

THE LAST POST

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

BI-ANNUAL ISSUE 16

GLENN KOLOMEITZ

The Last Post Interview

2018 Elder Abuse Conference

Sue Pieters-Hawke

Roy Masters

Gary Mac

Robe To Recovery

Tim Page



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from the publisher GREG T ROSS

First of all let me welcome you to the Anzac Day/Winter edition of The Last Post. This is the magazine's 16th issue and also its biggest yet.

We start with forewords from Australian War Memorial Director Brendan Nelson and RSL National CEO Georgie Macris. Brendan has provided The Last Post's foreword since Anzac Day 2014, so this is a birthday of sorts for the both of us. This is Georgie's first foreword and we look forward to more from this modern and forward-thinking CEO.

Sean Flynn, son of actor Sean Flynn, was a war photographer during the Vietnam War and friend of Tim Page. Tim himself is a photographer of some note, both in war and as a social commentary. Sean disappeared during the war, believed captured and killed by the Viet Cong. His camera, a Nikon Leica went missing too. The camera was recently found and Tim Page, who lived with Sean in Saigon, has written an amazing piece on the history of the camera, the war and his bonding friendship with Sean.

In February I attended the 5th Annual Elder Abuse Conference in Sydney. Numerous representatives from sectors that deal with elders spoke on the matter over two days at Sofitel Wentworth. I interviewed conference ambassador Sue Pieters-Hawke on the floor of the conference area and Jane Caro by phone a few days later. Both Sue and Jane speak with me about the areas of potential and real examples of elder abuse and ways as a society we can improve the lot of those over a certain age who are or feel vulnerable.

Glenn Kolomeitz and I first met in 2015 when I interviewed him in his role as the then recently appointed CEO of RSL NSW. Now fighting for improved veterans funding and greater recognition and support for female veterans, I interviewed Glenn again. Our discussion covers areas that he is hoping to have improved by an awareness campaign and lobbying. We offer our support to Glenn as he, through his legal firm, offers pro bono support for veterans.

In Music, Arts + Entertainment I interview former number-one radio announcer in Australia, Gary Mac. As part of the 3AK Good Guys team of the early '70's, Gary was at the forefront of an exciting time in Australia's radio history. Gary talks about the then, the now and why his chat with Paul McCartney was like catching up with an old friend. In Music, Arts + Entertainment we also feature David Tiley's tribute to former South Australian Film Corp head, Gil Brealey who helped stir a sleeping industry by arranging funding for Australian movies Sunday Too Far Away, Picnic At Hanging Rock, Storm Boy and others. We also feature the continuation of Jeremy Roberts' magnificent 50 Ways Into Vietnam and a tribute from Michael Leunig and Randal Macdonald to the late cartoonist and artist Ron Tandberg.

In these times of some finding it difficult to discriminate between real news and "fake" news through the influence of social media, the definition of journalism has changed. There are people who disseminate information without checking the source and call themselves journalists but are not. And there are real journalists trying to uncover the truth that are being jailed, threatened or harmed physically and in some instances, even killed by those with an interest in keeping the truth camouflaged. In 1964 Randal Macdonald was appointed Managing Director of The Age at 26. He ushered in a new era of openness and opinion based on fact. His appointment of Graham Perkin and editors after Graham helped transform the struggling, conservative broadsheet into a publication that set new standards in the Australian newspaper industry. I spoke with Randal about all these things, including the importance of an open and free press, an independent ABC and his beloved Collingwood Football Club.

The people of Robe, South Australia have established a practical, helpful and loving way to assist veterans in their successful Robe to Recovery program. We feature that town's story as well as that of local chemist and former Vietnamese refugee, An Thien Vo Tran.

In Sport we interview rugby legend Roy Masters and feature Roy's story and tribute to the late Graeme Langlands. We also look at the Invictus Games and in Gardening speak with famed horticulturalist Michael Keelan about the benefits of getting a green thumb.

Tony Wright appears with his Life is Brief, looking at the importance of recognising the rewards that can come from seizing the moment.

Our biggest edition yet with 116 pages, The Last Post continues to be enjoyed by a large cross-section of Australians. We hope you enjoy this edition.



Greg T Ross
Editor and Publisher
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THE HON. DR BRENDAN NELSON AO, DIRECTOR, AUSTRALIAN WAR MEMORIAL

The First World War was a cataclysm of unheralded proportions, one that Australia joined willingly and with good cheer.

The mettle of our nation was tested at Gallipoli in 1915, it was on those steep hills and in those gullies and ravines that the 'Anzac Spirit' was born.

Our young nation's innocence was brutally lost in the bloodbath at Fromelles and hard-earned victory of Pozieres in 1916.

The bitter conscription referendum rendered us a deeply divided people facing the new year of 1917. The year that followed was the worst in our history – 77,000 casualties; 22,000 dead and missing in the dreadful battles of the Passchendaele campaign alone.

By early 1918 victory seemed further away than ever, recruitment at home had stalled and in March 1918 the Germans smashed through Allied lines. A year's long stalemate becoming a rout almost incomprehensibly quickly.

The men of the 1st AIF finally stopped the Germans on Anzac Day 1918 at the French town of Villers-Bretonneux, now the site of the main Australian memorial on the Western Front, it proved to be decisive. The Germans were spent and the Allies, though battered themselves, went on the offensive that summer. Led by the Australian troops of Sir John Monash the Allies broke the back of the German army at Amiens in August and over the coming months pushed them back further.

By November the Germans called for an armistice and at 11am on November 11 1918 silence descended on the battlefields after four years of the most destructive and bloody warfare ever seen.

Soldiers, sailors and airmen lay down their arms and nations began to count the cost.

We had emerged victorious yes, but inconsolably mourning 62,000 dead. Our country had become embittered by years of loss and grief and deeply divided by conscription and social issues. Yet we remained true to our democracy and ourselves, we had emerged with a greater belief in ourselves and a deeper understanding of what it means to be - Australian.

The 100 year anniversary of the armistice that ended the First World War provides an opportunity for Australians to remember and reflect on the armistice and the service and sacrifice that came before it. It is also a time to remember the suffering that followed it, the grief of families and the pain of wounds both physical and psychological suffered by many who returned home.

The Australian War Memorial will lead the nation's national commemorations of the end of the cataclysm which inflicted deep wounds on our young nation. We will be joined around the nation and indeed around the world by many other organisations and people.

I ask all Australians to pause at 11am on 11th November 2018 to pay their respects in silence and reverence, to remember the service and sacrifice not just of the men and women of the First World War but to all those who have served as well as those still serving and the families that support them.

foreword



GEORGIE MACRIS, RSL NATIONAL CEO

Welcome to the ANZAC edition of The Last Post magazine. It is always so refreshing to read of all the great initiatives and hard work undertaken by RSL's across Australia, and the additional activities and projects being worked on by the broader veteran community.

I would particularly like to take this opportunity to congratulate the recent appointments of Lieutenant General Angus Campbell AO, DSC as Australia's next Chief of Defence and Major General Liz Cosson AM, CSC (ret'd) as the new Secretary for the Department of Veteran Affairs. RSL National has worked closely with both Angus and Liz over many years and we welcome the opportunity to continue building on the strong relationships already established.

Among many other anniversaries of interest, this year marks the Centenary of ANZAC and the Centenary of Armistice. The Returned & Services League of Australia evolved from the Great War to support our wounded and ill Australian servicemen returning from the horrors of this global conflict. We have since developed into the largest ESO in the country, we have the widest reach, we represent the most members, have a combined forty million volunteer hours donated per annum and over one hundred years of experience in providing real support for veterans and their families. We are known and respected regionally, nationally and internationally as an organisation of pride, strength and valour.

On every level, and in every State and Territory, the RSL has been examining and modernising internal practices, governance structures and compliance frameworks to ensure we are performing our duties, and meeting our legal and regulatory obligations, as a charity organisation. Personally I am privileged enough to meet with Government officials, high ranking delegates and the grass roots membership on a daily basis and I can assure you we have their ongoing understanding, support and encouragement as we evolve our organisation.

These are exciting times of renewal and regeneration and the stories, profiles and opinion pieces in this edition of The Last Post highlights the magnitude of support that the veteran community generates in Australia.



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'The Last Post' magazine is owned And published by GTR Publishing, a subsidiary of B4E Pty Ltd, 6 Way Ave, Myrtle Bank 5064

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ENQUIRIES

GTR Publishing
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08 8379 7919
www.thelastpostmagazine.com

Cover: Sean Flynn in Tu Do Street Flat in Saigon, during the Vietnam War. Photo by Tim Page.



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The Last Post Magazine has been proudly designed by Kirstie Wyatt from Wyatt Creative, since the first issue in 2011. Kirstie is a freelance graphic and web designer and can enhance your marketing to get the results you want in your business.

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Sean Flynn's camera... five decades on

Leicas have a value that never diminishes. Their provenance and limited editions are a prized gold standard, their value magnified even more if they are known to have created a certain iconic image or if they have an interesting history.

American actor/photographer Sean Flynn's Leica M2 was purchased in Spain where he was starring in B grade spaghetti Westerns. It was his camera of choice when commissioned by Paris Match magazine to shoot a three-month stint in Vietnam in 1966.

Five decades on, that camera, along with the contact sheets from those shoots, have only just reemerged, bringing with them a kaleidoscope of haunting memories.

In 1967, after a particularly fraught day up on the demilitarized zone being hit by North Vietnamese and friendly fire, we both promised that if we survived we would be out of there.

We arrived back in the world just in time for the Six-Day War. The camera went to Suez, Sean shooting from the Israeli side and me from the Arab side. His pictures were of Arab soldiers surrendering and mine of Bedouins forced from their homes into dry, stony, inhospitable refugee camps.

We wound down in France, hanging out with The Living Theatre who were performing Picasso's play, "Desire Caught By The Tail," jazz fusion band The Soft Machine and performance artists Ultra Violet, Taylor Meade and John Jacques Lebel.

After watching images of the 1968 Tet Offensive on television, we broke our promise and, as Mike Herr would later write in Dispatches, were drawn back to Vietnam like junkie moths to a flame.

Sean's return to 'Nam took the camera further afield than before. It made it to Angkor Wat, to Bali, President Richard Nixon's visit to Indonesia and then into

the remote highlands of Papua, following in the footsteps of his father, the late swashbuckling actor Errol Flynn.

But for all that, he didn't have it on him when he and CBS cameraman Dana Stone, both aboard scrambler motorcycles, vanished forever on the Vietnam-Cambodian border on April 6, 1970.

It is hard to believe that it's now over 50 years ago since we sat around stoned on marijuana in my air-conditioned room at 'Frankie's House,' the address we shared in wartime Saigon, performing what we called "arts and crafts." In reality, arts and crafts was about assembling the photographic gear we needed to pass muster in the field.

Sean had decamped from the Hotel Royal to Frankie's after we first met at the Five O'clock Follies, the MACV daily briefing. We had a couple of cold ones on the Continental Shelf, the iconic open-air bar at the Continental Hotel, and drove back to the four-story house at 47 Bui Thi Xuan for a night of passing the pipe.

Sean moved in the next day to my old room on the top floor. The house was home to a tight-knit band of brothers, all photographers or reporters working for United Press International and various television outlets. As folk rotated home, the longer-stayers graduated to a better room.

Frankie was in fact Tran Ky, a married Vietnamese draft dodger who was our live-in domestic and procurer of all necessities.

His job, among other things, was to replenish the joints in the sandalwood box that had been gifted to the house by

Look magazine's Sam Castan, killed in the Central Highlands in 1966.

Working in the field was a roulette of choice, from the Mekong Delta to the DMZ. American, Korean, Australian or South Vietnamese Army (ARVN) operations on land and sea or in the air, often all three on one sortie. Sean and I both liked to hang out with special operations units that pushed the edge and took the fight to the enemy.

Vietnam was the first uncensored war, the first television war, the first war of the freelancer and the photo agency. And the first war America would lose. We would drop in on medevac and resupply runs, ride the back seat of F4 Phantoms or descend by helicopter into a hot landing zone, green tracers lancing at us out of the jungle.

Your raison d'être was around your neck, your camera or cameras. Your mission was to document history in the raw, to bring home the unalienable truth and reality of whatever was the most profane and horrific you had ever witnessed.

You were not there as a medic, radioman, machine gunner or officer, you were just there to make photographs. Spasmodically you would have to use other self-survival skill sets when the shit really hit the fan and your neutral role was discarded.

Flynn found himself in that position more than what was normal. He had been a white hunter in Africa and a gun buff since he was a teenager. He was a good shot and initially went the military way before finding a Dao Buddhist path to realization in Bali.



Sean Flynn's camera



This page, from top, left to right:

- 1: Wounded Mike Force striker, Cambodian-Vietnamese border 1968, ©Sean Flynn
- 2: U.S. Marines take cover from the dust of departing CH46 Sea Knight helicopters on Mutters Ridge, 1968 ©Sean Flynn
- 3: Flynn parachuting, ©Sean Flynn
- 4: ©Sean Flynn
- 5: Arabs surrendering during 6 Day War, 1967 ©Sean Flynn
- 6: Woman and children whose house has just been destroyed by a fast boat, Vietnam ©Sean Flynn
- 7: Sean's boots - parachute jump ©Sean Flynn
- 8: Mike Force strikers on a raid into the Vietcong heartland on the Cambodian-Vietnamese border, 1968 ©Sean Flynn
- 9: Flynn under fire during Mini Tet ©Tim Page '68
- 10: Sean Flynn & Tim Page - Hovercraft Base, Dong Tam, east of Perfume River 1968 by Mike Herr

It was a hard war to leave, a constant thrill surrounded by a coterie of brothers, bonded by experience and the heady rush of revolution and rock and roll that was the 1960s. There was nothing back in the world to match it. You also made better and better images, understood how things were and what to do, whom to focus on. Almost like a snapper at a sports match.

But the conflict took its toll. Given 20 minutes to live after being caught in a landmine blast near Tay Ninh in 1969, I somehow survived. While recovering from yet another surgery a year later as the first foreign civilian to be admitted to Washington's Walter Reed Hospital, I heard that Sean and Dana had gone missing on Route One in Cambodia, close to where it crosses the Vietnamese border.

In the space of two weeks, 10 of our brothers were captured or killed on that same stretch of highway by combined Viet Cong and Khmer Rouge units. Not a single body has ever been found in a zone that now lay in the path of a mega US-South Vietnamese Army (ARVN) incursion into North Vietnamese bases in neutral Cambodia.

My personal search for Sean and Dana has now gone on for 48 years, all the while assembling bits of information from the memories of old villagers, past interrogations of prisoners and official evacuations. Back in 1990, we believed that we had at last found the remains of my missing friends.

But 15 years later, new DNA testing by Hawaii's Joint Prisoners of War, Missing in Action Accounting Command discovered they belonged, ironically, to two peaceniks who had hijacked a ship full of napalm and ammunition into the Cambodian port of Sihanoukville. Like Sean and Dana, one was tall and the other short.

The search continued and became the genesis for a memorial for all the fallen media on both sides of the Indochina War. A book and exhibition called Requiem (Hoi Nhim in Vietnamese) displayed the frames by our dead and missing comrades.

The exhibit still resides at the War Remnants Museum in Ho Chi Minh City, the renamed Saigon, and rates as one of the most visited tourist sites, even if the Vietnamese themselves hardly ever mention the war.

When Sean and Dana disappeared on Route One, six kilometers east of Chi Pou, Sean was packing his Nikons, one a trusty F200 F4. Dana was shooting for CBS on a small hand-held film camera which allowed for freedom of movement.

