on their behalf. His great uncle Albert Herman, Eric's eldest brother, was part of the 4th Field Ambulance, and nearly 39 when he enlisted. He died in the early 1920's supposedly of war related complications and never received his medals. Matthew and his family claimed them in late 2013, and went on to claim five more on behalf of other relatives.

"I even have email alerts in eBay and Trademe (a major internetauction website based in New Zealand), in case any missing medals should come on the market. At Easter a few years back, this bore wonderful fruit, with a medal and four badges surfacing for Uncle Barney and the successful retrieval of another uncle's badges, his dog tag and even his little silver Catholic medalets. I was beside myself!"

He recently found and bought on eBay, the medals of a more distant cousin, John Dolphin Freckelton, an RAF Coastal Command Pilot. With the help of one of his cousins who was undertaking extensive family tree research, Matthew discovered John was one of 31 serviceman who died in a failed take off in a Liberator in Brussels, shortly after the WW2 victory in Europe. He was also an only child and a dealer had picked up his medals.

Collecting medals and other war relics wasn't just a side hobby. Matthew had a specific purpose for them.

"I needed a physical way to preserve the memories of these men in my family who fought for this country, something that all generations could admire and learn from."

Matthew came up with idea of assembling a personal tribute to each war veteran. Made from quality Australian and New Zealand timbers, he cleverly constructed individual framed and mounted memorial plaques. These showcase key pictures, medals, badges and ribbons, personally sourced by him. The frame itself also houses the history of that individual including service records, stories, and other documentation, serving as a kind of time capsule for future generations.

The framed tributes are displayed in a tight row down the long hallway in Matthew's home; under a slouch hat, an Australian air force cap, a steel Brodie helmet and a WW1 SMLE bayonet. He has made 20 so far, with more to come, although he believes they are all still a work in progress as he keeps finding more material.

Matthew has become so passionate at preserving the memories of these ex servicemen that he's now started presenting his research results and methods in RSLs to organisations such as the National Serviceman's Association. Matthew hopes to continue cementing these alliances with the aim of educating, entertaining, and enlightening people on the remarkable information he's gathered and how he can help others do the same.

"These boys were all simple, normal Australians and New Zealanders, who stepped forward when their country and their conscience needed them to. Many of them found themselves in places and situations that have become legend. There were no medals for gallantry, but no backward steps either. I want generations to come, to know and remember each and every one of them."

Chaplain-Major Benjamin Orames

"He that would have friends must be a friend" was Benjamin Orames' guiding Proverb.

Benjamin Orames was a Salvation Army officer appointed chaplain-major to the 5th Pioneer Battalion, AIF, in France in 1916 during the devastating Battle of the Somme which cost the British some 615,000 casualties.

Lieutenant-Colonel H.G. Carter, Officer-Commanding 5th Pioneer Battalion wrote: "While the battalion was engaged in operations on the Somme, the conditions we faced were extremely severe, as we had not only the worst weather conditions, but in addition, enemy shell fire. Chaplain-Major Orames worked throughout these conditions, quietly going amongst the men, and I am certain enabled a great number, who otherwise would have given in, to stick it out."

Six-foot-tall "Big Ben" Orames was a country boy, born in 1976 at Kyneton, Victoria. He became a Salvationist in 1897, and entered the Officer Training College in Melbourne in 1898. Orames was a Brigadier appointed to the Salvation Army Editorial Department when he was commissioned in the Australia Army Chaplain's Department in August 1916.

Experience gained in service on troop ships and at Mena Camp in Egypt, combined with Ben Orames' open friendliness and demonstrative desire to serve the Australian troops spiritually and temporally, gained him the respect of the cynical AIF Diggers in France.

Chaplain-Major Orames' gave himself tirelessly and fearlessly to the well-being of the "Sappers" of the 5th Pioneers, whether it was in the trenches giving encouragement, or on the battlefield retrieving the wounded or burying the dead, or conducting church parades for the battalion, or counselling and consoling battle-fatigued young soldiers, or merely providing small comforts in times of rest.

A sergeant of the 5th Pioneers wrote: "Early each morning he would go tracking away through the snow miles back, to try and purchase something for the lads, something more than bully-beef and biscuits, of which we both had our share."



Battalion-Sergeant-Major Sharp stated: "We had church parades in all sorts of places, sometime nice, sometimes nasty. Chaplain Orames would find an old table, or box, and spread the Salvation Army flag over it. He would then give us his sermon."

The War Cry published in 1917: "At 7 o'clock every evening he is "at home" in his dugout to any man who desires any help the chaplain can give. The enquiries he receives are many and varied; from requests for a pair of socks to legal advice. Such



ABOVE: Chaplain-Major Benjamin Orames.

OPPOSITE PAGE, TOP: Soldiers entering Salvation Army Hut.

OPPOSITE PAGE, MIDDLE: A Salvation Army Recreation Hut with Male and Female Helpers. AIF Camp Le Havre.

OPPOSITE PAGE, MIDDLE: A Salvation Army Recreation Hut with Male and Female Helpers. AIF Camp Le Havre.

RIGHT:

Salvation Army Chaplains L-R (Seated): Ambrose Henry, Alfred Harris, John Cain, Ernest Knight, Joseph Birkenshaw, Thomas Albiston, Joseph Williams. L-R (Standing): George Wilson, Henry Burhop, William Pennell, Benjamin Orames, William McKenzie, John Condon, Alfred Hodges, Samuel Renshaw.

"CHAPLAIN-MAJOR **BENJAMIN ORAMES** EXEMPLIFIED ALL THAT WAS GOOD IN THE CONTRIBUTION MADE BY AUSTRALIAN SALVATION ARMY MILITARY CHAPLAINS TO THE WELL-BEING OF THE AUSTRALIAN SOI DIFR IN TIME OF WAR."



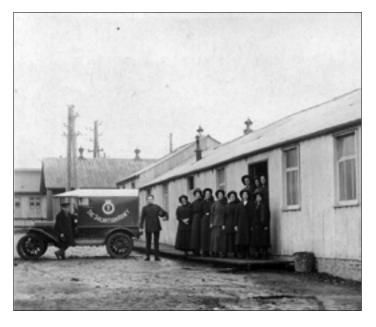
requests are often but an excuse to open up conversation on spiritual things."

Lieutenant-Colonel J. Bond recorded: "The mourning party, which was in imminent risk of being shot, reached the grave at about 2 on a Sunday morning. A few hundred yards away the big guns were booming, and shrapnel shells were shrieking over the trenches. Star Shells turned the night into day, and while machine-gun bullets chipped the leaves off the trees over their heads, the men stood around the open grave - one of the many, very many new graves in that cemetery – and Chaplain Orames reverently read the service for the burial of the dead."

Chaplain-Major Benjamin Orames exemplified all that was good in the contribution made by Australian Salvation Army military chaplains to the well-being of the Australian soldier in time of war.

To this day The Salvation Army Red Shield Defence Services in Australia exists to provide the Australian Defence Forces with a Christian based ministry of service, in practical, emotional and moral terms.

To support members and their families in any way that we can. To be available to support Units and members at all levels both on base, in the field, overseas in peacetime and during hostilities.



"TO THIS DAY THE SALVATION ARMY RED SHIELD DEFENCE SERVICES IN AUSTRALIA EXISTS TO PROVIDE THE AUSTRALIAN DEFENCE FORCES WITH A CHRISTIAN BASED MINISTRY OF SERVICE, IN PRACTICAL, EMOTIONAL AND MORAL TERMS."





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FLANDERS MEMORIAL GARDEN DEDICATED AT AUSTRALIAN WAR MEMORIAL

One hundred years after the bloody fighting of the First World War took thousands of lives in the battlefields of Flanders, a memorial garden has been created at the Australian War Memorial to ensure those Australians who never came home will be forever remembered.

The region of Flanders, in the northern province of Belgium, is where the men of the Australian Imperial Force fought their most costly battles of the First World War. Of the more than 60,000 Australians who died while serving in the conflict, some 13,000 are either buried or commemorated in Flanders.

The Australians first arrived in Flanders in September 1916, having been relieved by the Canadians after the bitter fighting at Pozières and Mouquet Farm in France. They entered the relatively quiet St Eloi sector to rest and take on fresh reinforcements before returning to the Somme in November 1916.

Returning to Flanders in 1917, the Australians captured key German positions along the Messines Ridge in June before participating in the four-month-long campaign later termed the Third Battle of Ypres. Fighting at Menin Road, Polygon Wood, Broodseinde, Poelcappelle, and Passchendaele throughout September and October, the five Australian divisions made some advance but at an immense cost.

Of the 76,000 Australian casualties recorded in 1917, more than 38,000 occurred in just eight weeks during the Third Battle of Ypres. That October saw the AIF suffer more casualties than in any single month of the war, with more than 6,800 dead. The last major participation by the Australians was represented in the fighting for the Passchendaele, where waterlogged conditions helped make the village's name synonymous with slaughter.

Nearly half of the 13,000 Australians who died during the bloody fighting in Flanders have no known grave. Instead, they are commemorated on the Ypres (Menin Gate) Memorial, which bears the names of the missing.

As a reminder of the sacrifices made and the partnership forged between Australia and Belgium as a result of these tragic events, a new memorial garden was dedicated on April 4 2017 in the grounds of the Australian War Memorial in Canberra.

The Flanders Memorial Garden contains soil taken from the battlefields and war cemeteries across Flanders. This was mixed with soil collected by the Returned and Services League from significant military heritage sites in each Australian state and territory.

The garden sits within a formal grass court in the Memorial's Western Precinct. It is constructed from Portland Stone – the same stone used on the arch and in the commemorative panels of the Menin Gate in Belgium.

Before the ceremony Memorial Director Dr Brendan Nelson reflected on the enduring partnership between Australia and Belgium, and how the garden serves to commemorate those who lost their lives 100 years ago.

"In the Great War, these men and women paid the ultimate sacrifice for Australia, the ideals of mankind, and the hope of a better world. A centenary gift from the people of Flanders, the garden is a reminder of the eternal truths by which we live, and the lives lost for them," said Dr Nelson.

"As the Unknown Australian Soldier represents the physical remains of all Australians who have died in wars, the returning of this soil to Australia symbolises their spiritual homecoming."

The evening before the dedication ceremony, members of Australia's Federation Guard transported five handcrafted boxes containing the Flanders soil from the Memorial forecourt into the Commemorative Area.

Made from Tasmanian Blackwood, the same timber used to make the coffin of the Unknown Australian Soldier, the boxes were brought past the names listed on the First World War Roll of Honour and placed them in the Hall of Memory. Resting adjacent to the Tomb of the Unknown Australian Soldier, they remained in symbolic vigil overnight.

The following morning the boxes were collected by Australia's Federation Guard and taken to the official dedication ceremony, where they were placed in the garden. The ceremony was attended by the Governor-General, His Excellency General the Honourable Sir Peter Cosgrove AK MC (Retd), the Minister for Foreign Affairs, the Honourable Julie Bishop MP, and the Secretary General of the Flanders Department of Foreign Affairs, Mr Koen Verlaeckt.

The Governor-General spoke evocatively of the conditions faced by those who fought, citing "Australian men interred in dug-outs, trapped under duckboards, crushed by shell-fire; soldiers, cursing the mud with every fibre of their being." Flanders, he said, was "always a sombre and sacred place ... of carnage and courage, of desperate sacrifice and stoic endurance – (is) now a beautiful place."

Mr Verlaeckt offered his government's "everlasting gratitude" to Australia for the sacrifice of so many of its soldiers in 1917.

"Many of them rest forever in Flemish soil, far away from their loved ones. Inclusion of soil from Flanders in this garden brings them back symbolically, uniting them with the country of their birth."

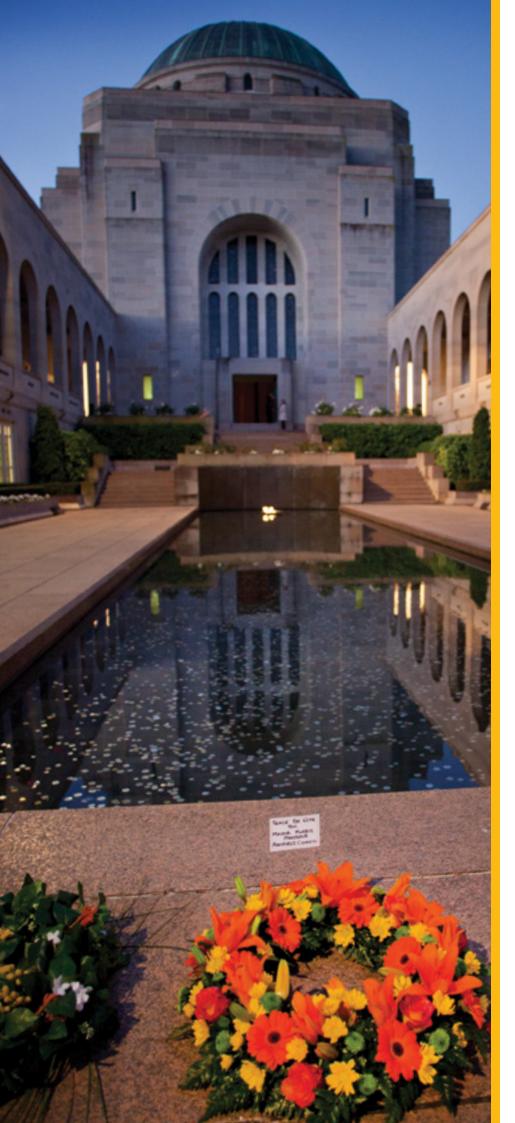
The strains of "Oh Passchendaele", performed by the Royal Military College, Duntroon, sounded through the cold Canberra air, and a traditional smoking ceremony was held by Ngunnawal elders to cleanse the site and bless the soil, the symbolic home of thousands.

Next to the Flanders Memorial Garden an interpretive panel features a quote from British Field Marshal Lord Plumer when he dedicated the Ypres (Menin Gate) Memorial in Ypres, in 1927:

"It can be said of each one in whose honour we are assembled here today: He is not missing; he is here.".



The recently dedicated Flanders Memorial Garden at the Australian War Memorial. AWM2017.4.85.86.



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- P Friends Coordinator on (02) 6243 4523



VETERANS' EMPLOYMENT INDUSTRY ADVISORY COMMITTEE

Minister for Veterans' Affairs Dan Tehan announced the appointment of George Frazis as Chair of the Industry Advisory Committee on Veterans' Employment, an initiative of the Prime Minister's Veterans' Employment Program.

Ben Roberts-Smith VC, MG, has accepted the invitation to take on the role of Deputy Chair of the Committee.

Launched by the Prime Minister in November, the program aims to encourage industry to recognise and appreciate the unique skills and valuable experience that members of the Australian Defence Force can bring to the workplace.

"The Committee will provide advice on practical measures for Australian businesses to use when recruiting veterans," Mr Tehan said.

"As a former engineer in the Royal Australian Air Force with a highly successful career in the banking sector, including in his current role as Chief Executive of the Consumer Bank Division of Westpac Group, Mr Frazis is an ideal person to Chair the Committee and will bring relevant experience and strong leadership.

"Mr Roberts-Smith has successfully transitioned from a distinguished career in the Army into the civilian workforce as the General Manager of Seven Brisbane and Regional Queensland. He is an excellent role model who is Deputy Chair of the Prime Minister's Advisory Council on Veterans' Mental Health." The committee membership will comprise representatives of the following organisations:

- Allied Express Transport
- Australia Post
- Clayton Utz
- CSC Australia Pty Ltd
- J.P. Morgan Chase Bank, NA (Sydney Branch)
- A small business representative
- Raytheon Australia
- Saab Australia Pty Ltd
- Serco Australia Pty Ltd
- Westpac Banking Corporation.
- Australian Chamber of Commerce and Industry

The inaugural meeting of the Industry Advisory Committee on Veterans' Employment is scheduled for later this month.

SEEKING DESCENDANTS OF INDIGENOUS 'DIGGERS' OF THE AUSTRALIAN LIGHT HORSE

Minister for Veterans' Affairs Dan Tehan is calling for descendants of Indigenous Australian soldiers who took part in the Battle of Beersheba and the Sinai-Palenstine campaign to take part in an oral history project.

On 31 October 1917, two Australian Light Horse regiments charged Turkish positions outside the town of Beersheba taking more than 1,000 prisoners. The Battle of Beersheba was one of the most important of the Sinai-Palestine Campaign and the nature of the victory has earned Beersheba an enduring place in Australian wartime history.

To mark the 100th anniversary this year, on 31 October 2017, Australia will hold a National Service to commemorate the Centenary of the Battle of Beersheba, and the Sinai-Palestine Campaign, in Be'er Sheva, Israel.

Mr Tehan said a significant number of Indigenous men had served in the Light Horse, and some of them participated in the charge at Beersheba.

The Rona Tranby Trust is launching an oral history project that will identify and record the stories of these men as recalled by their descendants, culminating in a group of descendants attending the National Service in Be'er Sheva.

"This project will recognise the important contribution Indigenous Australians made at the Battle of Beersheba and will honour the service and sacrifice of every Australian who served in that campaign by bringing these stories to life for everyone," Mr Tehan said.

"This exciting oral history project will afford both the Indigenous and non-Indigenous community an opportunity to hear about the experiences of Indigenous soldiers through the stories told by their descendants," Dr Belinda Russon, CEO, Tranby National Indigenous Adult Education & Training said.

The Rona Tranby Trust is seeking to locate descendants who wish to record the oral history of Indigenous Diggers who served in the Light Horse and participate in the Centenary commemoration in Be'er Sheva.

Anyone interested in participating in this unique and exciting project should contact Ray Minniecon on 0417 929 701 or Meltem Akyol on (02) 9231 4293 or email info@ronatranby.org.au

Details about the commemorations in Israel are available on the DVA website at www.dva.gov.au

COMMEMORATIONS FOR CENTENARY OF THE BATTLE OF POLYGON WOOD

Minister for Veterans' Affairs Dan Tehan said Australians can register to attend the 100th anniversary commemoration service for the Battle of Polygon Wood later this year.

The Department of Veterans' Affairs Australia, with the assistance of the Government of Flanders, the municipality of Zonnebeke and the Memorial Museum Passchendaele 1917 will hold a Dawn Service to mark the 100th anniversary of the Battle of Polygon Wood on 26 September 2017.

Members of the public can visit https:// overseascommemorations.ticketek.com.au/ to register to attend or find out more.

Polygon Wood was the first major battle for the Australian 5th Division in Belgium and resulted in 5,770 casualties.

Minister for Veterans' Affairs Dan Tehan said victory at Polygon Wood had come at a great cost but the success laid the foundation for the 3rd Australian Division's victory at the Battle of Broodseinde.

"The Butte is now the site of the Australian 5th Division Memorial, however many of the Australians who died at Polygon Wood have no known grave and are commemorated on the Menin Gate," Mr Tehan said.

"The Buttes New British cemetery is the last resting place of more than 500 Australians, half of whom are not identified.

"As a nation we will honour and remember every Australian who fought at Polygon Wood."

Zonnebeke was the centre of Australian operations in Flanders during the First World War.

Minister-President Geert Bourgeois of Flanders said: "The huge losses suffered by Australia in the Zonnebeke region during the Battle of Passchendaele make this place one that is dear to the hearts of many Australian families. Australia's ongoing commitment to commemoration has only made the ties between Australia and Flanders stronger over recent years".

New survey reveals Australian attitudes to torture in conflict

Australians urged to remember importance of laws of war

A new Red Cross survey shows that the majority of Australians oppose torture in war but many don't know that torturing a soldier for information is wrong, while some think it is acceptable.

The Australian survey coincides with a global report on attitudes to war, conducted by the International Committee of the Red Cross (ICRC), which found overwhelming support for the laws of war designed to protect civilians and healthcare.

Judy Slatyer, CEO of Australian Red Cross, says that while most Australians care very much about their fellow human beings, others needed to better understand why humanitarian laws and values matter.

"While 57% of people think that torturing an Australian soldier for military information should not be allowed, 23% were undecided and 21% thought it was okay. Torture is illegal and unacceptable in any circumstances. It has a devastating impact on those tortured as well as our collective humanity.

"The survey finds that more Australians (23%) believe that torturing an enemy soldier for information is acceptable than people from war-torn countries such as Syria (20%) and South Sudan (18%)."

World War Two Royal Australian Air Force veteran Keith Campbell survived in prisoner of war camps helped by Red Cross rations for three years after his plane was shot down in Germany. Mr Campbell says: "There's absolutely no excuse to torture any person, no matter what their nationality or beliefs. To me, being subject to torture is barbaric."

Australian men are more likely than women to agree that captured soldiers can be tortured to obtain information. Overall, 24% of men think Australian soldiers can be tortured as opposed to 18% of women. People aged under 20 or over 65 are also less likely to support torture.

The ICRC "People on War" report is the result of 17,000 people being surveyed between June and September across 16 countries. Ten countries were experiencing armed conflict at the time including Syria, Iraq, Afghanistan and South Sudan. It is the largest survey of its kind ever carried out by the ICRC.

"The global survey finds that more than four out of five people believe attacking hospitals, ambulances and healthcare workers, in order to weaken an enemy, is wrong," said Yves Daccord, Director-General of the ICRC. "In such troubled times, where we face constant, horrific reports from the world's conflict zones, it's heartening that there's overwhelming support globally in the belief that wars should have limits. People truly believe in the importance of international humanitarian law, including the Geneva Conventions," Mr Daccord said.

There are worrying trends in the global survey. An increasing number of people are resigned to civilian deaths as an inevitable part of warfare, particularly in Security Council countries; UK, France, Russia, China, the United States. There's also a growing indifference to the torture of enemy soldiers, despite its absolute prohibition.

Ms Slatyer said: "The global results seem to show that people who live in mainly peaceful countries need to be more compassionate and understanding. Here in Australia, I wonder if we risk becoming numb to the true extent of human suffering and the consequences of war and conflict for all of us."

redcross.org.au



"It's essential that the rules of war are respected to prevent the suffering of civilians." – PEOPLE ON WAR PERSPECTIVES FROM 16 COUNTRIES,

PEOPLE ON WAR PERSPECTIVES FROM 16 COUNTRIES, INTERNATIONAL COMMITTEE OF THE RED CROSS





Colin Hay first came to the attention of Australian music audiences with the advent of a group he formed with Ron Strykert after the two had begun singing as a duo.

After recruiting members, Men at Work evolved and won critics and punters over with their successful debut album, Business As Usual in 1981. Men at Work gained international success and by 1983, with their follow-up album, Cargo and their Grammy win as Best New Artist, they were riding high in the charts and with concert performances worldwide. The song, Down Under, from their first album became the anthem for Australia's successful challenge to yachting's America's Cup in the same year.

Men at Work disbanded and Colin moved to Los Angeles in 1989 where he has lived since. He tours the world and comes to Australia frequently. He is touring here this year and appearing in the APIA Tour with Deborah Conway and others.

CINAL PA

The Last Post: Hello Colin, and thanks for joining us at The Last Post. With the release of your latest album, Fierce Mercy, it is a reminder of some of the great material you've produced since Men at Work and as a solo artist. How did this great journey start?

Colin Hay: Well, it all started with The Beatles, I suppose. When I was starting out and wanting to get as close to what they did as possible. I started writing little songs when I was around 14-years old and it took around 15 years to feel that any of them were any good. The band Men at Work sort of fell together in 1979 and we got almost an immediate live following very quickly. We were a good band with some good songs but it was almost like we had the path laid out in front of us and we just followed it. It was a pretty awesome experience. It all kicked into high-gear around 1981.

TLP: I remember driving down Church Street, Brighton in Melbourne hearing Who Can It Be Now? on the radio for the first time. In a short time seemingly after we witnessed here in Australia Men at Work taking on the world in a barnstorming way – Grammy awards, Linda Ronstadt introducing you onto stage in '83, from memory.

CH: I think it was Lily Tomlin. Lily Tomlin and Tony Bennett were on stage that night. We did have some interaction with Linda Ronstadt when we first came over here because we were rehearsing in the same place she was. So we got to see her rehearse and were introduced to her band and that's a pretty nice memory.

TLP: Men at Work became part of Australian music history but you've moved on. You've been living in America for nearly 30 years. How are things there for you?

CH: Well, I make a living, you know. I make records and go out on the road and that's what I do all over the world. If there's demand, you go there and if there's someone willing to put a tour together then you go out on the road. I've made about 17 records since the band and I came here

"IT ALL STARTED WITH THE BEATLES."

ENJOY RESPONSIBLY

PRACTICE MAKES PERFECT, SINCE 1862.

"SOMETIMES WHEN I COME BACK TO MELBOURNE I JUST GET IN A CAR AND DRIVE FOR A COUPLE OF DAYS INTO THE COUNTRY"

because I had the opportunity to do so. So I based myself here and you're relatively well-placed. Whatever you want to do with your music, you can reach out and touch it in this town. There's musicians and there is everything set up for the music business to flourish. It's been a positive thing for me to be based here and to tour wherever I can and that's what's been happening with me for the last quarter of a century.

TLP: Talking on that convenience about having so many top grade musicians available, the group you've got together for this album, Fierce Mercy, tell us a bit about them.

CH: Well, a lot of them are my friends. A lot of them were introduced to me by my wife, Cecilia who is a musician as well. She works with some different musicians here in Los Angeles, some Cuban guys and some American guys. We went over to Nashville and put some strings on the record and worked with some great musicians out of Nashville. That's the exciting thing about making music and records, you get to play with different people who give you different constantly different flavours for whatever music you happen to be making.

TLP: And I guess working with those different musicians is stimulating in itself, musically. And that may lead you to try things new to you.

CH: Yes, it's fantastic, really good. Cecilia takes me to places I may not ordinarily go to. She takes me to a Cuban restaurant, listening to some of the best Latin

musicians in the world. It's extraordinary. And yes, you have to leave yourself as open as possible. I mean, not everybody does that. I think there's something to be said for giving yourself parameters as well. My lifelong quest is to learn how to play the guitar better. You're always challenging yourself.

TLP: Do you feel more liberated and freer now than in your early days?

CH: Yes, I think so but also I think that's just the nature of getting older. You may say that you spend the first 30 years of your life accumulating shit and the next 30 years trying to get it off. You gather stuff over a period of time and then you think, I've got to get rid of this now, I don't need it.

TLP: So true. And of course, you find beauty and peace with a partner, that also allows you greater freedom of expression too and satisfaction too, in creating something as beautiful as this album.

CH: Yes, I'm lucky in that way. Cecilia can hear what's going on in the studio and she would wander down with an idea or a suggestion and sometimes I would have an idea and ask her to come down and play trombone for example. That's one of the great things about having a musical household.

TLP: With the album, Fierce Mercy, was it a project from the beginning or just a group of songs that came together?

CH: I work with a small record label out of Nashville and they wanted a new record. It'd been a couple of years since we'd

had the last one. I'd gone into the studio in the middle of last year to record with the idea of a group of songs I had and then I collaborated with a songwriting friend of mine who lives up the road, a great songwriter called Michael Georgiades. He's been around since the 70's and worked with Linda Ronstadt. As a matter of fact, he opened for her on her biggest tour of The States back then. He's also made a record with Bernie Leadon from The Eagles. He's been around for a long time, he's a good friend and I'm lucky enough to have him just up the road. I've been working with him for a while. He'd wander over to my house with these great ideas and we found, in a few months we had a record.

TLP: You spoke earlier about having written songs since you were 14. How long was it before you found a songwriting partner or accomplice to stimulate you musically?

CH: Mainly my default position is to just write songs by myself. I like that, it's always what I do but in your life you sometimes just come across people that you strike a chord with and that's happened three times to me in my life. The first time was with a guy called Ron Penrose who was a friend of mine in Melbourne, a 12-string player who played beautiful guitar. He was inspiring and used different tunings which set off creative bells in my head. The second time was when I started working with Ron Strykert, the other guitarist in Men at Work. And then, of course with Michael who I'm working with now, that same thing

music, arts & entertainment

has happened with him. I'm lucky to have had that experience three times so far.

TLP: The APIA Tour, here in Australia, how are you feeling about that?

CH: I'm excited about it, very excited about it. I mean, I haven't really done a tour like that before. I always come back and tour on my own in Australia. I know all the people involved in the APIA, I know them quite well so it'll be lovely to play music with them every night and go to all those incredible places I love to go to. I love going to those places anyhow but to go there and do a show at the end of the day is even better. I love doing that sort of stuff anyhow. I mean, sometimes when I come back to Melbourne I just get in a car and drive for a couple of days into the country. It's brilliant. So I'll do that this time but I'll be doing shows as well.

TLP: With the artists you're appearing with in the APIA tour, a natural connection with these artists?

CH: Yes, I would think so. I've known them for a long time. Mental As Anything opened for me in 1983 in the United States, I've know Vika and Linda for a long time and Joe since the mid-70's, we've got some mutual friends. Deborah Conway I got to know over here in Los Angeles a number of years ago, I actually wrote a song with Deborah as well. It will be quite an organic, stimulating bunch of people to be with.

TLP: It sounds like something exciting and energetic. Maybe you should keep a diary and write something about it.

CH: Well, I think I may just do that, I may do that. I mean, I've had a bunch of diaries over time but you know, you start off with the best intentions but by the 56th page you begin to wane a little.

TLP: Yeah, you say, "I'll give that a miss today' CH: Hah.

TLP: But maybe just a couple of sentences a day would be enough to stimulate your memory. CH: That's right.

TLP: So, Fierce Mercy is out on Compass Records? CH: Yeah, and it's out with Sony in Australia.

TLP: We'll let people know and I hope to catch up with you. When will you be out in Australia?

CH: At the beginning of May.

TLP: It's a great honour to speak with you Colin, you've been such an integral part of Australia's musical history, indeed, globally. But here in Australia we recognise you and love your work. Cheers, mate.

CH: Thank you, that's very kind of you. It's been a pleasure.

"IT (MEN AT WORK) WAS A PRETTY AWESOME EXPERIENCE."

Master of song and all that jazz: Alwin Lopez Jarreau

Born March 12th, 1940 Died February 12th, 2017

Al Jarreau took seriously to jazz in the 1970's after singing in nightclubs to fill in between comedy acts by Bette Midler, John Belushi and the like.

The son of a Seventh Day Adventist pastor and a church pianist, it was hardly surprising that he grew up singing, often solo with his mother on piano. At university, he focused on psychology before taking a master's degree in vocational rehabilitation at the University of Iowa.

He moved to San Francisco to work in rehabilitation in the 1960s. There, he began singing in jazz clubs with the George Duke Trio. He also performed in a duo with guitarist Julio Martinez.

In 1968, after becoming popular for his music interludes between comedians, he decided to turn professional.

He and Martinez were soon popular drawcards in Los Angeles and in TV appearances with Johnny Carson and David Frost.

In 1975 he recorded with Warner Bros, starting with *We Got By*, which was instantly successful in the US and around the world, especially in Germany and Europe.

He began winning Grammy Awards, eventually collecting seven altogether. His versatility saw him win the Grammy for the Best Male Pop Vocal Performance (for Breakin' Away) in 1982. In 1983 Warners released his successful album *Jarreau* which contained the delightfully sunny single, *Mornin'*.

By this time he was writing many of his own lyrics, and cited Christian spirituality as an inspiration for his work. He had briefly



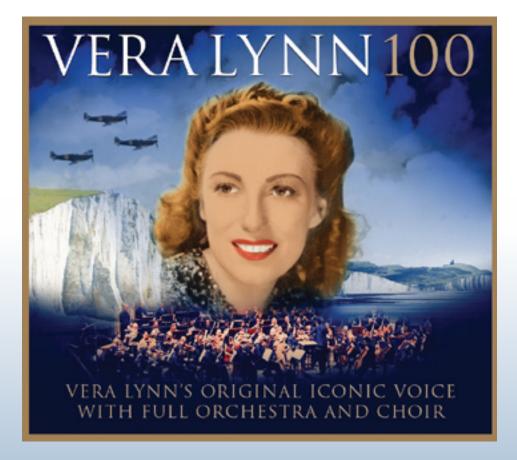
joined the Church of Scientology in the 1970s but later broke away.

His music became familiar to new audiences when he sang the theme for the popular 1980s television show, *Moonlighting*.

Al loved performing live, frequently in Europe, with the cream of US jazz stars, from Chick Corea to Miles Davis and George Benson. He also took to Broadway in the 1996 production of *Grease*, playing the Teen Angel.

He continued to tour until announcing his retirement, shortly before his death in February this year. He is survived by his second wife, Susan Player and their son, Ryan.

www.news.com.au



THE FORCES' SWEETHEART: Celebrating 100 Years of Vera Lynn

"It's truly humbling that people still enjoy these songs from so many years ago, reliving the emotions of that time – I was after all just doing my 'job' as a singer – and it's so wonderful for me to hear 'my songs' again so beautifully presented in a completely new way". – Dame Vera Lynn CH

International treasure and the original "Forces' Sweetheart", Dame Vera Lynn, is set to break all records this year as she becomes the first singer in history to release a new album at the age of 100.