Eventually, John Steinbeck IV took Sean's belongings from our old Tu Do flat back to Paris. Sean's half-sister, Rory, put the Leica, still field-cruddy, into a safe where it remained until she recently decided to place it in a collection.

This is where it started to turn weird. I got a call from Ho Chi Minh City. On the other end of the line was an Australian who had got my number from another old Saigon

bureau survivor, Frank Palmos, author of Ridding the Devils.

A film director and also a collector of vintage camera equipment, much of it from the Vietnam War era, the new owner wanted to know if the camera he had acquired was the real thing before money actually changed hands?

He knew it was for real because he had already bought it. But as Henri Thoreau would say in Walden Pond "you only ask a question when you need reassurance." He wanted me to hold it and really check it out. Was there a roll of film inside? No. Did it still work? Yes. Could I shoot a roll of Tri-X and re-christen it? Yes, yes, yes. It was Tet and Christmas rolled into one.

Miraculously, some years ago, a parcel turned up from Atlanta. An attorney had been at a car-boot sale and found a Hasselblad camera bag with Sean's name inside it, along with a plane ticket and other bits and pieces. An amazing gift, it arrived with a card saying, "I thought this bag had one more journey to make."

Now, we are hoping to reunite camera, lens and bag in an exhibition beneath Sean's iconic frames in both Hanoi and Ho Chi Minh City. Alongside will be Indochina Media Memorial Fund workshops to honor our long-lost colleagues.

Sean would have one helluva grin on that lean handsome face I still remember so well. ■

TIM PAGE

Tim Page is a British-born combat photographer who was wounded five times in Vietnam. He now lives in rural New South Wales, but still travels frequently to Indochina.



Glenn Kolomeitz

Gerroa's Glenn Kolomeitz was sacked as the RSL NSW boss after launching multiple investigations into the league. Mr Kolomeitz, a lawyer and former soldier who served in East Timor and Afghanistan, took over as RSL NSW state secretary and chief executive in August 2015.

Kolomeitz ordered a forensic audit into the league's spending in September, which rapidly spread and sparked other probes that have ensnared the national president Rod White – who stood aside – and former NSW president Don Rowe. Mr Kolomeitz, 49, was terminated as chief executive in late April, 2017. Andrew Pearson, *The Illawarra Mercury*.

Glenn fights for veterans through calls for increased funding and he strives also to increase the relevance, respect and recognition for female veterans. He fights also for health and welfare issues for the veteran community. *The Last Post* caught up with Glenn for a second time for a look back, a look forward and to get his take on ways to best serve those that have served the country.

Greg T Ross: Glenn Kolomeitz, welcome to *The Last Post* magazine, and thank you very much for your time. Glenn, last time we caught up, you were relatively newly appointed CEO at RSL, New South Wales. What are your memories of that time?

Glenn Kolomeitz: Greg, when I first started there, first accepted the role at RSL, I was really excited. I went in there with a view indeed on my platform, which I put to the board. A platform of change and getting back on mission and making sure that we, that the organization met its charitable purpose, and then met its mission of providing for the care and well-being, compensation, and commemoration of serving ex-service members. Very straightforward. I was really excited, let's say, to be jumping into that role.

GTR: Well, I knew you were because of course I interviewed you at that time at Anzac House. And the thing that came across to me was your enthusiasm for change.

GK: Yeah, you're absolutely right, mate. It was ... I don't think anybody would deny change was needed in RSL, but nationally in New South Wales, and ... In fact, any organization, change processes are necessary, but RSL was certainly well overdue for such change. So, look, I was excited about the opportunity to bring some of my ideas, and some of my hyperactive approaches to the change processes in the organization. Yeah.

GTR: But I think that's what was needed at the time, Glenn. Because of course, without that hyperactivity, things would tend to remain the same. But, of course, it didn't have a particularly good ending for you there. But, of course, the changes that you wished to see implemented, how do you see things as they stand now?

GK: Look, it has been a very slow process of I think reconciliation and of change. And I wouldn't have expected it

to be fast. The organization was dragged through, and quite rightly I must say, dragged through a government enquiry. A semi-judicial enquiry, and there're ongoing police investigations of the bits and pieces. Regulatory enquiry, etc., so I didn't expect that there'd be a fast pace of change. I definitely am seeing now, both at the Sub-Branch level and from what I hear at the state level, I am definitely hearing this appetite for reform, and an appetite to get back on mission, and a recognition of the need for change, and the need to get back on mission. So that's a good start. That's a very good start. And I'm seeing a change in the state board. They're both a good mix now of younger and older faces, and we're starting to see some women gradually looking at getting their way on to that state counsel. So, it's in the right direction, mate.

GTR: That's good. We'll talk about that in a moment - the women on the state counsel. But, of course, your legacy, Glenn, is one that has instigated change. My belief and those that I speak to about this, is that your vocalization of the issues that needed to be addressed, help that matter go public. And once that goes public, it is very hard to stop the ball rolling downhill.

GK: Absolutely right. I think it needed to be put out there in the public domain. You can't reform an organization that was that culturally broken and structurally broken without putting it globally into the public domain, and this is where you can't just close doors and say we're going to fix ourselves. The media ... Having a media spotlight on the organization was absolutely essential. It was consistent with my reform agenda, too. I was saying from day one, we need to be a transparent and open organization. Our books need to be open. Our doors need to be open. We need to invite the media and regulators and the public in to see how we do business. So,

"I DEFINITELY AM SEEING NOW, BOTH AT THE SUB-BRANCH LEVEL AND FROM WHAT I HEAR AT THE STATE LEVEL, I AM DEFINITELY HEARING THIS APPETITE FOR REFORM..."

it needed to be in the public domain. And I have to say, the media response was very good and very helpful.

GTR: Yeah, very good, of course. I think also when you speak about that, one is reminded of the fact that when you're open and honest, you have nothing to hide, you gain your strength.

GK: Absolutely right, and I couldn't agree more. This transparency and openness. Well, let me give you an example. I ... At one stage, we had the media asking to have a look at our ... They could go online and see our ... the Sub-Branch reports. So, the Sub-Branch financial reports each year, but they wanted to come in and have a look at our books and cross-reference the books to these reports. These online publicly by law, publicly available reports, to make sure that we were above board. And I said "Absolutely." So I set us all in a room in Anzac House, and I tasked one or two of my staff members to provide the media with whatever information they needed. Now I was criticized for doing that by some of the old guard and the former state, one of the former state presidents. But, as I've said, this is part of the transparency and openness to scrutiny.

GTR: No, I think one of the things The Last Post, as you know, through our association, is to shine a light on areas that perhaps have not enjoyed great illumination in the past, so to speak. And your assistance in doing that is greatly appreciated by all veterans, I know that much. But the good thing about you, Glenn, is that not only have you bounced back from that situation with RSL New South Wales, and indeed helped RSL New South Wales bounce back, too. But you've gone on to do a number of things. I guess one of them is to be a rallying point for greater female representation within RSL New South Wales. Can you tell us a bit about that?

GK: That's a really significant point, Greg. And I'm really glad you touched on that because early on in my tenure, I was approached by ... Well, I saw in the media, a young lady, Penny Looker, a young lady veteran, a former Psychology core sergeant, who has subsequently done Psychology as a degree herself. But who was saying that she had been to Sub-Branch, she was wearing her medals on the left hand side, she was told, "put your family medals on the other side, dear". Unbelievable, or she approached

Sub-Branches saying look, I want to join. And they said well, the Women's Auxiliary meets on this day or ... That sort of nonsense. So, look I reached out, contacted Penny, and said "Look, that's just ridiculous. Come and see me, and let's have a chat." So, Penny came and saw me. We had a chat in my office and she was involved in a group called the Women Veterans Network Australia. And I said "How can we help you?" And at that stage, they needed a little bit of support with some banners and some promotional material and some marketing. And I said, "Absolutely." I said, "Jump under the RSL banner without pledging yourself RSL. We don't want to take away your identity." Women veterans are the reality is have different needs to my own veterans. I don't think anyone would dispute that. So, I said "Jump under our banner. We'll help you with some of this financial and marketing support, and let's let you go on your legs as Women Veterans organization." And that kicked them off. And I have to say, I'm very pleased to see the goals of both WVNA, the Women's Veteran Network, and a group called By the Left, are peaking now the causes of women veterans.

GTR: It's people like yourself that will be looked upon in years to come as being those that helped change the outlook and reality of the appreciation of female veterans. Penny, of course, is an amazing person, and we will be featuring something from her in this edition. But your position with female veterans I guess is that they do exist, they are strong representations of our service people and should be acknowledged as such. What do you think was holding things back there?

GK: Yeah, something. I ... This is ... And I don't want to sound almost paternalistic here because these ladies are driving this themselves, but they needed the support of the very male dominated ex-service organization. And the RSL is one. They need the RSL to say at the Sub-Branch and State levels to say, look you also served, you bring a lot to the table, come in and contribute, and let ... What can we do to help you get into this organization and drive this organization into the future. And, things like that positive discrimination where they're saying put your medals on the other side, or come back and join the Women's Auxiliary, certainly weren't helping. That's the extreme end of the spectrum. But, also there needed to be some affirmative action

to say look we want you to come and run for our boards, we want you to come and start leading this organization, and here's how we can help you do that. So, again, without sounding paternalistic, just giving them the step up, the leg-up, so that they can then take the reins, and then we, we as the male veterans of the league, step back and let these ladies start helping to lead the organization themselves.

GTR: No, it doesn't sound paternalistic because basically the reality we're here to help each other. Now, women need our support in some areas, and we need the support of women in some areas, and it's far better to work together, the result is a better team. I guess for hidden agendas, those that can't see that are actually holding back the progress of veteran support.

GK: Absolutely, right. And you know something, this ... I'm a big fan of peer to peer support, of helping out your mates at the grassroots level, and I think that's what, that's where I tend to be involved in now with my mate, Mick Bainbridge and Jay Devereux from Veterans 360 and others. We get in there and I think that Women Veterans Network and By the Left, they've been doing that for some time. Just peer to peer support of helping each other because I think they were on the outer from the male dominated ex-service organization, so they bring that experience in peer to peer support to the table, which I think we can take a very significant lesson from and model on. So, I agree. It's about helping your mates, male or female. Helping your mates.

GTR: Yeah, no, well said. And of course, Jay I know through Leah Lawler over in WA, who's a magnificent person herself, Leah Lawler. But when you say that of course about helping mates, I think once the wheels of change start turning, and of course, change is the one constant, it's impossible to resist. So what I guess these people that have previously fought against change in that area must do, and it's part of an education process too, I guess, Glenn, is to work out the best way to assist everybody regardless of gender. And you've been a big part of that, Glen. I mean the acknowledgement is coming, I mean, you haven't done it for yourself, you've done it for fellow veterans of either gender. Do you get much time to rest?

GK: This morning before this interview I had coffee with a young lady, approximately my age, who is very similar

to me. Doing a lot of community work, but being Mrs. Mum at the same time, while I'm Mr. Mum to my kids, but out there very busily proactive in the community doing a lot of stuff. But this is a good point. We really have to make time for ourselves. It's no good if the people who are leading the charge, the people who are taking up these campaigns, taking up these fights, take it so hard that they burn. And this is what I'm saying to people like Jay and Tessa and Mick, I'm saying take a step back every now and then, take a deep breath, make some time for yourself and your family so that you can continue the fight. Because if you burn out, if we lose you through burnout, where do we go?

GTR: Now another thing of course that is on the "To do" list and part of the whole project of improving the situation for veterans is obtaining increased funding for veterans. Can you give us a bit of background as to what's happening there, in your movement there?

GK: Yeah, absolutely. There's a whole lot of areas that need funding, and people are always saying that Veterans Affairs, the DVA of Veterans Affairs portfolio needs greater funding in a whole bunch of areas. And that's true. Veterans issues cover the whole spectrum of public policy portfolios. From housing to employment, to family welfare, to crime unfortunately, to health, to mental health. The whole spectrum is covered, and we need proper funding models to address all of these public portfolio issues that affect veterans and their families. So one thing that I used to say in RSL was it's not just the job of the ex-service organization, not just the job of the RSL to fund it, not just the job of government to fund it, there needs to be what I call a tri-partite relationship between RSL as what was the principal ex-service organization, and I believe will be again one day. RSL, government, and the corporate sector to fund this mission. The corporate sector I believe is ... wants to attach the RSL badge to its respective names, its respective companies, we are proudly supporting RSL New South Wales or proudly supporting veterans and their families. But what I used to say, that's great, I'm happy for them to have the RSL badge and to say that, but show me the money. Contribute to this veterans funding. Contribute to this model, and there's also ways that we can do it. So that's that tri-partite model, but there's also other ways. RSLs around the country are sitting on an enormous amount of capital, and also working on a social impact investment model whereby RSLs can fund the mission, and get a return on the investment. And I'm very pleased to say that New South Wales government, the current New South Wales government and treasury were very keen to get on board that one.

GTR: That's good to hear. And that's some action that was taken part in a positive sense, and I guess for a lot of these corporate people. And I know very well what you're talking about because



in part The Last Post exists through the support of its fellow Australians in getting out, and some people will talk the talk, but not walk the walk, and what we want them to do in regards to supporting veterans, Glenn, is do both, talk and walk the walk.

GK: Absolutely right. In fact my keynote address at the one of the Anzac services last year, down here on the South coast. I said what are we doing here? Why are we giving up a perfectly good, sunny, public holiday, the surf was breaking beautifully, it was a great day. Nice brush rolling southeaster. What are we doing here? I said we're here to commemorate our fallen from conflicts in years gone by and indeed more recent conflicts, but we also must be here to remember not just to consider, to think about the living, to remember the fallen but to think about the living. And to think about how we as a community can contribute to better outcome for the living, for the surviving veterans and their families. So we must not sacrifice commemoration in favor of care, in favor of welfare.

GTR: Recognition too, that veterans are part of the wider community. And I guess with post-traumatic stress and a lot of health issues that do affect veteran and other frontline service people around the country, is that it does affect the whole community. I was getting a hair cut this morning, and my hairdresser has a client who was in Vietnam. Still suffers post-traumatic stress. And these things can expand into the whole community. We don't know who we're walking past in the street, and any one of those people could be affected by post-traumatic stress. So it would pay us and the government to pay greater heed to this in regards to funding and finding ways to combat this.

GK: You're absolutely right. Let me give you a big example. This is a significant part of my pro bono legal practice. You're probably not aware, or you may be aware that my practice has been exclusively, almost since I left the army. That's pretty much exclusively helping pro bono the veterans with post-traumatic stress or

other mental health conditions who are caught up in the criminal justice system. Acting for these men and women, mostly men, who are ... the wheels come off, they get caught up with the police, they get dragged before the courts for whatever reason. And they suddenly find themselves with these mental health conditions. They find that they don't have enough money to pay private, to pay a lawyer, but they have too much money to qualify for legal aid. The very low legal aid threshold. So these people were out there essentially self-representing. And I've raised this with David Elliott, my friend, the Minister both for Corrections and Veterans Affairs in New South Wales. I said how many veterans are there in jail who perhaps have mental conditions, who perhaps should have been diverted out of the criminal system into treatment. We've been very successful, Mick and I, down here with I think 103 cases now. We've had 100 cases diverted out of the criminal justice system and into mental health treatment. So they've gone to court, we've run it diverted into treatment and we've had zero recidivism rate. Zero re-offending. So that tells me rather than burdening the taxpayer with the cost of expensive trials and the rest of it, and having these people possibly go to jail, so the cost of maintaining this person in jail, we have diverted them into treatment, we've arranged for their DVA mental health coverage to pay for their treatment, and these people don't hit the criminal, don't hit the courts again. That's a really good outcome for everyone concerned, and it saves the taxpayer an awful lot of money.

GTR: This is the point too, Glenn, of course. You're helping the individual, you're helping the community, but also form a budgetary point of view, money spent is money saved.

GK: Absolutely right. And this is where the ... I believe the Legal Aid budget. At the moment, the federal legal aid budget for veterans extends, it's given to the states. It extends to a limited amount of appeals

“...WE NEED
TO BE A
TRANSPARENT
AND OPEN
ORGANISATION...”

cases before the Administrative Appeals Tribunal, where veterans can appeal the decision of the Department of Veterans Affairs. It doesn't extend to criminal cases. These people were dumped in the same bucket as every other criminal offender. The heroin addict, the drug addict, who breaks into your house, steals your stuff. You know they're in the same, and I'm ... these people are suffering also so I'm not being ... I'm just using that as an example. They're dumped in the same bucket as all these people competing for these limited legal aid funds, which is where they then have to either self-represent, because none of the ones that I've come across have been eligible for legal aid, or they need pro bono representation. So at the moment I'm literally begging lawyers to start picking up these pro bono veterans cases, but at the same time, I want to see greater funding of veterans, in the veterans legal aid portfolio, the veterans legal aid bucket.

GTR: Well you're doing a great job with the pro bono situation, there's no doubt about it with your set up there. But also I guess would you be calling upon, we talked about Legal Aid, but a separate funding situation for veterans so that they don't have to go through this.

GK: Absolutely right. I quite think ... In fact, I was talking to Jay Devereux about this recently. The U.S. has a veterans court model where all of these matters, now there are a lot more veterans in the States, and bigger population, bigger funding, etc., so it's a different sort of scenario, different factual circumstance. But, even without the veterans court model, if our veterans are going to go the usual criminal courts, let's fund these actions. Let's help these veterans. If they're caught up in the system because of their PTSD. This is PTSD that we have caused by sending them, putting them in harm's way. We sent these people, these veterans to conflict, we've put them in these positions, so how about we set up a legal aid funding line to help these men and women go to court

properly represented. If they're diverted out of the system, so they go to court once, diverted out of the system into treatment. They have their treatment, which is then funded by DVA, and the courts, and they never grace the lower court ever again. That's a pretty good outcome just quietly for all concerned.

GTR: Very well said. And it's quite abhorrent that these situations should be discarded by government and communities. Not all, because there are some very good people working there as we know. But as a general overview, a discarding of veterans upon returning home and, I guess this leads us to the next point, too, about the transition from military life to civilian life, Glenn. How difficult is that and what is being done about that?

GK: I've been very critical of the transition space, the transition from defence to the civilian world, and defence to DVA, to Veterans Affairs, for a long time. In fact, I went loud very early in my tenure as CEO, about exactly how bad this transition space is. Now to it's credit, the Defence has been attempting to fix up the transition space. It's been ... I understand about greater attention to what they call these transition seminars to help people.

GTR: I've been to a couple of those.

GK: Yeah. Now I'm still not impressed with them. But, nonetheless, they've tried something. But, my big concern is, part of that transition space, there's a creature called the Welfare Board where there's very little welfare in the Welfare Board. They'll drag the serviceman or woman before this board, and go through, which often comprises a bunch of officers, and a bunch of warrant officers, and this one little service person at the other side of the table. And I've been to one of these with my friend, Mick in fact, Mick Bainbridge, as his support person. Quite frankly, there's little welfare in that process. It's about how Defence can get rid of this person, most expediently, and at the least expense. And, quite frankly, that's an absolute disgrace, and the matter with Mick, the Welfare Board that Mick underwent when I was with him was, we'd gone quite vocal on that in the media. It's absolutely disgraceful. They've almost taken the welfare of the person out of the equation. And the one I went to. Having a lieutenant -colonel commanding officer, and a lieutenant- colonel lawyer, for some reason. And another lieutenant colonel and three majors, and I lost count, about six more officers sitting there considering the welfare of this one private soldier. Goodness me.

GTR: I tell you what. What a disproportionate unbalancing.

GK: And they couldn't've made it any more adversarial.

GTR: Intimidating.

GK: We turned up. Intimidating. And fortunately, Mick is a very intelligent, very strong person. But, mind you, they tried to beat him down. But before we turned

up, one side of this table essentially, one side of this big table setup, Mick and I, and if I hadn't been there, it would have been Mick. So how many cases are there no support people with them. And then this battery of senior people, including a lawyer. It just defies logic. Other than being totally unethical, on the part of the lawyer, it just defies logic. I walked out of that room disgusted. Now having said that, after I went loud on that, I was asked to attend a Welfare Board, I'm a former military policeman, as you're probably aware, and I was asked to attend a Welfare Board for a military police sergeant who was transitioning out of Defence, and I went along with the ... It was run by the C.O, the Commanding Officer of the Defence Police Training Centre at the time. No names, but a very decent, very good leader, and it was him and a psych, and me and the administration person, and me and this military police sergeant, and it was all about this man. This sergeant's welfare, so I was very impressed with that particular Welfare Board, so I can't label, can't tie them all with the same brush. Now, mind you, this is after I went and laid out in the public space about welfare boards. But the fact that I was invited along by this Commanding Officer. Firstly, he showed good leadership, and, secondly, recognized the need for a more welfare-focused Welfare Board.

GTR: No, that's right. And once again that gets back, Glenn, to what we were in the need to vocalize these situations. Of course, having said that, remaining quiet becomes part of the problem, I think for people.

GK: Oh, that's right. People don't want it ... They're told for many years in Defence, don't rock the boat. Be respectful to your trainer in command. Don't say anything, just go on with the job. If you don't, you're weak. The term, if you speak, you're a pussy. The number of times I've heard that. It's no wonder some of these young service people, men and women, sit back and go the system's terrible, we're not getting out of this one, get on with my life. And it's hard to get on with your life. But the courage of some of these people like Mick, and others, to come out, and there're quite a few around the place now, who've come out and spoken against the system. Without that courage, things like the DLA Piper enquiry into Defence abuse would never have happened. The Defence Abuse task force would never have happened. Without people speaking up, all these numerous parliamentary enquiries would have never happened, without people speaking up. But the fact that there are so, I'm digressing a bit, the fact that there are so many enquiries into Defence abuse over the years, still tells me that Defence is the untrainable dog.

GTR: Yes, I was going to suggest ... say that, because I was going to talk about the Piper report, and go on about that. Because you have something to say about that.



"I'M VERY PLEASED TO SEE THE GOALS OF BOTH WVNA, THE WOMEN'S VETERAN NETWORK, AND A GROUP CALLED BY THE LEFT, ARE PEAKING NOW THE CAUSES OF WOMEN VETERANS."

GK: You're absolutely right. But the impression I'm getting is that no matter how many times you smack the untrainable dog, the Defence, with the rolled up newspaper, they still go around chewing up the furniture. Enquiry after enquiry. Frankly, over the years they've tried to put the dog down by taking the axe to certain middle leadership positions in Defence, and other almost scapegoats, saying well okay Major and Lieutenant Colonel, you were responsible for this, you're gone. But the higher end of the chain remains. Or, the lower end of the chain remains, and keeps working its way up the chain. Having the dog put down hasn't really worked. But I tell you what would be a good start for some of this, and you touched on the DLA Piper report, which identified a whole lot of defence abuse and subsequently there was compensation paid to a lot of people, etc. There's a second volume to that report. And I haven't seen it. I've spoken to some politicians who have seen it. And I understand that second volume exposes a lot of these people who were either perpetrators of Defence abuse, or helped conceal Defence abuse, or directed it, or condoned it, and this goes right up the chain.

GTR: This could be a very big thing, Glenn. And the Piper report, why has not that second report been released?

GK: Well, as I understand it, for a long time, the government, or governments both, in fact it's only been liberal government since the report came out. But regardless, it doesn't matter. The government and the department had said it would violate the privacy of the victims. Now there's a little thing called redaction, which Defence are very good at. Defence will redact documents so there's more black lines than there are words if it suits them. They could easily protect the privacy of victims by redaction or by getting consent, but still be exposing the perpetrators and those concealed or condoned the Defence abuse. Their excuse doesn't cut the mustard with me.

GTR: No, very well said. That seems rather weak because of course just by the outline that you gave there as a way to protect the victim would be the surely preferable way to go about it, while at the

same time exposing the actions and the identity of those that have perpetrated.

GK: Absolutely right, Greg. And it's not hard. Like I said, Defence are master of redaction when it suits them. Or how about they start playing the game and letting ... At the end of the day, what's good for the geese is good for the gander.

GTR: Yeah, very well said. Yeah. So Glenn Kolomeitz, what are we going to do about that? How's that going to see the light of day?

GK: I think ... I know for a while Jacqui Lambie when she was ... Jacqui Lambie was a very powerful voice of veterans when she was in the senate. And as an unorthodox a politician as she was, she was a . . . I've got a lot of time for Jacqui I'm going to say. I met with her face to face on numerous occasions over veterans issues. She was a very powerful voice for the veterans, and there were others, and unfortunately, a couple of the big ones, they're no longer in the senate, since the recent constitutional debacle. But I think we need to be talking to our politicians, and talking to the media. Again, back to the media. The media is a fantastic tool for these sorts of messages. Provided it's used appropriately. Getting out there and saying release volume two. There's a federal election coming up soon. We want to see some transparency and some openness by Defence. Release volume two of DLA Piper report and start showing some integrity behind your promises to reform this Defence abuse history.

GTR: Yes, well you and I will be talking about that on radio very shortly. April 18th. Could you give our listeners and readers some detail about that, and of course, we'll speak about Alan Jones in a minute, but of course, prior to that, could you tell us what's happening?

GK: Every now and then I go, every couple of months, I go on Northside Radio with a really good friend of mine, Geoff Stanwell, who is the non-shock jock of Northside Radio. He is a former military police officer, not unlike myself, and just genuinely decent bloke with veterans and service people's welfare at heart. Much like yourself, Greg, without blowing the proverbial winds here. But a genuinely, he reminds me of you to a great extent, but genuinely decent bloke. I go on Northside Radio often with a colleague, in this case it would be with you, but previously, with Jay or with others, Tamara Slope Bahar, another lovely young lady veteran. Powerful young lady. And we talk about current issues in the veterans and defence space. So you and I will be going on to Geoff's program on Northside Radio, which has a very large listening base for

a community radio station, a community radio program. Geoff gives us a very good run, often an hour or so. He'll play, intersperse some music through our segment, but we'll be speaking about these sorts of issues. Speaking about the transition space, Defence welfare space, the DLA Piper report. There's a whole lot of issues at the moment. I want to revisit at some stage the veteran's legal aid funding and all those other pieces.

GTR: We give that air by, as you say through the media, this channel, The Last Post Magazine, and also through Geoff and others and of course, Alan Jones has expressed some interest in having us on his show. I do hope that comes to fruition. But regardless, at least there is some interest, which proves the topic has some running legs in it, Glenn, and is of interest to, not only veterans and those serving currently, but to the wider community because we're all touched by veterans.

GK: Absolutely right. And it's the community support that we need. The veterans in this country aren't ... we're a sub-element of the community, we're a sub-sector of the community. We're a part of the community of course, but we're not an enormous component in this country, unlike in other countries. But nonetheless the community, it gets behind us on Anzac prior remembrance days, so two days of the year. People come along to adorn service, perhaps shed a tear, watch the march, clap. But veterans issues must remain in their, the front of their mind, other than just those two days. And there must be reminders, not just about putting on some medals and marching, and the people clapping whilst we march along with our medals. Many young veterans I know have never attended an Anzac service. Many have either thrown their medals away or sold them because they're just not interested in that commemoration piece. Their lives are quite broken, and they're interested in getting on and having a fulfilling life post-defence. We need community support behind all these issues, and not just on two days of the year.

GTR: No, very well said, Glenn. It's a brilliant thing, and brilliantly put. And it's the ongoing awareness campaign that we will continue to fight on behalf of the veterans and thank you very much. And thank you so much for being part of this, and we look forward to speaking again, and being on air at Northside Radio, in Sydney, 99.3, on Wednesday, 18th April, at around 4:30 p.m., I think.

GK: That sounds great. Thank you so much, Greg for your ongoing support. It's fantastic. ■

Pennie's sons said the medals on their chests belonged to their mum. They were laughed at.



In March 2015, I was medically discharged from the Army with no support and no home for my family. After three months of being separated from my biggest supporter, my husband, while we waited for our home to be finished, we were all finally reunited but I was more broken than before.

With no continuity of care, no psychological or medical support post discharge, my symptoms, and medical issues had increased to more than I could handle or hide anymore. My DVA claim had been rejected and I had to start the process again, so I turned to the one place I thought could help me – the RSL.

I had been around the RSL throughout my childhood as my grandma, Patricia Logar OAM, had been strongly involved in her local sub branch in Gawler, South Australia. It was what I thought I knew. I was wrong. I was wrong because when I reached out for help, I was disregarded in a way that was disrespectful and intimidating.

Instead of the offer of help and linking me to the support I needed, I was offered to join the Women's Auxiliary and help fundraise for the sub branch. Although these women do an amazing job, it was not at all what I needed and it showed that the RSL didn't respect the fact that I too had served.

My husband made me believe that I was worth fighting for and I continued to look for support. I found the Women Veterans' Network and linked in with so many women veterans from the safety of my home. Through this network, I attended an information session where I met some amazing men from another sub branch.

They saw that I needed help and they offered it. Not only did they offer it, but they let me vent at how horrible it felt to have

my service disregarded by another sub branch. I became a member of the sub branch, even though it is an hour drive away. The people at the Nelson Bay sub branch were accepting and supportive and that is exactly what I needed.

We need the RSL sub branches to be educated. They need to understand that women serve in so many aspects of defence now. Our children seem to understand this better than the RSL, who should be there to support us. Last ANZAC Day, my boys wore miniatures of my medals to their service at school. Representatives from another RSL Sub Branch were attending and pulled my boys to the front to ask the school who's medals they could possibly be wearing.

The children all called out "their mum's". The men at the front laughed it off and asked them again: "No, who could they possibly belong to?" I was there the whole time. It took the principal, teachers, and students to point out that I, in fact, am a veteran and those medals are mine.

The then CEO of RSL NSW, Glenn Kolomeitz, reached out to me to offer his apologies for what had happened. He asked me to come and meet with him to discuss what the RSL could do better. We met and made plans. I had his full support and he offered his full support to the Women Veterans' Network as well.

He spoke of the need for change and how we as veterans needed to be a part of this change, which is what led to me nominating myself for a position in the NSW State Council Elections. He gave me hope that by being a part of this, we can make a change for the better and get back to what the RSL should be doing.

The election process was strange. I completed the nomination form and that was it. No notice to say it had been accepted so I didn't know until the ballot papers came out. I wasn't allowed to promote myself or talk to the sub branches to gain their confidence in me, so I was going in as an unknown. I attended the meeting in Albury and the response I got was quite overwhelming.

Many people came and told me they wished they had known who I was prior to the election as all they saw was my name and for most of the time leading up, the website with my biography was offline. Needless to say, I was unsuccessful but we did have some wins. We did have a female elected. We did have several new and younger veterans elected and we had a new president elected. All very keen to see change. Each of these newly elected people are a positive step in the direction of change for the RSL.