Dame Vera released her latest album, 'Vera Lynn 100', in celebration of her 100th birthday on 20th March – a significant event in Britain's musical and cultural history. 'Vera Lynn 100' was released on Decca Records, the label the singer originally recorded with nearly 80 years ago, at the age of 22.

The newly recorded album features Vera Lynn's utterly distinctive original vocals set to completely new re-orchestrated versions of her most beloved songs. This technical wizardry has, for the first time, allowed full orchestral accompaniments to transform not only her most memorable and morale-boosting hits that sustained Britons through the wartime years, but some recently unearthed, rare recordings - all presented in sumptuous, up-to-the-minute sound.

Vera is joined by an all-star line-up of chart-topping British singers to perform newly-composed duet parts alongside the star - the nation's most popular tenor, Alfie Boe, on the poignant 'We'll Meet Again' (the first ever UK No.1 record, in 1940), Alexander Armstrong on 'White Cliffs of Dover' (No.1 in 1942), and Aled Jones on the immortal song 'As Time Goes By'. Also featured on the record is the millionseller 'Auf Wiederseh'n, Sweetheart', the track that in 1952 crowned Vera Lynn the first British performer to top the US Official Charts. And to close the album, the revered RAF Squadronaires feature on the moving 'Yours' (No.1 in 1941) - the perfect tribute to Dame Vera Lynn's late husband, Harry Lewis, who was a founder member of the group.

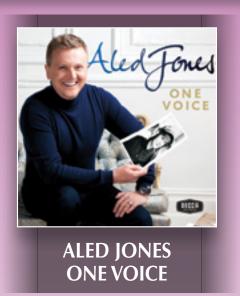
Vera Lynn's new album also features her version of 'Sailing' – a genuine surprise as it was not generally known that she had even recorded the song, and is reinvented by the singer's unmistakable, inimitable voice.

In her early 90s, Dame Vera became the oldest living artist to land a UK No.1 album, setting a new record in the history of music and making the performer the only recording artist in the world to have spanned the pop charts from the 1940s to the 21st century.

Dame Vera famously boosted the nation's morale during the darkest days of World War II, and has been honoured countless times for her services to entertainment and charity. Her latest accolade came in the Queen's 2016 birthday honours when she was made a Member of the Order of the Companions of Honour – the first person from the field of popular entertainment to do so. Over the decades, the singer's popularity has never waned and she remains perhaps the most beloved of all British female vocalists.

OUT NOW: Vera Lynn 100 is available online and from all good music retailers. ■

TAKE A TRIP DOWN MEMORY LANE A stack of nostalgic tunes brought to life with a breath of fresh air...

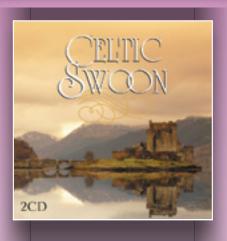


Boy soprano superstar and singing sensation, Aled Jones has released a brand new duet album called 'One Voice,' featuring the last ever recordings of him as a boy, which have never been heard before.



ANDRÉ RIEU – ONE HAND, ONE HEART

A special occasion and the sound of André's music go hand in hand... or was that hand in heart? This special reissue is the perfect collection of affectionate love songs – perfect for any romantic or to share with family and friends.



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IN STORES FROM 14 APRIL

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17 ICONIC SONGS

17 of the most iconic songs in Aussie music history Australia's musical history is enough to make any Australian proud. Obviously, Aussies are bound to be biased, but most of us truly believe that Australia has spent decades producing some of the most wonderfully crafted and brilliantly performed songs in the world.

WRITTEN BY TYLER JENKE

YOU'RE THE VOICE' - JOHN FARNHAM

In 1986, John Farnham's career wasn't doing too well. Following a stint fronting the Little River Band, he was back on the solo circuit, but considering his recent albums hadn't performed that great, he was a little bit nervous. After wisely turning down the opportunity to perform 'We Built This City', he was given the opportunity to record 'You're The Voice'. It became an instant classic, turning Farnham into a household name once again, and making his newest record, Whispering Jack, one of the best selling records in Australia.

'PRISONER OF SOCIETY' - THE LIVING END

Once in a while, a song comes around that encapsulates the feeling of a generation; the 60's had their protest songs, the 80's had songs about bad fashion, and Australians in the 90's had 'Prisoner Of Society'. Angsty, rebellious, and liberating, there's hardly any Aussie who grew up in the last few decades who doesn't know all the words to this song, or at the very least, didn't sing it while getting a stern talking to from their parents.

'GREAT SOUTHERN LAND' - ICEHOUSE

As Iva Davies once explained, the impetus for this song came from a trip to Uluru, in which he was taken aback by the natural beauty and wonderment that our fine country has to offer. The fact that he was able to write a song that so perfectly captures the feelings of many Australians, while making a chorus that dutifully compliments Australia, almost makes it seem like it was destined to be one of the great Aussie songs from the start.

'EAGLE ROCK' - DADDY COOL

Long considered one of the greatest Aussie rock songs of all time, it's easy to see why. It was catchy, fun, and unlike nothing we had ever seen before up until that point in Australia. A year after its release, Elton John visited Australia and was so taken aback by how good the song was that he teamed up with his usual collaborator Bernie Taupin to write 'Crocodile Rock'. The fact that one little Aussie song was the inspiration for one of the most famous songs from one of music's most famous artists is something to behold in itself.

'MY HAPPINESS' - POWDERFINGER

A brilliantly constructed song that describes the feeling of being away from the one you love, Aussies everywhere could relate to Powderfinger's 'My Happiness' when it was released in 2000. With it's perfectly catchy chorus, the song would go on to be one of Powderfinger's most successful tracks, with it being the second Powderfinger song (in a row, no less) to top the Hottest 100 charts.

'THE HORSES' - DARYL BRAITHWAITE

The biggest track from the former Sherbet frontman's third studio album Rise in 1990, 'The Horses' was actually a cover of a track written by Steely Dan member Walter Becker, and recorded by Rickie Lee Jones. Having caught the ear of Braithwaite by accident, he recorded his own version of it, which took it's time to reach the #1 position on the charts, but would ultimately spend close to six months in the Aussie top 50. 27 years later, it's still a track that can unite everyone at a party when it comes on the sound system.

'BOYS IN TOWN' - DIVINYLS

You'd be hard-pressed to find a debut single that sets the bar as high as this sultry stomper. When Chrissy Amphlett passed away in 2013, many in the Australian music industry cited this as one of their favourite songs ever, and it's not hard to hear why. Amphlett would sing better on later tracks, and express her powerful sexuality more explicitly in the future – but this was the moment she arrived fully-formed and demanded that you accept her as a rock star. It was an easy ask.

'BEDS ARE BURNING' - MIDNIGHT OIL

With a song as overtly political as 'Beds Are Burning', it's no surprise that Midnight Oil have gone on to be considered one of the most important Australian bands of all time. A protest song, it was written as a plea for the Australian government to give the native Australian lands back to the Pintupi people, which was one of the most talked-about topics in Australian politics at the time. The song has gone on to be considered one of the 500 songs that shaped rock and roll by the Rock And Roll Hall Of Fame, meaning that its influence was not only felt locally, but worldwide.

'TOMORROW' - SILVERCHAIR

If you're ever in need of an inferiority complex, just remember that the members of Silverchair were only 15 when they wrote and recorded this song. With the musical and songwriting abilities of musicians more than twice their age, the Silverchair lads went on to make some of their most memorable tracks before even reaching the age of 20. While songs such as 'Straight Lines' have gained recognition as being one of the more accomplished Silverchair songs, we'd be remiss if we didn't give credit to where the boys first started from.

'ERROL'-AUSTRALIAN CRAWL

What could be more Australian than a track by a band whose name actually includes the word 'Australian' in it? Why, it would be a song by that very band about one of Australia's most famous exports, actor Errol Flynn. Performed as a biography of Flynn himself, the track romanticises the life of one of the most famous swashbuckling actors of the golden era of Hollywood, even to the point of including the lyric "Oh Errol, I would give everything just to be like him." It's short, sweet, to the point, and one of the classic Aussie musical gems.

'KHE SANH' - COLD CHISEL

No list of Aussie tracks could be complete without a Barnesy anthem and, while his solo anthem 'Working Class Man' was knocking at the door, we can't go past the evocative themes of a Vietnam vet trying to ease his way back into some semblance of a normal life. Penned as a punk song but eventually transposed into the classic we know today, those themes of agitation and restlessness nonetheless shine through, and "The last plane out of Sydney's almost gone" is an iconic lyric tattooed on the brains of a generation of Aussie rock fans.

'ONE CROWDED HOUR' - AUGIE MARCH

'One Crowded Hour' saw Glenn Richards do his best attempt at impersonating Bob Dylan's songwriting as he managed to capture both the hearts and minds of Australians in one fell swoop. While plenty of Aussies may have been aware by the time Augie March's Moo, You Bloody Choir came out, it was 'One Crowded Hour' that stopped everyone in their tracks and made them pay attention. After listening to the brilliant songwriting that Richards managed with this piece, you can easily see why this deserves to be considered one of the best Aussie songs of all time.

'SHARK FIN BLUES' - THE DRONES

Back in 2009, a poll run by triple j asked more than 70 Aussie musos to name their favourite songs, and 'Shark Fin Blues' by The Drones was the clear winner. Listening to the track, it's easy to see why our musicians thought so. The song itself sounds almost exactly like the Australian approach to anything; laidback, casual, but not afraid to take itself seriously, Gareth Liddiard and the rest of The Drones manage to encapsulate a history of Aussie music into a 5 minute piece that will truly stand the test of time.

'MY PAL'-GOD

Written by GOD's frontman Joel Silbersher when he was only 15, 'My Pal' has gone on to be one the definitive Aussie punk songs, or rock songs, or indie songs, depending on how you wish to describe it. Released in 1987 as the group's debut single, it has managed to go on to become one of the pinnacles of independent Aussie rock.

'THROW YOUR ARMS AROUND ME' - HUNTERS & COLLECTORS

Often used as one of the truly Australian love songs, its hard to find someone who doesn't love 'Throw Your Arms Around Me'. A favourite of famous musicians such as Eddie Vedder, the track has managed to spend its existence in the hearts and minds of almost every Aussie thanks to its continued presence on radio, television, weddings, parties, and just about anything else you could name.

music, arts & entertainment

INTO MY ARMS' - NICK CAVE & THE BAD SEEDS

'Into My Arms' has become one of those songs that everyone has a memory of. While Cave wrote it about the ending of a few relationships that he had, it's melancholic nature leaves it available for anybody to attach any meaning that they wish to it. While Cave believes it to be one of the songs he's most proudest of, we can definitely see why.

'BERLIN CHAIR' - YOU AM I

You Am I's drummer Russell "Rusty" Hopkinson once described 'Berlin Chair' as the first Australian emo, or 'emu', song. To be fair, he's not far off. Despite the track's relatively upbeat nature, the lyrics of the song are surprisingly depressing. However, like some of the great songs, such as 'Every Breath You Take', we can look past the depressing nature of the lyrics to see that the track still holds up, almost 25 years after its release, as one of the best Aussie rock songs.

HONOURABLE MENTIONS:

AC/DC, THE GO-BETWEENS, AND MEN AT WORK

Trying to pick just one Acca Dacca track to include was a nightmare. They're unassailable, really, so instead we'll just award this list in their honour.

Same deal with The Go-Betweens. Many cite 'Cattle and Cane' as their unassailable classic, but there are forty or so songs that deserve that honour, depending on what 'type' of Go-Betweens mood you're in.

As for Men At Work's classic Aussie anthem ' Down Under'? Well, we'd have to give all the credit to the thoroughly un-Australian Larrikin Entertainment, apparently...

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10 SONGS BY JACK P. KELLERMAN ALL AROUND THE WORLD, LISA STANSFIELD

For a time, say from the late eighties until the mid-nineties, Lisa Stansfield was looked upon as the white soul diva of England and beyond.

Lisa had won an English singing competition, Search for a star in 1980 at the age of 14 and with former classmates, went on to form her own group, Blue Zone.

All Around The World was taken from Lisa's first solo album, Affection, released in 1989. As far as I know it remains her biggest selling album.

This Manchester-born artist gained her early influence from her mother's records of Diana Ross, Motown and Barry White. In 1989 she wrote People Hold On for Coldcut. On the strength of that she was signed by Arista as a solo act. Critically acclaimed and commercially successful, Affection set the bar high for the rest of her career. The stand out single, All Around The World became her signature track. It was a big success in England, Europe, the US and in Canadian and Australian dance clubs. It opened the doors for her internationally and served notice of a talent that was to produce more quality top-ten radio singles and albums. Her soulful



and seductive style gave her commercial success with cool and R + B cred.

With continued chart and live success and duets with George Michael and Queen, Lisa still hangs tough in the music world but that first single, All Around The World remains a standard. A great track to put on late at night with a good fortified or whatever.



Sydney singer-songwriter Luke O'Shea has put his talents to good use, shining a light on PTSD and the effects on service personnel and their families.

O'Shea and fellow country artist Amber Lawrence are DefenceCare ambassadors as they work to increase understanding of the organisation among the general public.

"There was a serendipitous nature to (being appointed as ambassadors) because Amber I had, around the same time, written the song, Catch You," O'Shea said. "It's really about highlighting the need for sufferers of PTSD to open up and talk to their partners who feel completely cut-off."

O'Shea said organisations like RSL DefenceCare, Lifeline, the Black Dog Institute and Men's Sheds were there to listen and understood what people were going through.

"Many of those have already been through the process of dealing with trauma and understand what is required to change that mindset and start allowing the light and love back in," he said.

The Golden Guitar winner is no stranger to writing songs paying tribute to Australia's military history and serving personnel. He won the Golden Guitar for Heritage Song of the Year in 2015 with Three Brothers (The Great War), paying tribute to the soldiers and families who have made and continue to make sacrifices due to military service.

"For me, having such a strong family tradition involved in the Australian military – my father, uncles, great uncles and father-in-law - I understand the importance and sacrifice that these men and families make," O'Shea said. "I've written various songs with military themes -Good Day To Die, Ragged Bloody Heroes, and Three Brothers (The Great War)."

O'Shea added another to his collection at the Tamworth Country Music Festival, winning his seventh Golden Guitar for Old Man's Shed, his fourth in the Heritage Song of the Year category. The song comes from his album, Caught Up In The Dreaming, which celebrates Australia and its people.

The Defence Reserves Support Council New England and Central North committee also honoured O'Shea for his work with the ADF with a function during the Tamworth Country Music Festival to thank those artists who had supported Australia's personnel. Last year DRSC also presented him with a memento after participating in the VIP Challenge at Kapooka. Luke O'Shea performing at the CMAA Country Music Awards of Australia. Photo: Rebecca Belt.

FROM AUSTRALIA'S FAVOURITE STORYTELLER

MORRISSEY

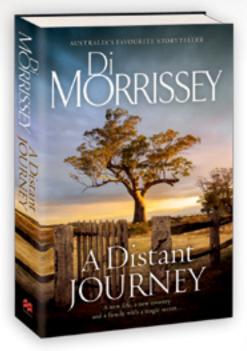
A compelling, sprawling novel of family, adventure and love of the land

From the time she was a little girl, Di Morrissey has had a passion for storytelling.

Di's first novel, *The Heart of the Dreaming*, was published 25 years ago to universal acclaim. She has gone on to be one of the most successful and prolific female writers Australia has ever produced, writing bestseller after bestseller including *Tears of the Moon*, *Barra Creek*, *The Plantation* and *Rain Music*.

Each book is inspired by Di's other passion: travel. From Broome and Byron Bay; Cooktown and the Kimberley to Vietnam, Burma and Hawaii, Di is inspired by history, culture and landscape. *A Distant Journey* is a return to her roots. It's a novel of dust, dirt, drought and drive. A journey across time to the heartland of Australia, a place Di knows so well.

From Australia's bestselling female author, A Distant Journey is the story of a new life, a new country and a family with a tragic secret.





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As we celebrate the 50-year anniversary since the June 1, 1967 release of The Beatles legendary album, Sgt Pepper's Lonely Hearts Club Band, it is timely to look back at this release, the seeds of which were planted with the decision of the group to quit live performances in 1966.

Sgt Pepper's was the first "rock" album to win Grammy Awards, claiming 5 in 1968 after an extraordinary amount of time at number one in most western countries. Time magazine declared it as "an historic departure in the progress of music" whilst The New Statesman praised its elevation of pop music to fine art.

My first memories of Sgt Pepper's were centred around listening to it, along with The Animals, at a school friends parents house after the school friends older brother had sold The Beatles album to my brother and I for \$2. He passed it to us, memorably declaring, "The Beatles are passé, I'm into Hendrix now".

Of course.

Craig and I loved Hendrix too, or would in a couple more years.

It's helpful to get a perspective on the times. There was the Vietnam War, the new and just great TV series, The Monkees. There was Eric Burden and the (new) Animals doing some great stuff, a growing awareness of the mysterious wonder of girls, an untenable feeling of an approaching liberation, there was football and there was The Beatles. The once-fab four were gods to my brother and I. We had been in Melbourne when they exploded onto the scene. We had seen them on the Ed Sullivan Show and our parents had bought us plastic Beatle wigs. We had seen them up close too, when our parents took us to watch them drive passed slowly on Batman Avenue. Craig and I were no more than fivemetres from The Beatles car as it drove passed. George turned around in the back seat and looked straight at me.

In 1967 we were not only rapt to know they were still together but, with the release of Sgt Pepper's, we became excited on another, more adult level.

So Lucy In The Sky wasn't about LSD, so Getting Better was derived from a comment from fill-in Beatles drummer Jimmy Nicol made, so Within You, Without You was so hauntingly strange. This was The Beatles. Look out for Brian Southall's new book: Sgt. Pepper's Lonely Hearts Club Band (\$39.99), published by Hachette Australia.



BY TAJ WORTHINGTON-JONES

And it was unreal.

Producer George Martin and sound engineer Geoff Emerick were largely responsible for the sound shaping of this epic release, although The Beatles themselves had begun to play an increasing role in what went to vinyl.

The cover and graphic content of Sgt Pepper's played a large role in the appreciation of this vinyl classic. The fold-out photo in the middle of the album showed the four Liverpool heroes, all wearing moustaches and funny clothing. Was this still The Beatles?

Yes.

The cover was so serious to us. We were ten-years old and just viewing the group amongst an array of historical figures immediately elevated The Beatles to legendary status. We appreciated it was something different from anything we'd ever seen before. This was art. While that was visual art, it almost promised that what we were about to listen to was audio art on a level unprecedented.

And so it was.

I'm not going to go through this track by track because almost everyone knows the songs so well but it remains a great invitation to youth who were at the time, ready, prepared and hoping for change. And Sgt Pepper's delivered.

Professor Kevin J Dettmar, writing in the Oxford Encylopedia of British Literature, described it as "the most important and influential rock 'n roll album ever recorded".

In 2003 Rolling Stone magazine ranked it Number One in its list of the "500 Greatest Albums of all time".

Sgt Pepper's remains historically significant and a musical milestone that may never be duplicated. Yeah, yeah, yeah.





Photos: Mirrorpix









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28 THE LAST POST - 2017 ANZAC DAY / WINTER EDITION



Simply Bushed BY REBECCA BELT

Country and bush band, Simply Bushed, is learning the beauty of getting back what they give with their latest EP, Military Issue. The EP contains five tracks, with two versions of their latest single, Raise Your Glass. The Sydneybased band have a special place in their hearts for Australia's defence force and the Tamworth Country Music Festival saw them justly rewarded.

Raise Your Glass saw them take home Anzac Song of the Year at the Tamworth Songwriters' Association Awards and the New England Central North regional committee for the Defence Reserves Support Council (DRSC) honoured them with a certificate of appreciation for their support of the ADF here and abroad.

Their song, Raise Your Glass, grabbed the attention of the TSA Awards' judges and a letter from Dr Brendan Nelson of the Australian War Memorial accompanied the trophies.

"You have given the national a beautifully evocative gift in Raise Your Glass," Dr Nelson wrote. "The song is perfectly crafted, speaking directly to us and the debt we owe these men and women whose service and sacrifice has done so much to deepen our understanding of what it means to be Australian."

Front men Paul Grierson and Chris Rieger have military service in their families, through grandfathers who served in World War II and Rieger's brother has served in the RAAF for 31 years with the song dedicated to ex-service and serving personnel and who still suffer the consequences. The band has also played for troops in the Sinai and Solomon Islands.

"Most Australians are connected to a military heritage somewhere and we would like to dedicate our win to the young soldiers that are still serving many of whom are going to need our help," Grierson said.

The Sydney singer-songwriter said the band believed they were attending the Defence Reserves Support Council committee function to thank the ADF but, instead, it was the musicians being honoured.

"We thought we were there to perform for them but, in fact, were given a wonderful appreciation award for our efforts in travelling to the Middle East and the Solomon Islands as well as several performances in Australia for the military," Grierson said.

The artists gave everyone at the function a copy of their EP, Military Issue, to thank them for their service.

DRSC NSW state chair Mark Todd said the musicians demonstrated the depth of their dedication to keeping Australia's military history alive, through their original songs.

"It was really moving and a pleasure to witness," he said. "(The artists playing for troops overseas) are vital because it is a link with home. When you're away for six months at a time, doing sometimes really difficult and stressful work without the immediate support of family and friends, any link with home is really appreciated."

The two artists furthered their military relations by riding in a Bushmaster protected mobility vehicle in the Toyota Country Music Cavalcade during the Tamworth Country Music Festival.

"Working with the military has been a humbling experience for which I will be forever grateful to have been involved," Rieger said. "Raise Your Glass, we believe, represents the majority of everyday Australians who also understand the sacrifice made, in the past and the present, for our freedom today."

To top off a successful Tamworth Country Music Festival, the band was a top five finalist in Video Clip of the Year at the CMAA Country Music Awards of Australia for the film clip for Raise Your Glass, however O'Shea with Rob Hirst took home the Golden Guitar in that section.

The band plans to spread their message of support for the military even further this year with Anzac Day plans currently being finalised.







ABOVE, FROM TOP:

Chris Rieger and Paul Grierson with members of the 12th/16th Hunter River Lancers before they rode in a Bushmaster PMV in the Toyota Country Music Cavalcade in Tamworth. Photo: Rebecca Belt. SB DRSC Awards- DRSC NSW state chair Mark Todd presented Simply Bushed with certificates of appreciation at a function during the Tamworth Country Music Festival. Photo: Rebecca Belt.

> TSA gongs – The Tamworth Songwriters' Awards for Simply Bushed's Raise Your Glass, which won Anzac Song of the Year.



50 WAYS INTO VIETNAM

BY JEREMY ROBERTS

- Again at the mercy of aerodynamic formulas & human skill

 plane descent thru clouds & first view: rivers & mountains free from war, but stained by prior knowledge: a millennium of Chinese invaders, six decades of French colonization, & the American thing 20 years...total dead?
- "You know nothing of war" say the eyes of immigration officials. True, I think – but I know the image of a snail crawling, slithering along the edge of a straight razor! The official takes my money in the post-napalm calm & I almost ask "Who's the commanding officer here?"
- 3. Am I really in Hanoi? In Uncle Ho's town? as the earth goes round the sun, as I breathe & ride in a dilapidated taxi, as the bombs fell in '72, I'm here checking into my room in the old French Quarter, flowers on my bed in the shape of a heart like an offered prophesy & complimentary Oishi crackers I immediately devour. I nod off, with CNN doco Missiles of October sound bites: Fidel "If we expected Soviet help, then we had to take the missiles, or else we would be cowards"...

Eyewitness telling how he saw weapons with his friend, asking "Pablo, how powerful are these weapons?"... "These are nuclear weapons" was the reply... An aide on Air force One asks: "What's happening, Mr

An aide on Air force One asks: "What's happening, Mr Kennedy?"...

"You'll find out as soon as we land in Washington & then you better grab your balls"...

4. First day, I'm a map-holding sidewalk-stepping street crisscrossing tourist, gliding on the surface of 2000 year history – walking Hang Bac, Hang Be, Hang Dao. Whoozy with cough in 30° & constantly lost...spotting French architecture, old Citroen cars, tank-top girls on Vespas, a man in dayglow pyjamas, glasses of oil burning at the feet of giant bronze statue of ancient Emperor Ly Thai To, & wandering into retail doorways – quickly seduced by a painted canvas of 'bullet-hole babe' w/ red rose on helmet, B52 bombers flying overhead & "Fuck it" brand of cigarettes. A tiny, wrinkled angel sells me water for 20,000 Dong. Sit drinking at lakeside, the air filled with discordant piano notes. I take a selfie for possible use on Internet, later order noodle & beef dinner under pastel parasols at the Nola Café with Nat King Cole singing Mona Lisa, eyes drawn to the symmetry of local woman Yen's face – the shape of her eyes like story-book boats - the owl & the pussycat went to sea...

- 5. I take my place in a 300 metre queue to see Uncle Ho's preserved body inside huge concrete no-frills mausoleum. Le voila! - reclining inside bullet-proof glass box, like a still from a horror movie, with - indeed, 'orrible guards to watch that our arms stay still, at our sides, & not smash the glass or show disrespect! This immensely powerful little bag of bones choose to live in a modest stilt house, not the Presidential Palace - the father of the nation, a leader known for kicking French & U.S. butt, who also oversaw the murder of his own people. Outside, a video screen shows '60s footage of American Pete Seeger singing against the war. Next, we board bus for tour of artefacts made by the hands of Agent Orange victims. War, war, war, all the way...we fail to spot the giant turtle of Hoan Kiem Lake, but tour guide tells of the dirty French - destroying the 11th century One Pillar Pagoda temple before they left Hanoi in '54. The French - defeated by Uncle Ho & the people, working together to destroy evil imperialism - "Hi Ho, Hi Ho, it's off to work we go!" It might be foolish to trust the universe, but it seems the people could trust Uncle Ho.
- 6. Lacking any geo-political implications at all is a visit to a recreation of an 'ethnic' people's village, complete with mud huts & thatched roofs, a water-puppet show & traditional wooden carvings of male villagers with very large erections. Western females smile & pose pouting lips beside the 'woodies'...
- 7. Dinner time & someone is beating a pot with a stick giving it a damn good whack! I'm channel-surfing, considering sound-bites: "Go & have fun...You guys are going to jail... Are we concerned about the issue of fair play?" I watch a feature about a fat, stupid Western man who prefers to live in a virtual world where he's finally able to be a 'sex-god' & put his penis into anything he wants, while controlling all his relationships. I'm happy enough with my new Vietnam life & my morning routine: 3 cups of coffee, cut-up fruit, bread,



& cheese omelette, followed by a taxi curb glide with radio static...I can happily do something in the real world, like wander into a genuine Thai massage parlour & receive a much-needed body tune-up. In fact, I didn't know my body could bend that far. The a/c whine finally puts me to sleep...

- 8. Breakfast pancakes with 'Aussie sheila' monologue: "Oh, it's all changed since I first came here, darling..." A quick coffee & I escape to wander alone among designated 'carcasses' of American death-birds shot down over the city, at the B 52 Museum. Photos, clippings & relics hail heroic Hanoi fighters determined to stop evil imperialist monster the USA taking a shit on Hanoi! Photo of Nixon & Kissinger 'plotting to use B52s'. Now the big metal birds lie dead & heavy. Blasted & broken plane-tombs for those who flew inside. The Coca-Cola boys who got what was coming: death in the skies from the anti-aircraft boys.
- 9. 'Vietnam' the TV war, with death in the living room! Saigon street scene: South Vietnamese policeman shoots traitor in head during dinner! The photo is now a chic Hollywood wall mural for the wealthy owner says "to remind people of all the suffering in the world". Just as I did, an American Blues musician I met remembered it clearly & ever since wished Allah would will him a piece of iron in his head. Death wish? Not many know the story of Sean Flynn, son of Errol who gave up a career in Hollywood movies to be a Vietnam War photographer & who ultimately went missing in Cambodia with his fellow motorcycle-riding, shutter-clicking buddy Dana Stone, in '71 presumed murdered by the Khmer Rouge.
- 10. Je suis un touriste. Born again each day to soak in the crazy-busy streets, spend my money on noodles & reproduction propaganda posters to hang on my wall - to prove I was here. I say things like "I hate K Pop", which is blaring everywhere, stare at the proud jutting, braless tits of an old Vietnamese woman collecting rubbish, & ponder an overheard café statement: "Everything in the world finds peace eventually". Is it true? We were never taught about Asia at school & I easily recall a teacher's racist remarks about one Chinese staff member - fixated as we were on our Eurocentric POV. In fact, we didn't learn too much at school - leaving with no clue as to what it means to leave your signature on planet Earth; no knowledge about how you can give 'everything' to somebody & it's the wrong stuff; no understanding of what 'proactive' means; not really ready for anything, on our peaceful little isle...
- 11. I saw it through a hotel window in Hanoi: rotating silver air extraction units like glittering flying saucers come to gather info, with a trail of ants filing inside; a Hitchcockian perv' watching a woman on a rooftop apartment, hanging out the laundry, busy with a broom. She disappears inside & the whole scene is completely still – like a photograph, except for the very gentle slo-mo flapping of her clothing in the breeze...
- 12. Crossing a street, I slip on unseen plastic bag, try to balance & realise that the momentum is too much against me, falling fast, right shoulder crashing into the asphalt, body sprawling on the luckily car-less street. My Hanoi out-of-controlcartoon-banana skin experience.

13. Meet two expat dudes at a bar on darkening Ma May Street

both busy chatting up tourist hotties & sucking on fifty cent
beer. Staring eyes doing the circuit on lips, jugs, crotches
a horny beer-goggle perusal in progress. But, the sexual targets take off, the minute I join conversation.
"Hey! You ruined our chance to score!" one whines.
"You mean I gave them an opportunity to leave" – my rejoinder.

"Whatever - I was going to give my one a damn good 'seeing to'!" adds other.

We go back to his puny hotel room which has teeny toilet inside the shower & share a disappointing, unbelievably weak doobie, then wander outside again with mildest of buzzes & end up in backpacker district bland café watching some World Cup football game. I leave out of boredom, preferring to channel-surf back in my room, with one of their loud-voiced, embarrassing old-school philosophies following me out the door: "Old enough to bleed, old enough to butcher, mate!". An expat embarrassment, an old Kiwi-male saying best forgotten.

- 14. I take a steamy air cyclo-ride through the Old Quarter, sitting with avid view-finder eyes, the driver's legs silently generating our movement past a litter of spatial construction & busy bodies: a skewed geometry of stacked residential & business dwellings - French shutters among washing lines mixed with business signs, temples, tangled octopus / black pen scribbles of electric cables, rusty air con units, turquoise orange verdigris stripes, white tiles, tiny plastic chairs on pavement for squatting & eating, t-shirt / souvenir overload, hot food, flashing sartorial elegance on motorbikes & a pedestrian blend of coolie-hat workers, with shoulder poles loaded to the max, sweaty searching tourists scattering in the heat...all Hanoi's random design of necessity.
- 15. Lying on my hotel bed, recalling a blue ballpoint pen doodle-drawing done by the 'Nam-serving uncle of my best school friend - when he wasn't "fighting the guerrillas". My eight-year old brain was thinking 'Why would anyone want to fight those big apes?' Too shy to ask for explanation. Creeping visions of the Asian jungle - dark green & scary - tigers & snakes? New words: 'camouflage', 'bazooka', 'napalm'. Unlike me, my friend was allowed to have plastic toy soldiers & guns. Once, during a sleepover, we take a box of matches under his house to burn spider webs, watching them light up like fast, brilliant flares. We're fascinated by how fast the spiders die & shrivel, making a little 'crackling' sound - our own little secret world of napalm attacks! Killing the eight-legged creatures is a sadistic thrill - an exciting rush of budding pyromania, soon graduating to the bush beyond the backyard - sneaking out to lay sheets of newspaper over branches, so we can eagerly strike more matches & watch the flames. The family dog seems to like it too. But, we fail to check all embers are cold when we leave & my friend's mother comes screaming: "You boys nearly burnt down the whole bloody bush!" I'm taken home in disgrace, expecting a good telling off, which never comes. We were inspired by something - probably TV, comics, & the war in Vietnam.

Part 2 OF 50 Ways into Vietnam will be featured in Remembrance Day / Summer TLP 2017.

Benjamin LM, Artist

The art of Benjamin L.M. has changed: Out with the figurative and nature paintings, in with the abstract and minimal prints. The results are just as stunning, simple, no titles, no form.

BY AJAX SALVADOR

The prints are made with digital art on the iPad, using new effects, brushes, and tools. Instead of one acrylic paint on canvas painting done in a day, now, with no drying time, Benjamin L.M. has been blasting out 6-10 digital artworks in a day. Abstract and minimal art is a relief from form and titles, a relief to look at, a relief to create. Pure spontaneous colour digital excursions, no drawings, no meanings or words, just fast art laid down with very few corrections.

The painting materials might have changed, but the battle is still the same: Finding power, optimism, and joy as the world tries to beat you down. Feeling the struggle of the human condition while living through the spirit in order to maximise the mind, body, and life.