Hopefully, by bringing change, we can ensure that the RSL comes back to what it was created for; supporting veterans and their families. Hopefully, this means the end of female veterans being questioned about their medals or their service. Hopefully, this is not the end of the RSL, but a new beginning with a new focus. To make the change happen, we need to be a part of the change. ■

PENNIE LOOKER



Japan-Australia Grassroots Exchange Programme

Since the commencement the Japan-Australia Grassroots Exchange Program in 1997 there has been 120 former POWs and their families visit Japan as part of the Japan-Australia Grassroots Exchange Program.

Each visit enables the POWs (and their families) the opportunity to share their stories and experiences with a range of delegates from Japan. This program has provided both the RSL and the Japanese Government with an opportunity to educate the next generation on the importance of exploring war history and striving for reconciliation post-war time efforts.

The program is an initiative of the Government of Japan in coordination with RSL National. The following selection of images portray the most recent events held in Canberra and Tokyo marking the end of the current exchange program.

Please visit www.rslnational.org.au to see a full report on the programme



This page, from top, left to right:

- 1: MAJGEN Peter Phillips AO (ret'd) at the Commonwealth Yokohama War Cemetery.
- 2: Mr Robert Dick (RSL National President), Mr Sumio Kusaka (Ambassador Extraordinary & Plenipotentiary of Japan to Australia) & Ms Georgie Macris (RSL National CEO).
- 3: Colonel Teruhiko Manabe, Military Attaché Embassy of Japan.
- 4: Ambassador Sumio Kusaka addressing POW Exchange Seminar in Canberra.
- 5: Dr Takayuki Nagano, Dokkyo University, speaking at the Tokyo Seminar.
- 6: Ms Georgie Macris (RSL National CEO) & Mr. Manabu Horii (Parliamentary Vice-Minister for Foreign Affairs Japan).
- 7: Memorial at the Yokohama War Cemetery.
- 8: MAJGEN Phillips and Former Japanese Ambassador to Australia Mr Yukio Satoh.
- 9: Attendees at the Tokyo POW Seminar.



This page, from top, left to right:

- 1: Richard Court AC (Australian Ambassador to Japan), Ms Georgie Macris (RSL National CEO) & MAJGEN Peter Phillips AO meeting at the Australian Embassy in Tokyo.
- 2: Mr Tadayuki Miyashita, Mr Stephen Henderson, Ms Georgie Macris, Col Teruhiko Manabe and Capt Shinsuke Amano.
- 3: Tokyo.
- 4: MAJGEN Peter Phillips AO & Mr Yukio Satoh (Former Japanese Ambassador to Australia), at the Tokyo Club.
- 5: Memorial at the Yokohama War Cemetery.

Australian Forces Overseas Care Packages (AFOF) Program



Early March saw the 39th Operational Support Battalion (OSB) in Randwick providing the logistical support in the preparation of the Australian Forces Overseas Care Packages (AFOF) organised by RSL National.

Twice a year hundreds of kilograms of stock, including boxes from VISY, Anzac biscuits from Modern Baking and confectionary from Nestle Australia are packed into thousands of care packages destined for our Australian Defence Force and Australian Federal Police personnel serving overseas.

Dozens of volunteers from St Mary's and Malabar Sub Branches, along with defence force personnel from the 39th OSB assisted on the day and provided an opportunity for all involved to play a vital part in this long established program run by the RSL.

Many of our defence force personnel are serving in areas of particular hardship and in conditions quite foreign to those they would experience back home. The AFOF care packages provide a reminder to those serving overseas that our thoughts are always with them and that Australian's appreciate the contribution they are making toward our country's overseas commitments.

As part of this latest care package deployment 'Trooper Jones of the Light Horse Bear Brigade' will travel with the care packages and will have his journey documented so that his story can be shared in the 'Bears To School' educational initiative being driven by the Military Shop, RSL National and other ESO's.

Further information on the AFOF program is available at www.rslnational.org

GEELONG RSL

- Lest we forget -



WHAT'S ON

MONDAY

burger night & happy hour 1630-1800

TUESDAY

steak night & meat tray raffles

WEDNESDAY

parmi & pot night, happy hour 0630-1800

THURSDAY

raffle night: 20 prizes up for grabs

FRIDAY

presidents draw & raffles

WEEKEND DINING

1200-1400 & 1730-2000

A message from the South Australian Minister for Veterans' Affairs



**HON STEVEN
MARSHALL MP**
PREMIER OF SOUTH
AUSTRALIA

I feel privileged to have been elected as the Premier of South Australia on 17 March 2018 and look forward to a long and productive association with the veteran community as Minister for Veterans' Affairs.

Prior to the election I worked hard to familiarise myself with the Veterans' Affairs portfolio as Shadow Minister. I am aware of the important work of Veterans SA and the Veterans' Advisory Council (VAC), led by Brigadier Laurie Lewis AM (Retd), who by coincidence I have known for many years as a resident in my own electorate of Dunstan.

My Government is committed to providing strong support to current and former Australian Defence Force (ADF) personnel, their families and carers, across a broad spectrum of commemorative and future focused initiatives. We will continue to recognise your service to our nation as a mark of respect for the service and sacrifice you have offered.

My Government's commitment to more jobs and better services is as applicable to the veteran community as it is to everyone else.

My Government will fund a Defence Industry Employment Program for Ex-Service Personnel. The program will recognise and promote the training, skills and experience of South Australia's ex-service personnel and support and facilitate a pathway to employment within the defence industry. The program will also assist with skills translation, job applications and resume development.

To further assist ex-service personnel to return to civilian employment we will also consider options to boost public sector employment opportunities, including ensuring those involved in recruitment are well informed about the unique skills and attributes ex-service personnel can contribute.

Other initiatives to support former defence personnel and veterans and continue to recognise their service to our nation include:

Access to government services – supporting data collection on the number of veterans and ex-service personnel in South Australia who become homeless, experience mental health problems or are in prison so that we have a better understanding of the needs of veterans and can deliver better services to them.

Family support – supporting the Partners of Veterans Association of Australia to continue to provide vital services to partners and families of veterans via a small grant to assist with administrative costs including printing and membership management.

Greater recognition – beginning the process to re-memorialise Anzac Highway, starting with shifting the memorials which are currently located on median strips to road verges to make them more visible and accessible.

Tackling mental health and other health challenges facing ex-serving ADF members and their families is a high priority.

During a recent review into suicide and self-harm prevention services available to current and former serving ADF members and their families, several issues were raised highlighting a lack of awareness of services available.

Veterans and their families need to be understood, supported, and recognised.

In implementing these policies, I will be personally responsible for the Veterans' Affairs portfolio to ensure an across-government approach to the delivery of services and support to the veteran community.

We are approaching a significant anniversary in our nation's history - the Centenary of the Armistice declared on 11 November 1918. I feel privileged to be a part of your community during this solemn time.

In 1914 Australia was a young and peaceful nation that had not yet seen the atrocities of a war of this scale. Prior to the outbreak of World War One no-one could have predicted the carnage, horror and loss of life that would follow.

As a parent I can only imagine the fear that South Australian families faced during this period, sending their children across the waters to foreign lands hoping and praying that they would return safely and unharmed. Unlike today, in a world of modern technology with social media and a 24-hour news cycle, these parents and families had to wait in anticipation for news of their loved ones. Would they receive a letter splattered with mud or would they receive the dreaded knock on the door to inform them that their child would not be coming home? In reality, one in five did not. Australia lost almost two per cent of its population during the war, with more than 60,000 soldiers, sailors and airmen killed. We had one of the highest casualty rates, proportionate to our population.

The war affected all communities. In my own electorate of Dunstan, the World War I memorial at the Norwood Primary School was, in fact, one of the first memorials to be constructed in Australia.

The obelisk was erected in 1916, and was designed by the school principal and built by the students. It was paid for by members of the local community, with families donating one penny per brick to pay for its completion.

In South Australia, we have seen our veteran community come together to commemorate the centenary of the Great War. I would like to congratulate everyone who has been involved in this mammoth task around the state. It shows that the veteran community, 100 years later, is playing a vital and everlasting role in ensuring the legacy of our veterans lives on.

During the Anzac Centenary period, tales of heroism, sacrifice and bravery have resurfaced and will continue to do so for the next 100 years. We truly live in the lucky country, and we are indebted to our servicemen and women. We will remember them.

I look forward to meeting many of you in the coming months and advocating on your behalf at the State and Commonwealth level. I wish you all a safe and successful Anzac Day 2018.

*Life is
brief...*

*Pluck
the day,
share
it with
friends*

TONY WRIGHT

www.theage.com.au

A valued mate is celebrating his 70th birthday next month. He's been insisting I attend the dinner he is giving to mark this venerable achievement.

The thing is that he has taken himself across the world, and is living in the exotic city of Tangier, Morocco.

Too far, I figured. Too difficult. Haven't got the time. Or the spare cash. Dithering, it became easy to offer excuses to myself. And yet. My friend will never have another 70th birthday.

Many years ago, I inquired of my grandfather what was the most important lesson his long life had offered him.

"Never leave yourself asking "What if," he said.

I was young then, and didn't quite understand how profound was this wisdom.

Almost 30 years ago a film called *Dead Poets Society* turned one of history's great poetic precepts into a modern cliché. "Carpe diem", instructed the star of the movie, Robin Williams, playing an inspirational English teacher.

Those two Latin words, meaning "seize (or more poetically, pluck) the day", were written just over 2000 years ago by the Roman poet Horace. It is one of Horace's Odes, which begins (and I'll spare you the Latin, and use one of the more straightforward translations): "Ask not – we cannot know – what end the gods have set for you, for me"

And it ends: "Be wise, strain the wine; and since life is brief, prune back far-reaching hopes! Even while we speak, envious times has passed: pluck the day, putting as little trust as possible in tomorrow."

It's not far from my late grandfather's instruction to never leave yourself wondering "what if".

I have been pondering the advice a bit in recent times. It's age, of course. But it's also something much more.

In less than a year, some of the greats of my acquaintance have gone too early, leaving us to understand Horace's admonition that we cannot know what end the gods have set for any of us.

Last April, the satirist, writer and actor John Clarke did not survive a ramble in the bush on the slopes of the spookily-named Mount Abrupt.

A few of us gathered one night afterwards to take wine and consider one of Clarke's favourite poems about gaining sustenance from nature. "You are neither here nor there," a verse of it says, "A hurry through which known and strange things pass." John Clarke was just 68 and the poem, by Seamus Heaney, was called *Postscript*, which was the miserable truth of it.

The wonderful cartoonist of *The Age*, Ron Tandberg, died in the first days of this year. In March we celebrated his life when his last book of cartoons, *A Year of Madness* was launched at *The Age's* Media House Gallery. Tandberg could not eat at the end, yet in one of our final phone conversations he wanted me to describe in details the contents of my family's Christmas feast. He was still plucking the day, even if the essence of it was beyond him. Tandberg was 73 and had given us every day a cartoon explaining the strange nature of the world.

And then, in early February came the lightening-bolt loss of my longtime colleague and longer-time friend Michael Gordon.

Thousands of words have been written since about this decent, gifted and modest man. There is no need to repeat the tributes here, except to say that all of them are true. He used every day to try and make the world a better place for those he loved and served: his family, his friends, his colleagues, refugees consigned to distant islands and Indigenous Australians. He surfed and swam and tended his garden, regularly doubting himself.

Friendship is a very particular thing, and I think ours was cemented a quarter century ago when my family's golden retriever gave birth to a litter of puppies.

Knowing the pleasure Phoebe gave to our family, we gave the gentlest and prettiest of her pups to Michael and his wife Robyn and their two children, Sarah and Scottie, so they might be as blessed as us. Michael called the pup *Misty*, and as the years went by, his children growing with the pup, he often brought stories of the pleasure she delivered.

Misty lived for an astonishing 18 years. When she could no longer go on, Michael couldn't come to work for a couple of days and when he did, we had a long, quiet lunch.

You can tell a bit about a man by the way he cares for his dog.

He loved the beach and the surf, and we both had retreats by the coast – his to the east of Melbourne, mine to the far south-west. We promised each other we would spend time together at both places over the summer. But life got in the way – too far, too difficult, no time – and we were still talking about it on the phone the day before Michael went in an ocean swimming race at Phillip Island on February 3 and took his final breath, leaving everybody who knew him and loved him in disbelief.

"What if," we were left asking, and the poetry of Horace never rang truer. "Even while we speak, envious times has passed."

I am off to Morocco next month. There's a good man's birthday to attend. We'll strain the wine. And pluck the day.

Life is brief.

5th Annual
ELDER ABUSE CONFERENCE
Sofitel, Sydney, February 2018





ATTORNEY-GENERAL ANNOUNCES PLAN TO TACKLE ELDER ABUSE

Speaking at the recent 5th National Elder Abuse Conference closing session, the Hon Christian Porter MP, Australia's newly appointed Attorney-General, told delegates that the government was committed to protecting the rights of older Australians. Expressing surprise at the lack of 'clear and concise data' on elder abuse in Australia, Mr Porter said the government had late last year announced funding for a national research agenda to improve our understanding of the issue. Following on from this, the Australian government has committed to a national prevalence study to improve elder abuse interventions and, in the longer term, show whether these had made a difference in the lives of older Australians.

Mr Porter also took the opportunity to announce that Attorneys-General across Australia have agreed to develop a National Plan to address elder abuse – a key recommendation of the Australian Law Reform Commission's (ALRC) 2017 report into elder abuse – with Commonwealth and state and territory governments working together in close consultation with older Australians, the business sector and the broader community. A draft of the Plan is expected towards the end of 2018.

Mr Porter endorsed the ALRC's assertion that preventing elder abuse in an ageing world is everybody's business. 'Judging from the range of people taking part in this conference, from this time on in Australia elder abuse will no longer be someone else's problem, and I am committed to working with you to eradicate it in our community,' he said in closing.

Attorney-General Porter was one of more than 20 keynote speakers at Together Making Change - 5th National Elder Abuse Conference. The conference was attended by 560 delegates with more than 200 presenters. Speakers included Hon Anna Bligh AO, Hon Ken Wyatt AM MP, Hon Michael Kirby AC, Hon Mark Dreyfus QC MP, with MCs Virginia Trioli and Jane Caro. Videos of speakers and presentations are now available to view on the conference website: togethertmakingchange.org.au

Thanks to you... Together we did make change

On 19-20 February, Seniors Rights Service was thrilled to host the 5th National Elder Abuse Conference (NEAC), 'Together Making Change,' at Sofitel Sydney Wentworth... and what a fantastic event it proved to be!

To the 560 people who attended, the many speakers and facilitators, our conference partners, and all those who participated in this major event, we offer our sincere thanks. It simply wouldn't have been the outstanding success it was without your contribution.

Hundreds of delegates from all sectors packed the venue's normally spacious ballroom to listen to an impressive line-up of keynote and plenary speakers, whose talks proved both insightful and inspiring. This high level of engagement continued in the concurrent sessions, where delegates had the opportunity to interact with expert panels and participate in very topical and sometimes confronting discussion forums.

It was extremely pleasing to see such a diverse group of people attend the conference, representing all sectors and bringing a valuable range of perspectives and input to this most important of conversations about elder abuse in Australia.

The learnings, sharing and many connections formed over the course of the two-day event offer significant rewards in their own right. In addition, though, it was particularly gratifying to see the development of an end-of-conference statement, which was based on the input of over 300 stakeholders and endorsed by all those present at the conclusion of the event. This is a tangible outcome that we can use as a 'call to action' to all governments in Australia – a powerful message that there is no excuse not to act on the issue of elder abuse ...NOW.