The latest book of poems by Benjamin L.M. has also changed to include a 30 minute audio track of spoken word and music. The voice was recorded in Marseille, France, and the music was recorded in Adelaide, Australia. The book dives into an action time where the spirit gains speed, the mind hammers harder, and the body enjoys silky heat. The book is called Seething With Hope On Top Of The World.

Art prints and book published by Clear Colours Art prints and book available from www.BenjaminLM.com www.facebook.com/benjaminlm



Artist: BENJAMIN L.M. Title: 7 December 16 Year: 2016 Medium: Digital Art Print on Paper or Stretched Canvas



Artist: BENJAMIN L.M. Title: 23 December 16 Year: 2016 Medium: Digital Art Print on Paper or Stretched Canvas

TRAD JAZZ AT GEELONG RSL

Sunday Traditional Jazz is a highlight of events at Geelong RSL.

A regular Sunday evening fixture, Geelong RSL jazz sessions run from 5.30pm until 8.30pm and feature a range of local and visiting jazz musicians.

The \$10 entry fee includes a \$5 discount off your first purchase, so could there be a better way to finish the weekend?

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MIDNIGHT OIL ANNOUNCE WORLD TOUR

In February this year Midnight Oil announced "The Great Circle Tour", their first world tour in over two decades. Promising fans a secret show in Sydney, on April 13th the band performed an astonishing 'back to basics' pub gig at The Coogee Bay Hotel's legendary rock room Selina's where the band cut its teeth in the very early 1980's.

Midnight Oil's "The Great Circle" tour officially starts in Brazil in late April, the band will then perform in North America, Europe and New Zealand as they circle the world ending in Australia throughout October and November with an extensive tour taking in capital cities and regional areas.

Given the band's deep connections with central Australia the local leg will kick off in Alice Springs and then to Darwin as they loop clockwise around the country in mainly outdoor venues "The Great Circle" finally comes to a close right back where it all began; with a final show in Sydney on November 17 at that traditional home of Australian political activism, The Domain.

These will be Midnight Oil's only shows in the last 15 years apart from two stadium benefit concerts (and their related small warmup gigs); "Waveaid" at the Sydney Cricket Ground (2005) and "Sound Relief" at the Melbourne Cricket Ground (2009).

The band also announced a remastered CD box set called "The Full Tank" featuring all of their existing albums and EP's plus a mammoth new 4 CD/8 DVD trove called "The Overflow Tank" which includes over 14 hours of previously unreleased and rare material. Both of these box sets will be housed in replica miniature water tanks like the one featured onstage at so many Oils' gigs. Their first ever complete Vinyl collection featuring 11 remastered LP's and two 12" EP's all cut at Abbey Rd Studios in London will also be available. For full boxset track listings and content information visit www.midnightoil.com/store The Boxset Collection is available for pre-order now, out May 5 through Sony Music.

AUSTRALIA TOUR DATES

Mon 2 Oct I ANZAC Oval, Alice Springs, NT (18+) Wed 4 Oct I Darwin Amphitheatre, Darwin, NT (18+) Sat 7 Oct I Kuranda Amphitheatre, Cairns, QLD (18+) - SOLD OUT Tue 10 Oct I Townsville Entertainment Centre, Townsville, QLD (All Ages) Thu 12 Oct I Great Western Hotel, Rockhampton, QLD (18+) Sat 14 Oct | Big Pineapple Fields, Sunshine Coast, QLD (18+) - SOLD OUT Sun 15 Oct I Riverstage, Brisbane, QLD (All Ages) - SOLD OUT Tue 17 Oct | Riverstage, Brisbane, QLD (All Ages) - SOLD OUT Thu 19 Oct I Hockey Fields, Coffs Harbour (18+) Sat 21 Oct I Hope Estate, Hunter Valley, NSW (18+) - SOLD OUT Tue 24 Oct I AIS Arena, Canberra, ACT (All Ages) - SOLD OUT Thu 26 Oct I The Village Green Adelaide Oval, Adelaide, SA (All Ages) - SOLD OUT Sat 28 Oct | Perth Arena, Perth, WA (All Ages) Wed 1 Nov I Derwent Entertainment Centre, Hobart, TAS (All Ages) - SOLD OUT Fri 3 Nov I Gateway Lakes, Wodonga, VIC (18+) Sat 4 Nov I Hanging Rock, Macedon Ranges, VIC (18+) - SOLD OUT Mon 6 Nov I Sidney Myer Music Bowl, Melbourne, VIC (All Ages) - SOLD OUT Wed 8 Nov I Sidney Myer Music Bowl, Melbourne, VIC (All Ages) - SOLD OUT Sat 11 Nov I The Domain, Sydney, NSW (18+) - SOLD OUT Mon 13 Nov I Win Entertainment Centre, Wollongong, NSW (All Ages) - SOLD OUT Fri 17 Nov I The Domain, Sydney, NSW (18+) - SOLD OUT

Many shows have sold out, for up to date ticketing information go to www.midnightoil.com



Australian Government

Royal Australian Mint

FRONT LINE ANGELS

The tireless devotion of service nurses

Nurses have played a critical role in Australian military history, tending to the needs of sick and wounded soldiers as well as civilians whose lives have been affected by war and natural disaster.

This Anzac Centenary triangular coin is inspired by Napier Waller's iconic stained glass window in the Hall of Memory at the Australian War Memorial.





DOLLARS

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WHEN DOES SHARING HISTORY BECOME TOO COMMERCIAL?

Every year around Anzac Day debate about merchandise linked to military service and commemorations is aired in the mainstream media. Few would forget the Woolworths "Fresh in our Memories" campaign of April 2015. The campaign was seen to link too closely to the company's "fresh food people" tag and it also carried the word Anzac. The company suffered considerable negative feedback from politicians and the community.

The Australian Government put safeguards in place to protect the integrity of the term Anzac and few items are entitled to carry it on either the product or packaging. One product permitted its use is the now famous UniBic Anzac Biscuits Tins used to raise funds for the RSL, which by coincidence are available at Woolworths.

But is all commemorative merchandise a bad thing? Every year around Anzac and Remembrance Days most of us stop at the fundraising tables of the RSL, Nashos, Legacy and more to spend a few bob on pins, badges and other memorabilia to support their work with veterans. Are we doing wrong? Most all would say we are not.

A Canberra company that provides many of these fundraisers with merchandise every year believes quality pieces that share history play an important role in getting people interested in learning more about service.

BrandNet is undoubtedly Australia's most prominent commemorative merchandising company. As well as creating pieces for fundraisers, it has supported our Armed Services commemorate events such as the 100th Anniversary of Army, The Royal Australian Navy's International Fleet Review and was even asked by Defence to create and coordinate merchandise for the Operation Slipper welcome home.

In the 2014-2018 Anzac Centenary it created the *Australia in the Great War* brand to commemorate the events and times of 1914-1918.

The company's Managing Director, Stephen Davie, says a commitment to history and respect for service (it provides retail

services for Navy, Army and Air Force) is paramount to everything the company does.

"I was at the Chief of Army's History Dinner a few years back when one of these amazing academics said to me that they will write books that only a few will read, but she believed the merchandise and stories we create actually gets history out to the people," he said. "We use historians to create or validate everything we create or write and are committed to making the stories as engaging and educational as possible, so this was great praise indeed."

The Great War teddy bears which we have previously reported on in Last Post are an example of the company's work. The bears' uniforms are meticulously researched and created, and the story that accompanies each tells more about what men and women in those uniforms did in the war years. These bears can be found in homes, schools and even our Prime Minister's office. Why? Because they respect history with a passion for history and are engaging for all ages.

Mr Davie agrees commercialisation at Anzac or Remembrance Days should never be condoned. "We turn off all marketing around these days and simply join others in paying respect to all who have served – that is what these very special days are about," he said.

Through Australia in the Great War BrandNet has donated more than \$400,000 to support younger veterans through the charity Soldier On and over the past decade has given more than \$1,000,000 to support veteran causes.

CREATED FOR YOU IN THE ANZAC CENTENARY





SPECIAL TIME. SPECIAL OFFER

Get a **free** *Miniature WW1 Medal Trio* with every limited edition Great War bear and save \$70.00. Each of these detailed bear's uniforms shares a story of service and will a treasured keepsake from the Anzac Centenary for you and your family. Just use the promotion code **LastPost** at the checkout.

Come and meet your bear at www.australiagreatwar.com.au/CentenaryBears

Remembrance Day

10am Saturday 11 November 2017 Australian Imperial Forces Section, West Terrace Cemetery

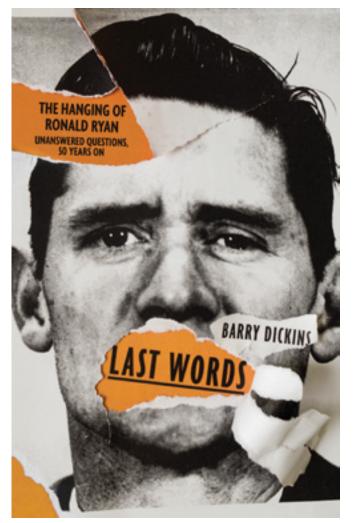
> To find out more visit www.aca.sa.gov.au

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The Questions that Linger 50 Years on from an Execution

REVIEW BY ROSS FITZGERALD





Ross Fitzgerald is Emeritus Professor of History and Politics at Griffith University In February we marked one of our grimmest anniversaries – 50 years since the last person in Australia was hanged. Ronald Ryan was the final victim of capital punishment in Australia and while some may say he was no victim, public opinion remains divided.

Ryan's hanging has entered the bloodstream of literature. Who can forget Bruce Dawe's chilling poem A Victorian Hangman Tells His Love. In 1995 Barry Dickins' play *Remember Ronald Ryan* won the Louis Esson Prize for Drama at the Victorian Premier's Literary Awards.

Now Dickins has written the harrowing story in Last Words, a surprisingly lyrical and imaginative retelling.

For those who don't know the sordid tale, these are the facts: having been found guilty of murdering prison officer George Hodson during an escape with a fellow inmate from Pentridge Prison on a sweltering day in mid-December 1965, Ryan was sentenced to death and hanged on February 3, 1967. This was despite public outrage and widespread community concern – particularly since it was 20 years since the death penalty has last been enforced. The protesters even included Hodson's daughter.

Five decades on, key questions remain unresolved. For example, did Ryan actually fire the two bullets that killed Hodson? And was Ryan's execution orchestrated by the long-serving conservative Victorian premier Henry Bolte, to bolster his chances of being reelected?

Throughout Last Words, Dickins wrestles with notions of guilt and innocence and he puts the idea of authority under the moral microscope. In doing so he concludes, contentiously, that it wasn't Ryan who fired the bullets that killed Hodson. Instead Dickins maintains that it was two jail officers shooting at Ryan from a tower inside Pentridge who killed Hodson by mistake.

"Dickins wrestles with notions of guilt and innocence"

Dickens is adamant that Bolte's decision to proceed with capital punishment was blatant political opportunism with the forthcoming April state election on a knife edge. As it eventuated, Bolte so accurately read the popular mood that the Liberal Party gained six seats.

According to Dickins, Ryan's case was a grave miscarriage of justice. His heart-rending narrative demonstrates that, in the murder trial, a Mr Whippy van driver gave sworn testimony that he saw smoke issue from Ryan's stolen carbine as he shot Hodson. Yet this type of gun didn't make smoke.

Dickens effectively portrays the complex character of Ryan and underscores the fact that he was a long-term miscreant. And he evokes the trauma for Ryan's family during his trial and in the weeks before his death.

Tragically, both prison officers who allegedly killed Hodson committed suicide. According to Dickins, this was because they were stricken with guilt at having killed the wrong man. But who can tell?

Ryan's fellow escapee, Peter Walker, was not charged with Hodson's murder. However, he was found guilty of manslaughter and sentenced to 19 years for killing a tow-truck driver while he and Ryan were on the run.

Walker was again imprisoned in 2015, aged 78, having been found guilty of selling hydroponic marijuana and of trafficking "ice". ■

www.theage.com.au



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

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

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

The displays are augmented by thirty historic aircraft from the entire 96 year history of the RAAF, some of which are maintained in flying condition for displays at 1:00pm every Tuesday, Thursday and Sunday (weather permitting). Additionally, visitors are also treated to an opportunity to see the Museum's Restoration Hangar, where staff and volunteers are currently rebuilding a World War II Mosquito reconnaissance aircraft and a DH60 Gypsy Moth training aircraft.

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

FREE ENTRY

OPENING HOURS: Tue to Fri 10am – 3pm Weekends 10am – 5pm

CLOSED: Mondays, Christmas Day, Good Friday

Tel: (03) 8348 6040 Email: RAAF.MuseumInfo@defence.gov.au Web: www.airforce.gov.au/raafmuseum Facebook: www.facebook.com/RAAF.Museum

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Free gas should be off the menu for the world's biggest oil companies

Nothing in life is for free. Except for the world's largest oil and gas companies operating in Australia.

BY JASON WARD, INTERNATIONAL TRANSPORT WORKERS' FEDERATION (ITF)

Somehow Australia is set to become the world's largest exporter of LNG (liquefied natural gas) but will be giving away our natural resource for free.

Pressure is mounting on the government to end this rort and the cross bench has firmly backed calls for change. The government needs to collect revenue for hospitals, schools, aged care and other services that maintain our quality of life and provide an environment for people and business to prosper.

Due to public pressure, Treasurer Scott Morrison established a review of the Petroleum Rent Resource Tax (PRRT), the primary Commonwealth tax on oil and gas production. That review has been completed and the government needs to incorporate changes in the May budget.

The Tax Justice Network Australia (TJN-Aus) has put forward a fair and reasonable proposal that upholds the fundamental principle that we should not give away our finite natural resources for free.

The proposal is to extend the existing royalty regimes that apply to other oil and gas projects, including the North-West Shelf, to all offshore LNG projects. These projects are in Commonwealth



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

For more information go to www.mua.org.au

waters and escape State royalties, unlike onshore gas (CSG), and are not included in the long running royalty regime that applies to the North-West Shelf. They are only subject to the PRRT.

Woodside, Chevron, BP, Shell and others have been paying a 10% royalty and PRRT on the highly successful North West Shelf project. Extending a 10% royalty to all offshore LNG projects is a fair and reasonable solution to deliver some benefit to Australia.

A modest royalty of 10%, as paid by onshore gas and the North-West Shelf, would level the playing field across the industry and could raise nearly \$12 billion over four years. With greater oversight and transparency, the PRRT would remain as a backstop to collect "super" profits in the event of rising world gas prices.

A royalty is a charge paid on the non-renewable resources owned by the Australian community. Every other resource, iron ore, coal, onshore LNG pays royalties. Only offshore LNG is gifted their resources for free.

Imagine if a business told their supplier to give them enough free product to cover the costs of building their factory before

they started paying for their goods. That supplier would go broke - quickly. Essentially, Australia is doing just that with new offshore gas.

Nearly 90% of these projects are owned by foreign companies, including multinational oil giants, Chevron, Shell and Exxon. Woodside has been pushed forward by the industry to defend the status quo – there has been virtual silence from the real beneficiaries, the big multinationals.

Woodside CEO Peter Coleman has stated that "most of the wealth we generate stays in Australia". In fact, a Reserve Bank of Australia Bulletin concluded that the economic benefit to Australia of the current LNG boom would be limited because of "low employment intensity of LNG production, the high level of foreign ownership of the LNG industry and, in the near term, the use of deductions on taxation payments."

The global gas giants should have no complaints about this new scrutiny.

After all, no review would not be needed if industry kept its promises.

For example, Chevron today forecasts that the Gorgon and Wheatstone projects will deliver \$338 billion in Federal Government revenue between 2009 and 2040. To break that down - they are claiming they will deliver on average \$11 billion per year.

But we are now seven years in – and Chevron hasn't paid any PRRT or corporate tax for two years running. The industry's own modelling shows that at today's prices the Gorgon project will never pay one cent in PRRT.

The Mike Callaghan led Treasury review should ignore special interest lobbying and deliver a set of proposals that ensure the Australian people stop giving away our resources to the world's largest multinational corporations for free. We believe our proposal delivers the best outcome while still maintaining one of the most generous royalty regimes in the world.

For more information and to tell Treasurer Scott Morrison and your local MP to end this rort, go to: stopfreegas.org



NATIONAL ARCHIVES OF AUSTRALIA

Discover our Anzac history online

discoveringanzacs.naa.gov.au

John Gurner Burnell, Bonds of Sacrifice Collection

As part of the Anzac Centenary, we are building a very personal history of World War I.

Visit *Discovering Anzacs* to view unique Anzac profiles, linked to their original service records.

Help tell the story of Australia and New Zealand during the war by adding your own family stories, photos or service details to the profiles.

#DiscoveringAnzacs on Twitter

A National Archives of Australia and Archives New Zealand joint project.







The Last Post Interviews Andrew Denton

Andrew Denton is a well known Australian television producer, comedian, Gold Logie nominated television presenter and radio host. He has put his career on hold in recent years to focus on his high-profile role as an advocate for voluntary euthanasia or assisted dying. His push has been driven by a personal experience, the death of his father Kit (author of The Breaker, the story of Breaker Morant). Andrew is the co-director of Go Gentle Australia.

The Last Post: Thanks for joining us, Andrew. You're well known to Australians through your role with the media and on television. Recently you've taken on a new role as an advocate for assisted dying, or dying with dignity or euthanasia. What has led you to this path?

Andrew Denton: Initially it was sparked by the death of my own father 20 years ago and watching him die in pain. Obviously watching that was very shocking for the family. My mother died very gently so I've seen both sides of that coin. Some years ago when I stepped away from the media, I wanted to give myself time to lead a different life. I asked myself, what was it I wanted to do and I felt I wanted to do something that would contribute to the greater good. I've never lost my curiosity about why it was we couldn't have a law for voluntary assisted dying in Australia and that was sparked by reading an article a few years ago about a woman whose father was Dutch. She was an Australian writer but her father lived in the Netherlands and he was dying of cancer and under their laws she described what it was like, he was legally assisted to die under their euthanasia laws, unlike my father's which was full of pain, his last week was one of very civilised farewells and he controlled the manner of his passing. I thought, why can't we have that in Australia so I set myself the task, under my own steam, of travelling around the world and around Australia speaking to people on all sides of this question to try and find out what the answer was. The answer, as far as I can see as to why we can't have these laws is that there is still a powerful conservative, largely but not entirely religious-based block of opposition within politics, within the medical profession and within society more broadly in the shape of the church which refuses to let this happen because it goes against their beliefs, regardless of the harm that's happening within our community that is now well documented because of our existing laws.

TLP: Is that a harsher version of Malcolm Fraser's lifewasn't-meant-to-be-easy? The religious and conservative argument may be that life wasn't meant to be painless?

AD: Some do think that. There are some that subscribe to the Pope's view about the mystery of pain and suffering. I don't argue with that view. That is their view and they're entitled to hold it and I hope that when the time comes, if that's what sees them through into the next world, that it works for them. I only have a problem with them imposing that view on everybody else. There are others who view it as a sanctity of life issue – only god giveth and only god can taketh away. Again, even surveys amongst Anglicans and Catholics shows that something like 70%, non-theless, support a law for assisted dying.



TLP: Prior to my wife, Wendy's death, my main concern was her comfort level. As I mentioned to you, prior to this interview, I didn't want to see her in pain. The thought of doing something drastic is not me but at the same time I would've been strongly motivated to do something, anything in the circumstance. Do you think most Australians would feel the same way?

AD: I'm convinced most Australians feel the same way because every poll taken over the last twenty years, the questions been asked in many different ways, upward of 70% of Australians have said they'd support a law for assisted dying or some kind of euthanasia law and the reason for that, I think, is very straightforward Greg, and you in some ways just described it - we don't want people we love to die in untreatable pain, we don't want ourselves to die in untreatable pain. The most common way I hear this expressed, it's not an expression I use but this is what I hear coming back to me all the time, and we've all heard it, is that we treat our animals better than we treat our humans in pain. There is truth in that. If we see an animal that is suffering really badly then we will help them end that suffering if there's no other way to help them. But we won't do that for humans. Many Australians find that

AD: Well, this has been the most extensive process ever undertaken in Australia for a law of this kind. First of all, there is a cross-party parliamentary enquiry which went for 10 months which travelled right around the Victorian community, spoke to people who are for and against this law, spoke to doctors, palliative care, nurses, patients, just a massive range of people from across the community. It was one of the biggest enquiries they've ever held. That panel then went overseas to jurisdictions where the law exists, to see how it works and what the problems were. They came back and they recommended by a clear majority of 6-2 that the status quo, what is happening in Victoria under the current law, isn't working and that a law for assisted dying should be written. The Victorian government has said it will put forward legislation in the second-half of this year and that's the first time a government has done that in this country. Now they've put together an excellent panel, chaired by the former President of the AMA, Dr Brian Owler to advise them on how these laws should operate. There's been an enormously thoughtful, wide-ranging, considered process and when the legislation is eventually presented to the parliament later this year I think even Michael Gannon, the President of the AMA who is against these laws, he conceded at an AMA panel that I attended, that the process has been impeccable and I think that's true.

TLP: Even from an outsiders point of view or observation, it seems to have been done meticulously. And, if it's to be done it must be done correctly.

AD: That's exactly right. One of the reasons it's essential to get it right is that the core questions being raised by opponents of these laws are the right questions to ask, which is, how do you

"THE ASSISTED DYING LAW IS ABOUT A GREAT ACT OF COMPASSION. IT'S THE VERY DEFINITION OF LOVE."

really vexing. What you've just said to me about almost being prepared to go to any lengths to stop Wendy from experiencing pain, so many Australians I've discovered have been faced with similar situations, it's "What do we do, clearly the medicine's not helping, what do we do?" and it's a terrible situation to put families through. It's a terrible situation to put doctors and nurses through. Over the past couple of years I've had testimonies from traumatised doctors and nurses who they have patients beyond their help but by law they are constrained from helping in the way they feel they should.

TLP: With what looks like overwhelming support for assisted dying on some level, are the opponents of what you propose fighting a losing battle?

AD: Well, that's not how they see it and that's not how they operate. We have a deeply entrenched, largely invisible to the public eye, there is still a very strong conservative, Christian influence in Australian political decision-making. Where I think these conservative elements have been very effective is in creating an atmosphere of fear and misinformation around what these laws are and how they work which has persuaded timid politicians not to vote for them.

TLP: On the political side of things, the Victorian government has been slowly but carefully going about ways to introduce legislation in the second-half of this year, I think. The world's experts have been gathering in Melbourne to make sure this is done properly. What do you know of that? ensure that the vulnerable are being protected in this so that the people that are being helped are those that should be being helped. I think this process, and the committee's report was exemplary, I think the process shows that those questions are being well considered and I think the law will reflect that. It's very important to understand when you talk about the vulnerable in this equasion is the fact that it's our current laws that are creating enormous vulnerability amongst the elderly and the ill who have so few options at the end of life and too many of them are taking their own lives in terrible ways and too many of them and their families are witnessing this suffering deaths that they needn't be suffering. The reason this law should be written is to protect those vulnerable currently in our society.

TLP: There are pressures put on people as they age.

AD: That's exactly right. I think one of the really healthy parts of this legislation and the broader conversation around it is that we're not good at discussing end of life and end of life care and it's really clear that we can and should be doing it better and part of doing it better is to better fund and better educate people about palliative care. Part of doing it better is to write a law for assisted dying so that when palliative care can't help, there's another choice.

TLP: Totally essential. From my own experiences with Wendy, there are loving and caring people in palliative care but in the end it's a journey you and your loved ones embark upon and your wish and hope is to make it as painless as possible.



AD: That's exactly right again. None of us know how our deaths are going to be, the only thing we know is that it's going to be our own, no-one else is going to experience it. One of the problems I have when I hear opponents in this debate is that they make enormous assumptions about other people's lives and the suffering they're going through. One of the most powerful things said in the course of the conversations I've had was said to me by someone Roger (Dr Roger Hunt) knows well, Ian Maddocks, known as the father of palliative care, who said to me, " I believe that assisting someone to die can be a loving act" and as long as it's done with the same care and thought that palliative care is done, then it can be a loving act. The word love is very central here. Those that argue from a religious viewpoint attempt to have a mortgage on the word love as if only god's love or Christian love is the only appropriate love here. But there are many, many kinds of love. And this law, the assisted dying law is about a great act of compassion. It's the very definition of love.

TLP: Love equals compassion and surely true love should be about compassion?

AD: I believe that's right. I think the Jesus I was taught about at school would not have stood by and allowed this kind of suffering, without help. This is not about a failure of modern medicine, it's about the limits of modern medicine. There's a terrible irony, modern medicine has got better at keeping us alive for longer but there's a cost with that.

TLP: Wendy was in hospice for less than two weeks but in that time I saw and heard people dying loudly and slowly all around. The halls and rooms were filled with relatives and loved ones looking helpless and looking at their watches. It was something I felt very uncomfortable with.

AD: Particularly overseas, the places I went to - Belgium, The Netherlands and Oregon, they view palliative care and assisted dying as complimentary. It's not one or the other, which is how it's argued here. They're all to do with end of life care. What you're aiming to do, palliative care and assisted dying have the same aim and that is to alleviate the suffering of the patient. If one doesn't work you should be able to explore the other. Interestingly, in Oregon, where the laws there are similar to what's going to be proposed in Victoria, whereby your life is not ended by injection but you're given a prescription for a medication that you can drink. In Oregon, by law where everybody, and it's a very small number but everyone who accesses this medication is dying of a terminal illness, still almost 40% of them don't take it. What that tells you is that, first of all people don't want to die, they cling to life for as long as they can. And, secondly, when you're faced with the end, knowing that you have control over it, as opposed to what you saw with some of the people at the hospice with Wendy, knowing that you have some control over it, is powerful medicine in itself. You have some control over what is called the anguish of dying.

TLP: Knowing myself, I would have that glass bedside but would be averse to drinking it.

AD: I'm amazed at how readily some assume that others want to die. Very few people really want to die. People fight to live in an extraordinary way. The human will to live is our strongest instinct. TLP: It's as strong as life itself.

AD: That's right and what we know from overseas is that those that access these laws, usually in the last weeks or days of their lives, they hang on as long as they can.

TLP: One of the things that really annoyed me was when the loving doctor came into our room and went through, in detail, to us and she's speaking to Wendy, telling how she will die. She told her that her skin would turn a particular colour and that her eyes would glaze over and I didn't see this commentary coming and I was very, very angry. Wendy and I and her family were adult enough to know about the possible side effects of the end but we didn't need what we heard at all. It was tactless and it miffed me off big time. My beautiful, strong wife was crying when they told her this and that's when I decided I would bring her home.

AD: That is a classic case for my thinking. There was no question Wendy was going to die of a terminal illness, there was no question by the time you got to that point that it was going to happen within the foreseeable future. Now, Wendy didn't need it and may never have used it but in that situation and all that lay ahead, why should she have not been offered the choice of having to go through that?

TLP: What now, Andrew, following the Victorian government's process?

AD: Victoria is the main game because of that long process and, as I've said, no government has ever put forward this type of legislation before so, it's been such a strong, persuasive process that it would be extremely disappointing if, in the face of all that, the parliament didn't pass the law. There will be strong opposition so it may not happen. The landslide victory to the Labor government in WA recently is significant because the new Premier of that state is a public supporter of a law for assisted dying and the significant change in the composition of that parliament may mean that the argument moves forward more quickly than it looked like it would. New South Wales, a cross-party upper house group will be putting legislation before parliament later this year. I don't think, considering the make up of the NSW parliament, that it's likely to pass both houses but it may pass one. Tasmania will also be putting up legislation in the middle of this year and it came very close a few years ago, so who knows? I know that for the first time Queensland is now considering an enquiry preparatory to legislation so this is a rising push across the country and it's not going to go away. The bill in South Australia was narrowly defeated last year and the point I made at the time was that the bill may have been defeated but the diseases it's designed to help aren't going away. The need for this law will continue.

health



Managing Type 2 Diabetes: How Low-carb Diets Can Help

The obesity epidemic in Australia is resulting in an alarming increase in the prevalence of type 2 diabetes.

BY FIONA ROSS

Approximately 1 million Australian adults have type 2 diabetes and it is estimated over 2 million people are pre-diabetic and are at high risk of developing this disease.

That's around 13 per cent of our entire population! It's easy to see why our health researchers have made it a priority to discover better ways to prevent and manage this serious disease.

To better understand the importance of diet when managing type 2 diabetes, we undertook one of the largest and complex diet and lifestyle intervention studies in Australia, in collaboration with the University of Adelaide, Flinders University and the University of South Australia.

The two year study compared different dietary approaches for managing type 2 diabetes: a low carbohydrate, high protein, high healthy fat diet and a traditional highunrefined carbohydrate, low fat diet. All participants also participated in a supervised exercise program.

SIGNIFICANT RESULTS

One of the most significant findings for those people who followed the low carbohydrate diet was a staggering 40 per cent reduction in the amount of diabetes medication they required, twice as effective as the high carbohydrate, low fat diet. The low carbohydrate diet was also three times more effective at reducing blood glucose spikes across the day.

The results of the study is creating a paradigm shift in our thinking about how we should manage type 2 diabetes.

For the millions of Australians who are overweight and have or at risk of developing type 2 diabetes, this study could make a real difference to the diet and lifestyle decisions they make.

We are working hard to provide a clear and comprehensive overview of the science and benefits behind the low carbohydrate diet – so we've developed the CSIRO Low-Carb Diet book. The book provides an easy to follow, structured meal plans including recipes, clear descriptions of low-carb versus high-carb foods, shopping lists and a complete exercise plan.

Wendy Joy Patterson Ross

December 12th, 1957 – January 5th, 2017

A journey of love

In the last edition of TLP, my wife, Wendy and I spoke about our battle with her pancreatic cancer.

About six weeks after that, on Christmas Day last year, Wendy was transported to the Mary Potter Hospice in North Adelaide. Our oncologist, Dr Carolyn Bampton and staff at Ashford Hospital said there was nothing more they could do for Wendy until she regained her strength. We learnt that there were staff at Mary Potter to help Wendy achieve that. Wendy and I only agreed to go there if it was understood that this was a positive transfer and we would be working full-on to get Wendy fit enough to resume treatment.

But it didn't work out that way. We could see the end of the arduous road approaching but we eyeballed the monster and continued as we'd done since the diagnosis 8 months earlier. We talked up every day but Wendy was getting weaker.

On Wednesday, January 4th, I visited Wendy twice and in the evening phoned to tell her I would again be in to have breakfast with her in the morning.

"I love you, darling", I said to her.

"I know you do and I love you too", she replied.

Wendy's voice was clearer than it had been for over a week. It filled me with hope.

The following morning, I made my way in. It was Thursday, January 5th.

Wendy was asleep, or so it seemed.

"Good morning sweetheart, everything's alright, I'm here now", I said.

When silence replied I looked closely. It must be a deep sleep, I thought for a

moment. Then I realised the truth. Wendy had gone.

The saddest moment in my life had arrived.

Some of the happiest moments in my life happened around the time Wendy and I first met. It was the late 60's. Wendy was nine. I was ten. We were classmates at the Mitcham Demonstration School in South Australia. With a great spunk that was to reveal itself again to me in later years, Wendy walked from her nearby house to visit my twin-brother and I in Devonshire Street. Wendy was the first girl that I'd gone to school with that had come around to visit.

In 1969 Wendy's parents moved to the hills and took their lovely daughter with them. I hadn't seen Wendy for some time but when our school football team went up to play her new school, there she was. As Wendy's new schoolmates gathered around the oval and cheered for Blackwood, she barracked for Mitcham. And she let everyone know it. Soon, her new schoolmates turned on Wendy and began hassling her for barracking for the opposition. I saw Wendy on the boundary and felt like jumping into the crowd to help. But she didn't need my help. Soon after, I remember pushing a Blackwood opponent into the dirt and giving away a free kick and earning a verbal from our coach. It was the first time I can remember feeling angry.



In 2007 I returned to Adelaide to organise a primary school reunion. We'd had three or four and they'd worked out well. I met an old class-mate, Janine Oakley who suggested, if I needed help to get numbers at the event it would be wise to contact Wendy. "You remember Wendy Patterson?" she asked.

That suggestion by Janine set the wheels in motion that led to events that would change Wendy's life and my life for the better. I remain thankful to Janine.

By early 2016, Wendy and I had been happily living together for eight years. Wendy had been feeling unwell, nauseous a lot of the time. Her doctor told her she had diabetes type-2.

Wendy stuck to her new diet and insulin. The doctor told her that she was amazing and she was on the verge of looking like she may be able to actually reverse the diabetes. Wendy said she still felt like shit. Further tests were carried out.

I had grown up, sub consciously believing that I was invincible. I had

health

#honourwendy

had such a happy, dreamy childhood, particularly around my time at Mitcham Demonstration, that I felt nothing could touch us. "Us" being me and whoever I loved. When Wendy and I became partners it seemed that our Camelot childhood at Mitcham together had been re-born and this would be a love-story with a happy ending.