It's an exciting time to be working in this space and I hope, like me, you feel unmistakable momentum building, and a keen sense of anticipation and optimism as we move forwards from this most positive of positions.

RUSSELL WESTACOTT, CEO, SENIORS RIGHTS SERVICE



Helping seniors to help themselves

There is increasing awareness in Australia of the scope and complexity of elder abuse. One of the difficulties in understanding the prevalence of elder abuse is that it occurs in relationships of trust. Many organisations working with older people report that family members and people trusted and known to the older person are most likely to perpetrate elder abuse, often a son or daughter. The intimate and personal nature of abuse of older people makes gaining comprehensive insights into the reasons and levels of its occurrence extremely difficult.

The World Health Organisation estimates 1 in 10 older people experience some form of abuse every month. In Australia a report conducted by Seniors Rights Victoria in 2015 estimated elder abuse affects at least 1 in 20 older people. With an estimated 3.6 million people over the age of 65 in Australia, at least 180,000 seniors will suffer elder abuse in their lifetime.

The most common form of abuse reported to Seniors Rights Service is financial, with a high rate occurring within family relationships. Recent media reports on “inheritance impatience” – where adult children attempt to gain assets from their living parents – have revealed the pressures older people face. Some people report that access to their grandchildren might be denied if money or property isn’t handed over, and high levels of emotional and psychological

abuse that come with being pressured by their adult children.

Staff at Seniors Rights Service hear many stories from older people who have been disempowered by society, families and services. Older people needing and seeking aged care services to stay in their own home are often frail with some people having no family or friends to help them to access assistance. The aged care system through My Aged Care can be difficult for people who have no access to computers, networks or communities and internet to get information and services.

Advocates at Seniors Rights Service assist by informing older people, carers and service groups about choices, rights and the role of advocacy. The role of the advocate is to network purposefully with services and groups which can raise

awareness of the needs and wishes of older Australians, elder abuse and how to address the issues of abuse, neglect, and harm to older people, especially those from vulnerable or disadvantaged groups including Aboriginal and Torres Strait Islanders, people from culturally and linguistically diverse backgrounds, older LGBTI people, people in rural, regional and remote areas, and veterans. Many people in these vulnerable groups do not identify behaviours experienced by them as abuse, and need information and education. ■

**Contact Seniors Rights Service today for free and confidential advice today on legal issues and aged-care service, or book an education forum in your community
Seniors Rights Service 1800 424 079
www.seniorsrightsservice.org.au**

SUE PIETERS-HAWKE

NATIONAL AMBASSADOR
FOR DEMENTIA AUSTRALIA



Sue co-chairs the Federal Dementia Forum, is national ambassador for Dementia Australia, and works throughout the community to raise dementia literacy. She delivers education aimed at transforming how we 'deal with dementia', working at 'reconceiving dementia' beyond stigma, and on opportunities for partnerships and innovation that arise from fresh thinking. Sue supported her mother as she lived and died with dementia. Sue's orientation as an advocate, advisor and educator is towards 'collaborative changemaking' that practically transforms available life choices and quality of life for people living with dementia and for people and organisations who care about them and for them.

Greg T Ross: Sue Pieters-Hawke, thanks very much for joining us here at the fifth Elder Abuse National Conference here at the Sofitel Wentworth. How did you get involved in this?

Sue Pieters-Hawke: I was asked. It was that simple actually. The Seniors Right service, who have been key organizer of this conference really had an objective of working with various people to raise attendance as part of raising awareness and expertise in the area. And they asked me if I'd be an ambassador at the conference, and I said, "yeah, I'd love to do that". It's not an area where I have had a lot of involvement in, so it's a learning curve for me, and that's great. And there's also things I can contribute from areas I do know a lot about, but have overlap in their distinct issues but overlap, like a lot of issues in life.

GTR: Very, very true, Sue. And so here at the conference we find a lot of overlapping of different issues and different, I guess, different demographics that touch a lot of our lives, all of Australia in many ways.

SPH: Yes, well Australia is a big country geographically. Not really that big relatively in population terms. And very spread out, and very diverse, and many types of diversity. We tend to think of multiculturalism. But also there's diversity obviously of lifestyle, and experience, and attitudes, and priorities. And so, yeah, it's really complex dealing with service delivery, and awareness and all those things, as it is any country, but in Australia we have our own particular challenges and strengths, and it's great.

GTR: Your role in being conference Ambassador is a demanding one. You've learned, you've just outlined some of the things you've learned. Will you continue to learn now? Is your antennae up so to speak about the problems faced by the elder people of the community?

SPH: Oh look, I don't think stuff about problems faced by older people in our community is news at all. I've been active in areas that overlap with that a lot, in terms of dementia. Because age is the biggest risk for dementia, even though

not all people with dementia are older. And so, I'm very well aware of stigma, and discrimination, and I also work a lot with positive ageing, and ageism campaigns and awareness. So, in a general sense, I'm very sort of alert and intrigued, and committed in the area. And I do educational training work, as well as advocacy work. But, specific issues of elder abuse has not been an area of involvement. And so, yeah, I've learned a lot. I've learned a fair bit about the most prevalent sort of abuse. I've learned that we know quite a bit, but we need to know more. There's not a lot of good research, or prevalence data. There's evidence based data to a degree from overseas, and I think a little bit here, on sort of interventions and preventative strategies that work, but we need more.

GTR: Now I think also with your appearing, you've got a cross section of media interest, Sue, because of your role here. I think later on you might be doing some work for some media outside of here... The Project, or something?

On February 19th and 20th I attended the 5th National Elder Abuse Conference, held at the Sofitel, Wentworth in Sydney after an invitation from Seniors Rights Service.

The message that cut through from the opening plenary and welcome from journalist Virginia Trioli to the closing from Jane Caro 32-hours later was that there are many different levels and spheres to elder abuse or potential elder abuse, even in a caring society. It can be physical, financial and emotional or service, attitude and reactions based on conscious or sub-conscious prejudice. Those of us who lived independent and healthy lives, confident of our ability to front-up to challenges this idea that one day we may need assistance can be hard to grapple. But for many, lucky to live long enough, this can be a portal to the future. Not for everyone is this but for those left vulnerable by the process of ageing, it is an obligation of society to care for those who have helped build what we now enjoy. In a busier living environment where down-time decreases or threatens to decrease almost daily, care needs to be taken to enable and ensure access to education, information, assistance and advocacy for those in need or those related or carers of those in need.

Women too, based on the statistical fact of their likelihood to outlive males, are due for special attention. We honour this with our interview with conference ambassador Sue Pieters Hawke and novelist, journalist and media commentator Jane Caro. Sue's interview is found within these pages while Sue's interview and Jane's can be found on The Last Post website as audio podcast downloads.

I left the conference confident that the strength of a gathering of like-minded people could generate the strength to help those in need. As I walked along Phillip Street after the conference closure I also felt the need to keep this subject in public view. To do that, I decided to feature the conference in this edition of The Last Post. Here it is. Thank you Senior Rights Service, Jane Polkinghorne, Sue Pieters Hawke, Jane Caro, to all those involved. Old-age happens to us all. If we're lucky enough.

GREG T ROSS, EDITOR, THE LAST POST

SPH: Yeah, look, I just have an agreement with the conference guys that I'll do whatever's helpful. And yeah, different media want different ... I'm not the only person helping in that respect. There's lots of people. And different media like the idea of talking to different people and all that sort of stuff, and yeah, just whatever. I go along with it.

GTR: Appealing to the younger Australian's too on such a subject, what do we do there?

SPH: Well, I think we need a variety of approaches. I think for start we don't damn them as often happens, or happens too much. I have enormous admiration for so many diverse older Australians, and different things they do individually and collectively in different areas. I think there's some really fine, fine stuff happening with and by amongst younger people. I think that there are issues. I don't think it's unique to current time, or anything that when you're young, if I look back at myself, you tend not to think of your own, unless you've had exposures or personal issues that confront you with your own personal mortality, or with the mortality of loved friends or relatives. And, many younger people have, but probably a minority. You really don't tend to think of, yeah well, you'll die one day. And if you're lucky and you don't die young, then you will be old. You're either going to die young or get old, and that's essentially the low down.

GTR: There's only two possible outcomes.

SPH: Pretty much. And we don't think about it. I never did. And I still encounter a lot of people who don't. It isn't until something gets that up on their radar. So I think issues of ageism and elder abuse,

there's not good literacy across our population about it. And I think that would include younger cohorts of our population. I think there's also various issues of inter-generational equity and dis-equities. And I think, I know I've talked to some younger people who I think, with a lot of justifications say, look the post World War II generation were pretty cool, look at what they built, in terms of an infrastructure that had a bottom line safety net, and social inclusion stuff around health and education and all that sort of stuff.

GTR: Yeah.

SPH: But yeah, you guys, what have you done? Yeah, you've wrecked stuff, you've refused to respond to environmental emergency, really. You've made housing unaffordable for us.

GTR: There's a good lack of respect then.

SPH: Well yeah. I know I at first found this confronting. But I think there are real issues of generational equity. And I think there's this sort of thing where if you have a culture of respect for elders and inclusion of elders. And I think also an unavailability of death can be relevant. Then you also can get elders behaving more like elders, there's more room in social inclusion for them to fulfill some of the traditional roles of being guardians and voices for the community and the future. Like my life's nearing its end, but I really care about current and future generations. Whether that's personally my children and grandchildren, or all of societies.

GTR: But isn't that wonderful that you happened to say that too. And I guess what you're eluding to, maybe, is we see in some cultures, Sue, Asian, European cultures, not so much in the new lands, like

America, Australia, and Canada perhaps, but in these older countries where elders were listened to and looked up to for advice.

SPH: Yes, there's a lot of cultures, diverse geographically and culturally, and all those things that I think have that as an element of culture. But we've also heard some evidence here about how that's not in all contemporary societies translating very well in terms of social inclusion or lack of elder abuse. And so, I think whilst we can acknowledge that and learn from cultures, including very much our own indigenous culture, and respect and position for many elders in that culture.

GTR: Indigenous cultures around the world, Sue.

SPH: Many have, I don't think it's universal, and I'm not trying to romanticize culture. But I think there just are a lot of approaches to respect and inclusion. I think the key point to make, and this is one other, I think the key issues that crosses generations, is a human rights based approach to humanity values everything, at least every human. And then you can argue about animal welfare and rivers, and all that sort of stuff. But a human rights framework, if we have any sort of commitment, or any humanism, whether as a religious or non-religious principle, or however that is. If we're not committed to human rights, fine. But I think a lot of our community. Let's be honest. If you're not, fine. And I think in Australia there are human rights abuses, multiple human rights abuses every day. And we sort of don't call it out. And where people are treated with lack of basic human rights of dignity, and respect, and agency, and self determination, and choice, and access to health and transport, all the things that fall under rights. Wherever people are being restricted or restrained away from that, well then you potentially got underlying framework that is abusive of human rights. And I think it's so across all ages.

GTR: Yeah, and also, I think, Sue, human rights, the issue you deal with there, I think maybe, what do you say about the suggestion that that being taught more heavily at schools as backbone for treatment of all humans?

SPH: I don't think that's a bad idea, but research and learning theory shows us that we retain something like 20% of what we learn at school. And so, it's not a bad sort of input, so I would applaud it, but the thing is, I think it has to go much further than that in terms of community literacy, and demonstrated valuing of, and commitment by leaders of all sorts of the human rights of others. As well as whatever, yeah, they might sort of for example, believe in human rights for their family but nobody else. Or they might believe in human rights for whatever. Human rights is something that whilst stating we believe in universal human rights, and being signed to treaties on it, human rights, universal human rights since being first declared by the United Nations soon after World War II has never been universal. Yeah, it started off in say some of the French stuff, and American Declaration

of Independence. Yeah, and it originally only actually applied to reasonably wealthy, white male landowners. And so, the issue of universal human rights is this constant, one of the issues of universal human rights is this constant vigilance of just keeping on expanding our capacity to include our human, good human feeling about all other humans. We might focus more in some places than others, and that's fine and natural. But, well as Hilary Clinton, I think famously said at the Beijing human rights conference, women's rights are human rights. And combating racism is about human rights.

GTR: And age is a component of that, just a component. Because as you say, it goes in a cross sections of women's rights, racism, and treatment of elderly people. And elderly people, elderly women can be particularly vulnerable.

SPH: Yeah, even though we don't have good stats, what we do know both in terms of valid stats, and anecdotal and experiential reporting, is something like two and a half times the incidence of abuse of women elders, older people compared with men. And of course there's commonalities and distinction between different areas of abuse or lack of rights. I think one of the interesting things about ageism and elder abuse, is that a lot of other groups that have had to argue their way into being considered fully human, such as women for example, or people of colour, or indigenous peoples.

GTR: Handicapped people or people with disabilities would be in that group.

SPH: Yep, peoples with disability, and so on. So the disability rights movement is a really interesting model around inclusion and combating stigma, and

dehumanization. And it's increasingly the model that, for example, that progressive age of dementia advocacy relies on. It's not traditional stigmatized idea about dementia, but a disability rights model, because dementia is an umbrella term that covers over 100 diseases and conditions that cause progressive cognitive disablement. And disability rights is a framework that refers to the rights of our people with any sort of impairment of disability, be that physical or cognitive.

GTR: Is it about a lack of respect for yourself and other humans that leads to this mistreatment of those that are vulnerable?

SPH: I think that would be an over simplified statement. But I think lack of recognition of all human beings as being basically entitled to respect and recognition and dignity. Simply on the basis of being human. Not dicing and slicing that. Which although we declare universal human rights, in reality we all have lists of people who really shouldn't be treated like they're fully human. The problem is a lot of those historic and in some cases, many current attitudes are in different places reflected out in not just attitudes but in social structures and barriers, and supports, or lack of and those sorts of things. Yeah, we can say that in relation to so many areas. But the interesting thing to come back to about elder abuse I think is, so, a bloke can listen to stuff about women's rights, and know that they're not included as a subject group. They might be oppositional, or they might be supportive, or whatever. But apart from a few people who are non-binary or transition sexually, most blokes don't think they're ever going to be a woman, so it's not about them, is

a lot of the thinking that exists. Or white people, racism isn't personal. The fact that we experience privilege or whatever, whatever is only just really starting to be talked about in the last few years. The thing about ageism is coming back to that whole thing about, you'll either die young or get old. So, yes, we tend not to think about that but guess what? It's going to happen to every one of us, unless we die young. So, on that, we do have a personal self interest, as well as a social and community interest. Which good communities benefit all individuals anyhow, is one argument you can make, but there's a variety of interests or justifications for saying to everybody, hey if it's not about you yet, it's going to be about people you care about sooner or later.

GTR: That's very similar to the whole idea of not believing, or blocking out the idea that you will die one day.

SPH: Yes, it's related to it. It's related to it because it doesn't occur to you that elder abuse might be personal.

GTR: Yeah, that well said too, Sue. Sue, thanks very much. It's been absolutely magnificent. What do you hope people take away from this conference?

SPH: Oh, look people will take different things, because there's multiple concurrent sections too. So we'll all have a slightly different conference, and talk to different people and be hit by different points. But, I think increased personal awareness of things we haven't known ourselves. And increased capacity to advocate. Increased confidence, increased network and capacity to work with each other, to collaborate. And increased confidence that we can make a difference. ■



Supporting you to understand and exercise your rights

OPAN organisations offer free, independent and confidential services to support older people and their representatives to raise and address issues relating to accessing and receiving Commonwealth funded aged care services.

For assistance contact us on **1800 700 600** or visit www.opan.com.au

OPAN service delivery organisations:



GEOFF ROWE

CEO, AGED AND DISABILITY ADVOCACY AUSTRALIA

Geoff's career in the human services sector spans more than 30 years, including fifteen years in senior and executive positions in the Queensland Government, and almost 20 years in the not-for-profit sector. Prior to his current role, Geoff held senior roles with the Endeavour Foundation and Cerebral Palsy League of Queensland. Geoff was previously the community representative on the Queensland Physiotherapists Registration Board, and a Director on the Board of QCOSS. Geoff is an OPAN representative on the National Aged Care Alliance (NACA). He is also a member of the Notifications and Immediate Action Committees of the Queensland Board of the Medical Board of Australia. He has a strong interest in social justice and inclusion.

IMMEDIATE ACTION NEEDED FOR ELDER ABUSE PREVENTION

Elder Abuse is slowly making its way to the mainstream agenda, with reports of malnutrition, neglect and abuse dominating the news headlines for many months. With every day comes a different allegation, scandal or investigation and you can't pick up the paper without being reminded that our ageing population needs better protection.

Concerningly, the residential aged care sector is only one area where older Australians are suffering abuse with the problem more widely spread. While negligent providers are highly visible to the public, it's in the shadows, behind closed doors, that most elder abuse occurs.

Many Australians understand elder abuse as the ill-treatment of residents within aged care facilities, but unfortunately, the scope is much, much wider than that. Around 10 per cent of older Australians experience abuse – whether it be financial, legal, emotional, or physical – with much of this abuse happening in families, where victims don't have the ability, or are reluctant to speak up, for fear of suffering further abuse.

At the recent National Elder Abuse Conference, a group of advocates, seniors' groups and community legal services joined forces to commit unanimously to tackling elder abuse – calling for action on a national scale. The group said immediate resources were needed to educate and respond appropriately to older Australians, the broader community and service providers about ageism and elder abuse, and that, without adequate funding, calls for help would continue to go unaddressed.

We believe it's time our ageing population were treated with the care, respect and dignity they deserve and call on the government to adequately resource a coordinated response. While the National Plan on Elder Abuse is welcome news for many, we want to see action, and we want to see that happen now.

GEOFF ROWE

THERE IS A LACK OF RESEARCH ON PREVENTING AND RESPONDING TO ELDER ABUSE

Research regarding elder abuse in Aboriginal communities is sparser.

In addition to not having an evidence based approach to intervening early or responding to this issue, we don't know the size of the problem due to underreporting, particularly in Aboriginal communities.

A number of risk factors make an elderly person more susceptible to abuse, including:

- Gender;
- Previous traumatic life events; and
- Physical and/or cognitive impairment.



Jody Broun, Director NSW / ACT - Australian Red Cross

A further risk factor is cultural difference. Aboriginal people cite racism as a significant recurring impact, affecting access to and experience of services. "Cultural abuse" – where Aboriginal people are denied the access and practice of culture by service providers – is a result of this racism.

Factors necessary to address this include: a workforce trained to identify elder abuse; trust established over years; a respectful relationship between service providers and communities; and elder control of services.

Older people maybe isolated from key services due to:

- Previous bad experiences;
- Lack of transport;
- Inappropriate services or service delivery models.

For Aboriginal people, issues including cultural appropriateness, language and social stigma and mistrust of services may act as additional barriers.

Aboriginal controlled services are essential, especially, residential services, that treat elders with dignity and respect, provide access to traditional healing and embrace culture. Fires, dogs, bush tucker, language, extended family visits and cultural excursions to Country should be part of a cultural service.

Furthermore, while we want our elders to remain in the family home environment as much as possible, we need to provide support and training for carers so they understand the importance of things as simple as hydration and nutrition. A lack of training can have dire consequences for the elder but also be perceived as abuse.

Red Cross delivers programs to elderly people, including TeleCHAT, which increases social connectedness of older people through a daily phone call.

In Western Sydney, the Wolkara Elders developed TeleYarn which provides a daily phone call to Aboriginal clients to check on their wellbeing.

Engaging older volunteers can prevent elder abuse. It strengthens engagement for the volunteers themselves, reducing the risk of social isolation and of abuse. Service provision for older people by other older people also increases opportunities for open conversation, and raises the visibility of older people as active contributors to community.

JODY BROUN

ANNA TANTAU

CPA AUSTRALIA

Anna is a CPA and has over 30 years' experience in accounting across various sectors of industry including local government, retailing and public accounting.

Anna served for 6 years on the Victorian Public Practice Committee at CPA and also was a member of the Elder Financial Abuse Taskforce with CPA Australia. The taskforce formulated the Elder Financial Abuse Toolkit, primarily to raise awareness and provide assistance to public practitioners, but which is available for anyone to access on the CPA website. Anna was a partner of Page Tantau Chartered Accountants for 9 years and has recently sold the practice to SEIVA where she now works as a Senior Manager.

Anna loves working with clients to meet their tax compliance needs and to help them achieve their financial goals. Anna specialises in business advice, taxation advice, financial reporting, accounting systems and software, financial control, cash flow management and Self Managed Superannuation Funds. Anna is also a sessional Member on the Guardianship List of VCAT. As a Member on the Guardianship List Anna's role includes appointing and monitoring guardians and administrators to act for people who do not have the capacity to manage their own affairs or make decisions about their living arrangements or healthcare.

Anna has a passion for educating people, and especially women, to learn more about their financial matters and encouraging them to take an active role in managing all aspects of their financial affairs to achieve greater freedoms and security.

We know that Australian households have never been wealthier, and at the same time we're living longer. It's a confluence of circumstances which means the risk of financial abuse of older Australians is only going to increase.

As trusted advisors to thousands of Australians, professional accountants will often be in the position to first identify instances of elder financial abuse. Promoting awareness, recognition and prevention is critical and that's why CPA Australia has developed a toolkit to provide guidance for our members, and the general community.

Identification is one thing, developing a comprehensive and nationally consistent governance framework to protect older Australians quite another, which makes the reforms being considered by the Australian Law Reform Commission so important.





PREVENTING FINANCIAL ABUSE OF OLDER PEOPLE.

TOOLS TO RECOGNISE AND COMBAT

Financial elder abuse is a significant problem with profound effects.

CPA Australia is committed to raising awareness and educating professional accountants and the community on this growing issue. Our range of tools aim to help our members detect, deal with and prevent financial elder abuse from occurring.

Find out more about financial elder abuse and CPA Australia's prevention tools at cpaaustralia.com.au/financialabuse

BE HEARD.
BE RECOGNISED.



Institutional barriers to intimacy in residential aged care: another form of elder abuse?

We are born with an intense hunger for contact – “skin hunger”. The power of human touch, both physically and emotionally renders it a necessity of life – along with air, food, water, sleep.

Intimacy matters throughout the arc of our lives. There's a spectrum of behaviors to the intimate: it has physical aspects – hand holding, touching, hugging, flirting, grooming through to the sexual, as well as emotional intensity and closeness to another. Affection and intimacy are universal needs that transcend age, cognitive decline and disability. But elderly people are often considered “post-sexual”. This is even more so in institutional settings. Too often its assumed that older people do not, cannot, or should not engage in intimate moments in residential aged care. Sadly, existential loneliness is common in the elderly and this is often not relieved by superficially talking with others or participating in organized group activities. The antidote to this loneliness is, not surprisingly, intimacy.

Institutional and other barriers to intimacy
There are several institutional barriers to finding or pursuing intimacy in aged care. In many ways, privacy is the pre-condition for intimacy. And privacy in aged care is generally in short supply. Historically, the built environment is not designed with privacy in mind but rather a privileging of what works for clinical supervision and care delivery, much like hospitals. Staff attitudes in aged care facilities are also hostage to the broader culture – in this case that infantilizes the elderly and assumes not interested in sex and intimacy. Staff can be under-prepared to deal with expressions of intimacy; may be from diverse cultural or religious backgrounds with different attitudes; or express the inter-generational discomfort that adult children may feel thinking about parents having sex. These concerns become even more troubling for those from cultural minorities as they enter aged care, such as LGBT elders. The result can be that sexual expression is seen as a ‘problem to be managed’. The environment thus can become a contested space: it's care providers' workplace, as well as being residents' home.

Similar prohibitive attitudes in adult children can lead to denial of their parent's intimacy needs, especially sexual. More recently there's the troubling emergence of surveillance devices in residents' rooms on request of families concerned about falls or dementia. However, with that goes any last vestige of privacy for the elderly resident. Often, though not always, these spring from a well-meaning desire to protect. But in the rush to protect, much can be lost.

There will always be a spectrum in how physical and expressive people wish to be and residents bring those attitudes accrued throughout their life with them into aged care. There is a proportion who won't seek out intimacy through illness, or habit, or past hurts. But there is also a silent majority who would if that were not so difficult.

Intimacy and dying

The immediacy of touch travels with us through life and for some becomes increasingly important at end of life. The intimate space allows for that person with their intimate other(s) to think and reconsider, tell and retell their story about the accomplishments or regrets of the life lived. We do a huge service to someone who is dying by deinstitutionalizing the physical space to enable as much touch as possible, and desired. When a public health institution buys a double bed, it moves a little closer to the community it serves. This seemingly minor change to practice could mean so much. Some people want to continue lying with their partner of 50 years, and not just hold hands through a bed rail. Some adult children want to sleep next to their dying parent.

If a care setting can enable both the physical comfort that comes with intimate touch, including where that might be sexual, AND the privacy that enables personal closure and completeness as end of life approaches, then this would be transformative in quality of dying.

Grass roots catalysts for change

There seems to be a groundswell to better locate the needs, including sexual and



intimacy needs of consumers at the centre of how aged care is organized and funded. It's the ethos of consumer directed care, of course. Shifting community expectations will also surely be a powerful catalyst for long overdue culture change. Much is made of the Baby Boomer generation and what this demographic will demand in many spheres of life as they age, including this one.

Balancing rights, needs and protections

The stakes are high. The challenge for aged care providers is to create ways that permit and enable intimacy for those aged care residents who want that while also ensuring appropriate protections from potential sexual abuse and other harms, for example the indignity of a person with severe dementia having sex with a person they mistake for another.

On the bigger stage, there is an emerging consensus that sexual rights are human rights – that sexuality and intimacy are fundamental forms of self-expression, interdependence and reciprocal engagement. It's part of what makes us human. And sexual citizenship is a birth right in belonging to the species of human and this is not relinquished upon going into aged care. A provocative question then emerges: if we accept that intimacy and sexual expression are essential to being human, is institutionalised sexual repression not only in breach of an older person's human rights but also yet another face of elder abuse? ■

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

www.legacy.com.au



Veteran and community grants open for applications

MORE than \$1.4 million in 86 grants have been provided to community groups supporting veterans under the Veteran and Community Grants program in 2017-18.

The Australian Government is investing in local organisations working to meet the needs of veterans in our local communities through awarding Veteran and Community Grants.

The Veterans and Community Grants program funds a diverse range of local projects and equipment, such as social activities for veterans to reduce isolation and training to improve connectedness through digital technology.

Projects for the refurbishment of facilities to support disabled access and to enhance the environment for social activities can also be funded. Each financial year, more than \$2 million is available for Veteran and Community Grants to invest in local communities on projects which meet the needs of veterans.

Former Veteran's Affairs Minister Mr McCormack said the benefits of funding projects or activities under the Veteran and Community Grants program extend to the local community as well as contributing to the well-being of veterans.

"I encourage ex-service organisations, veteran groups, community based and private organisations to submit applications for funding through the Veteran and Community Grants program to support practical and tangible projects to enrich the lives of veterans in their community," Mr McCormack said.

Applications for the Veteran and Community Grants are open online on the Australian Government's Community Grants Hub and can be submitted up until 28 February 2019, for payment before the end of 2018-19 Financial Year.

Fighting for our Defence Veterans

There are currently more than 300,000 injury claims with the Department of Veterans' Affairs. That means thousands of current and former Defence men and women are in limbo - awaiting recognition for injuries sustained while serving their country.

But Australia's military compensation system is complex. Who can help those who have served our country?

Tindall Gask Bentley Lawyers has more than 20 years experience managing military claims. Lead by partner Tim White - himself a Legal Officer in the RAAF Reserves, with the rank of Squadron Leader - our firm is passionate about protecting the rights of anyone who has ever pulled on a uniform.

FIRST
INTERVIEW
FREE



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WE HELP DEFENCE PEOPLE IN EVERY STATE AND TERRITORY – TGB.COM.AU



Appointed Managing Director at age 26 in 1964, he resuscitated the slumbering broadsheet by appointing the dynamic editor Graham Perkin and giving him the resources and corporate encouragement to transform it into one of the world's great newspapers. Macdonald was the chief instigator of the Australian Press Council, a self-regulatory body that was imperfect but for many years provided a bulwark against government regulation of the media. He is a former chairman of the International Press Institute.

Greg T Ross: Thanks for joining us here, Ranald, and to be a part of this edition of *The Last Post*. We're well aware of your history with journalism. You came into being as a person, I guess, that was renowned for wanting to protect the freedom of the press. How important is freedom of speech, particularly in today's world through journalism?

Ranald Macdonald: Well, I'd say that it's been my guiding principle since I've started in newspapers and journalism. A democracy cannot exist effectively unless the community knows what's happening and therefore can put some sort of check on the leaders and the leadership.

GTR: Yes, well I guess we've been warned of this in the past through such books as *Future Shock*, 1984, where government interference comes into play. How do you see things at the moment, in regard to government? I guess there has been some interference, I guess, in the ABC. What's your feelings on that?

RM: Well, pretty obviously, as I'm associated with trying to defend the ABC getting more money and keeping it free of political independence, I'm a bit sort of conflicted here. But I supported that, really, from the beginning. And with the weakening of Fairfax's influence and the strengthening of Murdoch, it is more crucial, in my view, than ever, ever before, certainly in my lifetime, that the ABC is politically independent, is properly funded, is courageous, and does stand up to its detractors. And all I can say is, there are a lot of them at the moment, for all sorts of reasons, trying to bring it down.

GTR: Yes, I do note with alarm some moves of late, but journalistic integrity equalling freedom of speech, the

importance is, do you think that an independent ABC and independent Fairfax, etcetera, is the only way to ensure integrity of journalism?

RM: Well, I certainly believe that journalism has a role, and a growing role, on online and independent bodies. In America, of course, there are wonderful trusts and people who finance public-interest journalism. But here, I'm afraid the landscape is such that the Murdoch empire dominates, the right wing dominates. The influence of the IPA and the right wing in the government at the moment, or government of the moment, is having such an influence that the ABC is a sort of beacon, and it has to be protected. And when you say they've been some influence, let me just throw you three quick instances. The first one is, of course this ... Really, I find the Minister for Communication, Mitch Fifield, some of his comments are banal, and I can't believe he's really believing what he says, because he can't be that stupid. He is pandering the right wing to bring in, as you would know as a journalist, to bring in this concept of balances, and particularly for it to be introduced because of Pauline Hanson's influence as the least balanced and the least fair and the least accurate, and the least responsible in her comments, and in her position publicly. For her to force the ABC to bring in the word balance, it's already got accurate and impartial, and that's all you need to be fair as a journalist. Balance by its implication means that you give the other side in a situation which might well be totally sort of discredited. I mean, the flat earth Society or whatever. You give them equal say. And then on top of that, just to do two very quick things that are happening at the moment. The second

one is regional and rural, where they want to ... The coalition and particularly the nationals want to ensure that a certain amount of money is spent on regional and rural, and the equal board representation. Same time, the same government is allowing the commercial media to move out of the regional and rural, and the ABC has in its charter to perform for all of Australia. And so there's absolutely ... It's an interference in political independence. And the last thing of course is this competitive neutrality inquiry. We haven't heard of the details of it yet, but as it's backed by every single major media group, and it's about putting handcuffs on the ABC to be able to complete then that's obviously again something that's going to weaken the ABC.