The doctor took a deep breath before he delivered the news and in that millisecond I knew something really bad was about to happen. The citadel was about to be stormed. Wendy had pancreatic cancer that had spread to the liver and there were spots on her lungs.

We cried when we got home. Wendy said, "We'll be alright". We hugged and kissed for a long time.

Again, later that day, "I know not many survive this but there will be no talk of dying".

And so it was. We both knew that we were in for the fight of our lives but we presented ourselves and didn't back away. Somehow we both felt we were going to beat this and we weren't going to let it get on top of us. Our Camelot time at Mitcham would protect us, we felt. Somehow, there would be a way around this.

On our first visit to our oncologist, Dr Carolyn Bampton, we were told that although tests confirmed that it had the appearance of pancreatic cancer, it may it fact not be cancer at all. Sitting next to her, excitingly I tapped Wendy's knee under the table.

That afternoon, shopping in Mitcham, Wendy almost ran across the road. She seemed so vibrant and physically strong.

Three days later in hospital, after the biopsy, Wendy woke. She was feeling fine and in good spirits. At home that night though, her conditioned worsened and I drove her back to hospital. She stayed in overnight and when I picked her up on the Saturday morning, she was fine again.

We met Carolyn a few days later and the news was not good. It was an aggressive cancer and chemotherapy would start as soon as possible.

I remember Wendy's first overnight stay at the Ashford Hospital. We went in on a Sunday afternoon. In her room we watched an uplifting movie about a boy and his dog. It reminded us of our trips to the cinema.

During the eight-month battle, Wendy would measure her condition with a score out of ten. "Today is an eight-out-of-ten day" she would say. On bad days, she told me it was a four or five out-of-ten.

Three or four weeks after that first visit to Ashford, Wendy was in a very bad way. All the tests indicated that she would not survive. The doctors were not confident and asked Wendy if she wanted to be revived if her heart stopped. "No" she replied.

Despite all of this, our confidence remained high. We knew we would get over this hump-in-the-road. And we did. I told them that Wendy was a fighter.

Five or six weeks after the diagnosis Wendy was back at Ashford. I went in for breakfast and noticed her eyes had gone a greyish "colour" and that she was saying funny things. I spoke with the doctors immediately and soon after jaundice was diagnosed. "We can fix it" we were told. And they did.

When Wendy was home we would go to the Tennyson Centre for the chemo. By this time Wendy was in a wheelchair but on most occasions the chemo was working. Wendy's tumour count was down big time. "Tonight I'm having a wine" she would say.

The eight months of Wendy's treatment were, for both of us the saddest times of our lives but also the most loving and bonding experience you could imagine.

In June we decided to get married.

In July we went to vote in the national election. It was cold and Wendy was dressed in her stylish red coat, and scarves and I thought she looked like a model. After voting we had a sausage sizzle each before I pushed her around the streets of Burnside. After that we went to the shopping centre and had coffee, cake and I read the papers while Wendy did her word game. It just seemed so normal.

Then, in early August, I remember a bright, sunny day when we were driving home after having a pie and coffee in Duthy Street. I noticed that Wendy seemed to be breathing more quickly than normal. I asked if she was alright. "Yes, I'm fine", she said.

Still, I kept listening to her breathing. Still, it seemed pacy. A few days later, as Wendy was going through the wedding invite list I again asked if she was okay with her breathing. "I'm fine" she said "I'd tell you if there was anything wrong".

The chemo was working and Wendy's tumour count continued to drop dramatically. Perhaps I was imaging things. I told Carolyn of my fears. I was told it was unlikely to be anything as all Wendy's tests were good.

Then one morning around 5am, Wendy woke, unable to breathe. I rubbed her back until things improved. Ashford Emergency wasn't open until 8am.

When we got to Ashford, they gave Wendy an oxygen mask and she improved. I offered to stay but she waved me away and told me to go and do some work.

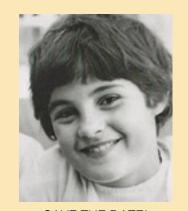
I drove home thinking, another hump-inthe-road we've got over. It was a Monday. We were getting married that Saturday at our old school.

But over the next two days though, Wendy went downhill. She had a blood clot in her lungs. By Wednesday night, with Wendy's daughter already at Ashford, Carolyn asked me to come into the hospital. She told me that she was very, very worried



about Wendy's chances of pulling through. They put Wendy on extra strong bloodthinners that ran the risk of causing internal bleeding.

Wendy's youngest daughter, Amy and I took turns at sleeping in Wendy's room over the next few nights.



SAVE THE DATE! Concert for Wendy and the

Fight Against Pancreatic Cancer

The Concert will be held at Mitcham Memorial Gardens, South Australia.

Sat Oct 28th 2018 5pm–9pm BYO Food & Drinks

Acts to be announced.



I knew Wendy would get over this too. I just knew she would. I had no reason except a faith I had in her strength. Carolyn told me later that she believed Wendy pulled through because she was determined to get married and to be with her daughters for as long as she could. "She's a legend", Carolyn told me.

Sure enough, by Thursday I could hear her breathing returning to normal. But Wendy would not be able to get to our school for the wedding. With a thumbs-up from Wendy and with help from Amy and her sister Kate, I started organising for our wedding to take place at The Ashford.

The wedding took place on the Friday, in the hospitals 'Sacred Room' on the ground floor. Our former primary school teacher, Adrian Burton was there to escort Wendy "down the aisle". Accompanying Wendy "down the aisle" meant that Adrian went to room 15 of the hospitals Marion Ward where Wendy's daughters were preparing her for the ceremony. I was downstairs getting things organised.

Then we were told, "Wendy is coming down".

The music started. A beautiful song from Elton John's cult classic album, Friends.

I waited, my eyes on the elevator. Guests waited too.

Then she emerged in her wheelchair, looking as beautiful as I had ever seen her. I felt myself starting to cry, she looked so beautiful. And on this, the most beautiful day of our lives. Momentarily, I saw her as she was back at school. I felt like a child again.

That night, as detailed in The Last Post's previous edition, we fell asleep as man and wife alongside each other in Room 15.

Wendy continued to improve and by November she was swimming in her daughter's pool in Kingswood and standing up in the kitchen to make meals and her favourite soup. She was gardening again too.

Wendy's last stay at Ashford was a result of a relatively minor concern. She was feeling unwell and it was felt that draining her of the fluid that had built up in her body would mean that, as had happened previously, she would be home in three days. But one thing happened after another during her last stay. On the eve of coming home Wendy developed a gastro problem. Then she fainted in my arms as I was helping her to the toilet. All the time she maintained her positive outlook. "Did I faint?" she asked me. "I didn't feel a thing".

Then she started shaking which had been caused by one of the drugs she was on. She would get hot flushes and when she got the shivers I would walk the welltrodden path down the area that housed the warm blankets. "Thank you darling", she said, "I love you".

By her 59th birthday, Wendy was fairly weak. I decorated her room and wrote a large Happy Birthday Wendy sign on the door. Then a great gift. Her second grandchild and first grandson, Hamish was born on her birthday. As weak as she was becoming, Wendy was still with it and she would remain that way until she died. I have a text from December 12th last year. I had wanted to know how she was and she returned my message with her own, "I'm fine but I'm trying to keep the line clear for baby news!!!!"

Fast forward to the hospice.

When I finally opened my mind to the gloom that appeared to be approaching, I wanted Wendy to come home so that we could lay together again. So that I could hold her and whisper encouragement. So that she could be home. I asked her if she wanted to come home. She said yes.

The hospice told me that they could assist but that there were a lot of things to organise. Then they suggested that they could move a large bed into Wendy's room so that I could sleep with my wife again. OK, we agreed.

When the staff came in to tell us they were arranging to get the bed in, they were very excited. Too excited maybe because when they finished telling Wendy how wonderful it would be to have the double-bed and for her to be with her husband again, Wendy replied dryly, "Oh good, perhaps we should sell tickets for the event".

I miss Wendy so much. I realise that we had been waiting all our lives to be together. When we started living together she told me that she was looking forward to "30 years of happiness". I miss our wheelchair excursions around Ashford and our neighbourhood. I miss her beauty and her humour and her strength. I miss her femininity. The battle we fought for eight months seemed to go on forever but looking back it all happened so guickly. I remember the dark winter mornings when I would arrive at Ashford for breakfast, not knowing what state I would find Wendy in. I miss the relief and happiness I felt when I found her to be okay. I miss the breakfasts we had when she was home. I miss telling her I love her. I miss hearing her tell me she loved me. I miss her asking me, "What's the time Mr Wolffy?" when, most mornings between 4am and 6am the sounds of the paper delivery man would wake us briefly.

Because of her strength of spirit and joyous soul, Wendy Joy Patterson Ross remains in our hearts and minds. And that's the closest thing to eternity that I can think of. She gave me beauty and peace and freedom of expression.

PS. We had a baby. In the middle of the night in 2008 or 2009, Wendy stirred in her sleep and said, dreamingly, "We've had a baby". Oh, I said, "Is it a boy or girl?" "It's a boy", Wendy replied, still half-awake, half asleep. "What's his name?" I enquired. "Coriander" Wendy said.

Who said the world is not a wonderful and crazy place?

The Concert for Wendy and the fight against pancreatic cancer will be held in Mitcham's Memorial Gardens in South Australia on Sunday October 28th, 2018.

For updates on the event, please visit The Last Post on Facebook, Twitter or subscribe to our free TLP eNews.

Please help in the fight against pancreatic cancer by contacting: Pancare Foundation www.pancare.org.au

info@pancare.org.au 1300 881 698 Walter and Eliza Hall Institute of Medical Research www.wehi.edu.au fundraising@wehi.edu.au 03 9345 2555 Associate Professor Phoebe Phillips barbecure.com.au

p.phillips@unsw.edu.au 02 8072 6188

Thanks to Mitcham Council: www.mitchamcouncil.sa.gov.au

Stay updated: #honourwendy



MY FIRST SATURDAY WALK WITHOUT YOU BY GREG T ROSS

Down Frimley Grove,

Then left into Durdin Road, where you had lived as a child, Through the backstreets of Kingswood and Hawthorn We would walk on Saturday mornings before coffee. Stopping to look at the flowers of which you knew the names of And I only some. Through Delwood Reserve and onto Devonshire Street, Where I had lived as a child and where you had visited When we were classmates. Onto Belair Road and passed My Yen restaurant and our favo

Onto Belair Road and passed My Yen restaurant and our favourite table

By the window, where we would go on Friday nights.

In Clifton Street I stop to take a photo of a rose,

So beautiful it reminds me of you.

A vacant block on George Street – bougainvillea growing from a backyard

Alongside Brownhill Creek, an elderly jogger runs by.

Into the grounds of our local library, where we would go after coffee, Over the footbridge I see a grey-bearded man on his pushbike collecting bottles

In a hessian bag.

Passed the Adcock's but their gate is closed.

I hear the blackbirds singing But they cannot know that you have gone, I want you beside me again I want to take you home.

SINGING IN THE SHOWER BY GREG T ROSS

I heard you singing in the shower A week before you entered hospital For the last time. What finer example of spirit Could there be, Except for you telling me, "There will be no talk of dying"? From the words of a favourite song of ours, "You rescue me, I rescue you", I could never have been as strong Without you. And I carry you with me now To get me through life. Dr Tracy Putoczki(L), Associate Professor Peter Gibbs and Professor Tony Burgess of the Walter and Eliza Hall Institute.

'Organoids' the future of improved treatment for pancreatic cancer

Organoids are at the forefront of research being undertaken to improve the survival rates of people with pancreatic cancer.

Research teams from the Walter and Eliza Hall Institute, in partnership with the University of Melbourne, Victorian Comprehensive Cancer Centre, and hospitals across Victoria are working to establish a pancreatic organoids 'bank'. The bank aims to reduce the time it takes to find the right treatment for each pancreatic cancer patient from a number of months to less than three weeks.

Professor Tony Burgess, a laboratory head in the Structural Biology division at the Walter and Eliza Hall Institute, is helping to lead the project.

Professor Burgess said the creation of an organoids bank for pancreatic cancer treatment would be a significant change from current drug testing techniques, which can take up to eight months and which are difficult to control.

"We expect organoids to give us answers on an individual patient's drug sensitivity and resistance in 18 days.

"Combine the organoid information with each patient's genetic mutations, and we expect this will give doctors real clues as to the best drugs for each patient inside three weeks," he said.

The University of Melbourne Bertalli Chair in Cancer Medicine Professor Sean Grimmond said as the average pancreatic cancer ORGANOIDS ARE MINI ORGANS – THE SIZE OF A GRAIN OF SAND – WHICH ARE GROWN IN THE LABORATORY FROM DONATED PATIENT TISSUE. USING A ROBOT, THE ORGANOIDS ARE BOMBARDED WITH DIFFERENT DRUGS TO FIND THE CORRECT COMBINATION AND DOSE FOR EACH PATIENT'S TUMOUR.

patient survives only three to six months after diagnosis, clinicians have limited time to decide on the treatment.

"When that first round of chemotherapy fails, we're up against the clock and the timeframes are ruthless," Professor Grimmond said.

The organoid assay and genetic tests aim to take the guesswork out of chemotherapy.

While it is still early days, the researchers are aiming to reach clinical trials in 2018.

Generosity enables this research

The Walter and Eliza Hall Institute would like to recognise the leadership of Jane Hemstritch who in 2015 committed a gift in memory of her husband Philip to advance pancreatic cancer research. The Philip Hemstritch Pancreatic Cancer Research Program provided the impetus for additional support that was later received from the Avner Pancreatic Cancer Foundation. The grant of \$916,000 from the Avner Pancreatic Cancer Foundation is part of the Believe campaign for the University of Melbourne.

Promising ways to tackle the most deadly cancer - pancreatic cancer Sydney researchers have identified a previously unrecognised way to kill pancreatic cancer cells.



Australia every year'.

A/Professor Phoebe Phillips.

most people in the community know very little about it.

only prolongs life by an average of 16 weeks'.

Despite pancreatic cancer being one of the deadliest of cancers

and around 280,000 new cases diagnosed each year worldwide,

A/Professor Phoebe Phillips from the Lowy Cancer Research

Centre at UNSW Australia said 'We must increase awareness

about this horrible disease, which devastates >3000 families in

A/Professor Phillips has seen very little improvement in patient

treatments in the 16 years she has worked in this field. Following

a recent laboratory breakthrough, she felt the full impact of the desperation of patients (given just months to live) willing

to try anything. She said 'It is shattering and unacceptable for

pancreatic cancer patients that the best chemotherapy available

Due to the vague symptoms of pancreatic cancer, it is detected

very late and often at a stage when the cancer has already spread

to other organs in the body. Treatment is further complicated

because pancreatic cancer cells have developed ways to resist

cell death. Phoebe's recent research has unveiled a reason why

Neoplasia (December, 2016), identified a key protein (BIVbtubulin) involved in protecting pancreatic cancer cells from a widely used class of chemotherapy agents call 'vinca alkaloids'.

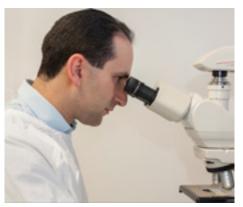
In the past vinca alkaloids have been shown to exert minimal

activity in patients with pancreatic cancer. But, Phoebe's work has shown that if you inhibit BIVb-tubulin in pancreatic cancer

cells they become sensitive to vinca alkaloids and die. This new

data provides new opportunities to develop inhibitors against

pancreatic tumour cells are highly resistant to chemotherapies. The UNSW led research, recently published in the journal





Phoebe Phillips in centre, right of picture is MP Catherine King (Shadow Health Minister) and left is a patient advocate; Attending parliament house and advocating for investment into health and medical research.

A post-doctoral scientist in my lab Dr George Sharbeen

for the treatment of pancreatic cancer.

BIVb-tubulin, or to select patients which express low levels of BIVb-tubulin, which may allow for re-purposing of vinca alkaloids

"Future studies will utilise a breakthrough technology developed by our laboratory to deliver gene therapy to inhibit BIVbtubulin in pancreatic tumours in pre-clinical studies. Our novel nanomedicine (incredibly small drug) is able to penetrate the thick scar tissue that surrounds pancreatic tumours, dramatically increasing its effectiveness as an anti-cancer drug. We believe our work will lead directly to the development of new anti-cancer drugs, which may increase the survival and quality of life of patients with pancreatic cancer".

'The reality is, despite the promise of our research, it takes 7-10 years and significant financial investment to develop our novel anti-cancer agent for use in the clinic', said Phoebe.

Investment into research for other cancers (e.g breast, prostate and childhood cancers) has had a huge positive impact on increasing patient survival - 'it's time to do the same for patients with pancreatic cancer - one of the forgotten cancers'.

You can help by increasing awareness about pancreatic cancer or supporting A/Prof Phoebe Phillips continue her research and move towards human clinical trials (Give to: Phillips Pancreatic Cancer Research Fund www.donate.unsw.edu.au or contact A/Prof Phoebe Phillips p.phillips@unsw.edu.au for more information).

I would like to support pancreatic cancer research	Walter+Eliza Hall
\$100 \$250 My choice \$	Institute of Medical Research
Cheque (made payable to The Walter and Eliza Hall Institute of Medical Research)	DISCOVERIES FOR HUMANITY
Visa MasterCard	Your support helps us improve lives
Card No Expiry date	Mailing address for all donations:
	Walter and Eliza Hall Institute of Medical Research Reply Paid 84760 Parkville Vic 3052
Cardholder name	Donate online www.wehi.edu.au/donate or 03 9345 2403
Title First name Last name	Please send me information on making a gift to the Institute in my will
	I would like my donation to remain anonymous
Address	The institute protects your privacy in accordance with the Information Privacy Principles of the Information Privacy Act 2000. The Institute's privacy policy is available at www.wehi.edu.au.
Preferred phone	The Walter and Eliza Hall Institute of Medical Research ABN 12 004 251 423

Pancare Foundation

The Pancare Foundation is a national not for profit aiming to increase survival rates and support people affected by pancreatic, liver and other upper gastrointestinal (GI) cancers.

Pancare was established to be the voice of those affected by these cancers, working to save and improve lives through public awareness, research, education and support.

It was evident that the outcomes of patients with pancreatic, liver, biliary, oesophageal and stomach cancers had improved very little, despite them representing a leading cause of cancer deaths in our society.

The sad truth being, that these are the cancers people don't want to talk about, with only a minority of those affected by these cancers living long enough to create support groups and champion a movement to improve treatment outcomes for generations to come.

The survival rates for most patients with such cancers have remained poor for decades – pancreatic cancer has a five-year survival rate of just 7%, despite of this, funding for these cancers remains severely under-funded and subsequently under researched.

HOW PANCARE HELPS

Pancare has developed a research framework used to inform decisions regarding the funding of national pancreatic research initiatives with the potential to achieve significant increases in survival rates for pancreatic cancer.

Under this framework, Pancare is supporting the expansion of a study to identify and screen high-risk individuals using endoscopic ultra-sound, a diagnostic test to detect small changes to the pancreas. Research has shown that early detection and treatment of pancreatic cancer greatly improves survival rates.

The trial combines the work of the departments of Surgery, Gastroenterology, Genetics and the Olivia Newton John Cancer Centre at Austin Health in collaboration with Sydney's St Vincent's Hospital and the Garvan Institute of Medical Research.

Research shows that the side effects of cancer and its treatment are substantial and affect everyday life. The Pancare Community Care Program helps patients and their families through evidence based, individualised case and therapies throughout their diagnosis.

Pancare provides funding for patients and families to access services and complimentary therapies that have been shown to help with the effects of cancer and its treatment. These include; fatigue and pain, chemo brain (short term memory difficulties), psychosocial problems, financial stress, lack of information, knowledge and skills to manage their illness, lack of transportation and weak social support. In conjunction with Cancer Council NSW, Pancare funds a national pancreatic cancer telephone support group (TSG), available anywhere in Australia.

The group offers free, professionally facilitated support and advice from the comfort of your own home or workplace. They are open groups and you can dial in whenever you feel well enough on an ongoing basis.

In Australia, Pancreatic cancer received significantly less government funding for research compared to other cancers such as breast and prostate cancer.

Pancare has been advocating for a change and was pleased to be invited to provide a submission to the recently established Senate Select Committee into Funding for Research into Cancers with Low Survival Rates to inquire and report on the impact of health research funding models on the availability of funding for research into cancers with low survival rates.

HOW YOU CAN HELP

Due to a lack of government funding, Pancare relies only on donations. You can help by donating or starting your own fundraising activity. This is an effective way to create awareness of upper GI cancers in your community, while also raising vital funds that will assist Pancare to facilitate world-class research projects. As well as programs that are designed to address individual patient needs; from the point of diagnosis through to recovery and bereavement.

With greater awareness, research and education Pancare Foundation believe it can make difference. If you would like more information about the Pancare Foundation, please visit www.pancare.org.au or call 1300 881 698.



health



Australian approval for drug that 'melts' leukaemia

A new anti-cancer drug with the power to 'melt away' certain advanced forms of chronic lymphocytic leukaemia (CLL) has been granted approval by the Australian Therapeutic Goods Administration (TGA), following equivalent approvals in the United States and European Union.

CLL is the most common type of leukaemia in Australia, with 1300 people diagnosed each year.

Venetoclax, to be marketed as VENCLEXTA[™], has just been approved for Australian patients with relapsed or refractory CLL with 17p deletion, a mutation that makes the disease relatively resistant to standard treatment options, as well as for patients with relapsed or refractory CLL for whom no other treatment options are available.

Walter and Eliza Hall Institute of Medical Research director Professor Doug Hilton AO welcomed news of the drug's approval, most importantly for patients with limited treatment options.

"The fact that Australians with hard-to-treat chronic lymphocytic leukaemia can now benefit from a drug like venetoclax demonstrates how critically important medical research is to the health of our community," Professor Hilton said.

Professor Hilton applauded the team effort by Australian researchers and their international partners that preceded the approval.

"TGA approval of venetoclax is a major milestone in a journey spanning decades of powerful and innovative research by teams of leading scientists, clinicians and entrepreneurs, including more than one hundred researchers at Melbourne's Walter and Eliza Hall Institute of Medical Research," Professor Hilton said.

The timeline of discovery began at the Walter and Eliza Hall Institute in 1988, with the identification of BCL-2, a protein enabling cancer cells to survive.

Professor Hilton said scientists worldwide had subsequently been trying to find a way to 'hit' BCL-2, in order to stop cancer cell survival.

"Like a lethal arrow, venetoclax flies straight to the heart of BCL-2," Professor Hilton said.

Venetoclax was discovered and developed with scientists from US pharmaceutical companies AbbVie and Genentech, as part of an international collaboration with the Walter and Eliza Hall Institute.

The first clinical trials for venetoclax started in Melbourne at the Institute's Victorian Comprehensive Cancer Centre partners The Royal Melbourne Hospital and Peter MacCallum Cancer Centre and were led by Australian haematologists.

Professor Andrew Roberts, a clinical haematologist at The Royal Melbourne Hospital and cancer researcher at the Walter and Eliza Hall Institute and the University of Melbourne, said venetoclax was being combined now with other approved drugs and undergoing phase 2 and phase 3 clinical trials in other blood cancers.

"The hope is that venetoclax, potentially in combination with other approved drugs, could benefit more patients including those with other hard-to-treat types of blood cancer," Professor Roberts said.

"Ongoing research suggests that this drug will be very active against other cancers, so this milestone may just be the beginning," he said.

Research on BCL-2 and therapies targeting it has been supported by NHMRC, National Institutes of Health, Leukemia and Lymphoma Society (USA), Cancer Council of Victoria, Leukaemia Foundation, Australian Cancer Research Foundation, Snowdome Foundation, Victorian Cancer Agency and a Victorian State Government Operational Infrastructure Support (OIS) grant. AUSTRALIAN SCIENTISTS IN WORLD-FIRST CANCER BREAKTHROUGH

DR THOMAS SLIM

A study, led by Sydney's Centenary Institute Associate Professor Jeff Holst, has found that cancer cells can now be killed by starving them.

The study discovered that cancer cells which cause the most deadly breast, prostate and skin cancers thrive on an amino acid called glutamine. Normal cells do not.

The discovery of how to starve cancers cells of the fuel they're "addicted" to is a world-first breakthrough by Australian scientists.

The team has now developed a way of starving the cancer cells – but not healthy ones – by essentially cutting the disease cell's energy supply. Prof Holst is now developing a groundbreaking drug to stop the cells taking in glutamine.

ON ANZAC Day, RSL Care + RDNS recognises the service and sacrifice of our current and past service men and women and their families.

For more than 200 years, we have been proud to support the Veteran community, first in Victoria and Queensland and later across Australia and New Zealand. Today, we assist more than 30,000 Veterans every year, in their own homes and across our retirement and residential care communities.

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-servicemen and women, including Veterans from the Boer War and WWI.

Since coming together we continue to build on our shared commitment to current and ex-service personnel with innovative and responsive services promoting health and creating caring and connected communities. This includes supporting wellbeing and independence for Veterans and their families through our own communities and those where we offer management services.

From translational research to our telehealth, mental health support, training services and excellent clinical care delivered where and when needed, we continue to focus on genuine relationships that help all our clients and residents live the lives they want now and into the future.

We are proud to honour the experience of our Veteran residents, clients and staff around Australia and New Zealand, and to remember the journey we have taken with the returned servicemen and women who are the living face of the ANZAC legend.

Honoured to be by your side

Proudly providing home nursing, retirement living, residential aged care and support services to Veterans and seniors every day.

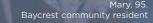






rslcare.com.au rdnshomecare.com.au

(In South Australia we are known as Rally HomeCare)



Post Traumatic Stress Veterans SA Think Piece, by Director of Veterans SA, Rob Manton

Rob Manton is a former Army Officer with 30 years of command and leadership experience. His military career involved command appointments at every rank level from Lieutenant to Colonel including as Commanding Officer 8th/12th Medium Regiment, Royal Australian Artillery, and culminating in a formation level appointment as Commandant of the Army's Combat Arms Training Centre in 2005. Rob has served in exchange positions with the Defence Forces of both the United States and the United Kingdom. His operational experience includes service with the United Nations in the Middle East in 1990, and with the Multi-National Force - Iraq in 2006 as the Deputy Chief of Staff with responsibility for strategic campaign planning. Rob's final appointment in uniform was as the Military Adviser to Australia's Ambassador to the United Nations during Australia's successful candidacy for a non-permanent seat on the Security Council. Rob was appointed Director, Veterans SA in October 2014.

It has been termed an invisible wound, is as old as war itself, and has undergone a metamorphosis since it was first defined as 'shell shock' in World War One, and 'Battle Fatigue' or 'Combat Stress Reaction' in World War II. Post-Traumatic Stress (Disorder) – you'll understand the brackets around disorder if you read on – is the most common and familiar term for mental illness faced by service men and women, past and present.

The dictionary defines 'disorder' as "...a derangement of physical or mental health or functions..." It further defines 'derange' as, amongst other definitions, to "make insane". It implies permanency.

Not long after I assumed my role as Director, Veterans SA, I was invited to address an Adelaide Legacy lunch to outline my priorities and vision for the Agency and to touch on issues of concern to me for the South Australian veteran community. One of the issues I highlighted related to the perceived stigma associated with Post-Traumatic Stress (Disorder) (PTS(D)) and my desire to start a bit of a campaign to remove the 'D' from the acronym. In so doing, I had hoped to make some small in-roads to remove the stigma, encourage those suffering to seek assistance and possibly treatment, and to start a conversation about this condition to remove any perceived or actual bias towards those so diagnosed.

My rationale was, and remains, quite simple: the stigma stems from the 'Disorder' component of the term, not the 'Post-Traumatic Stress' part. A member of the audience that day suggested that the 'D' was a requirement for compensatory purposes. My view is that PTS is a condition not a disorder. I believe our number one priority should be treatment not compensation. If it requires legislative change, then we should make that happen such that the removal of the word 'disorder' does not impact compensation. But, our first order of business must be to promote recovery at every turn.

Former US President George W Bush began a similar campaign to 'drop the D' in 2014 when he said:

"We're getting rid of the D. PTS is an injury; it's not a disorder. The problem is when you call it a disorder, [veterans] don't think they can be treated. An employer says, 'I don't want to hire somebody with a disorder.' And so our mission tomorrow is to begin to change the dialogue in the United States. And we've got a lot of good support."

His Royal Highness, Prince Harry, has a similar view. "I've spoken to everybody who has severe PTSD to minor depression, anxiety — whatever it might be. Everybody says the same thing: If you can deal with it soon enough, if you can deal with it quick enough and have the ability and the platform to speak about it openly, then you can fix these problems. And if you can't fix it, you can at least find coping mechanisms. There's no reason people should be hiding in shame after they've served their country."

You don't need to be a medical professional to understand how the use of the word disorder could have a negative impact



on anyone diagnosed with PTS(D). There could potentially be resignation that being so diagnosed renders an individual deranged and unable to be treated. The likelihood of a 'cure' could be seen as remote. That's the individual side of the equation.

From an employer perspective, and let's speak plainly, they will hire someone with a disability but they won't hire someone with a disorder, as former President Bush suggested. Unfortunately many in the broader community have the perspective that everyone who has served has PTS(D). As we try to reintegrate young, working age veterans into society and assist their transition from the military into civilian employment we need to be doing everything we can to destroy the myth that all service personnel have PTS(D).

About 18 months ago I caught up with a classmate of mine. We graduated from the Officer Cadet School, Portsea in 1981 and served together in Iraq in 2006. I think he won every award in our graduating class except the Sword of Honour. He was what we termed in those days 'a jet'. He was then, and remains, a great bloke. When we caught up during his visit to Adelaide I was concerned to see the impact his three tours of the Middle East had had on him. While I haven't spoken directly to him about it, it was clear to me that he was, and I am sure still is, focussed on recovery and managing his PTS. It was also clear that, while he was engaged in a constant struggle, he did not fit any of the definitions offered earlier.

On Sunday evening Australia lost another ex-serviceman to suicide. A former soldier from 5/7 RAR who had deployed to Afghanistan before transitioning from the military and joining the South Australian Police Force, took his own life in Cowell, north east of Port Lincoln. It is not yet clear why he took his life or whether signs were missed that, if noticed, may have averted this tragedy. Once again a valued servant of the community is no longer with us.

It's time we changed the narrative on this issue. Society has changed - for the better. We now embrace our mentally ill. We no longer lock them away in asylums. We have accepted, particularly for serving and ex-serving personnel, that we owe the same debt to those with mental health challenges as we do to those with obvious physical injuries.

We may not be able to change the medical terminology but we should try and change the perception in society and amongst employers. Employers would not hesitate to hire an employee being treated for a medical condition like diabetes or high blood pressure, and they should not hesitate to hire veterans with post-traumatic stress. As former President Bush has said "Posttraumatic stress...is an injury that can result from the experience of war. And like other injuries, PTS is treatable."

Our service personnel are the 0.24% of the population that keeps the other 99.76% safe.

If for no other reason than this, let's drop the D.

Veterans SA. The entire Think Piece series can be viewed at www.anzaccentenary.sa.gov.au

health

The Last Post interviews Simon Gillard – Author of Life Sentence

Simon Gillard was a police officer for more than 15 years, before being invalided out of the force with Post Traumatic Stress Disorder (PTSD). He is now an advocate for others with PTSD in the emergency services, military and wider community. Simon spends his time helping others by also engaging in motivational speaking and consulting those suffering from PTSD, depression and anxiety. Simon recently spoke to The Last Post about his battle with the disorder and his record of it in his bravely honest memoir, Life Sentence.

The Last Post: Welcome to The Last Post, Simon. We're here to talk about your book, Life Sentence, which takes a pretty down-and-dirty and honest look at PTSD and its effects on you, your family and the community in general. You mention in Life Sentence, joining the police force and having wanted to do that since the police came to visit students at your school. Was being a police officer anything like you'd imagined?

Simon Gillard: It was at the beginning, it was everything I'd imagined it to be. I was completely happy in every way when I joined. It was a very special time, I was only young, I was only just out of high school, 19 and I'd applied to join as soon as I could. It was fantastic and a real eye-opener, just going to the Police Academy on its own and, of course, being out on the streets at a later time. Serving the public and dealing with the various things you come across, it was amazing.

TLP: You joined in 1995?

SG: May, 1996 and I was there for nearly 16 years until I succumbed to PTSD and depression and was invalided out and discharged.

TLP: With the PTSD, was that something that you felt coming on early in your career or did it develop later?

SG: That's a very good question and it's all very retrospective now when I look back at all the things I saw and dealt with as a young fellow of 19. I remember giving CPR to a male guy who died with us and that's an example but I guess the PTSD is something I felt came on later when I started feeling the effects of it. It was also, more in regards to a major paedophile investigation I did as a Detective Sergeant and what happened from that was something that evolved later, an accumulation of recalling and recollections and thinking about those awful things you have to see. You start ruminating and thinking about those horrible things you had to deal with at the time. Like veterans and soldiers, we as police officers had what we called 'the Teflon effect' so all of this stuff would just fall right off you. In reality that's hard to deal with because we're all human and eventually it catches up with you.

TLP: Yes, I read about that and I guess, there's only so much one can take? When you're confronted with, as you mention in the book, armed robberies, shootings, stabbings, dead people, drugs and all of that constantly, it surely must become your life.

SG: It actually does. It becomes the norm. You try to leave work at work so you can enjoy a normal life but it's always there. You try to do the Teflon effect so that you don't bring it home to family and friends but it's still there and that's the big problem. You can never get it out of your mind. I think back now to how I dealt with a suicide where the man jumped in front of a train. Morbidly I dealt with it back then by having some sort of laugh with my partner to deal with what I'd seen. Now I look back and think, how terrible that was that I felt I had to joke about it and the different body parts that were strewn over 200 metres up the track, with my partner who was an ex-nurse and play the 'What's that body part' game. That was my way, obviously of dealing with such an extraordinary and brutal scene.

TLP: Horrendous. And you'd be reminded, even in dreams, that this was part of your life, even when you were trying to Teflon yourself?

SG: One hundred per cent, that's exactly right. There are things called 'triggers' and intrusive thoughts and they are terrible things with PTSD because someone can say something to you or you can be reminded of something and that's a trigger. Even at night, when you're with your wife and son and you go to bed and your mind wanders and you start seeing those things that you've had to deal with. It's still there and it works its way into your dreams. You have night terrors, nightmares. There are times I've woken up in the middle of the night in a sweat, I've had to go check on my son to make sure he's OK and that was in regards to that major paedophile matter I'd investigated.

TLP: It sounds like that affected you in a big way?

SG: That case did affect me severely. It was the case that broke the camel's back, so to speak. My PTSD is what they call Level 2 - Complex PTSD. It's a multitude of incidents. Similar to, and my heart goes out to them, our army personnel who are out there. I went to work for 3 months in 2006 fearing I was to be assaulted by a fellow officer. That whole idea of going to work every day and having a fear or a thought in your head that you could be shot or that it could be your last day on earth. You'd be saying goodbye to your family not knowing what the end result would be. Where I resonate so much with our army personnel and veterans going through that and being stuck, or feeling stuck at a police station investigating one of my own. Each day felt like it could be my last day because this person was not sound themselves and they turned quite quickly. Because I was investigating them, they started to try and put the blame onto me. When you're working close, in a police station with someone who's not coping and they're carrying a firearm... I used to drive to work with the shakes, I was quite anxious, all the time hoping this person wasn't at work. The fear was that they would shoot me and themselves.

TLP: The example you've given of deflecting criticism in the hope that it will remove the blow-torch is one that some people use. I can't imagine ever doing that or what it would be like in your situation but it must be hard?

SG: Yes, just trying to wash away the problems they'd brought on themselves. Yes, I was investigating them and treating them as a victim, I was wearing two masks and they saw that.

TLP: Yes, and when you wear a mask you will always be found out, even if you have good intention. When you first started feeling the effects of PTSD, were you fearful to mention it to colleagues? Did you have a plan about how you would go about dealing with this?

SG: That's one of the walls that needs to be broken down, the stigma behind any mental illness. I soldiered on for another 18 months to two years after that major paedophile matter I was investigating. I did not want the Teflon barrier to break down, I didn't want to acknowledge that I wasn't right.

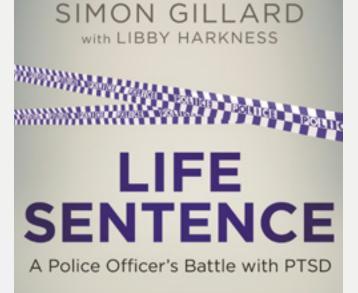
TLP: You were probably worried about what you would find if the Teflon broke down.

SG: One hundred per cent. That's the scariest part in wondering what is lying underneath. It's a sad case also in that you have a fear of losing your career. I'd put all my eggs in one basket and by losing my career, something I'd wanted to do since I was ten was to be a policeman...If I put my hand up and asked for help, how would I ever get promoted? How would I move forward,



"LIKE VETERANS AND SOLDIERS, WE AS POLICE OFFICERS HAD WHAT WE CALLED 'THE TEFLON EFFECT' SO ALL OF THIS STUFF WOULD JUST FALL RIGHT OFF YOU."







ABOVE, FROM TOP:

Simon at the opening ceremony of the 2000 Sydney Olympics as part of the Operations Support Group, "which was essentially the bomb and riot squad". "My lovely Nan with me when I was 18. Nan's death was a real loss to me and to this day I believe I sensed the exact moment she died."

The Operational Support Group during training in 1998. Simon is in the second row, fourth from right. sitting behind a desk with my gun taken from me, all those sorts of things. I'd seen it happen to other people. The scary thing was that I didn't know much about PTSD. I'd worked with a colleague at Manly and the words PTSD came about in regards to him. I remember thinking, "What the hell's PTSD?" The whole education thing in regards to PTSD just wasn't there. So yes, I was scared and I didn't know what to do or where to go.

TLP: There's lot of layers that humans put up to keep going and you're an example, at the same time being fearful of what was under those layers.

SG: Yes, that's right. It's a worrying notion and I look at that in regards to other police as well and why you don't really want to have too much to do with them or have an understanding of what they're going through. There's a fear that if you dig too deep, you may find things that resonate and start looking at yourself and that can be frightening because everything they've seen, you've seen.

TLP: There's a mention of thoughts of suicide in Life Sentence. How would you talk about that to others that may be considering this as an option to escape?

SG: The major thing is education but also early intervention. By putting your hand up, having that courage to say, "I don't feel right" or "I'm not coping". Put your hand up, go and see the relevant person and tell them how you're feeling. Finding someone you're comfortable with can take time but tell them, keep telling them how you're feeling. Suicide isn't an option. I've been there, at the precipice and it's not an option because when you're gone, you are gone and thank god I had some education in regards to that. And who would it affect? My family. This is why education for all is so important to understand that a person who contemplates suicide is not right of mind at that time. They don't want to kill themselves, they just want to end the pain. Because it's just exhausting, PTSD is just exhausting. Every day.

TLP: You were worried about not only the PTSD but what you may do to yourself.

SG: Absolutely, because you can act on a whim, without thought. You can act without really thinking through the processes of what you're contemplating doing to yourself. It's because your mind isn't there, you just want to have a break and to end the pain. It's really scary. So early intervention and education, they are the keys. Also, put yourself around people who are going to support you and keep connecting with others. Another thing is training and getting the endorphins going in your body. So train as much as you can and get into a training group. Exercise is a great way to get those feel-good energies.

TLP: Exercise is a great thing and it helps us all. Even those without PTSD. You've got some tips for readers in your book. Are you able to go through a few of those?

SG: Yes, of course. The other thing, and it's a huge thing, is to educate yourself. That gives you understanding and an ability not to be scared. I educated myself to find out what was going on with me and to listen to what others were saying and obviously doing my own research and resonating with that and finding out the key ways of looking after myself so I could get healthier and look after the people around me who I dearly love, my kids and my wife and the people that are there for me. The other major thing that I found is about identity. I'd lost my identity and that was a really hard thing to deal with. I can imagine with our veterans and those coming home from war, they're struggling and they need to seek help but the drama with that is that they then have identity issues. They had been a person in the military with a defined role but they begin to question who they are outside of that. In my case, I was a Detective-Sergeant in the police force and I was going places and I then lost my identity and didn't feel like a man. Then there came a lifeline for me with the understanding that I wanted to help others. After all, that's why I'd joined the police. The really good thing is if people can look into themselves to find some purpose.

TLP: You're a great man and a strong man because now you're an advocate for those that suffer PTSD and may be looking for help. And on behalf of The Last Post and those of our readers that may be in that group of sufferers, thank you.

SG: Thank you Greg for giving me a platform.

www.simongillard.com.au

extract

EDITED EXTRACT FROM SEX AFTER SIXTY: A FRENCH GUIDE TO LOVING INTIMACY

BY MARIE DE HENNEZEL, SCRIBE PUBLICATIONS 2017

INTRODUCTION A future for loving intimacy

Then my book The Warmth of the Heart Prevents Your Body from Rusting was first published in English, readers reacted to one chapter in particular: 'A Sensual Old Age,' which focuses on the sexuality of seniors, a subject that still remains taboo. At the suggestion of my editor, I decided to dedicate an entire book to that very topic. I wanted to understand the ways my perspective as a French woman could interest foreign readers, so I started to research. While digging into various publications regarding sexuality over age 60, I was struck by a particularly American obsession with youth. The focus for American women seems to revolve around bodybuilding and plastic surgery to prove they can stay young and sexy as they advance in years. The standard of youth as the norm manifested itself in their approach to sexuality and seduction in older age.

I wanted to write something different. I set out to show that if there's no age limit to enjoying love, if making love is still an option, that is because the heart does not age, not because the body works to remain young. The body will age, sooner or later, but if we put into practice 'creating intimacy in everyday life,' we develop our sensuality, and we let tenderness bring our bodies together, then we can live out what I call a different kind sexuality for a very long time. And in my experience, as well as that of the many men and women I've met these past few years, it is just as satisfying.

In fact, I am pleading for a new sexual revolution one for seniors. I have realized, after many conversations, that though we acknowledge that making love at age 70 will not be the same as at age 30, our generation has no desire to renounce sex; we are ready to invent something new. Is this specifically French?

It's worth highlighting that I belong to the generation that led the 'sexual revolution' of the 1970s in France. We broke down many barriers and we fought for the rights to contraception and abortion. We are not afraid to fight the youth-obsessed culture that is hindering the sexuality of seniors. The goal is not to preserve the bodies we had when we were young, but rather to maintain our health, ourselves, and our desires so that our bodies age as well as possible. Ours is a dynamic generation, generous and selfish at once, driven by the urge to travel, learn, and explore new territory. In short, a generation that has desires.

This book is written for them and for anyone turning 60: men and women who may already have noticed their bodies start to age sexually and may be wondering what the future holds for their sex lives. For the most part, they still have over a third of their lives ahead. How will they experience their later years? With or without sex?

A recent study published by the Korian Institute for Ageing Well on the relationship between age and pleasure reveals that while only 12 per cent of people over the age of 65 find that making love is still a source of pleasure, 36 per cent of them would like it to be. This means there is quite a significant gap between those who would like to be sexually active at this age and those who continue to be and find it pleasurable.

So there are clearly obstacles to sexual fulfilment beyond a certain age. Some are related to circumstances, aloneness, and the attitude of our youth-obsessed society. But others stem from the image people have of themselves, of their bodies seen as

desirable or not and the importance they give to Eros, sexual pleasure, both in their lives in general and in their specific relationships. The ultimate obstacle is the difficulty of imagining a different kind of sexuality, one that is less impulsive, slower and more sensual; one that puts connectedness, tenderness, and intimacy first.

However, the research I have been conducting for over a year proves that there is no age limit to love, sex, and desire, even if we hide it after a certain age. It is like an intimate secret that we don't want to reveal, but that plays a key role in the physical and psychological health of older people. As was believed in ancient China, loving sex leads to a long and happy life. Some even say that with age, 'sex is better, lasts longer and is more erotic', because older women are thought to give themselves more intensely, and to offer their bodies and souls more fully.

Does this pursuit of sexual activity relate to our character, to a predisposition to love that we have always had, and continue to have? Undoubtedly. And we could leave it at that. Tell ourselves that if we were keen on sex before, we always will be. That it's not worth writing a whole book about it. But the reality is more complex.

For example, what makes so many sexagenarians, who, when they find themselves alone in life, look for their soulmate on internet dating sites, in the rather elusive quest for the perfect partner? Once they retire, some people seem to take advantage of their new-found freedom to relive their youth and enjoy a level of sensuality they may not have experienced when they were younger.

What is this creative attitude towards sexuality that compels people to change the way they love and explore new sensual pleasures women by giving themselves more fully, men by being slower and gentler, couples by probing the hidden depths of their intimacy? This book will discuss everything older adults can learn from Eastern erotic arts such as Tantra and Taoism.

Finally, what drives sexual attraction in older men and women? Modern society is so youth-oriented that it's hard for us to imagine sex between two ageing bodies. So what is this desire that isn't fuelled by appearance or physical beauty, but by something else by someone's charm, intense gaze, bright smile? What is this desire that stems from the pleasure and excitement of being together two hearts beating as one, touching each other's skin, and feeling each other's movements and presence even very late in life?

These are the questions I have asked throughout my research on sexuality and 6o-somethings. I have come to one sure-fire conclusion: the erotic intimacy many want, but few achieve, requires a complete change in mindset. Experts agree that we can't make love at 6o like we did at 4o. Our bodies can't keep up. So we must let go of what we know, forget about sexual performance and old fantasies, and 'let love happen'. In other words, we must learn to take pleasure as it comes, rather than focus on what it should be. The quality of the relationship is key, along with the ability to create intimacy in everyday life. Many people think this kind of sex which is less focused on genitalia and more erotic is in fact an improvement.

By writing this book, I hope to make people look at the future of our sexual intimacy in a different way. I know many older



people would love to experience this new sexuality, which the philosopher Robert Misrahi says could 'contribute to enhancing old age'. I'm thinking in particular of those lucky enough to still be in a relationship, but who no longer have the energy.

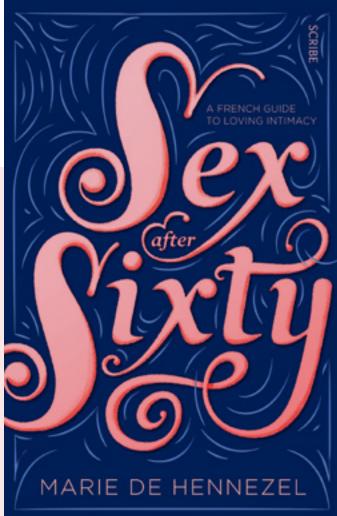
I also have in mind passionate older women, who may be alone because they are widowed or separated, but who dream of meeting someone new, and the ageing men who would like to keep having sex, but who are scared of not seeming virile enough and being rejected because of it. Those who are tempted to turn to younger women so they can feel young again. And those who want to try changing their sex life within an existing relationship.

Finally, I hope to encourage our children's and grandchildren's generations to look more sympathetically on loving in old age, so that they learn to treat it with respect and kindness.

This book does not pretend to cover all aspects of this question. It is not an exhaustive study. It is more like a diary of sorts, in which I aim to strike a balance between modesty and immodesty, as I write about the mystery and depth of ageing people's love lives. I invite readers to follow me on my journey as I research this unexplored subject through my meetings with people, the books and articles I read, and my own thinking on the matter, as well as my detours to the distant realms of Tantra and other Eastern erotic arts. In Sex After Sixty, Marie de Hennezel addresses the most taboo of subjects: the sexuality of seniors.

Employing an equal measure of modesty and irreverence, de Hennezel probes the mystery and depth of the enjoyment of physical love at a later stage of life. Through interviews, lectures, and her own analysis — including forays into areas such as tantric sex — she invites the reader on a journey to the heart of this unrecognised territory.

It turns out that emotional intimacy plays a huge role in maintaining a sex life as you age. The quality of a relationship obviously matters a lot in being able to take your time, trust your partner, and explore a sexuality that's more sensual and more playful than that of earlier years. It's all about knowing how to take pleasure as it comes, rather than focussing on what could be ... This is what characterises a less impulsive, but more erotic, sexuality. And it's not less satisfying, either. Far from it.



Kokoda challenge not too big for Melbourne women

BY: LTCOL MICHAEL HARRIS



ABOVE: Melbourne women, Dee Cherry from the Royal Australian Air Force and Legacy Ward, Ivy Tugado pose for a photograph after their first meeting. They will hike the Kokoda Trail in August as part of a joint Legacy – Australian Defence Force project.

BELOW: From The Australian War Memorial's Kokoda Collection: Papua New Guinea. 1942-10. A patrol of 2/25th and 2/33rd Australian Infantry Battalions crossing the Brown River by means of a bridge constructed from a fallen tree on their way forward to Menari. Source: https://www.awm.gov.au/collection/027060/



Two Melbourne women will represent the spirit of the Victorian soldiers who, 75 years ago, were tasked with the defence of an isolated airstrip in the remote Owen Stanley Range in Papua New Guinea against invading Japanese soldiers.

On the 7th of July 1942, a company of militia troops from the 39th Infantry Battalion, stationed in Port Moreseby to undertake garrison duties, was ordered to the village of Kokoda to defend a vital airstrip against seizure by Japanese forces. Their actions were said to have 'saved Australia'.

This year, Royal Australian Air Force Officer, Flight Lieutenant Dee Cherry and 23 year old Ivy Tugado will walk the Kokoda Trail as part of a leadership development project remembering the Kokoda campaign called Operation LEGACY AUSTRALIA KOKODA CHALLENGE 2017.

The project involves 25 Legacy youth and 16 serving ADF members who have deployed on operations who will walk the Kokoda Trail from August to September this year.

The adventure will coincide with Legacy Week and the 75th anniversary of the Kokoda campaign.

FLTLT Cherry says she feels privileged to have the opportunity to participate in the mentoring initiative.

"Completing Kokoda will be a very humbling experience to walk in the footsteps of those who served before me. Being there in person and completing the trek will give me a unique perspective and a better understanding of what was endured by these brave men."

"I am sure this will be one of the most physically and mentally demanding tasks I will ever do but I look forward to the personal growth that will come with such a life changing experience," said FLTLT Cherry.

Ivy also agrees there will be mental as well as physical challenges to overcome during the trek.

"I went to Pozieres last year. At Tyne Cot, as you enter the largest cemetery on the Western Front, it was an eerie feeling. That type of emotional connection to a land really got to me so I think going to Kokoda, learning about the stories, I don't know how I am going to feel," said Ivy.

A Legacy Ward since she was seven and previously exposed to the challenges of walking 100 kilometres, Ivy is aware that the trek will be both physically and mentally taxing.

"I think when it comes down to it and when you put your mind to it you can actually do it," said Ivy. "I kind of have an idea of how it's going to go. I guess not so much the weather but the physical and the mental, yes."

FLTLT Cherry is taking a more traditional approach to preparing for the trek.

"I have increased my personal fitness training, including sessions with a personal trainer and will soon commence regular hiking. Diet is also an important aspect with a focus on clean eating.

Both women will train and prepare themselves for the trek which begins in August this year.

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





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





PERSONAL STORIES CHRIS (BLUEVOICES MEMBER)

I hope that by sharing my story, I can show that there is hope and that it is possible to achieve amazing things, even when living with depression.

I am a 54 year old male and I have suffered from depression since my teens and was in active alcohol addiction from the age of 15 until I was 51. I have now been sober for over 31 months. I was a civil engineer for over 30 years, but lost my job on medical grounds in 2014 whilst I was in rehab. In addition to the clinical depression, upon completing the rehab programme, I learnt that I needed both of my hips replaced due to osteoarthritis.

The surgeries were carried out last year. On the weekend of 5-6 March 2016, I completed the CBR100 Challenge (a 100km walk around Canberra) in 27 hours 26 min. This was the first of a series of events that I am planning to do this year to raise funds for beyondblue, which may include the Canberra Times 10km run in September and the Sydney to the Gong Bike a Ride in November.

I have created a group which is aimed at getting persons with lived experience (or their carers) involved in exercise. I have found that exercise has been my default recovery mechanism since my teens and was important during my time in rehab.

I am a consumer representative on three committees and involved in a local Health Consumer Network. I have recently completed a Cert IV in Mental Health/Drug & Alcohol studies. I am currently studying for a Cert IV in Fitness and hope to take personal training into rehab centres to help facilitate recovery. I intend to then study for a Diploma in either Drug & Alcohol or Mental Health Studies and (hopefully) a degree in psychology, but I need a job first! I currently receive salary continuance insurance but I am very fearful of returning to the workforce and suffering a relapse and losing all income! My hope is to get work in a rehab facility and to use my fitness training experience to facilitate recovery. I recently completed workplace experience in a mental health service and exercise played a major role in their programme.

I hope that by sharing my story, I can show that there is hope and that it is possible to achieve amazing things, even when living with depression.

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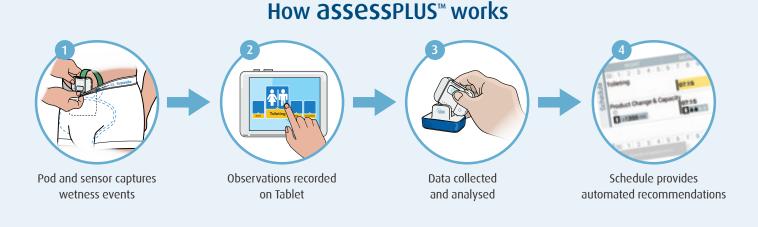


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Combating the Issue of Homeless Veterans

When the last national Homeless Veterans Survey was conducted in 2009, there were over 3,000 veterans in Australia who were homeless¹, and it is estimated that between 8 and 12% of the entire Australian homeless population are veterans.

It is a similar story in the UK where it is estimated that 7,000 ex-service personnel are living rough² and around 10% of all rough sleepers are veterans. In the US, 2013 figures showed that on a single night, there were 57,000 homeless veterans and 8% of these were female. On a positive note, the 2015 figure had dropped to 47,000, and in 2016 it was down to 39,0003.

Among the organisations in Australia working to provide homes for the exservice community is Vasey RSL Care in Victoria. Almost 400 veterans and war widows have homes in eight Vasey RSL Villages across the Melbourne and Geelong metropolitan region. Many are over 60, but thanks to the understanding of the board, the decision was made



Above: Ian moved into one of the new two-bedroom units at Cheltenham last year and has plenty of space to have his family visit.

in 2015 to open the doors to younger veterans in need.

'We receive referrals from a number of organisations - the RSL Victorian Branch, local RSL sub-branches, other ex-service organisations throughout Melbourne such as the Vietnam Veterans Association, and staff in the aged care industry, like Housing for the Aged Action Group (HAAG) and their 'Home at Last' sub-branch", says Carmel Brownbill, who manages the Independent Living Units (ILUs). Carmel has been with the organisation for 17 years and has helped countless veterans and war widows with accommodation.

Vasey RSL ILU Villages are located at Frankston South, Cheltenham, Beaumaris, Brighton, Croydon, Ivanhoe, Reservoir and Geelong. They range from large (85+ residences) to small (12 residences) and mostly have one-bedroom and studio units, with an increasing sprinkling of 2-bedroom units.

"Some of our units were built at a time when homes in Australia were much



Above: Angie is the widow of a British ex-serviceman and lives in one of the converted units at the Beaumaris Village, a few minutes' walk from the beach

smaller than today," says Janna Voloshin, CEO. "Residents want to be able to have grandchildren to stay, so we are gradually converting the studio units into one and two-bedroom units as our finances allow, and we built ten new two-bedroom units at our Cheltenham village last year.'

In the last financial year, 37 units were refurbished and 11 studio units were converted into six one- and two-bedroom units.

"The private rental market in today's economic climate is unaffordable for someone on a pension," Carmel says. "And it's becoming a lot more common for tenants to be served with an eviction notice because the landlord wants to renovate and increase the rent: I often get calls from people who are in this stressful situation who are about to be made homeless."

The cost of the units is appreciably lower than renting equivalent units in the same area. Units are available to veterans of the Australian and Allied Forces and the widows/widowers of veterans, receiving a government benefit, and who meet the asset and income test. Vasey RSL Care is a not-for-profit organisation and the ILUs are run as a service to the ex-service community only.

If you know of a veteran or war widow who is in need of housing, please pass on our details to them. T 1300 608 102

E community.admin@vaseyrslcare.org.au W www.vaseyrslcare.org.au

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 1. http://www.abc.net.au/radionational/programs/breakfast/thousands-of-iraq-and-afghanistan-veterans-homeless/6285252

 2. http://www.express.co.uk/news/uk/762456/British-military-veterans-armed-forces-covenant-army-navy-RAF-Homes-for-Heroes-campaign
 3. https://www.hudexchange.info/resources/documents/ahar-2013-part1.pdf

health

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 to older people 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.

Seniors Rights Service assists 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 also provide legal advice to older people who are owners of an existing freehold strata scheme only in relation to collective sales and renewal matters.

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. Seniors Rights Service has 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 contact Seniors Rights Service on 1800 424 079 or info@seniorsrightsservice.org.au. Our web address is www.seniorsrightsservice.org.au



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World War I Digger Returns Home

BY IAN SMITH

On Friday 24 March 2017, a hearse and its motorcycle escort pulled up at the gate of the Raukkan Aboriginal community, which is located on the Coorong in South Australia. Its arrival marked the end of a 98-year long journey for World War I Ngarrindjeri digger Private Miller Mack to return to his country.



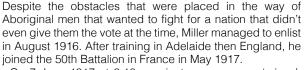
Sanatorium. They wrote that he had a "kindly and manly nature, he endeared himself to us all, and when he 'went west' we felt we had lost a dinkum pal. Those of us who knew him in camp and abroad can testify to his sterling qualities as a soldier and a man."

In the end though, it was the Office of Australian War Graves that placed a marker on his otherwise unmarked grave.

In 2011, Aboriginal Veterans SA became aware of his grave and subsequently brought the attention of family members to it with the offer of helping to ensure it was moved to a more appropriate place.

Miller's family decided that he should come home to his country at Raukkan. After approval by the South Australian Attorney-General, and with the assistance of the Adelaide Cemeteries Authority, Veterans SA, RSL Care SA and Fulham Funerals, this came to pass on 24 March. It was a very special day, with hundreds of Aboriginal and non-Aboriginal people and many veterans in attendance. A full military funeral including a gun carriage and firing party was provided by the 7th Battalion, Royal Australian Regiment, and the Commander 1st Brigade flew down from Darwin to represent the Chief of Army. As the soldiers carried Miller into the little chapel that features on the \$50 note, we looked up to see a formation of three pelicans flying overhead, welcoming him home after 98 years.

Later, as we filed past his new grave, in the hill-top cemetery overlooking the waters of Lake Alexandrina, with the shots of the firing party still ringing in our ears, I heard a veteran behind me whisper, "You're home now mate". Lest we forget.



On 7 June 1917 at 3.10am, nineteen enormous 'mines', large tunnels filled with explosives, were exploded beneath the German trenches between Messines and Wytschaete, which instantly killed approximately 10,000 German soldiers. This is believed to have been the largest man-

made explosion in human history until the test of the atomic bomb in July 1945.

Miller and his battalion fought the dazed survivors in the resulting Battle of Messines, but not before the Australians had been caught in a choking phosgene gas barrage in Ploegsteert Wood as they approached their start line.

Miller never recovered his health after Messines, and was evacuated to hospital in early July 1917, still suffering from a persistent cough. He was admitted to hospital in England on 17 July with severe bronchial pneumonia, and by September had lost nearly 20 kilograms in weight and been diagnosed with tuberculosis. In late September he was shipped back to Australia to be discharged as medically unfit, but needed hospitalisation at Torrens Park and then at the Nunyara Sanatorium at Belair prior to being discharged in May 1918. He returned to Raukkan in November 1918, but was very unwell. He was then admitted to the Bedford Park Sanatorium for returned soldiers with tuberculosis, where he died on 3 September 1919, almost exactly two years after his diagnosis with the disease.

He was buried the following day at the West Terrace Cemetery, just outside Light Oval which had already been set aside for the AIF Cemetery. His funeral costs were paid by the Army.

In January 1920, Mr Mat Kropinyeri wrote to The Register newspaper asking for donations to build a memorial for Miller at the cemetery, as his grave had no headstone. At that time, he was the only Aboriginal returned soldier buried in West Terrace cemetery. In response, a donation of several pounds was received by The Register from the patients at the Bedford Park

Think Piece: 'Cartoonist of the 'Death Railway'

BY DR NIGEL STARCK

When Singapore fell to the Japanese invasion on February 15 1942, 80,000 Allied troops became prisoners of war. My story on this 75th anniversary is about a quest to track down one of those men – Ronald Searle.

He survived the horrors of slave labour and debilitating disease on the Burma Railway; he called upon his skills as an artist to record the atrocities; and, after the war, he achieved international fame as an illustrator, author, and cartoonist. It is for his cartoons in particular that Searle is best remembered. He invented St Trinian's, a boarding school for girls where the teachers are variously deranged and the girls themselves are juvenile delinquents. His cartoon series on this subject led, over the decades, to seven feature films on the theme of slapstick academic anarchy.

Back in 2008, when I was writing the biography of another Burma Railway veteran, I needed to find him. It would prove one of the most rewarding interviews that I have secured in 50 years as a journalist and author.

My subject was the Australian writer and broadcaster Russell Braddon, who was also despatched by the Japanese to the Railway. There, he met Sapper Ronald William Fordham Searle of the Royal Engineers.

Braddon died in 1995, having written 29 books, become a BBC broadcaster of note, and presenter of the ABC Television bicentennial documentary series Images of Australia. My job, as his biographer, was to talk to as many old comrades of Braddon's as I could; Searle figured prominently in that cohort – especially as he credited Braddon with being a critical force in his survival.

The trouble was, Ron Searle – celebrated artist, Commander of the British Empire, eminent illustrator for Punch and The New Yorker – had by 2008 long retreated to a singularly remote village in France. What's more, he preferred not to have a telephone. All I had, at the outset of this quest, was a postal address supplied by one of his old friends: Box Number 1 at the post office in Tourtour, Provence. I wrote, he wrote back, we arranged a meeting.

I flew to London, did some research at the British Library and the BBC archives, secured illustrations and information from Braddon's former business manager at his home in Lincolnshire, then flew on to Nice (and had a lovely swim), caught a train, caught a bus, and found myself in the Provençal market town of Draguignan. From there, a taxi driver named Dominic took me up the hairpin bends of the mountains to (literally) the end of the track: the creamy sandstone of Tourtour – the 'village in the sky', as they call it over there.

Searle, a man of immense charm, made me so welcome that I felt almost as if I were doing him the favour rather than the reverse. Accompanied by his elegantly coiffed wife, Monica, we took a table at his favourite restaurant, where he ordered the pigeon pie. "I feel I'm doing something for the preservation of St Mark's in Venice," he explained.

To wash down our dishes, there was Champagne. I'd expected this, for I knew Searle had vowed – on his release from imprisonment in 1945 – that, to compensate for all the deprivation, he would drink it as often as he could for the remainder of his life. By then, he had turned 88 and consumed rather a lot of it. His vivid recollections and his artist's eye for detail, however, delivered a memorable interview. As I wrote subsequently in my book about Braddon, entitled Proud Australian Boy:

When Braddon encountered him on the Burma Railway, Searle had been badly injured in a labouring mishap; the wound had become infected and he seemed likely to die. Major Kevin Fagan, a medical officer widely regarded by his fellow Australians as possessing saintly qualities, operated on him under primitive conditions. More than sixty years later and leading an active retirement in the hills of Provence, Searle reflected on the operation itself and the care he subsequently received from the Australians at this makeshift jungle camp: 'I'd crushed my hand with a hammer and it'd become poisoned, filled with pus. Kevin Fagan was a fabulous surgeon ... four Australians held me down and he operated without an anaesthetic. He cut right through and saved my life. I agree. To me, Kevin Fagan was a saint.'

After this radical surgery, Russell Braddon managed to procure some sulfanilamide powder, an antibiotic widely used in World War II before the availability of penicillin to treat wounds. He gave this to the stricken artist, whose afflictions also included malignant tertiary malaria, and nursed him to what passed at the time for health. Braddon himself, in a 1975 BBC documentary, had offered this extraordinary picture of Searle at his time of crisis:

'I do remember that there was nothing of him. He was like a baby, or a monkey. ...



Dr Starck is an author, journalist, former university lecturer, and research fellow attached to the Narratives of War military history group at the University of South Australia. For this Think Piece, written to mark the 75th anniversary of the fall of Singapore, Dr Starck recalls his meeting with a soldier captured at its surrender – and who subsequently won widespread acclaim as an artist.

We used to put him out ... each day on a ground sheet in the sun, to sort of dry out or something. I don't know why, but one felt the sun would do something. He couldn't move, and there was no food, and he had dysentery. ... If you can imagine something that weighs six stones or so [38kg] and is on the point of death, and should die, and has no qualities of the human condition that are not revolting, calmly lying there with a bit of paper given to him by a Japanese soldier for a dirty picture, drawing a cartoon, then you have some idea of the difference of temperament that this man has from the ordinary human being.'

In Provence that day in 2008, Ronald Searle gave me more than an interview. As I left for the downhill drive with Dominic, he presented me with copies of two drawings made at the Railway, assuring me that all such illustrations were – by their nature – free of copyright restriction. They accompany this Veterans SA 'Think Piece'.