GTR: What are people scared of in the ABC? You've talked about Pauline Hanson, using that word balance, you said the flat earth society and I guess that's what comes to mind here too. Because it seems like trying to take back-steps in history by doing things that aren't actually... don't equate with fact. That might be the point, that they want things that aren't equated with fact.

RM: Well, the people who are pushing it, the IPAs and the others in the ride, who want a privatized or weakened ABC. They're doing it for ideological reasons, or in the case of Murdoch and others for commercial reasons, so they get bigger props. What would be the best thing that could happen to the Murdoch Group, would be a really weakened ABC. That's what he is pushing for. I refer to some of these reporters and commentators as being his master's voices, because they all happen to sing from the same hymn sheet. In all of their points that are being put forward, if satisfied would benefit Murdoch.

GTR: Is the Federal government being dictated to, do you think they're giving in too easily to this, well because it suits them.

RM: Yes, I say unequivocally. The government is so desperate to survive that it's doing anything that it believes make it more popular with the media, the commentators and of course on top that Turnbull was going keep the far right in

Ranald Macdonald

Ranald Macdonald is great-grandson of The Age's legendary nineteenth century proprietor and Editor, David Syme and was the last of the Symes to run The Age in Melbourne



check, and so what he does is he keeps giving away, giving away, giving away the freedoms.

GTR: And if you stand for everything, you stand for nothing.

RM: Absolutely. Absolutely. I couldn't agree more. One of the arguments, if we just go back, about that balancing. It's pretty hard to sell this question of balance, 'cause everyone says, "It would be nice to have a balanced argument." Well, the fact is take the anti vaccination group, just as one particular debate. Discredited, just a few people who have said that children that were given vaccinations it would increase their chances of all sorts of appalling things happening to them. You got an overwhelming majority of those medical scientists of all stature in the community, of significant stature in the community and a few sort of people on the other side, and yet somehow the media, the pressure particularly on the ABC was to give balance. In other words to give equal time to discredit it and reviews that were damaging to the community for those that really had the backing and the knowledge.

GTR: Do you think some politicians see the discussion of facts as dangerous to their survival. I mean wouldn't it be better for a strong leader to come up and let's hope that happens soon at some stage, and state one of the great tenants of democracy as you did at the start. You need an independent press for there to be no fear, because at the moment we have a government I guess that seems to be

reactive, more than proactive in so many ways.

RM: Yeah, well we could talk for a long time on the lack of leadership and the need for leadership. I don't know, just what do you do really, all you can do is keep shouting from the rooftops and trying to bring people to their senses. But if people have closed minds, and ideological positioning, which means they won't listen then how does a democracy work? That's all I can say. I just feel that without leadership, without intelligent leaders, without people with open minds we are really heading for a situation that is ... Well it's undemocratic first of all. Sorry, just like to make the last point. Undemocratic, in other words, the government is not acting in the public interest, and the government seems to forget, or the ministers seem to forget they are trustees. That they're temporary occupants of positions of power are making decisions for the future in the interest of the community. They seem themselves somehow as permanent office holders.

GTR: No, that is very well said, and something that tends to be forgotten amongst politicians too regularly. I think you're saying undemocratic is very spot on, because of course it is a threat to democracy not to allow an open press. And we've seen that in countries around the world that hinder and in fact inflict violence on the press for speaking the truth. I think when you were first appointed, at The Age, you were general manager, is that managing director, did you travel the

world speaking to people to get an idea of the situation with the press around the world?

RM: Yeah, well I was very fortunate because after being a journalist for a few years I went across to Columbia University. And then after I left Columbia, which of Political School of Journalism, I went across America, saw all sorts of people. I mean very early on I became a friend of Katharine Graham, the Washington Post and various other people of real, I thought stature and credibility. And so I came back in a very, very, with strong belief of how The Age, which at that stage was right-wing, should be. It should become a smaller, liberal paper, it should carry all viewpoints. It should have bylines. We changed from comments to analysis, so that people didn't just get up there and say what they thought, they had to give the backing to the views they put forward. And so generally I've always believed right from the very start that the free flow of information is the absolutely crucial thing, and underpinning of democracy.

GTR: Its the only way we can grow.

RM: I couldn't agree more.

GTR: You were quite a visionary because of your appointment of Graham Perkin, what did you see in Graham?

RM: Well I was lucky of course, because having been a reporter I realized that in the newsroom even though he was assistant editor, third down, under the deputy editor, or associate editor, I realized he was the best, he was the best journalist. He had a very good mind, he was a leader. We worked so well together, because we trusted each other and I sort of put myself between him and the board. And interesting enough, just throw one other little thing in, right at the beginning the board accepted that we're in for the long term that the board members responsibilities was to ensure the survival of the company. And therefore they resisted taking super profits in good times and in bad times, trying to get strong profits. We represented the community, we depended on advertising and everything, on how the community was going. We took good profits but put money aside for the bad times, and so we could always invest ... I mean at one stage we had 14 overseas reporters. As you know we have some of the great cartoonists, Ron Tandberg.

GTR: Oh yes.

Ranald: Peter Nicholson.

GTR: Leunig?

RM: Spooner, Michael Leunig of course. The wonderful, wonderful Bruce Petty.

GTR: Yes.

RM: I mean just put them all together, and so they were all cartoonists, international reporters, commentators and others providing a range of views and a range of information, so that hopefully our readership was more able to take part in public debate.

GTR: Do you think that quality will out in the end. I mean quality will stand above, because I guess in today's field of social media we have a lot of people willing to express a view, but as you say, no analysis

"A DEMOCRACY CANNOT EXIST EFFECTIVELY UNLESS THE COMMUNITY KNOWS WHAT'S HAPPENING..."

because their viewpoint and a lot of people that think that might be journalists are actually spouting stuff that isn't, well basically it's not true.

RM: Well, not only is it not true but worse it is following a political, particular ideological, or political line, which they're pushing and so they're accentuating one side, or giving lip service to the other side. It's not allowing the community to put ... One of our editors it wasn't just Graham Perkin, we had other great editors. I mean just think, Michael Davy, you think Creighton Burns. We had a number of them. Michael Davy said, "The responsibility of the journalist is to put the leaders feet to the fire." The leaders feet to the fire. Not just politicians, all those making decisions that affect others.

GTR: To understand there is a spotlight, and the people through the press are observing what is going on. And I guess that's important for all those decision makers around the country to know that there are people, they are being observed. And I guess that's come to the fore more recently with a lot of revelations about sexual misconduct, profits etc. The days of *The Age*, through the great editors that were there at *The Age* and the great cartoonists and the great journalists, were they the one-offs? Do you think that will ever return?

RM: Those were I suppose the most influential days. Look, obviously I'm biased but I look on, and fortunately we had the money, I look on our times as important in times that, and sadly to save money sometimes the best people are now leaving, the highest paid journalists are leaving, but they've got to have a outlet somewhere. We need journalists, we need them on every means of expression. I wonder also whether there may not be a recovery in the smaller suburban newspapers. I once said on television, many years ago that I thought pamphleteering or small interest magazine might come back, because that would stimulate public debate. I'm wondering whether the smaller newspapers, the country newspapers, the rural newspapers might also flourish a bit.

GTR: Yeah, very good point. Actually that's the idea behind *The Last Post*, to give you views that are not available in some of the press outlets that we have today. A question for you Ranald, is lazy journalism worse than no journalism?

RM: That's a good question. I thought my last answer was leading into saying how wonderful GTR Publishing is, and independent publishers are. Actually lazy journalism, well you see I was involved in the starting of the Press Council. The concept of the Press Council was people had a body they could trust, they could go to and get quick decision making and have the wrongs rectified. As the Press Council is not effective at the moment, sadly it's very hard to correct lazy journalism, and sadly also there weren't enough outlets to put pressure on the other outlets, so as to ensure they perform.

GTR: Yes, that's well said too. There are examples of lazy journalism in newspapers around Australia, and I think the role of a paper should be to stimulate and to promote thinking. Now of course that can be found in papers like *The Age*, *The Sydney Herald Morning* et cetera, and overseas *The Washington Post*, *New York Times*, et cetera. But the worst thing to do is to buy a newspaper and then be through it before you finished your breakfast.

RM: I agree with that. I think it's terribly important to have some food for thought while you're eating your food.

GTR: Yeah, that's right. And a lot of space and print given to the views, and I guess the stories that aren't really worth reading in the first place. Ranald, back in the 60s you travelled with Graham and you met people like Lyndon Johnson, what was the point in meeting Lyndon? Were you discussing the Vietnam war or...?

RM: Yeah. That was the most inflicting and difficult area, and the irony of it, we went to Honolulu, went to America, talked to a number of people at the *Washington Post*. Also we met with Lyndon Johnson, just talked about and tried to get an understanding of where it was heading and get behind the headlines. Came back and saw John Gorton, who was Prime Minister. Look, here we spent all this time overseas trying to work out what Australia is gaining from its participation in Vietnam. Whether Vietnam is possible to win etc. I said, "Can you just enlighten us?" And he said, "Well, it's simple really. I believe in the domino theory and that we have to support America, because we may need America, if Indonesia or somewhere else to our north of Texas, and our big friend is America. United States" that was the simple underpinning of our involvement in Vietnam, which is absolutely tragic.

GTR: Yes, totally tragic, and in fact reflected in a lot of what's happening today with China and our belief that in walking the walk with America despite.

RM: Well, Malcolm Fraser, who we sadly miss as a person, who was prepared to speak out and contribute to public debate, you could agree or disagree with him, but he was thoughtful and he had the background of knowledge and contacts right to the end. And he wrote a book, which is one of the most important books, which was about the question of Australia and its friends, and relying on powerful friends. It wasn't a time for Australia to become independent. And when he wrote it, it got a lot of publicity but I tell you what, today there'd be a lot of people who would say we would be better off not being linked so closely to America.

GTR: Yes, that's been an argument for quite some time. As you saw the Vietnam War unfolding it must have been like you were living a life twice almost. Because you must have known how it was going to end.

RM: Yeah, but the trouble is, I don't know how long to talk on this, but let me throw you one very good point, which is so difficult for people who are running newspapers. When the Suez Canal crisis emerged, *The Sunday Times* and *The Sunday Observer*, in England were both equal in number. Both equal in influence, size, stages, advertising, profitability. David Astor is editor and proud owner of *The Sunday Observer*, opposed British going into Suez. *The Sunday Times* took the opposite line, got rewarded with all the government advertising. *The Sunday Observer* was criticized from the rooftops for being disloyal, and anti-English, and anti-British and all of that sort of thing. It ended up destroying the *Sunday Observer* never got back to the position it had before then. And I would've thought an editorial line which surely today would have the support of most people.

GTR: Yes, and so big brother's been around for some time.

RM: Well that's right, and Vietnam is a classic example. We were courageously against Vietnam from the beginning, we moved into that position after we'd been overseas. But you had to in a way when your government says we're at war, you had to support the government.

GTR: Yes, I mean it was a good thing that you were open, that you are who you are and you're able to open yourself

to knowledge, particularly during the Vietnam war period there. And because of what you had learned in that period of time. Congratulations on that. We spoke about the Communications Minister before, but how dangerous is this law that will allow journalists to be jailed?

RM: Well, it's like everything it depends who makes use of it. When it just sits as a threat on the statute books. Yeah, journalists have a role and the role is exposure. The role is to inform the community, and it allows the community to make decisions or to have, you know, come to a conclusion on something. It is dangerous, it's appallingly dangerous but there is this general feeling abroad that journalists need to be brought under control and work in the interest of the community. The judgment as to what's in the interest of the community is from the government, from the

leadership. I'm not liberal, and I'm not Labor, I'm not anything. I'm right in the middle, I think. Politically I've never been a member of any political party, but I just feel the sadness of the moment is that, what's happening and what's being said in the name of the government is incredibly anti-democratic.

GTR: It is a danger of course, if the law is there, the fear is that one day it will be used and, yeah well, that may be something that we're not looking forward to. We're including a tribute to the late-great Ron Tandberg in this edition of The Last Post. Ron was a cartoonist, of course with your paper, The Age. I think there was one cartoon after the dismissal in '75 where Kerr was the referee in a boxing ring, he was whispering to Malcolm who had boxing gloves on, and Gough had the gloves on, and then Kerr as the referee punched

Gough in the stomach. Gough went to the canvas and Kerr held up Fraser's hand and said, "The winner." Brilliant.

RM: Look the other thing, just very quickly is the simple line, the wonderful lines in his cartoons, but the words. He kept on working to simplify the words, and they were every time right, spot on. All I can say is that every word that is in praise of what he did over such a long period, is not enough. He was so effective, just like John Clarke satirizing, in making the point with humour, which was the crucial and key point really which focused one's mind on the simple issues.

GTR: It's been an pleasure and privilege speaking with you. How do you see Collingwood going this year?

RM: I'm excited, but I get excited every year. But I'm hopeful. ■

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

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IN THEIR OWN RIGHT: COLONIAL NAVAL POWER: HMCS PROTECTOR

Despite the security afforded by the Royal Navy Australian Station deployment since 1859, a number of colonies, through a sense of independence and the threat of the 'Russian scare' of the 1870s and 1880s, developed their own naval forces.

Victoria and Queensland acquired a number of ships, mostly torpedo boats.

South Australia purchased a heavily armoured flat bottomed gunboat whose armament resulted in its being classified as a light cruiser. Ordered in 1882 Protector was built by W Armstrong & Co on the Newcastle upon Tyne at a cost of sixty five thousand pounds sterling and arrived in Adelaide on 30 September 1884. Her armour included a bow mounted 203 mm (8 inch) Armstrong rifled breech loading gun and five 152 mm (6 inch) Woolwich-Armstrong rifled breech loading guns, among other weaponry.

In the same year, the South Australian Government built Forts Glanville and Largs along the St Vincent Gulf coast, connecting them by the appropriately titled Military Road. The spectre of Russian warships in southern waters was the spur. Fort Largs is relatively close to the naval ship facilities at Osborne in South Australia.

Protector was embraced by the South Australian population and in 1900 was proudly the Colony's contribution to the British response to the Boxer Rebellion.



WWI Protector, renamed Cerberus in 1924.



Protector officers in 1897 with Captain William Cresswell seated in the middle.

William Rooke Creswell, later Vice Admiral Sir William Rooke Creswell (1852-1933), recognised as 'the Father of the RAN' was the second commander of the Protector and was its captain during its service in the Boxer Rebellion. He championed and promoted the establishment of colonial naval forces.

Vice Admiral Creswell also commanded the Queensland Naval Force and lost two sons in WW1. The RAN Naval College is named HMAS Creswell in recognition of his service.

Protector was absorbed by the Commonwealth of Australia upon Federation and prior to the formation of the Royal Australian Navy in 1911. Her pre-RAN duties were largely centred around the east coast and involved the training of militia.