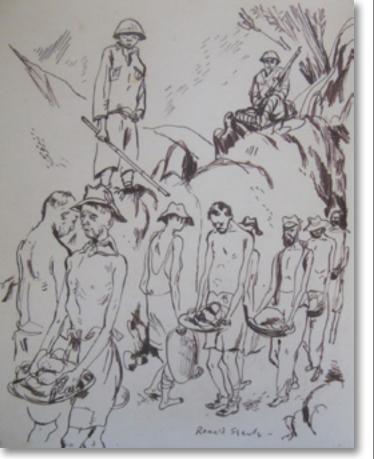
He also gave me a copy of his book To the Kwai – and Back. Ron Searle, prince of cartoonists, died in December 2011 at the age of 91. His memories of the Railway, inscribed in this book, endure today as a record of what it was to experience the fall of Singapore and the brutality and the brotherhood that followed its surrender:

When one has touched the bottom, become the lowest of the low and unwillingly plumbed the depths of human misery, there comes from it a silent understanding and appreciation of what solidarity, friendship and human kindness to others can mean. Something that it is difficult to explain to those unfortunates who are on the outside of our 'club', who have never experienced what it means to be dirt and yet be privileged to be surrounded by life-saving comradeship. – Ronald Searle.

Veterans SA. The entire Think Piece series can be viewed at www.anzaccentenary.sa.gov.au







"HE SURVIVED THE HORRORS OF SLAVE LABOUR AND DEBILITATING DISEASE ON THE BURMA RAILWAY; HE CALLED UPON HIS SKILLS AS AN ARTIST TO RECORD THE ATROCITIES; AND, AFTER THE WAR, HE ACHIEVED INTERNATIONAL FAME AS AN ILLUSTRATOR, AUTHOR, AND CARTOONIST."

CLOCKWISE FROM TOP LEFT: The cartoonist and Burma Railway survivor, with his daily glass of Champagne.

'Rest Break' - Amusement for the guards during a 'rest break' from construction, as seen by Searle. A prisoner would be forced to hold a rock above his head, with a sharpened length of bamboo probing his back. When, as was inevitable, he dropped the rock, a beating would follow. © Courtesy of Ronald Searle. 'A Cutting' - Searle's illustration of

slave labour on the Burma Railway © Courtesy of Ronald Searle.



Among all the forms of national memory and commemoration, it falls to the artists to paint a war. When war is as traumatic as the Great War, the artists' burden is so much the greater.

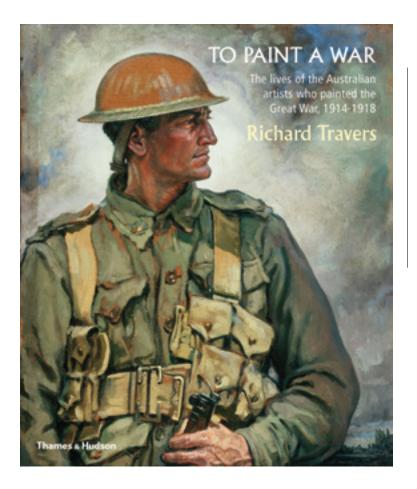
The Australian artists who painted World War I approached their subject personally, in ways that reflected their experience of the war. Grace Cossington Smith painted on the home front. Hilda Rix Nicholas suffered personal loss beyond words. Tom Roberts, George Coates, and Arthur Streeton served as wardsmen in a military hospital in London. George Lambert travelled to Anzac Cove in 1919 to make the definitive record of the war at Gallipoli.

Some contributed as members of the official war artists' scheme. Others painted as eye witnesses of the unfolding tragedy. Yet others painted from their hearts. Their work, in all its richness and variety, is a sweeping painterly chronicle of the war, and a vital part of Australia's heritage.

To Paint a War follows the artists as they leave Australia in search of inspiration and fame in London and Paris. The artists formed an Australian commune in Chelsea, on the banks of the Thames. There they lived an enviable life that was cut short, abruptly, by the outbreak of war.

To Paint a War is the story of their response to the crisis.

ABOVE: Frank Crozier The Beach at Anzac AWM



TO PAINT A WAR: THE LIVES OF THE AUSTRALIAN ARTISTS WHO PAINTED THE GREAT WAR, 1914 – 1918 BY RICHARD TRAVERS THAMES & HUDSON RRP: \$50.00

BELOW: Will Longstaff Australian 9.2 Howitzer AWM



The word "Kokoda" and it's symbolism means different things to different people

BY FRANK TAYLOR

In 1942 the Japanese Imperial Forces were on a roll with their earlier successes in battle and consequent territorial gains making them appear invincible against the "colonial" powers.

It has been said that you go to this war with last war's tactics, training and equipment. Certainly the adversaries of the Imperial Japanese Army were not expectant of their tactics nor their constant aggressive battle philosophies which were followed from commanders with battle direction and strategic planning, to the private soldier with an apparent indifference to death in direct battle actions.

Their victories in the taking of British colonised Hong Kong, Malaya and Singapore, the US dominated Philippines and the Dutch East Indies in short order (a British Division in Malaya "defeated in a morning") gave credence to the Japanese at that time being the best jungle infantry in the world. A continuation of Japanese success sent the British reeling back in Burma to the long retreat into India.

A n effective percentage of the Japanese Army had seen active service in China and were battle hardened, trained, honed and experienced before engaging in wider theatres of war from December 1941.

After significant contributions to the Allied war in the Middle East, some of the Australian Forces were withdrawn to protect their homeland - in the face of British interference to retain control over those proven effective troops. The Australian Government directed priority (understandably !) was to be the defence of Australia against the expanding Japanese Empire. Both volunteer and conscripted service people were organised and deployed in response to that direction.

The deployments included units being sent to the Territories of Papua and New Guinea. At that time, both Territories were in law Australian Territory, and, as such, included in the meaning of "service in Australia" for conscripted and Australian Militia Forces. (No doubt that "fine print" surprised a few folk..)

The Militia units were the first deployed to Papua with their much outdated equipment in short supply and military training disrupted consistently and constantly with demands by command for a labour force due mostly by the flight of the Port Moresby local work force following Japanese air raids.. Constructing air fields, unloading shipping, digging defence works does not constitute organising a readiness for battle with a dangerously effective enemy.

The rapidity of the Japanese expansion along with the acceptance of a US overall Commander brought about a new tempo in catch up to readiness. For the Militia any benefits of those changes were too late - it was "come as you are" for them, now ordered to traverse the Owen Stanley Mountain Ranges from the Port Moresby (Southern) approaches to Kokoda Village and onwards to screen and defend a selected (yet to be built) airfield site near the Northern Province village of Dobodura. Little was known to the Allied military at all levels of the area to be travelled or access information to the area to be defended. A frantic scramble had little product - but good fortune in the shape of two Australian New Guinea Administrative Unit (ANGAU) officers, smiled for the units getting ready at the start of the track across the mountains. Those officers - Lieutenants Kienzle and McDonald – were instrumental in both geographic and logistic guidance for these early

forces and laid the foundations for the future track traffic of the many more yet to come. They commenced a supply chain with effective employment and sustenance of carrier lines formed, in the main, from indentured labourers drawn to peacetime employment opportunities from all over both Territories but now bound for service under the declared Military Government with the transfer of their indenture agreements from civil to military governments.

The Militia and their ANGAU attachments set off over the Kokoda Track into the unknown and certainly unlikely to suspect that 75 years later they would be part of an Australian legend. They were soon to be joined by fellow Australians (AIF and Militia) along with more Papuans and New Guineans to build that legend. The AIF units in particular were experienced, battle tested soldiers with some jungle experience in training on the way "home" from the Middle East with a short period defending Ceylon (Sri Lanka).

The Papuan Infantry Battalion's coastal observer screen on the Northern (Oro) Province coastline were rapidly driven inland on the invasion landing of the Japanese near Gona on 21 July 1942. They fought limited delaying actions and joined with the Australian 39 Battalion on 24 July who had made their difficult way across the mountains.

The succession of actions and withdrawals that followed have been the subject of much study resulting in books, articles and video documentaries - plus entertainment movies. The ferocity of the fighting from the very start of this campaign continued throughout. It was unabated on every contact. The outnumbered Australians defended Kokoda until the reality of encirclement (envelopment) was known, then made their withdrawal to the next delaying position. The stand at Isurava with the arrival of AIF units of Brigadier Arnold Potts' 21 Brigade on 23 August at the defended position (held by 39 Battalion with 53 Battalion in support) was a near miraculous timing for the survival of their fellow Australians. The Australians withdrew as envelopment again loomed and fought two other pitched battles at Brigade Hill and Ioribaiwa, falling back to Imita Ridge and welcomed relieving fresh troops of 25 Brigade with their additional units.

The Japanese turned back from their planned conquest of Papua at loribaiwa, pursued by the Australians all the way to the bitter and actual end of the campaign – the beaches of Northern Province (Gona, Sanananda and Buna). American troops joined the Australians at the beaches where heavy losses were incurred in achieving "defeat in detail" of the Japanese forces.

The Australian actions on the succession of bitter fought withdrawals has added to the legend of Kokoda. The present day memorial at the battle site of Isurava says much of the ethos of the campaign : "Courage, Endurance, Mateship and Sacrifice" inscribed on black granite stone columns speak volumes. The emotional impact of being at this site is often the peak experience of trekking the Track for many, many people.

Not often raised in studies or discussion are the innumerable close quarter contacts of ambush and counter ambush between Japanese and Australians where small numbers of soldiers engaged in direct personal "to the death" struggles. It was fighting of the highest intensity, in jungle and terrain conditions of the greatest hardship. Courage, Endurance, Mateship and Sacrifice tested again and again.

From the starting statement of this tribute : draw from the Kokoda Campaign what you will. There are many differing interpretations from the actions. If you possibly can, walk it, experience it, to feel and see for yourself.

Of those who fought and endured, I doubt we will see the like of their generation again.

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The Essence of Australia's Spirit

BY WAYNE WETHERALL

Australia is young and culturally diverse. So how do we define our national identity? Freedom, democracy, honour, mateship, larrikinism, sporting obsession, outdoorsy.. are a few terms that come to mind. How has our identity been shaped? We definitely feel a strong sense of connection with each other, and when you meet an Australian, you can recognise it. It's about their spirit.

The Australian spirit was clearly shaped by our Diggers and our characteristics were identifiable in their mateship, endurance, ingenuity, teamwork, courage, and resilience. Such characteristics were honed by the challenges our forebears' faced in surviving in our remarkable country, with its vast distances, harsh terrain and extreme climate.

Australians overcame obstacles to build our nation with a practical pragmatic approach, developed over long periods of hardship. The spirit required to survive and grow constantly tested, producing generations of Australians capable of heroic struggles in their daily lives.

The Anzac legend, born on 25th April 1915, is many things to many people. To me it is the birth of the Australian spirit, and 102 years later not only is it still relevant but embedded in our DNA, and it is who we are as a nation.

During the Gallipoli campaign the Anzac legend took hold and became a badge of honour, and unwritten guide of Digger qualities and expectations.

Fast forward 27 years after Gallipoli to the Kokoda Campaign, and the Australian spirit became of age. All the Aussie characteristics came into play when young men stood up and took on the might of a voracious enemy hell bent on stealing our land.

General Cosgrove sums it up well. "We are real people. Australians automatically form teams. We can't see another Australian without feeling an immediate and strong sense of identity. You've

automatically got a team. We instinctively trust each other until something happens to say that trust was misplaced. And that's why Australians are, almost as a fundamental premise, so good when they put a military uniform on.'

The ANZAC spirit, daughter and son of the Australian spirit, who we are as a nation, can be seen every day everyday Australians, suburban in. neighbourhoods, sporting fields, places of Academia and Science, because the men and women of the Anzac legend have done much with their lives. For their service & sacrifice we are forever grateful, and while we continue to talk about them and remember their deeds their spirit will live forever, inside you and me.

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2017 PASSCHENDAELE RÉMEMBERED

One hundred years on, Passchendaele is still regarded as a universal symbol for the horror and senseless slaughter of World War One.

Fought in a dreadful muddy quagmire, the Battle of Passchendaele was one of the bloodiest and most costly battles, whereby almost 450,000 men were lost for no real gain. This included 38,000 casualties from Australia and 5,800 from New Zealand.

In 2017 Flanders Fields in south-west Belgium will commemorate the centenary anniversary of the Battle of Passchendaele.

Flanders welcomes visitors to come and remember the sacrifice of so many. There are many ways to explore Flanders Fields; including walking trails, cycling, cruising the canal ways or touring by car. Not to be missed are the charming towns in the region; Ypres, Zonnebeke, Messines and Poperinge all with fascinating museums and memorials that make up the rich history of the area.

Key sites on the Australian remembrance trail in Flanders include the Menin Gate whereby each and every night at 8pm the Last Post is sounded in a moving ceremony.

Also in the town of Ypres is the highly acclaimed 'In Flanders Fields' Museum that uses the latest technology to tell the personal stories of ordinary people in WW1. This museum experience combines well with the 'Memorial Museum Passchendaele 1917' with its own dug outs and trenches.

Nearby to the Memorial Museum Passchendaele 1917 is Tyne Cot, the largest Commonwealth War Graves Commission cemetery in the world, as well as Polygon Wood, with the impressive memorial to the Australian 5th Division; also the site of the annual ANZAC Day dawn service held each year in Flanders.

Throughout 2017 there is a special program of events and activities that visitors can take part in recognition of 100 Years of the Battle of Passchendaele.

To mark of the sacrifice of Australia in the Centenary Anniversary of the Battle of Passchendaele, an Australian Ceremony of Remembrance will be held at dawn in Polygon Wood on 26 September 2017.

Pre-registration is required through the Dept of Veteran's Affairs ticket outlet http://overseascommemorations.ticketek.com.au

For more information:

www.visitflanders.com/en/passchendaele

www.facebook.com/FlandersFields1417

Program of events for 100 Years of the Battle of Passchendaele: www.passchendaele2017.org

To book your trip to Flanders, see your local travel agent or contact: Mat McLachlan Battlefield Tours 1300 880 340, www.battlefields.com.au Passport Travel (03) 9500 044, www.travelcentre.com.au Travel Prospects (08) 344 9030, www.travelprospects.com



In Flanders Fields Museum, Ypres © Milo Prof



Rural scene, Messines © Milo Profi



Tyne Cot Cemetery



Tyne Cot Cemetery (daylight) © Hans Kerrinckx





Memorial Museum Passchendaele, interior

Polygon Wood, Anzac Day





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Passchendaele Remembered

Attend the daily Last Post ceremony beneath the Menin Gate (Ypres), the Memorial Museum Passchendaele 1917 housed in an old chateau with its own unique Dugout Experience, Tyne Cot Cemetery, the largest Commonwealth military cemetery in the world and Polygon Wood with the impressive memorial to the 5th Australian Division.

Visit **Flanders Fields**, right around the corner from Northern France.



Visit Flanders Fields A Place to Remember.

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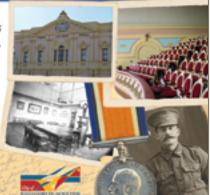
A unique display of memorabilia showcasing the stories of Goldfields residents in times of war and peace.

Located upstairs, Kalgoorlie Town Hall 316 Hannan Street, Kalgoorlie WA

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78 THE LAST POST - 2017 ANZAC DAY / WINTER EDITION



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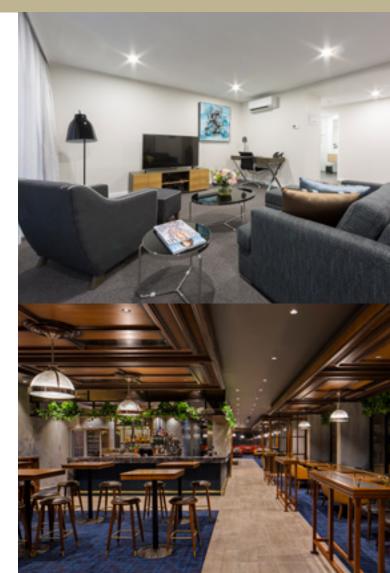
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Experience luxury and service at the Avenue Hotel, Canberra's newest hotel in the heart of the city.

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The hotels onsite restaurant is Marble & Grain. European inspired Gastro Pub open 7 days a week for breakfast, lunch and dinner. Dining at Marble & Grain is a true gastronomic journey and dynamic delight for the senses with the paddock to the plate approach menu infused with passion and love using only the best local and Australian produce.



extract

EDITED EXTRACT FROM LINE OF FIRE BY IAN TOWNSEND, HARPER COLLINS PUBLISHERS 2017

CHAPTER ONE

It is very regrettable that such an incident as mentioned in the sworn statement took place, although it had been carried out upon orders. — *Mizusaki Shojiro, commanding officer, 81 Naval Garrison Unit, Rabaul*

n the afternoon of Monday 18 May 1942, Richard Manson, Dickie to his family, sat in the back of an uncovered utility truck belonging to the Japanese Navy and watched the river of dust swirl and tumble away behind him.

He might have imagined, as π-year-old boys sometimes do, that the road was moving and he was not, and that if he jumped it would carry him away to the mountains, where no-one would find him.

Last chance, then, for this story to end differently.

His mother, Marjorie, took his hand and wouldn't let go.

* *

Earlier, as they had been driven from the prisoner of war compound, men had stared after them: soldiers in tattered khaki, a few in grey shirts that once were white. He'd recognised some of the faces behind the barbed wire.

Philip Coote was a grey shape, reduced in size, but still one of the most recognisable figures in Rabaul. His hair was longer, it was no longer dark, and he had a salt and pepper beard. Mr Coote looked older than the same Mr Coote who had handed out lollies to the kids who sat outside his office when their fathers were called inside. It was hard to imagine now that he had managed Burns Philp, the company that once owned Rabaul. In the back of the utility truck, as it swayed down Malaguna Road, it was harder for Dickie to imagine Rabaul was even the same town, until recently the capital of New Guinea, Australian in its accent, British to its bootstraps.

The buildings looked the same, but the people had gone. In the tropical afternoon, Japanese soldiers lounged on the verandahs where white men with red faces once sat. Everywhere, poached egg Japanese flags hung limply beside the black swastika.

Dickie sat between his mother and the man who wasn't his father and whom she called Ted. They didn't say a word, which was unusual for Ted Harvey, who usually had something to say, even if it was only to himself.

Across from Dickie, with a suitcase between his legs, was his Uncle Jimmy, who tried to smile. Dickie desperately wanted Jimmy to say something, to tell him where they were going and that it was all right, but it was as if they were all in the same dream in which they wanted to shout but couldn't.

Beside Jimmy, Bill Parker might have been silently crying. Dickie turned the other way.

There were six Japanese soldiers who took up most of the back of the truck, three on each side, and they all had rifles. They wouldn't look at him; they stared at some faraway point as if they were on the parade ground. He knew Hamada, one of the prison guards. A surly Jap, Jimmy had said, but he didn't look surly now. He looked like he was going to be sick.

They passed the town's iceworks, called the Freezer, and another white face flashed past, Mr Gordon Thomas from the *Rabaul Times*, who also had a long white beard, longer than Mr Coote's. Mr Thomas raised a hand, just a little, as if unsure, before he, too, was left beside the river of dust.

Dickie caught glimpses of Simpson Harbour between the foreshore buildings. The water was a grey blue in the afternoon light and the hulls of grey battleships and transports appeared here and there, some beside the wharves. The last of the sunlight caught them and showed holes, dents and scratches from some recent battle. Jimmy and Teddy had shaken hands when they saw them come in a week earlier. Dickie hoped they weren't going to Japan on one of those.

The truck rumbled under the canopy of trees where the sun cut the road to pieces. It turned right onto Mango Avenue, the extinct Mother volcano swung into view, and then they stopped in front of what used to be the courthouse but was now Naval Garrison Headquarters. Japanese flags hung from the windows.

The dust washed over the floor of the truck and sank onto his boots. It was an ever-present fine grey dust that would have sent his grandmother in Adelaide mad. It came from one of the smaller volcanoes, the one near the mouth of the harbour, hidden for the moment by trees and buildings.

The dust settled. The truck's engine ticked in the shade. It was hotter now that they'd stopped. No-one moved. The air was syrupy with rotting fruit and a tang of sulphur that Dickie could almost taste. The sulphur smell came in mysterious gusts even if there was no breeze, sometimes even when the breeze was blowing the volcanic ash away from the town.

Of all the volcanoes surrounding the harbour, only one, the smallest, called Tavurvur by the natives and Matupi by the Europeans, was smoking and steaming. Last year it was throwing stones at the town. His Uncle George had shown him when they'd come to town on the plantation boat; a column of black smoke rose from the volcano, and then there was a roar and the smoke shuddered as red rocks crashed down the black slope. Some fell with a great splash and hiss into the sea.

Just like fireworks eh, Dickie? George, who loved fireworks, might have said. Dickie wished George was with them and was glad he wasn't.

Why anyone would build a town a stone's throw from a volcano, Dickie didn't know. He wished it would blow up again and take the Japs with it.

Another Japanese soldier with a long sword climbed up the tailgate, the guards shuffled along so he could sit, and the truck moved off. It rolled down Mango Avenue away from the wharves. They passed through Malay Town and by the house on the hill above Sulphur Creek, heading towards the aerodrome.

To the west the sun had sunk below the rim of the ancient crater that had once blown everything inside it to atoms. Its shadow stretched ahead of them. The European homes with gardens of cream frangipani and blazing purple bougainvillea and red poinciana gave way to shacks, chickens, bananas and papaws, and then these were replaced by thin sickly scrub as they passed the aerodrome. The fast, grey Japanese fighter planes called Ohs were lined up beside the runway and there were larger planes at the far end.

Two of the Japanese soldiers suddenly stood, unsteadily, and produced red lap-laps torn into strips. They passed them to Ted and Jimmy, who looked down at them as if someone had spat betelnut into their hands. A cloth strip each was passed to Dickie and Marjorie. Jimmy tried to give one to Bill Parker, but he didn't move.

The Japanese soldier said something, not harshly. Jimmy took Bill by the shoulders and pulled him up. He put an arm around his shoulders and then took two ends of the red lap-lap, put it over Bill's eyes and tied it at the back of his head.

Before Dickie let his mother put the cloth around his eyes,

he looked around, a sweeping view from mountains to sea. The black volcano was straight ahead, a grey column of smoke rising from the top, the green rim of the caldera wall between the Mother and the South Daughter not far beyond.

He looked over his shoulder. Across the harbour, beyond the grey ships and up the other side of the escarpment, far off into the Baining Mountains, a great crack had opened across the sky. The setting sun lit the tops of thunderheads, held one behind the other like a hand of cards on the edge of the world.

His mother put the cloth over his eyes. As she tied the cloth at the back of his head, she kissed him on the forehead. He could see only a vague red light from the edge of the cloth and heard his mother's breathing.

As the truck left the road and bumped down a track, as he smelled the crushed kunai grass and the stronger rotten egg of the volcano, Dickie may have realised what was happening. At that point, he may have wondered how it had come to this.

He had only turned II three months earlier. Two years ago he'd been playing in Gordon Road with his mates, all just normal boys growing up in Adelaide. How could it be that he had ended up in this strange place, in the middle of a war and been accused of being a spy? A spy!

It would have made no sense to him, except perhaps as proof of what people had told him: that the Japs were animals. He'd been to Japan, though, and everyone he met then seemed quite nice.

* *

The truck stopped. The tailgate clanged, orders were barked in Japanese.

Dickie shuffled blindly to the end of the truck and a soldier grabbed him under the armpits and lifted him down. He felt his mother fumbling for his hand. Ted found the other and in this fashion the three were led across uneven ground that crunched like gravel. The heat rose up in waves. The light at the edges of the blindfold revealed nothing, but there was nothing much more to see except an open pit and three waiting soldiers.

Still holding hands, Dickie was left standing there for a long moment. He felt the volcano at his back. If he wondered how he'd ended up at this spot, at the start of a vicious war, part of the incredible answer was beneath his feet. He was directly above a vast magma chamber, as wide as the beautiful harbour, created by slabs of the world colliding beneath the nearby sea. The heat and chemistry that made the harbour had played a role in bringing him here, to the rich soils and goldfields of New Guinea, an outpost of distant empires.

Dickie was standing on a fractured corner of continental plates, a geological battleground and a graveyard in two world wars.

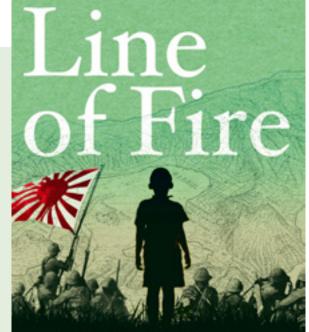
Hand in hand with his mother and Ted Harvey, at the base of the volcano, Dickie heard quiet words in Japanese and the oily clatter of rifles.

The last thing he heard was a shout.

Ian Townsend, Line of Fire (HarperCollins Publishers 2017), Reproduced with permission of HarperCollins Publishers Australia Pty Ltd.

In bookstores now.

After Pearl Harbor came Rabaul. The true story of a forgotten battle, a lost family, and an 11-year-old Australian boy shot as a spy.



IAN TOWNSEND

"HE HAD ONLY TURNED 11 THREE MONTHS EARLIER. TWO YEARS AGO HE'D BEEN PLAYING IN GORDON ROAD WITH HIS MATES, ALL JUST NORMAL BOYS GROWING UP IN ADELAIDE. HOW COULD IT BE THAT HE HAD ENDED UP IN THIS STRANGE PLACE, IN THE MIDDLE OF A WAR AND BEEN ACCUSED OF BEING A SPY?"

sport

TIGER WOODS With Lorne Rubenstein UNPRECEDENTED THE MASTERS AND ME



20 Years On

In 1997, Tiger Woods was already among the most watched and closely examined athletes in history. But it wasn't until the Masters Tournament that Tiger Woods' career would definitively change forever.

Tiger Woods, then only 21, won the Masters by a historic 12 shots, which remains the widest margin of victory in the tournament's history, making it arguably among the most seminal events in golf. He was the first African-American/Asian player to win the Masters, and this at the Augusta National Golf Club, perhaps the most exclusive club in the world, and one that had in 1990 admitted its first black member.

Now, twenty years later, Woods will explore his history with the game, the Masters tournament itself, how golf has changed over the last 20 years, and what it was like winning such an event. Woods will also open up about his relationship with father Earl Woods, dispelling previous misconceptions, and will candidly reveal many never-before-heard stories.

Written by one of the game's all-time greats, this book will provide keen insight on the Masters then and now, as well as on the sport itself.

WINNER: GRANDSTAND FINISH DELIVERS OPEN TO JANG

Ha Na Jang boldly predicted she'd finish at 10-under in February's ISPS Handa Women's Australian Open; little did she realise it would be enough to lift the Patricia Bridges Bowl in the most dramatic circumstances.

In a rollercoaster final round during which no fewer than five players held or shared the lead, Jang unleased a closing salvo that will long be remembered by all in a huge gallery at Royal Adelaide.

The Korean hadn't made a birdie in almost three hours on a day of trying, gusty winds as the overnight leaders imploded and left 17 people within three shots of the lead as birdies became a rare commodity.

But in a truly incredible final hour from the 13th hole, the effervescent 24-year-old from Seoul went birdie-birdiepar-par-eagle-birdie to close out a remarkable back-nine 31 that simply left the field in her wake.

Jang's explosive finish left her a three-shot winner for her fourth career LPGA Tour title - all in the past 13 months.

World No.2 Ariya Jutanugarn came from the clouds to momentarily lead, but a three-putt bogey on the 15th consigned her to a share of third at six under alongside defending champion Haru Nomura (73) and Australian pair Minjee Lee (70) and Sarah Jane Smith (75).



Australia's Hannah Green was in the mix and briefly shared the clubhouse lead after her 71 left her at five under and her most impressive finish in her three-month professional career.

But the day belonged to Jang, whose magnetic demeanour has won a horde of Australian fans in her third visit to the national championship, including five singing fans who supported loudly throughout her 69 strokes, most notably after her breathtaking eagle on the penultimate hole.

"I'm just looking for the score board (early on the back nine) and it's not really good scores for the other players," Jang said.

"I said, 'OK, you can do it, just you try simple'.

Jang immediately promised to return to defend her title at Kooyonga next year.

"I love Australia because food is good, people (are) really kind, I love the golf course and the weather is so good, because it's not really hot. Strong windy and a little dry, I like dry arid conditions, so, really good," she beamed before leaving with one final gem about her love of Aussie golf courses.

TUNE INTO BOWLS ON FREE-TO-AIR TELEVISION IN 2017



The Bowls Show is back on SBS and SBS On Demand for a second season. In a new regular +::-*In a new regular time-slot of 3-4pm each Sunday from May 14 to October 22*

Jack Heverin and the sport's biggest personalities return for season two of The Bowls Show, featuring action from many of the nation's premier events, including the \$250,000 prize-money Australian Open.

You asked for it, so Bowls Australia delivered.

The second season of The Bowls Show is back on free-to-air television for all to enjoy in 2017!

Catch the action from national and international tournaments, as well as segments on coaching, development, high performance, social bowls and club profiles, in addition to interviews with stars of the sport.

Tune in Sunday from May 14 to October 22, except for a hiatus from July 2 to 23, at 3.00pm to 4.00pm on SBS, or if you miss and episode, simply catch-up with replays online via SBS On Demand.

If you're a participant of the sport or just enjoy watching bowls, make sure you tune into the program each week to ensure bowls remains on free-to-air televison.



"THE ONLY THING A GOLFER NEEDS IS MORE DAYLIGHT."

Ben Hogan





The House of Golf.

25 51



"WHAT A GREAT JOURNEY AND A FANTASTIC PIECE OF HISTORY THEY'RE CREATING TOGETHER WITH MANY MORE SPECIAL MOMENTS TO COME."

A mother and daughters slice of history

Lynsey Clarke and Teresa Armitage are just one example of how Bowls is a family friendly sport having played together for 22 years.

We always say the sport of Bowls is a sport for life, a sport for all and certainly a sport for all ages.

Current Australian Jackaroos Captain Lynsey Clarke and her mother Teresa Armitage have enjoyed over two decades playing a sport they love, and even more remarkably they have been able to play sideby-side for 22 years and be one of the successful mother-daughter combinations Bowls has seen.

23 years ago, back in 1994, the mother and daughter duo commenced their wonderful journey and love for the sport of Bowls at the tiny club of Helensvale on Queensland's Gold Coast.

Teresa Armitage was first introduced to bowls by a fellow bridge player in Mary Smith where she instantly found a fondness for the game and everything it encompassed.

A year later, in 1995, Teresa brought her 11 year old daughter Lynsey along to the club as Helensvale were initiating one of the first Junior Development Programs on the Gold Coast, run by Helensvale stalwart and Club Coach Dal Mackintosh.

Ironically, Lynsey Clarke is now the Bowls Manager at Club Helensvale and is sharing her knowledge by coaching the next generation of bowlers who are members of the Club Helensvale Junior Academy.

It must have been in the genes as Lynsey also discovered a love and talent for the game which has now seen her travel the world to compete for Australia, and most recently be named as a Lawn Bowls Ambassador for the 2018 Gold Coast Commonwealth Games.

Between them both, Teresa and Lynsey have won an incredible 79 Club Helensvale Championship titles with Teresa amassing 44, her first in the novice singles championship in 1995, and Lynsey chasing her mum's record with 35 to her name.

Together Teresa and Lynsey have enjoyed much success winning titles at club, premier, district, zone, and state level.

How many sports would a mother and daughter have the option to play alongside each other, and the ability to win state titles together too?

Some highlights Teresa has experienced over her 23 year bowls career include being selected to play in the inaugural Queensland Senior State Side back in 2011 where they won a silver medal, winning her first Queensland title alongside Lynsey in 2010, and winning the Queensland District Sides title with her fellow ladies from the Gold Coast Tweed District.

Lynsey has also gone on to enjoy much success at the highest possible level with her highlights including Commonwealth Games Gold and Silver medals, Dual World Championship Gold medals, 6 Australian Open Titles, and 18 Queensland State Titles.

One of her proudest moments was being named as the Australian Team's Inaugural Captain back in 2011, a role she still holds to this date.

The game of bowls and Club Helensvale have provided this mother and daughter duo so much enjoyment, success, a mass of friends, the ability to travel the country and world, and the opportunity to spend a lot of time together doing something they both love.

What a great journey and a fantastic piece of history they're creating together with many more special moments to come.

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John Kinsela's historic life, as a Vietnam Veteran and Australia's First Aboriginal Olympic Wrestler



John Kinsela's extraordinary life story has recently been shared with the public, when he spoke to Stan Grant on NITV's Indigenous current affairs program, Awaken.

John has had a front row to history throughout his captivating life, from competing on behalf of Australia as the first Aboriginal wrestler at the 1968 and 1972 Summer Olympics, and fighting for Australia in the Vietnam War between events.

"I was an accidental Olympian, I started off at the Police Boys club boxing, but after a couple of weeks the boxing instructor didn't show up. I wandered upstairs and saw the wrestling and was really interested and asked when I could start, the coach said to come along next Tuesday as they had a wrestling competition," said John.

"I used to watch the professional wrestling on the TV and back in the days it was in black and white, and they had wrestlers like Killer Kowowski, and Mark Lewand. I went to the tournament and I had four wrestles, I won three and I got beaten once. I had never wrestled before and I was wrestling against a state champion. He never beat me after that. Within three years I went on to get selected for the Olympics," tells John.

After competing in wrestling for Australia at the Mexico Summer Olympics in 1968, John was conscripted into the army on a birthday ballot upon returning to Sydney.

"I did 10 weeks basic training at Kapooka; it was during the training that you can allocate what you want to do in the army. At the time, my wrestling coach said, "If you get into the artillery, than you can become a physical training instructor". So I put in for artillery and got posted to the school of artillery at Holsworthy."

"At the end of the training there was no postings, they were asking for volunteers for the Vietnam War, 95% of the class put their hand up to volunteer so I thought I would too."

'After a couple of weeks, they sent us up to Canungra, to the jungle training school there. It was four weeks of misery, you'd be up at 4am or 5am every morning, you had to march everywhere, they were teaching us what to expect for when we got to Vietnam. They were teaching us about booby traps and landmines.

"I did the four weeks training and I got sent back to Holsworthy. We were in the barracks there for about another three weeks, with nothing happening. We were just waiting to get our drafting orders together to go to Vietnam. If a conscripted soldiers goes to Vietnam and his time is up they send him home and someone replaces him. My unit was in Vietnam for three months before I got there so most of the guys had already been in action. The thing that they teach you at Canungra, the basic training is nothing. Vietnam is virtually a whole new learning curve." "When we got our marching orders, they sent us to Watson's Bay. There is a naval depot there. We slept there for the night and then they took us by bus to the airport. There was a whole busload of us. First we flew to Singapore; we had to cover our polyesters as we were not meant to be representing the army. After Singapore, we touched down at Tan Son Nhut. And from there flew straight too Nui Dat. I was sent to 106 Battery 4 Field regiment. Although we had facilities in Nui Dat, the guns were out at the Horseshoe, which was a volcanic crater. It faced a place called Long Hais, which was a mountain peak, it was full of Viet Kong and it had all these tunnel systems. For the eight months I was there, they sent B-52s to bomb Long Hais. We were always sending artillery shells there. Artillery was on standby 24 hours, so as soon as you got on the gun you were in action the whole time.

sport

For the whole two years that John was in the national service, he never put a foot on a wrestling mat; however when he got back from Vietnam he did hs Physical Training Instructor's course which put his fitness back on track to compete.

In 1972, John was selected to represent Australia at the Munich Summer Olympics. After only twelve months training for the Olympics, he came seventh, which was still seen as a huge achievement. His competitions were during the first four days of the Olympics, on the fifth day, while he was relaxing with friends, he heard the distinctive sound of AK47s and shook his head in disbelief. He knew that sound well from having being in Vietnam only a year before.

"The next day the manager called us all in and said the Olympics was closed for the day because there was a massacre. Some of the Israel athletes who died were wrestlers, my manager was good friends with the Jewish wrestling coach who got killed," John explains.

Many members of John's family have been in the military as well, his brother signed up for the army, two of his uncles went to Korea, and one of his nephews has been to Afghanistan and East Timor.

John recalls that in the past, Vietnam Vets haven't always received the same respect or credit as other soldiers and had mentioned on one occasion he'd even been heckled.

"A lot of veterans after the Vietnam War wouldn't even tell anyone that they were veterans, but now on ANZAC day everybody is so proud of us being soldiers. The thing is, to represent your country is the biggest thing that'll ever happen to you, there is just so much pride in being an Australian.



AFL to Honour World War II Veterans in ANZAC Day Celebrations

Each year the AFL is proud to be part of Anzac Day celebrations and to work with the RSL to ensure Australian football pauses to acknowledge Australian service men and women.

One match in each State will include a pregame ceremony that will feature the Ode, Last Post, Minute's Silence, Rouse and National Anthem.

This year marks the 75th anniversary of the Bombing of Darwin. More than 240 people died during two separate attacks when 242 Japanese aircraft bombed Darwin on 19 February 1942.

The attacks had brought the Second World War to Australian shores and AFL clubs will pause to remember those killed and those who defended Darwin.

There is a significant connection between football and the Bombing of Darwin. The bombs stopped the local Northern Territory football competition from continuing that year, however, military teams were organised to play Territory locals such as railway workers.

Football was part of many people's wartime experience in the Territory, playing a critical role in re-engaging the community.

Anzac Day will serve as a reminder to our fans and the wider community of the great sacrifices made 75 years ago by those from that time.

With April 25 falling on a Tuesday, traditional rivals Essendon and Collingwood will face off at the MCG in the only game to be played on Anzac Day itself.

A number of prominent footballers from across Australia, playing both in the elite state-based leagues and at community level were called up for duty during the second World War, leaving their football careers to serve their country.

Among the 60 former VFL players who died on active service during the second World War is Len Thomas, a champion player for South Melbourne in the VFL before going on to captain-coach at both Hawthorn and North Melbourne.

Although Thomas had attained the rank of Corporal, upon his evacuation from the Middle East in September 1941 he requested that he be allowed to revert to the rank of Private, so that he could serve as a commando. His request was granted and he served with the 2/3rd Independent (Commando) Company, Second A.I.F.

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Thomas became the most experienced VFL footballer to be killed in war when he lost his life fighting the Japanese in New Guinea in 1943.

Jim Park (Carlton), Tommy Corrigan (Fitzroy), Harold Comte (St Kilda), and Ron Barassi Sr (Melbourne) were also victims of the second World War, but all former players who lost their lives are recorded at AFL House on the competition's Honour Board.

Those who served have also been the subjects of highly-praised books by historians Jim Main and Barbara Cullen respectively.

* The AFL does not have records of players from other leagues outside the VFL who served in the second World War.

2017 TOYOTA AFL PREMIERSHIP SEASON

ROUND 1

March 23 Carlton vs. Richmond (MCG) (N) Friday, March 24 Collingwood vs. Western Bulldogs (MCG) (N) Sydney Swans vs. Port Adelaide (SCG) (T) St Kilda vs. Melbourne (ES) (T) Gold Coast SUNS vs. Brisbane Lions (MS) (N) Essendon vs. Hawthorn (MCG) (N) Sunday, March 26 North Melbourne vs. West Coast Eagles (ES) Adelaide Crows vs. GWS GIANTS (AO) Fremantle vs. Geelong Cats (DS) (N)

ROUND 2

Thursday, March 30 Richmond vs. Collingwood (MCG) (N) Friday, March 31 Western Bulldogs vs. Sydney Swans (ES) (N) Western buildugs vs. sydney swars (cs) (Saturday, April 1 Hawthornys. Adelaide Crows (MCG) GWS GIANTS vs. Gold Coast SUNS (SP) (T) Brisbane Lions vs. Essendon (G) (N) West Coast Eagles vs. St Kilda (DS) (N) Sunday April 2 Geelong Cats vs. North Melbourne (ES) Melbourne vs. Carlton (MCG) Port Adelaide vs. Fremantle (AO) (T)

ROUND 3

Sydney Swans vs. Collingwood (SCG) (N) Saturday, April 8 North Melbourne vs. GWS GIANTS (BA) Richmond vs. West Coast Eagles (MCG) Geelong Cats vs. Melbourne (ES) (T) Port Adelaide vs. Adelaide Crows (AO) (N) Fremantle vs. Western Bulldogs (DS) (N) Sunday, April 9 St Kilda vs. Brisbane Lions (ES) Carlton vs. Essendon (MCG) Gold Coast SUNS vs. Hawthorn (MS) (T)

ROUND 4

Thursday, April 13 West Coast Eagles vs. Sydney Swans (DS) (N) Friday, April 14 North Melbourne vs. Western Bulldogs (ES) (T) Saturday, April 15 Melbourne vs. Fremantle (MCG) GWS GIANTS vs. Port Adelaide (MO) (T) Carlton vs. Gold Coast SUNS (ES) (N) Adelaide Crows vs. Essendon (AO) (N) Sunday, April 16 Collingwood vs. St Kilda (ES) Brisbane Lions vs. Richmond (G) (T) Monday, April 17 Hawthorn vs. Geelong Cats (MCG)

ROUND 5

Port Adelaide vs. Carlton (AO) (N) Saturday, April 22 Western Bulldogs vs. Brisbane Lions (ES) Gold Coast SUNS vs. Adelaide Crows (MS) (T) Sydney Swans vs. GWS GIANTS (SCG) (N) Fremantle vs. North Melbourne (DS) (N) Sunday, April 23 St Kilda vs. Geelong Cats (ES)

Hawthorn vs. West Coast Eagles (MCG) (T) Monday, April 24

Richmond vs. Melbourne (MCG) (N) Tuesday, April 25 Essendon vs. Collingwood (MCG)

ROUND 6

GWS GIANTS vs. Western Bulldogs (MO) (N)

Saturday, April 29 Hawthorn vs. St Kilda (US) Carlton vs. Sydney Swans (MCG) Brisbane Lions vs. Port Adelaide (G) (T) North Melbourne vs. Gold Coast SUNS (ES) (N) West Coast Eagles vs. Fremantle (DS) (N)

Sunday, April 30 Essendon vs. Melbourne (ES)

Geelong Cats vs. Collingwood (MCG) Adelaide Crows vs. Richmond (AO) (T)

ROUND7

St Kilda vs. GWS GIANTS (ES) (N) Saturday, May 6 North Melbourne vs. Adelaide Crows (BA) Collingwood vs. Carlton (MCG) Port Adelaide vs. West Coast Eagles (AO) (T) Gold Coast SUNS vs. Geelong Cats (MS) (N) Western Bulldogs vs. Richmond (ES) (N) Sunday, May 7 Sydney Swans vs. Brisbane Lions (SCG) Melbourne vs. Hawthorn (MCG) Fremantle vs. Essendon (DS) (T)

ROUND 8

Friday, May 12 West Coast Eagles vs. Western Bulldogs (DS)(N) Saturday, May 13

Hawthorn vs. Brisbane Lions (US) St Kilda vs. Carlton (ES) GWS GIANTS vs. Collingwood (SP) (T) Essendon vs. Geelong Cats (MCG) (N)

Adelaide Crows vs. Melbourne (AO) (N) Sunday, May 14 Richmond vs. Fremantle (MCG) Gold Coast SUNS vs. Port Adelaide (JS) North Melbourne vs. Sydney Swans (ES) (T)

ROUNDS

Friday, May 19 Geelong Cats vs. Western Bulldogs (SS) (N) Saturday, May 20 St Kilda vs. Sydney Swans (ES) GWS GIANTS vs. Richmond (SP) (T) Brisbane Lions vs. Adelaide Crows (G) (N) Collingwood vs. Hawthorn (MCG) (N) Sunday, May 21 Essendon vs. West Coast Eagles (ES) Melbourne vs. North Melbourne (MCG) Fremantle vs. Carlton (DS) (T) Byes: Gold Coast SUNS, Port Adelaide

ROUND 10

Geelong Cats vs. Port Adelaide (SS) (N) Friday, May 26 Sydney Swans vs. Hawthorn (SCG) (N) Saturday, May 27 Western Bulldogs vs. St Kilda (ES) Melbourne vs. Gold Coast SUNS (TP) (T) Richmond vs. Essendon (MCG) (N) Adelaide Crows vs. Fremantle (AO) (N) Sunday, May 28 Collingwood vs. Brisbane Lions (MCG) Carlton vs. North Melbourne (ES) West Coast Eagles vs. GWS GIANTS (DS) (T)

ROUND 11

Thursday, June 1 Port Adelaide vs. Hawthorn (AO) (N) Friday, June 2 Geelong Cats vs. Adelaide Crows (SS) (N) Saturday, June 3 Gold Coast SUNS vs. West Coast Eagles (MS) GWS GIANTS vs. Essendon (SP) (T) North Melbourne vs. Richmond (ES) (N) Sunday, June 4 Fremantle vs. Collingwood (DS) (T)

Byes: Brisbane Lions, Carlton, Melbourne, St Kilda, Sydney Swans, Western Bulldogs

ROUND 12 Thursday, June 8

Sydney Swans vs. Western Bulldogs (SCG) (N) Friday, June 9 Adelaide Crows vs. St Kilda (AO) (N) Saturday, June 10 Hawthorn vs. Gold Coast SUNS (MCG) Brisbane Lions vs. Fremantle (G) (T) Essendon vs. Port Adelaide (ES) (N) Sunday, June 1 Carlton vs. GWS GIANTS (ES) Monday, June 12 Melbourne vs. Collingwood (MCG) Byes: Geelong Cats, North Melbourne, Richmond, West Coast Eagles

ROUND 13

Thursday, June 15 West Coast Eagles vs. Geelong Cats (DS) (N) Friday, June 16 North Melbourne vs. St Kilda (ES) (N) Saturday, June 17 Richmond vs. Sydney Swans (MCG) Port Adelaide vs. Brisbane Lions (AO) (T) Gold Coast SUNS vs. Carlton (MS) (N) Sunday, June 18 Western Bulldogs vs. Melbourne (ES) **Byes:** Adelaide Crows, Collingwood, Essendon, Fremantle, GWS GIANTS, Hawthorn

ROUND 14

Thursday, June 22 Adelaide Crows vs. Hawthorn (AO) (N) Friday, June 23 Sydney Swans vs. Essendon (SCG) (N) Saturday, June 24 Collingwood vs. Port Adelaide (MCG) Brisbane Lions vs. GWS GIANTS (G) (T) Western Bulldogs vs. North Melbourne (ES) (N) West Coast Eagles vs. Melbourne (DS) (N) Sunday, June 25 Geelong Cats vs. Fremantle (SS) Richmond vs. Carlton (MCG) St Kilda vs. Gold Coast SUNS (ES) (T)

ROUND 15

Friday, June 30 Melbourne vs. Sydney Swans (MCG) (N) Saturday, July 1 Western Bulldogs vs. West Coast Eagles (ES) Carlton vs. Adelaide Crows (MCG) Gold Coast SUNS vs. North Melbourne (MS) (T) GWS GIANTS vs. Geelong Cats (SP) (N) Port Adelaide vs. Richmond (AO) (N) Sunday, July 2 Essendon vs. Brisbane Lions (ES) Hawthorn vs. Collingwood (MCG) Fremantle vs. St Kilda (DS) (T)

ROUND 16

Adelaide Crows vs. Western Bulldogs (AO) (N) Saturday, July 8 Hawthorn vs. GWS GIANTS (US) Collingwood vs. Essendon (MCG) Sydney Swans vs. Gold Coast SUNS (SCG) (T) Brisbane Lions vs. Geelong Cats (G) (N) St Kilda vs. Richmond (ES) (N) Sunday, July 9

North Melbourne vs. Fremantle (ES) Carlton vs. Melbourne (MCG) West Coast Eagles vs. Port Adelaide (DS) (T)

ROUND 17

Friday, July 14 St Kilda vs. Essendon (ES) (N) Saturday, July 15 Geelong Cats vs. Hawthorn (MCG) Port Adelaide vs. North Melbourne (AO) Gold Coast SUNS vs. Collingwood (MS) (T) GWS GIANTS vs. Sydney Swans (SP) (N) Melbourne vs. Adelaide Crows (TIO) (N) Sunday, July 16 Richmond vs. Brisbane Lions (ES) Carlton vs. Western Bulldogs (MCG) Fremantle vs. West Coast Eagles (DS) (T)

ROUND 18

Friday, July 2 Adelaide Crows vs. Geelong Cats (AO) (N) Saturday, July 22 Essendon vs. North Melbourne (ES) Melbourne vs. Port Adelaide (MCG) Western Bulldogs vs. Gold Coast SUNS (CS) (T) Sydney Swans vs. St Kilda (SCG) (N) Fremantle vs. Hawthorn (DS) (N)

Sunday, July 23 Richmond vs. GWS GIANTS (MCG)

Collingwood vs. West Coast Eagles (ES) Brisbane Lions vs. Carlton (G) (T)



Friday, July 28 Hawthorn vs. Sydney Swans (MCG) (N) Saturday, July 29 North Melbourne vs. Melbourne (BA) GWS GIANTS vs. Fremantle (SP) Port Adelaide vs. St Kilda (AO) (T) Gold Coast SUNS vs. Richmond (MS) (N)

Carlton vs. Geelong Cats (ES) (N) Sunday, July 30 Western Bulldogs vs. Essendon (ES)

Collingwood vs. Adelaide Crows (MCG) West Coast Eagles vs. Brisbane Lions (DS) (T)

ROUND 20

Friday, August 4 Geelong Cats vs. Sydney Swans (SS) (N) Saturday, August 5 GWS GIANTS vs. Melbourne (MO) Essendon vs. Carlton (MCG) Brisbane Lions vs. Western Bulldogs (G) (T) North Melbourne vs. Collingwood (ES) (N) Fremantle vs. Gold Coast SUNS (DS) (N)

Sunday, August 6

St Kilda vs. West Coast Eagles (ES) Richmond vs. Hawthorn (MCG) Adelaide Crows vs. Port Adelaide (AO) (T)

ROUND 21

Friday, August 11 Western Bulldogs vs. GWS GIANTS (ES) (N) Saturday, August 12 Sydney Swans vs. Fremantle (SCG) Geelong Cats vs. Richmond (SS)

Brisbane Lions vs. Gold Coast SUNS (G) (T) Essendon vs. Adelaide Crows (ES) (N) West Coast Eagles vs. Carlton (DS) (N) Sunday, August 13

Melbourne vs. St Kilda (MCG) Hawthorn vs. North Melbourne (US) Port Adelaide vs. Collingwood (AO) (T)

ROUND 22 Friday, August 18

Adelaide Crows vs. Sydney Swans (AO) (N) Saturday, August 19 Western Bulldogs vs. Port Adelaide (EU) Collingwood vs. Geelong Cats (MCG)

GWS GIANTS vs. West Coast Eagles (SP) (T) Gold Coast SUNS vs. Essendon (MS) (N) Carlton vs. Hawthorn (ES) (N) Sunday, August 20

Melbourne vs. Brisbane Lions (MCG) St Kilda vs. North Melbourne (ES) Fremantle vs. Richmond (DS) (T)



Friday, August 25-Monday, August 28

West Coast Eagles vs. Adelaide Crows (DS) Sydney Swans vs. Carlton (SCG) Brisbane Lions vs. North Melbourne (G) Port Adelaide vs. Gold Coast SUNS (AO) Collingwood vs. Melbourne (MCG) Hawthorn vs. Western Bulldogs (ES) Geelong Cats vs. GWS GIANTS (SS) Richmond vs. St Kilda (MCG) Essendon vs. Fremantle (ES)



Bye Round – Final Eight clubs September 7-10 Week One – Qualifying & Elimination Finals (4) September 15 & 16 Week Two - Semi-Finals (2) September 22 & 2 Week Three – Preliminary Finals (2) September 30 Week Four – Toyota AFL Grand Final

(T) Twilight match; (N) Night match; (AO) Adelaide Oval; (BA) Blundstone Arena, Hobart; (CS) Cazalys Stadium, Cairns; (DS) Domain Stadium, Perth; (ES) Etihad Stadium, Melbourne; (EU) Eureka Stadium, Ballarat; (G) The Gabba, Brisbane; (IS) Jiangwan Sports Centre, Sharghai, China; (MO) Manuka Oval, Carberra; (MCG) Melbourne Cricket Ground; (MS) Metricon Stadium, Gold Coast; (SCG) Sydney Cricket Ground; (SP) Spotless Stadium, Sydney; (SS) Simonds Stadium, Geelong; (TIO) TIO Stadium, Darwin; (TP) TIO Traeger Park, Alice Springs; (US) University of Tasmania Stadium, Launceston.



This partnership began in 2015 and is aimed at helping returned Australian servicemen and women wounded while serving their country.

The GIANTS are Proud to be Partnering Soldier On for the Third Year in a Row

Soldier On works to enhance recovery, inspire communities and empower Australians who have suffered physical and psychological injuries while in the Defence forces.

The partnership works with Soldier On through a range of initiatives in Western Sydney and Canberra including fundraising support, inner sanctum experiences for veterans and mentoring programs.

GIANTS Chief Operating Officer James Avery said the GIANTS were proud to partner with Soldier On again in 2017.

"As a football club, we aim to enrich the lives of people in Western Sydney, Canberra and our broader communities and Soldier On is a central part of this," Mr Avery said.

"Soldier On run a range of programs to support wounded men and women and we hope to play a small but important role as they continue their recovery."

In 2017, The GIANTS will continue to invite men and women, and their families, who have suffered physical and psychological injuries while in the Defence forces to GIANTS games in Western Sydney and Canberra.

In the GIANTS first home game of 2017, Lily Marshall (the daughter of a returned Australian serviceman) was lucky enough to live out her dream of running out with the GIANTS.

Lily must have been a lucky charm for the team as the GIANTS went on to defeat the Gold Coast by 102 points at Spotless Stadium.

sport

Vicki Cleary Day Coburg City Oval Sunday 30 April 2pm A Match in Memory of Vicki Cleary and All the Women Lost

On Sunday 30 April at the City Oval Coburg the VFL match between Coburg and the Northern Blues (Carlton's affiliate) will celebrate the life of my sister Vicki Cleary and pause to remember all the women lost to violent men. Vicki Cleary was only 25 years of age when she was attacked by her ex-boyfriend as she parked her car for work in Coburg on 26 August 1987. The attack occurred less than 2 kilometres from where Jill Meagher was murdered in 2012. Two months before her murder Vicki had been with me in the Coburg Social Club celebrating my 200th VFA/ VFL game. In my Letter To The Woman Who Changed My life - published in the 2016 book, Signed, Sealed, Delivered - I said of her, 'there you were, small of frame but big of presence, dispensing love and humour like confetti at a wedding.

At trial in February 1989 Vicki's killer a man with a history of violence against women - was granted a provocation defence and found guilty only of manslaughter. He would serve a mere 3 years and 11 months in gaol. Outside the court I described the verdict as having reduced Vicki, and all women, to chattels. So began my campaign against, 'the law's complicity in the violence.' That campaign culminated in the abolition of the law of provocation in 2005. Vicki was my mother Lorna's first daughter, after four boys, and was celebrated with a letter from her grandmother in which she would write, 'Just a line, I can't tell you in words just how happy I am for you at the moment but I feel that much for you... Well Lorna I don't think it has really set in with me yet but I will have to wait until I see her but I think my heart is so full for you I can only just think of you at the moment. I think you have been rewarded for your goodness and I love you so much.'

Mum was never the same after the loss of her daughter. In an undated letter she would write, 'Life has been very hard for me to carry on...So the joy of everyday living and my beautiful family are not always enough for me. I need you my Vicki to be with us all but I know that is impossible... You dear Vicki, were always a beautiful child, a young girl, such a beautiful and compassionate nature... Mummy.' Today, the campaign to stop the violence that brought Vicki's young life to an end and claims the lives of around 60 women a year in Australia goes on. My family would love to see the Coburg ground packed on Sunday 30 April in an act of solidarity with Vicki and every other woman we've lost to male violence. Sadly, Mum and Dad have passed on and won't be able to share in the celebration of Vicki's life at the prematch luncheon – starting at 12 midday and the minute's silence before the game. Renowned sculptor Anton Hasell has created a figurine that will be presented to the winning club.

We will of course not only remember Vicki and the women lost, but will pause to reflect and pay tribute to the female survivors of the violence. We hope the tribute match on Sunday 30 April will mark yet another significant step in the march to end male violence against women. Rosie Batty, 2015 Australian of the Year, and many other prominent campaigners will attend the luncheon.

Phil Cleary 0408 784 280. Independent MHR 1992-96. Writer and broadcaster. Coburg VFA/VFL premiership player (1979) and dual premiership coach (1988/89). Member of the Victorian government's Victims Survivors' Advisory Council.

TAKE THE CHALLENGE

The ANZAC Day Challenge will return to North Sydney on Sunday 23rd April 2017, once again partnering with leading veterans support service, Soldier On.

The 2017 event comprises three different courses named after significant WWI Gallipoli campaign battles: the 11-kilometre *Lone Pine Challenge*, the 25-kilometre *Hill 60 Challenge* and



The Nek Challenge, the longest course at 40 kilometres. These tough courses along with the commemoration of our defence veterans combine to create a truly memorable event.

Participants are able to run or trek through the scenic courses of the Kuringai and Garigal National Parks in Northern Sydney, experiencing spectacular sandstone escarpments, hidden bush tracks and majestic water views. Entrants can take on the

> challenge individually or get some friends together to experience and commemorate as a group.

Since the inaugural event in 2015 the ANZAC Day Challenge has raised nearly \$200,000 for Soldier On, as well as raising awareness for the struggles of defence SOLDIERON

veterans. The much needed funds will help wounded warriors and their families to overcome the challenges they may face as a result of their services to the Defence forces.

For details about the courses, start times and registration visit www.anzacdaychallenge.com.au



The National Service Act of 1951, during the Menzies Government, was brought about by conflict around the world. The Cold War in Europe prompted National Service in the United Kingdom, while the Korean conflict saw American civilians drafted into active duty in that Country.

> Australia, as part of their peace charter agreement, initiated their own National Service Programme.

Accordingly, I found myself as a recruit Seaman at HMAS Cerberus at Crib Point on the Mornington Peninsular, Victoria in January 1952. I served my time (although I had to fulfil an obligation to the Government to be on immediate "call up" over the next 5 years.

The following year, 1953, I was selected to play 1st. Class cricket (Sheffield Shield) for South Australia. As a young cricketer barely out of my teens, I felt both humbled and exalted at being selected to play against men who had been heroes of mine in previous years.

As such I realised that some of the chaps I played against had experienced some extremely tough years during the 2nd. World War.

My time spent in the armed forces, has given me some understanding and empathy of their trials.

I feel uniquely qualified to give some insight into their lives.

K.G. HORSNELL

ERNEST ALBERT TOOVEY, MBE.OAM. – His Story.

It was Christmas Day 1953, Queensland were playing South Australia at the Adelaide Oval. (They did that for 27 years i.e. Queensland playing South Australia on Christmas Day) providing it did not fall on a Sunday.

At stumps, I along with fellow team mates, strolled in to the Q'ld dressing room, armed with a cold bottle of West End beer.

There was Ernie Toovey, stripped down with just briefs on. The temperature was in the middle 90s. What did surprise me was that he had a short pad attached to his shin on his leg.

When I asked him about the pads he said "Because of the work I used to do", and "what was that" I asked. "The Railway" he said. "Pretty rough work" I said. "Well it was the Burma 'expletive' railway" he replied.

We drank our beer talked about the Navy and wished each other a Merry Christmas.

Before I left the room, Ern lifted up a corner of one of his pads to reveal an angry red raw flesh supporting boil like pimples with yellow heads – a horrible sight – tropical ulcers - YUK!

ERNEST TOOVEY

(from Wikepedia)

Ernest Albert Toovey MBE, OAM, (16th. May 1922 – 18th. July 2012) was an Australian cricketer and baseball player. In cricket, Toovey was a left-handed batsman who bowled slow left-arm orthodox. He was born at Warwick, Queensland.

Toovey served in the Royal Australian Navy during World War 11, enlisting for service when he was seventeen. He served during the war aboard HMAS Perth, where he was present during the Battle of the Java Sea and was also aboard the ship during its sinking at the Battle of Sunda Strait in February 1942. Half of the ship's crew were lost, whilst the remainder who survived, including Ordinary seaman Toovey were captured by the Japanese and spent the remainder of the war in Prisoner of War camps. While imprisoned, he reportedly resisted recommendations to have his leg amputated because of an ulcer, telling his captors "You can't take my leg off because I've got to play cricket for Queensland. His time as a prisoner saw Toovey put to work as part of the forced labour constructing the Thai-Burma Railway.

Following the end of the war and his release from Japanese captivity, Toovey struck by his wartime aim of playing cricket for Queensland by making his first-class debut for the state against South Australia in the 1949-50 Sheffield Shield. He made 36 further first-class appearances for Queensland, the last of which came against New South Wales in the 1955-56 Sheffield Shield. In his 37 first-class appearances for Queensland, he scored 1,346 runs at an average of 24.03, with a high score of 87. One of nine half centuries he made, this score came against Victoria in the 1950-51 Sheffield Shield. Following his playing career for Queensland, he served as a selector for the Queensland side, as well as serving on the Queensland panel as Chairman for nearly 25 years, before retiring in 1989. He was also the President of Northern Suburbs District Cricket Club.

Outside of cricket, he played baseball for Queensland and Australia, having first played Baseball as a Prisoner of War in a match between Australia POWs and American POWs, which was organised by the Japanese Commandant. He was also prominent in ex-services organisations, holding executive positions in Returned and Services League of Australia and Australian Prisoners of War Association, for which he received the MBE and OAM. He died at Mitchelton, Queensland, on 18th. July 2012 at 90 years of age. His funeral was held at St.Brigids Catholic Church, Red Hill, Queensland, on 24th. July 2012

An interesting parallel exists between the Queensland Cricket Association and Ernest Toovey, in that each had to be patient, and believe in pursuit of ultimate reward.

After heartbreaking near-misses, it took until 1994/5 to finally break the hoodoo. (Queensland was first admitted to Sheffield Shield competition in No. 1926).

They atoned with a vengeance, winning the prestigious Sheffield Shield 6 times in the next decade.

It would have been fitting for Ernie to have been in the chair during this time, for as a selector for 25 years, and chairman for about 10 years, he would have been in his element.

PS: The "Gabba" is a delightful venue. The Queensland Cricketers' Club is a must-try for a relaxing lunch and refreshments.



ANZAC Round

The NRL community will pause across ANZAC Round to honour past and present service men and women who have bravely defended our country and other countries over the years.

The RSL, Australian War Memorial, Australian Defence Force and NRL will continue their partnership to ensure that reflection is appropriately recognised across all matches.

2017 also marks the 75th anniversary of the Kokoda Campaign and the significant battles fought in Papua New Guinea.

The Rugby League bond between Australia and Papua New Guinea runs deep and will be acknowledged throughout the round, together with acknowledging the sacrifice that thousands of Australians made throughout the Kokoda Campaign.

Eight matches will be played across ANZAC Round, including two traditional matches played on ANZAC Day.

The Sydney Roosters take on the St George Illawarra Dragons in the afternoon of ANZAC Day and in the evening, the Melbourne Storm will play host to the New Zealand Warriors.

ANZAC Round is a highlight on the NRL calendar each year, with large crowds again expected to attend all matches to cheer their team on and honour those who have protected our freedom.





Boys club's back as girls get a hip and shoulder

BY SUSIE O'BRIEN

Ladies, step aside because your work is done. This is the very clear message from the Channel 7 AFL commentary line-up. It is a sausage fest of epic proportions.

There are 23 people on the commentary team, and just two of them are women: journalist Sam Lane and AFLW star Daisy Pearce. Neither are hosts of a major show.

Perhaps this is why neither woman made it to the official season-opening photoshoot. Rather, all the focus was on seven blokes in seven suits. Matthew Richardson, Brian Taylor, Tim Watson, Bruce McAvaney, Hamish McLachlan, Wayne Carey and Cameron Ling.

Apart from McAvaney, who always does a great job, it's a somewhat tired line-up of has-beens. It's the same old guys, the same old faces and the same old gags.

Brian Taylor? Really? Why wasn't his time up after he made that "big poofter" joke a few years ago?

And Wayne Carey? How can a man charged with indecent assault and assaulting a police officer and then arrested for breaking a wine glass in his then-girlfriend's face be taken seriously?

You might think Channel Seven would be a little sensitive to gender issues considering the fall-out from the affair their CEO Tim Worner had with his former personal assistant Amber Harrison.

Sadly, no.

And you might think the debut of the women's league would have more of an impact.

It doesn't appear so. This year the AFL had the biggest shake-up in decades with the start of the AFLW. However, just one woman managed to break through the grass ceiling and get a gig with the guys on Seven: Pearce, who will be a field commentator.

Seven is very keen for Pearce's role to be highlighted, so why was she named number 18 on their press release after 17 blokes? A Seven contact says Pearce will have more onscreen as time goes on, noting that women's roles will increase according to "credibility and merit".

What an absolute joke.

If merit was really the issue the surely Sam Lane would be one of the big guns, not relegated to a pre-game panel show and half-time interviews. She was mentioned number 19 on the press release, by the way after lots of men with half her talent.

Why not give a role to Lauren Arnell, Peta Searle, Katie Brennan, or even injured football tragic Kate Sheahan?

The Seven line-up clearly shows sexism remains a festering sore when it comes to AFL media coverage.

The shame file is long and sordid. Remember Eddie McGuire and his mates making jokes about drowning outspoken female journalist Caroline Wilson? There's also former Geelong star and commentator Billy Brownless who called a mother and her daughter "strippers" at a Brownlow function a few years ago.

And let's not forget Nine's noxious sexist beast Sam Newman, who has a long and notable record and has already started the season by dropping the c-bomb in a phone rant and told co-host Rebecca Maddern to take her clothes off.

But what can you expect from a guy who once flashed his wedding tackle on TV? Some of you may be wondering if the gender of the football commentator makes a difference, and I'd argue yes it certainly does.

The problem is the blokey, and even sexist nature of the discussion when it's all men – as McGuire's jibe against Wilson illustrated.

Clearly, the networks have learned little from that sordid little episode.

This male domination simply doesn't reflect the role females play in AFL.

These days half the fans are female, we have a developing national women's league, girls' teams are the fastestgrowing part of junior football, and we even have a female, Maddern, fronting The Footy Show.

Of course, we need more than just a few token women holding microphones; there needs to be a wholesale change in culture as well.

For example, although Maddern is doing a good job at The Footy Show, her blokey right-back-at-you treatment of Newman doesn't actually change anything. Since she's been there he's said things to her like "you could be under me" and "get down on your knees" with his sleazy old man leer.

Now, I should stress that things are somewhat better on pay TV, thanks to Sarah Jones hosting the daily Fox Footy AFL news program, which also features reporter Neroli Meadows. However, the big guns at the station remain depressingly male.

Radio station 3AW also has Caroline Wilson and Tiffany Cherry, but other commentary teams such as Triple M and SEN 116 continue to be dominated by males.

Ultimately, I would only want a woman who can do the job well to be appointed to call or commentate the game we all love.

But I refuse to believe the tired line-up of the same old male faces is the best offering of talent out there. It's time for some fresh female faces for footy.

www.news.com.au

"... JUST ONE WOMAN MANAGED TO BREAK THROUGH THE GRASS CEILING AND GET A GIG WITH THE GUYS ON SEVEN."

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EDITED EXTRACT FROM VALIANT FOR TRUTH: THE LIFE OF CHESTER WILMOT, WAR CORRESPONDENT BY NEIL MCDONALD WITH PETER BRUNE, NEWSOUTH PUBLISHING, 2016

HELLO BBC! HELLO BBC!

wenty-seven of the airborne infantry together with their Div HQ staff officers sat quietly alongside in the glider, their backs to the fuselage. Soft rain bounced on the perspex of the cockpit. All they could see was the guiding light of the plane that was towing them, flying just below. The big questions in everyone's minds, Chester scrawled in his notebook, were:

Do the Bosche know they're coming? What will the flack be like? Will the parachutists have cleared the poles [that Rommel was known to have erected]? Will their arrival have warned the Germans? Will the Germans have moved their troops to attack the drop zones before [they] got there? Will the drop zones be obstructed by mines, booby traps and wires?¹

A break in the clouds provided a last brief glimpse of the south coast of England, from which the invasion fleet had sailed. Ches- ter heaved himself to his feet and, as Peter Cattle shone a carefully covered torch on the machine, he placed a disc on the midget to record a half-minute item. Another break in the clouds and the men saw the dark water of the English Channel flecked with the creamy wakes of countless ships. As the glider passed over the massive invasion convoy below, Chester cut a second disc. Around 3 am, just as the disc on the midget's turntable finished, the darkness was stabbed with streaks of light: red and yellow tracers from the guns on the coast at Le Havre.

A sudden explosion seemed to come from inside the glider. In the excitement Chester nearly missed seeing the coast of France. He placed a fresh disc on the turntable, stood up and flicked the switch on the microphone:

This is Chester Wilmot broadcasting from a glider bound for France and invasion. We've just passed over the coast of France and all around us along the coast ack-ack fire is going up – away to the right of us and off to the left but in front of us there is nothing coming up at all. I can see way off to the right the river that is our main guide for coming into the landing zone. And there now I can see the light that is to guide us in.²

Peter tapped Chester's leg to warn him to switch off. There was a harsh crack and a vivid flash as an ack-ack shell hit the glider. The glider bucketed around as Chester placed a new disc on the machine. He was just getting it going when the pilot turned around and called: 'I'm letting go now, hold tight!'

As the midget was beside him, Chester couldn't strap himself in so he stopped recording and wedged his feet against the three motorcycles lashed against the opposite fuselage. There was a sudden backward surge as the glider lost speed and 'hovered like a hawk prepared to strike'.3 They went into a slow gliding descent. The roar of the wind dropped to a murmur as they glided smoothly towards the drop zone. Then there was a sharp banking turn. With sinking stomachs and bursting ears they pulled out of the dive. Chester's glider was skimming the ground about to land when out of the night another glider came straight at them. The pilot lifted sharply and let it sweep under their nose before they touched down with a jolt after a 'violent lurch to starboard' on a ploughed field. Chester glanced at his watch; it was 3.21 am they were only two minutes late. Shouts and cheers came from the troops in the glider. 'This is it, chum,

I told you we wouldn't have to swim,' came a voice from the darkness. Cattle and Chester untied the midget recorder and scrambled into the cornfield.

They were surrounded by the wreckage of the gliders that had landed earlier, all in far worse condition than theirs. It seemed that the daring plan Gale had outlined so enthusiastically had failed. But when Chester looked more closely things looked better. As they moved towards their rendezvous at Ranville Church, he could see that forty-nine of the seventy-two gliders that according to the plan were to touch down in this field had landed accurately.

Men were climbing out of the splintered wrecks, slashing at the wooden fuselages to free jeeps and guns. Chester found out later that ten of the fifteen anti-tank guns survived not a bad ratio for an airborne landing. The German flak guns were still firing into an empty sky but there was little sign of any other fighting. All he could hear was the rustle of the troops moving through the cornfield, a muttered curse from a soldier stumbling, the sound of jeep motors bursting into life.

Wilmot did not record his famous broadcast at the doorway of the glider as portrayed in the spectacular and very moving dis- play at the D-Day Museum at Portsmouth. But he certainly spoke soon after landing when some quick repairs to the midget had been completed.

With grinding brakes and creaking timbers we jolted, lurched, and crashed our way to a landing in northern France early this morning. The glider in which I travelled came off better than most. The bottom of the nose was battered in ... the wings and tail assembly; but she came to rest on her three wheels even though she had mowed down five stout posts that came in her path, and virtually crash landed in a ploughed field. No one was even scratched. We shouted with joy and relief and bundled out into the field. All around us we could see silhouettes of other gliders twisted and wrecked – making grotesque patterns against the sky. Some had buried their noses in the soil; others had lost a wheel or a wing; one had crashed into a house; two had crashed into each other. Yet as we marched off past those twisted wrecks - thanking heaven for our good fortune - troops were clambering out as casually as they might leave a bus ...

But as we moved off the landing zone we were promptly reminded we were still in the middle of enemy territory. We could hear Germans shouting excitedly at a church nearby, starting a car driving furiously off. A quarter of a mile from us a German battery was firing out to sea ... from positions all around us German ack-ack batteries sent up streams of tracer.

The airborne forces had gained their first foothold in France by a daring night landing ... but all of us knew it would be harder to hold the ground than to take it.4

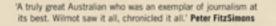
They were ordered to lie in a ditch and watched as several men with sten guns pushed their way through one of the hedges and moved towards the church. There was a burst of machine gun fire as they reached a crossroads. They took cover in a hedgerow and waited as it gradually grew lighter. More gunfire: bullets zipped over their heads. From further up the road came the sound of a familiar voice: 'Don't you dare argue with me - Richard Gale get on I say get on!' the general bellowed.5

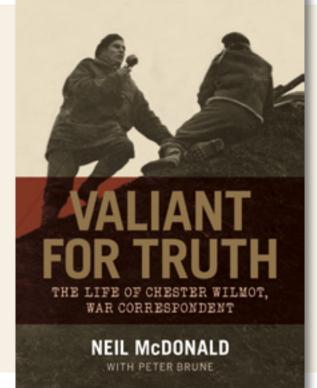
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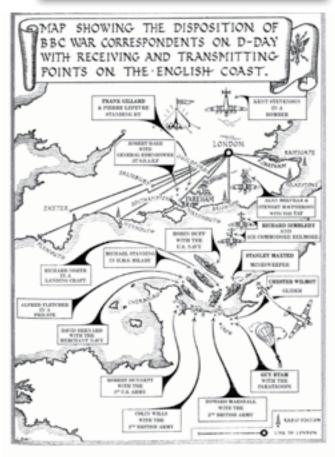
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Chester Wilmot, The Struggle for Europe, p. 236. Wilmot Papers, Series 3, folders 5–24. Chester Wilmot, The Struggle for Europe, p. 238.







D-Day: The EBC Coverage

Chester Wilmot (1911–1954) was a renowned Australian war correspondent, broadcaster, journalist and writer. Covering the first triumphant North African battles of Bardia, Tobruk and Derna, the heartbreaking disaster of the Greek Campaign, the epic struggle along the famed Kokoda Track, the momentous amphibious invasion at Normandy and the eventual defeat of Nazi Germany, his voice stood above all others during BBC and ABC broadcasts throughout WWII.

Following the war he continued reporting and broadcasting, and published The Struggle for Europe, his classic account of the Normandy invasion and its aftermath. He was tragically killed in the crash of the BOAC Comet over Greece in 1954, returning from Australia where he had been covering the Royal Tour.

Valiant for Truth charts Wilmot's exceptional life as he reported key events of the twentieth century. It contains the most complete account to date of the command crisis in New Guinea in 1942 and his extraordinary feud with Australian Commander-in-Chief General Sir Thomas Blamey. Bestselling authors Neil McDonald and Peter Brune unite to tell the story in this, the first full biography of one of the most important correspondents of WWII.





gardening

poppies









Poppy Enders Red Resembance

> A symbol of remembrance in late Sames and Actives - Revers. 20 work ARNER, - Samain 2000 such

Autumn is the key season for sowing all Spring flowering seed and bulb varieties – the air is cooler but not yet too cold, and the soil is still warm so the plants have time to establish before Winter.



Poppies are among the most popular varieties to plant this time of the year. They dislike being transplanted so grow them from seed in the final flowering position. Poppies are excellent for pairing up with your Spring flowering bulbs such as Daffodils, as they adjust to the size of their habitat and create a fantastic colour contrast with yellows and oranges. Don't be fooled by the dainty and delicate flowers – poppies are very hardy and easy to grow!

Simply sprinkle the seeds over soil, cover lightly and keep damp. Poppies prefer a sunny position and well-draining soil. Pinch out the early buds to encourage good, strong clumps and remove spent flower heads regularly to encourage further flowering.

Other flowers to grow from seed in the Autumn include Australian native flowers, Aquilegia, Calendula, Carnation, Cornflower, Delphinium, Forget-Me-Not, Foxglove, Hollyhock, Larkspur, Lavender, Lobelia, Pansy, Sweet Pea and many more!

For these and many other Mr Fothergill's seed varieties to grow this Autumn go to Bunnings, independent garden retailers nationwide or www. mrfothergills.com.au. With hundreds of varieties to choose from there is something for every type of garden. Our generous seed fills and Growing Guarantee will ensure you will have a garden full of flowers next Spring!



The Flanders Poppy

The Flanders Poppy has long been a part of Remembrance Day, the ritual that marks the Armistice of 11 November 1918, and is also increasingly being used as part of Anzac Day observances.

During the First World War, red poppies were among the first plants to spring up in the devastated battlefields of northern France and Belgium. In soldiers' folklore, the vivid red of the poppy came from the blood of their comrades soaking the ground. The sight of poppies on the battlefield at Ypres in 1915 moved Lieutenant Colonel John McCrae to write the poem In Flanders fields In English literature of the nineteenth century, poppies had symbolised sleep or a state of oblivion; in the literature of the First World War a new, more powerful symbolism was attached to the poppy – the sacrifice of shed blood.

Moina Michael, who worked for the American YMCA, read McCrae's poem just before the Armstice. She was so moved by it that she wrote a poem in reply and decided to wear a red poppy always as a way of keeping faith, as McCrae had urged in his poem. At a meeting of YMCA secretaries from other countries, held in November 1918, she talked about the poem and her poppies. Anna Guérin, the French YMCA secretary, took the idea further by selling poppies to raise money for widows, orphans, and needy veterans and their families.

The poppy soon became widely accepted throughout the allied nations as the flower of remembrance to be worn on Armistice Day. The Australian Returned Soldiers and Sailors Imperial League (the forerunner to the RSL) first sold poppies for Armistice Day in 1921. For this drive, the league imported one million silk poppies, made in French orphanages. Each poppy was sold for a shilling: five pence was donated to a charity for French children, six pence went to the League's own welfare work, and one penny went to the League's national coffers. Today the RSL continues to sell poppies for Remembrance Day to raise funds for its welfare work.

Poppies adorn the panels of the Memorial's Roll of Honour, placed beside names as a small personal tribute to the memory of a particular person, or to any of the thousands of individuals commemorated there. This practice began at the interment of the Unknown Australian Soldier on 11 November 1993. As people waited to lay a single flower by his tomb in the Hall of Memory, they had to queue along the cloisters, beside the Roll of Honour. By the end of the day, hundreds of RSL poppies had been pushed into the cracks between the panels bearing the names of the fallen.

Australian War Memorial



"This is our chance to give the people of Australia an opportunity to have a beautiful reminder of this memorable milestone in Australia's history, right in their very own gardens."

-Arthur Burke OAM, ADCC Qld Inc





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New Rose To Commemorate World War I

In 2005 Knight's Roses began planning the release of a rose of remembrance to recognise the contribution of the Anzac forces during WW1. Knight's Roses, in conjunction with Guillot Roses in France, and with approval from the Dept. of Veterans' Affairs, are proud to launch a rose named '*We Will Remember Them*' and donate the French and Australian royalties from rose sales towards maintaining Australian war graves in France.

However, this year's launch of the rose will be a limited release, leading up to the official launch in March 2016 which will be the centenary of the Australian troops joining the Allied zone in northern France in March 1916 and readied for action on the Western Front.

Daniel Knight, Proprietor of Knight's Roses said, "The idea evolved about ten years ago. I wanted to pay tribute to the Anzac's sacrifice and heroism. I also wanted to pay tribute to our relatives who had served. My Grandfather lost two of his brothers in France."

Daniel said, "About five years ago, I had a meeting in France with Rose Breeder Jean-Pierre Guillot and I suggested a new rose could be released to commemorate Australia's involvement in the First World War."

"Jean-Pierre made me realize the significance with which the people of France still view the Australian contribution and the sacrifices the Australian troops made in WWI have not been forgotten. The Australian flag is still displayed in windows and classrooms in Villers Bretonneux in recognition of the town being liberated."

"As to the name, I didn't want to name the rose after a place, I wanted the name to bring to mind the feeling the people of Villers Bretonneux have for the people of Australia and I chose 'We Will Remember Them' from the poem 'For the Fallen' by Englishman Laurence Binyon published in 1914."

THE ROSE

The initial planting and naming of the rose took place in a ceremony simultaneously on Wednesday 22 April 2015 at 11am in the primary schools of twin towns Villers Bretonneux and Robinvale, Victoria.

'We Will Remember Them' is an impressive Hybrid Tea with large highcentred blooms worthy of a prime position in any garden. Growing to 1.7m x 1.2m, this rose produces a prolific number of decorative blooms of rich yellow edged with bright orange. It repeat flowers extremely well in flushes throughout the growing season.

The classic rose shape, long straight stems and fresh sweet rose fragrance ensures it will be a popular cut flower. The bush is upright, vigorous and hardy with good disease resistance - perfect for bedding, a feature rose or a colourful hedge.

KNIGHT'S SPECIAL CAUSE ROSES

'We Will Remember Them' will provide an opportunity for Australians to plant a rose and remember the sacrifice of servicemen and women who have left us a powerful legacy as well as supporting the Office of Australian War Graves' work through royalties derived from the sale of this rose.

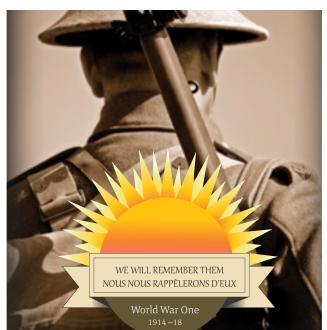
HISTORY

The First World War remains the most costly conflict in terms of deaths and casualties. From a population of fewer than five million, 416,809 men enlisted (40% of all Australian males between 18 and 44) and more than 330,000 Australians served overseas. Of these, 61,720 were killed and 156,000 were wounded.

Australians fought on the Western Front from 1916 to 1918, the first time our nation fulfilled a major role in world events and made an important contribution to the outcome of the war. Of the 290,000 Australians who served on the Western Front, 46,319 of them died and over 18,000 of these men have no known grave. The wounded totalled 152,171 and many survivors died young.

The Imperial Victoria Cross was awarded to 64 Australians for actions and valour in the First World War, 53 of them for action on the Western Front in France and Belgium and 9 for the Gallipoli campaign.

Australia's national monument is at Villers Bretonneux where the Australian troops were instrumental in stopping the enemy, in April 1918, on this part of the Western Front.



NEW ROSE WE WILL REMEMBER THEM A Thank You gift from France to Australia

This impressive, brightly coloured Hybrid Tea is worthy of a prime position in the garden. It grows 1.6m tall and 1m wide and produces a prolific number of large, decorative blooms of rich yellow with bright orange and red tips in clusters or singly, and repeat flowers extremely well.

It has a pleasant fresh rose fragrance, is very healthy, reliable and hardy, with excellent disease resistance. Perfect for bedding and borders, as well as creating a colourful hedge.



For further information contact Daniel Knight:

Mobile: 0412 803 805 Website: www.knightsroses.com.au Phone: 08 8523 1311 Email: admin@knightsroses.com.au

THE ABC GARDENING AUSTRALIA 6.30PM SATURDAYS

Gardening Australia provides practical, realistic, and credible horticultural and gardening advice, inspiring and entertaining all Australian gardeners around the nation. Presented by Australia's leading horticultural experts, Gardening Australia is a valuable resource to all gardeners through the television program, the magazine, books, DVDs and extensive online content.

Gardening Australia's Costa Georgiadis

Costa Georgiadis is a landscape architect who has an all-consuming passion for plants and people - he knows how to bring out the best in both of them, and takes great pleasure in bringing them together. Costa believes in embracing and celebrating mother nature's cycles and seasons and nurturing her balance, beauty and bounty organically. His holistic approach is all about gardening the soil and the soul. Costa hosts the popular ABC program, Gardening Australia.

The Last Post: Hi Costa, thanks for joining us here. You're an example of someone who is a great asset to the community.

Costa Georgiadis: Yes, thanks. I'm out and about in the community every week. I was up in Felton, in the Darling Downs and then I came back to Melbourne to do some filming for Gardening Australia. That was Monday through to Wednesday night, then flew back to Sydney and the first thing Thursday morning I went up to Toowoomba for The Toowoomba Show. I was there until yesterday and then I'm doing some filming for Compass and then I'm up to Casino to a little place called Wipperee where I'm going to be doing some filming for a project I've been working on for a few years which is all about getting kids and families into gardening. It's an Australian animation project about a young girl and her buddy,

Scrap Boy, all about getting kids outside and into gardening.

TLP: Wow.

CG: We've created a collaboration where we've created Get Grubby TV, I became their garden gnome who comes to life. In that, we go out on adventures to get kids outside and into bio-diversity and soil and planting and food and growing. We did a pilot and the ABC liked it but it has taken two years for that interest to translate and I'm heading up there this week to start making 21 11-minute episodes. It's an important leg of my stool in terms of thinking it's an invaluable way of getting interest at a young age, this being from zero to twelve.

TLP: Being kids and playing outside, in the dirt, observing plants, it's an integral part of growing up.

CG: That's right and it's about everything, coordination, hand-eye movement, exposure

to different germs, bacteria's and soils. It's also about exposure to the seasons and natural colours and textures, challenges and stepping outside the comfort zone. I think that is what the culture of gardening is about, it's about getting outside and being active. The wonderful, slow but sure development of this message through preschool, kindergarten and primary schools and then on to an interest in community and community gardening. Primary school gardening has really grown over the last ten years.

TLP: You see them everywhere.

CG: It's great that the younger ones are coming into primary school now and they're already all around it. They're not afraid of worms or the soil. They know and understand plants and aren't afraid to get stuck in and do things. The next layer is to really go hard at the high schools and

"WHEN YOU START TO OBSERVE AND YOU FOCUS ON NATURE, IT CHANGES YOUR PACE. YOU GO OUT INTO THE GARDEN AND TIME SLOWS DOWN."

"THE THERAPEUTIC BENEFITS OF GARDENING FOR VETERANS HAS BEEN PROVEN."

to continue that interest and excitement. That's what we need to put a lot of work into over the next few years.

TLP: The gardening ball can be dropped in those transitional years when you discover the opposite sex, music, parties. Gardening's not on the radar.

CG: Exactly. Up at Toowoomba I was talking from two different angles, I was talking about the growing and consistency, the modular nature that you can do with your growing, like taking seeds from a container and putting them into the ground in either containers or a contained garden bed or garden area and then you take that harvest and eat it fresh. You can also transform it into contained, preserved pickled and stored food so that you can eat that beyond the season and that is an interesting and valuable part of the process. When you take the abundance and spread it out over the shoulder seasons you then have that food for a large part of the year. Explaining that to people and the value of that and how, when you know how to prepare it, pickle it and store it, that translates to real dollars and cents.

TLP: Good for the spirit and the wallet? CG: Yes, the therapeutic value of gardening is starting to be written about which I'm most excited about. It means, it's not "happy clappy, isn't this nice, I grew some cherry tomatoes, isn't that a great gesture". This ain't no gesture. This is a real valuable health and therapy exercise for everybody, of all ages. I think over the next ten years that horticultural therapy will go through the roof in terms of its application to help people in all sorts of ways. As you'd be aware, the therapeutic benefits of gardening for veterans has been proven. And it's being endorsed and implemented more and more. There's something irreversible about the impact of calm and content that being in the garden can bring. It can ease the mind and take people out of a tape-loop or point of angst or stress and take their focus to the simplicity and predictability of the garden and its being there for you.

TLP: The garden and the earth have things pretty well worked out?

CG: Yes. One of the messages I try to get across is, don't stress about being a green-thumb or not being a greenthumb, just get out and do something and observe. When you start to observe and you focus on nature, it changes your pace. You go out into the garden and time slows down. Your priority's change. You put the screen down, you put the tablet down, you turn the TV off and when you do that you become recruited. The garden has a way of recruiting you in a subtle way.

TLP: You've been drafted.

CG: You've been drafted by nature.

When you plant something and it flowers, that captures your attention and it hooks you in. When you see the bees coming to it and that flower translate into a piece of produce, a vegetable, a zucchini or cucumber. And then when you taste it, that takes it to another level. When you can proudly show that and share it, there is a feeling of well-being that you get when you can say, "I grew this". There's no therapy or elixir or tonic or balm you can buy that will give you such a complete and deep calm and peace on another level.

TLP: The gardening experience could be seen as a bit of heaven for some people?

CG: Totally. And it doesn't have to be a 600-square metre block or even 15-square metre block. It can be a couple of pots on the balcony. A hanging basket, a pot in the bathroom, or on the kitchen windowsill, all of it has an impact. And as you become involved in it, you become more aware and become part of the culture. You can go to events and see what's going on and see more plants and understand the bio-diversity of it. And that is a role we can all play. Because that plant you have on the balcony is a bus-stop for the insects and the bees on their way to your neighbour's backyard, we're all part of a bigger picture, a bio-diversity highway that serves and builds and maintains nature's infrastructure. I never underestimate the simplicity of just one little plant on your nature-strip or balcony because it is part of a bigger chain of things. We can't pollinate every crop, we need bees and to have bees we need flowers, not just in spring but across the whole year. So people get involved and if they don't have a garden space they can go to their local community garden and I know there are so many of those now.

TLP: You see them everywhere.

CG: Yes, and so people can get involved in that way. Or you can get involved by having a bench-top tidy for your scraps and taking them down to your community garden. You can also go to your local cropswap, there are lots of crop-swaps these days and you don't have to turn up with produce, you can turn up with ingredients for produce. You can turn up with pickles and preserves. There's lots of ways that the garden helps build communities and gets people talking and creates activities and events that people can participate in. That's a most important thing. Whilst technology is incredibly valuable and powerful it also can disconnect us as well. We may well have two thousand friends but we may not have made real contact with those friends at all.

TLP: Yes, it involves us all. The recent fatal mud-slides we've seen in a couple of parts of the world is a reminder that



nature knows best.

CG: Oh yes, those mud-slides, when you have deforestation on that level, nothing is going to stay standing. It doesn't matter about human engineering, when you've got those forces coming on, it's all over. It is a very harrowing reminder of how ecology's and eco-systems are in balance and that if we mess with them too much, there's consequence. Be that all the plastic in the ocean, be that the clearing of forests. So, we can make a difference in our local community. As people become more connected to nature they will then stand up for nature. We can't expect kids to stand up for something they don't love and the only way they can do that is if we immerse them in it. They are then affected positively for life.

TLP: I guess, on a global level it has the potential to bring people and countries together. Through trade and through other ways also.

CG: I think the opportunity to have the simplicity and power of garden shows were people get inspired and realise that they don't know everything and that they can learn. That's a universal thing. Effectively we already live in a planetary garden, we're all affected. Just like in our backyards, just because there's fence doesn't mean that nature stops there. My



backyard bees cross fences and help everyone. It's the same with our water. The water we pour into our creeks goes into the oceans and that affects other countries. We have an obligation and duty to look after our environment. We all have an obligation and duty. It's not a privilege and right because we're a firstworld country and we don't have a right to mistreat the environment. So it's the world's oceans and the world's forests. It's not a state or federal thing. If we chop down trees in a fragile eco-system, it's not a state responsibility or even federal thing, we have to think beyond that. It's an international asset and we have to think carefully about it. Responsible decisions can only be made when we have a connection to nature. That's the benefits of having a role in a community garden or even taken a walk in a national park and felt how powerful that is. If we're not careful, the scientific knowledge that we may not even know about yet, will be lost. The medicinal and pharmaceutical benefits of species that may not yet have been discovered, what price do you put on that?

TLP: There's a tree in the park nearby that was here before Captain Cook arrived and will probably survive you and I. So we are here temporarily to ensure these benefits are left to our kids and grandkids. CG: Yes and even a simple thing like a hollow in that tree is a home for three or four different bird species. So if we change our goggles and think if we want birds, we need homes for them. If we see those trees as purely firewood we can't then ask, why are there no birds. So we have to change the perspective and that can only happen when we educate and the younger we educate, the better. That then means the kids will then stand up, as we were saying earlier, for nature.

TLP: So, for Australia's future, the economy and the environment should be working together rather than the opposite.

CG: Yes, we can't do things like nature does so it's best to work together. We can't shift or filter water like nature does but, as an example, wetlands filter the water at the rate of thousands of tonnes of water a day. Same as with oxygen, we can't make oxygen but forests do. Protect the bio-diversity because the more we have, the safer we are.

TLP: How did you first get involved in gardening?

CG: The thing I like about gardening and being involved is that we're role models and you sometimes don't know when you're about to be appreciated. I might talk to kids at a school and I don't know what impact that's going to have but, it's just like me having a street garden that's influencing the kids in my street...

TLP: Yes, a great idea.

CG: Yes, it's a positive thing. In answer to your question, my role model was my grandfather and grandparents and a lot of the old relatives who were part of the gardening and plants and food culture that is so prominent in Greek culture. There was always talking in gardens and sharing of plants and cuttings and so on. So my real mentor was my grandfather in Nimbin, in western New South Wales and my godfather, whose property I took my first steps on outside of Mudgee. That would be where my influences began. Those things and people impress upon you and you may not realise it until later on. And sure enough, later on I got involved in landscape architecture which included all those things I knew, like being outside and in gardens and immersed in nature. So that's how it happened and how those people were instrumental in me becoming what I am and what I do.

TLP: Thanks for being part of our new Gardening section, Costa and all the best to you and Gardening Australia and may you continue to teach kids and adults alike the importance of understanding the earth.

CG: It's been a pleasure, Greg. Lovely to chat, anytime. ■

75th Anniversary of the Bombing of Darwin

The 19th February this year marked the 75th anniversary of the bombing of Darwin – a battle that still stands today as the first and largest single attack ever mounted on Australian soil by a foreign power.

The city of Darwin, having the largest population in northern Australia, was considered a strategic target by the Japanese. It was thought that the city could be used as a base for a counter offensive against the Japanese operating to the north.

The first attack began at 10am and lasted just 40 minutes. 54 land-based bombers and approximately 188 attack aircraft descended on Darwin from four Japanese aircraft carriers based in the Timor Sea. 20 military aircraft were destroyed, eight ships at anchor were sunk, and many facilities, both military and civilian, were destroyed. Heavy bombers targeted the harbour and the town and a hospital in Berrimah was also attacked.

One hour later the second attack, made by high altitude bombers, targeted the Royal Australian Air Force base at Parap. This assault lasted just 25 minutes. The two bombing raids killed approximately 243 people, including civilians; a further 400 were wounded.

In the hours that followed the second attack it was estimated that half of the population of Darwin made the decision to flee south towards Adelaide River in what became known as 'the Adelaide River Stakes'.

The attacks were not, as Darwin residents had feared, a precursor to a Japanese invasion. Japan's intent was to invade Timor. The Japanese command considered Darwin a base from which the Allies could easily launch a counter–offensive. By bombing Darwin, it was thought that the Japanese could disrupt a potential response from the Allies to their planned Timor invasion. This attack also served to put a dent in the Australian resolve.

By mid-February 1942 Darwin had become an essential base for the Allies fighting in the Pacific. As the Japanese captured Ambon, Borneo and Celebes between December 1941 and February 1942, landings on Timor had been scheduled for 20 February, with the invasion of Java to take place shortly thereafter. Bombing Darwin with a major air raid was designed to distract the allies and protect Japan's invasion of Timor.

With Singapore having fallen to the Japanese only days earlier, the Australian Government took the unorthodox decision to announce that only 17 people had been killed in the Darwin raids to preserve national morale. Rumours began to circulate that the details of reports about casualties suffered had been significantly reduced, with local sources suggesting the figures were more likely to be between 900-1100 than the 300-400 quoted.

The bombing attacks on Darwin continued until November 1943, by which time the Japanese had bombed the City 64 times. Darwin however was not the only northern Australian town to be targeted. Bombing raids were also conducted on Townsville, Katherine, Broome, Derby, Wyndham and Port Headland.

For those who lived through this period, life proceeded with anxious anticipation of the possibility of a full-blown Japanese invasion at any time. Northern Australia was under Japanese attack for over 21 months, a defining period in Australia's history.



"FOR THOSE WHO LIVED THROUGH THIS PERIOD, LIFE PROCEEDED WITH ANXIOUS ANTICIPATION OF THE POSSIBILITY OF A FULL-BLOWN JAPANESE INVASION AT ANY TIME. NORTHERN AUSTRALIA WAS UNDER JAPANESE ATTACK FOR OVER 21 MONTHS, A DEFINING PERIOD IN AUSTRALIA'S HISTORY."

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HIGH SPECIFICATION: Intended as a collectors' item, this crown is fully layered with pure 24-carat gold

YOURS FOR ONLY \$29.99 (*plus \$9.99 p&h): An informative Certificate of Authenticity is included FREE of charge and successful applicants enjoy other benefits (see right)

ENDORSED BY THE DEFENCE FORCE WELFARE ASSOCIATION: The Bradford Exchange proudly supports the DFWA whose aim is to promote and protect the conditions and well-being of the Defence Family that embraces over three million people.

FORMAL APPLICATION

YES, I wish to formally apply for 'We Will Remember Them' Golden Crown, for just \$29.99 (plus \$9.99 p&h). An informative complimentary Certificate of Authenticity is included.

I do not need to send any money now. If my application is successful I will be notified in writing within 7 days.

I understand I can apply for only one coin, and that my application should be made <u>within 7 days</u>. I may return the coin within 14 days if I am not satisfied. I confirm I am aged 18 years or over. Applications are only open to Australian households and is limited to one per household.

403-COM04.01 @2017 The Bradford Exchange Ltd. A.B.N. 13 003 159 617 WE WILL REMEMBER THEM: 2014 marked the centenary of the commencement of the First World War, the "war to end all wars". There are generations alive today who have no direct knowledge of this conflict or of the sacrifice made by all who fought for their country. Our debt to them is immeasurable making it more important than ever that we remember their courage with a lasting commemoration using the words from the famous 'For The Fallen' poem known as 'We Will Remember Them'.

A crown coin has been released to mark this important anniversary. Struck to a high specification, <u>only</u> <u>9,999 are available</u>. Applications are now open for the 'We Will Remember Them' Golden Crown, fully layered with pure 24-carat gold, for just \$29.99 (plus \$9.99 p&h). This offer is likely to attract considerable interest, and not just from collectors.

INSTRUCTIONS FOR APPLICANTS

- 1. You may apply now to secure the 'We Will Remember Them' Golden Crown for just \$29.99 (plus \$9.99 p&h). A Certificate of Authenticity is included at no additional cost.
- 2. <u>Apply now</u>: Applications will be approved in strict order of receipt. If your application is successful you will be notified in writing within 7 days. Offer is limited to one per household.
- 3. Successful applicants will qualify to view the next coin in '*The First World War Centenary Crown Collection*', a series of gold layered crowns commemorating major campaigns of the First World War. These further crowns, which may be yours for only \$79.99 (plus \$9.99 p&h) each will be sent at monthly intervals after your 'We Will Remember Them' Golden Crown. Each will be yours to view on approval for 14 days. You may cancel at any time.
- To apply now, send the coupon below. For priority, call now on 1300 725 103. Lines open 8am-5pm Monday-Friday AEST.

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