In WW1, Protector became a depot ship for the Australian submarines AE1 and AE2 and also served in Rabaul. Later in the War she was a tender to HMAS Cerberus and undertook coastal minesweeping duties. In October 1915 she sailed to the Cocos Islands to inspect the wreck of the German raider Emden which had been engaged by HMAS Sydney.

She was renamed Cerberus in 1924.

She was requisitioned by the US Army during WW2 but was involved in a collision off the Queensland and now serves as a breakwater off Heron Island. ■

Memorial to AB Phineas Davies at Memorial Gardens, Adelaide.



FIRST CASUALTY: ABLE SEAMAN PHINEAS PHILIP DAVIES

Able Seaman Phineas Philip Davies was the first member of the South Australian Colonial Navy to perish in the line of duty.

Phineas Davies died from wounds incurred in a gun explosion as HMCS Protector was providing the salute off Glenelg for the Commemoration Day Ceremony on 28 December 1885. The Ceremony, the thirty ninth of its kind, acknowledged the proclaiming of South Australia as a province of Great Britain by Captain Hindmarsh in 1836.

The newly acquired Protector was participating in its first Commemoration Day.

A coronial inquest attached no blame to anyone for the death of Davies or the serious injury to Able Seaman Daniel Cann. The failure to 'sponge out' the gun before loading the next charge had created the heat conditions for the explosion.

Able Seaman Davies is commemorated as part of the Navy Memorial outside the refurbished Adelaide Oval

Mark Butler MP

Federal Member for Port Adelaide

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NSW LEADING THE WAY IN VETERAN'S EMPLOYMENT ASSISTANCE

NSW has been recognised for leading the way in assisting employers to better understand the capabilities and expertise of our veterans, and supporting veterans in finding meaningful employment in the civilian workplace, through its highly successful Veterans Employment Program (VEP).

The program, officially launched in May 2016, was the first of its kind in Australia with similar programs and initiatives being adopted by other states and territories and the Commonwealth, helping to secure the future of veterans across the country.

The success of the program saw the NSW Government recognised for its Leadership in the Recruitment of Veterans and was also named Veterans' Employer of the Year – Public Sector Organisation, at the 28 March 2018 inaugural Prime Minister's Veterans' Employment Awards.

A NSW Government forum set up by the former NSW Minister for Veterans Affairs Victor Dominello, as part of the Centenary of ANZAC commemorations, identified that gaining appropriate civilian employment was a key issue facing veterans after they left the Australian Defence Force. Overwhelmingly, the feedback from veterans was that they did not want charity, but rather they hoped that their skills and experience could be better understood and valued by prospective employers.

In March 2015, the former NSW Premier Mike Baird made a commitment to helping 200 veterans find meaningful, sustainable employment across the NSW Government by 2019; utilising the broad range of technical skills, trades and experience of our military men and women. With dedicated funding the foundations for the VEP were established within the Office for Veterans Affairs in July 2015. VEP has two main aims: to engage with employers on what veterans can bring to their team, and to provide resources and tools to help veterans navigate the recruitment process for NSW Government roles.

A dedicated web portal was developed and is currently being enhanced to give veterans the enabling tools and resources to ensure they are as competitive as possible in the recruitment process. Hiring Managers within NSW Government are being engaged with to better understand the transferability of veterans' skills. Extensive research aligned veteran skills and military ranks against the NSW Government Capability Framework to produce a rank-grade-match table to give veterans and hiring managers a general understanding of where a veteran may fit within government clusters.

The program's communication campaign has been a great success, and the original target of employing 200 veterans by 2019 has been well exceeded with currently more than 520 former military personnel employed NSW Government roles since March 2016.

NSW Office for Veterans Affairs Director, Caroline Mackaness said the Prime Minister's Veterans' Employment Awards acknowledged the enormous contribution the NSW Government had made and continues to make in assisting Veterans find meaningful employment in the civilian workplace.

"The NSW Government is committed to ensuring that our service personnel are well supported when they transition out of the Australian Defence Force. And securing meaningful work is critical to that transition," Ms Mackaness said. "We are proud to assist veterans find meaningful employment and acknowledge the NSW Premier and Minister for Veterans Affairs - former and present - for championing the NSW initiative. The awards celebrate the enormous contribution made by Australian veterans and the businesses which benefit from their experience, skills, and leadership." ■



TOP:
Caroline Mackaness, Director, NSW Government Office for Veterans Affairs with one of the awards, alongside Westpac Consumer Bank Chief Executive and Industry Advisory Committee on Veterans' Employment Chairman George Frazis and co-host for the evening Ben Roberts-Smith VC MG.

BOTTOM:
NSW Government Office for Veterans Affairs staff with their awards and partnering organisation members.
Left to right: RADM Brett Wolski, RAN, Head People Capability, Defence People Group; Craig Delaney, Manager NSW Government Veterans Employment Program; Scott Johnston, Assistant Commissioner NSW Public Service Commission; Caroline Mackaness, Director, NSW Government Office for Veterans Affairs; Sandi Laaksonen, Veterans Affairs Officer, NSW Government Veterans Employment Program; Garth Callender, Former Manager NSW Government Veterans Employment Program, and Matthew Graham, General Manager Strategy, Noetic Group.

Find out more about the Veterans Employment Program at www.vep.veterans.nsw.gov.au, phone 1300 838 233 or email veteransemployment@veterans.nsw.gov.au

Let's not forget today's veterans

BY GLEN FERRAROTTO, FOUNDER / EXECUTIVE DIRECTOR OF IRONSIDE RECRUITMENT AND AUSTRALIA'S MOST OUTSTANDING CONTRIBUTOR TO VETERAN EMPLOYMENT

As we near the centenary of the Armistice it's poignant to reflect on how attitudes have changed to the repatriation and integration of ex-service personnel into civilian society.

Today's veterans are getting a raw deal compared with their counterparts from the Great War and World War II.

Despite their many skills and attributes, former military personnel are sometimes unfairly marginalised and seen as difficult to employ.

It's a stigma they shouldn't have to face and runs contrary to the "debt of honour" principle that guided previous generations.

In 1918, the Australian Government created the Repatriation Department, which established a comprehensive and centralised program including employment bureaus, vocational training and rehabilitation.

A notable example was the Soldier Settler Scheme, which opened new land to productive agriculture and assisted more than 23,000 men onto farms.

Returning service personnel were treated respectfully and given preferential employment.

In World War II, the Australian military began planning for demobilisation as early as 1942 when the Department of Post-War Reconstruction was created.

After the Japanese surrender, dispersal centres were established in each state and territory to provide information on employment, land settlement, housing, training, loans, tools for trades and other benefits.

There are similar programs available today. What's changed is the community attitude to ex-service personnel.

Some employers fear post-traumatic stress disorder or they underestimate the skills that derive from a military background; loyalty, leadership, integrity, teamwork and resilience.

Of course there are service personnel who become wounded in the course of duty and there is support available for them. It's a false stereotype to categorise the majority as challenging to employ.

It's interesting to consider why societal attitudes have changed. Ironically, it's complacency born from greater security.

The Baby Boomers were children of wartime participants and grew up with veterans in their daily lives. Likewise, Generation X grew up in the Cold War, when a nuclear holocaust could have erupted at any moment. Many of their grandparents, aunts and uncles were veterans.

These ties have faded for Millennials and Generation Z, who have never known the threat of global conflict until today's heightened risk of terror.

As they move into management roles they bring limited knowledge of the service culture which preceded them.

Nobody expects ex-military people to be adulated or placed on pedestals. What they deserve is a fair go.

There's a case to argue they should be included as part of Diversity policies that provide affirmative action to ensure a balanced workforce; however more important is employers truly understanding the uniquely rich qualities that veterans bring to the civilian workforce.

This is in fact a good business decision and employers who recognise this reap the benefits.

Ironside Recruitment is offering specialised, targeted assistance for employers who are looking to benefit from the unique attributes of discharged service personnel and has been advising government and industry leaders on the development of their own programs.

As we reflect on 100 years since the end of World War I, let's not forget the needs of today's servicemen and women. They deserve the same support and encouragement after discharge as previous generations.

Army veteran Glen Ferrarotto founded Ironside Recruitment in 2012 as a recruitment agency for veterans. He lives in Melbourne with his wife and two children and was recently awarded 'Australia's most Outstanding Contributor to Veteran Employment' by our Prime Minister the Hon Malcom Turnbull MP





Gary Mac's radio career began in Newcastle in the 60's. Later he would move to 2MG Mudgee followed by a brief return to Newcastle and then a stint at two radio stations in New Zealand.

He returned to Australia, spending 3 years at 2BS Bathurst, where he quickly established the largest 'breakfast' radio audience in Mid-Western NSW. Gary then made a permanent move to Melbourne joining Australia's most competitive metropolitan radio market. In 1971 he became the highest rated announcer in Australia – a day-part ratings figure that has yet to be matched.

In February 1984 Gary and his wife Joanie created the Melbourne Radio School. For 20 years Gary was seen as a leading radio educator in his role with the school. Gary Mac has built an industry recognised reputation as a voice coach and free lance voice-over for radio and TV commercials, product launch videos, narrator of documentaries and corporate productions screened in Australia and around the world. He remains closely involved with the ever-changing facets of radio, general voice presentation, public address announcements etc. and continues to provide his proven voice coaching and training methods.

Greg T Ross: Gary Mac, welcome to the Last Post. It's a privilege and pleasure to speak with you. And basically, viewers and listeners know that we do know each other prior to this, so this is one of the reasons that I got on to you knowing your great history in radio in Australia.

Gary Mac: Good Lord, that's really quite an introduction, isn't it?

GTR: Well, yes it's ...

GM: Thanks very much for that. That's wonderful. I feel much better now.

GTR: That's fine. Gary, your history is quite incredible. Just for those that may not know, you're one of the guys that ... I think ... What station was that Where No Wrinklies Fly? Was that three ... three ...?

GM: 3AK

GTR: That's 3AK, of course, it was. That was a groundbreaking time for Australian radio. What are your memories of 3AK and Where No Wrinklies Fly?

GM: Well, it's interesting. It was an incredible campaign. It was short lived mainly because, I think, that the powers that be, and it was Channel Nine in Melbourne in those days. 3AK was a part of their stable and perhaps the format looked great but when they heard it, it was perhaps considered to be quite radical and it was. It was groundbreaking. It was in your face radio and I guess it set a bit of a template for what was to follow in the years, maybe the couple of decades that followed that changed the face of radio. Not that we were responsible for that but that was just the way that things occurred. I recall up to the change of 3AK Where No Wrinklies Fly, and I'll come back to explain what that means for those that don't know, it was just ordinary radio. We were doing the things that we used to do back in the '60s and we were now hitting into the '70s. It was like '60s, early '70s that the campaign came along and they wanted something that would grab the ears and the imagination of just about everybody in Melbourne. How would you go about doing that? Okay, when you become radical and you tell everyone that if you don't like this and you don't like that, and if you're not fussy about listening to The Rolling Stones or you don't like the Beatles, and there were a number of people that didn't like that kind of music, then you must be a Wrinkly.

GTR: That's right. I remember that, a vivid memory. Yes, yes, classic.

GM: So, it became Where No Wrinklies Fly, which meant that if you didn't like what we were doing, then go away. And, of course, it drew people to the radio station like bees to a honeypot. It was quite incredible. As I said, the campaign

didn't last terribly long because there was a feeling that, maybe, we were being too radical. Then what happened at the end of that campaign, they went straight into what was called 'beautiful music'.

GTR: That's right, yes.

GM: They started playing a lot of the lovely lavish of strings of Mantovani and Frank Checksfield and his orchestra, and of course, Jim Kowalski.

GTR: I think 6PR in Perth had a similar set up.

GM: Yes, they did. In fact, you'll find that most of the capital cities, perhaps with the exception of Adelaide, had a beautiful music radio station; Sydney, Brisbane, I'm not sure about. Most certainly, no, but end in Perth.

GTR: So for you, I do recall as a 15 year old, my twin brother and I, Craig, being quite knocked out by the Where No Wrinklies Fly campaign because of the reasons you have just outlined. It was quite radical for its time but it seemed to fit in well with the era which was Go-Set and Happening '70, etc. It was a big step forward and you enjoyed that campaign?

GM: Oh absolutely, we had a lot of fun. I mean, it was one of those moments in my life that I was so ... I felt privileged to be a part of it all. There was this incredible amount of interest in the music industry which, of course, was started I suppose back in the days of Bill Haley and The Comets. Johnny Cash, Little Richard, Elvis Presley, all those people came along, Buddy Holly. Then, of course, we had this huge impact on the music industry when the Beatles turned up.

GTR: Indeed, yes.

GM: That's when things began to really cook. Now, that was middle '60s, well, early '60s really. Through the middle '60s, they broke up I think in '69. They came, they went but they set a template that we all followed that just seemed to be the right thing to do at the time, and that's when this Wrinkly thing started which was on the back of what was happening at that time. So, everything was cooking and it was a wonderful time to be working in the business.

GTR: Yes, indeed, and I do remember the music from around that year. Of course,

Gary Mac

— INTERVIEW —

I think the Rolling Stones had Brown Sugar from the whole Andy Warhol-inspired Sticky Fingers album with the jeans and zip as the cover. They were growing and moving into what they became in the '70s. You spoke of The Beatles, Gary, what ... Take us back, if you will, to the first time you decided that you wanted to get into the radio industry. How old were you and what made you take that movement?

GM: Well, I was a little kid. I was a little kid living in a small town in New Zealand and I had this fascination with my father's console radio. Now, that's a radio that stands, probably, about a meter and a bit high. It's a long skinny thing with the speaker down the bottom, and at the top it had the dial where you could tune all the radio stations, and it had I think a treble knob and a bass knob.

GTR: Yes, I remember those. Reminds me of a Van Morrison song.

GM: I used to lie on floor and push my head against where the speaker was. I was totally fascinated with radio as to, how did the little man in the radio get in there, you know? That was all that happened. I was probably, I don't know, maybe seven or eight years old and did all the typical kid things of tying two tin cans together with a piece of string, and setting up the little crazy microphones when I found a way of clipping a microphone onto the top of a valve on a radio chassis, if you like, and being able to talk through the radio. I thought that was fascinating. The next thing that happened was that an uncle of mine who was with the merchant shipping people and he would be up all over the world in the big merchant ships, he came back with a portable tape recorder that he'd bought somewhere in Germany, I think, and gave it to me. Well, I thought this was Christmas because no one had a portable tape recorder anywhere that I knew at that time. I could record music, I could record myself.

GTR: You're talking it reel to reel?

GM: A little three inch reel. With a little grumbly tape recorder. I don't have it anymore, it was made of plastic. But it worked reasonably well and it was probably state-of-the-art back in those days.

GTR: So began, what was for you a love-affair with radio and for kids listening to radio as teenagers growing up also, a love-affair.

GM: Yes. Well, I think that you've hit the nail on the head. A love affair is probably what it's akin to. I mean, sure we've all got to find something to do in life, otherwise, we either starve or we rely on welfare. The thing is, you've got to find something that you enjoy. I know a number of people who have been working in jobs that have been pretty well dead-end but it's been a means to an end and I admire what they do, but they've never really been 100% happy in the job that they've chosen or that they do, or have to do. Back in 1964,

when I first started there were a lot of rules, lots of regulations which we all had to adhere to and, therefore, radio was very formal and everyone spoke so clearly and spoke very nicely. When you would back-announce a record you would say, "That was Bill Crosby singing White Christmas." That's really stating the obvious. Well, it's Bill Crosby all right and yes he was singing White Christmas.

GTR: Yes, it all sounds a tad boring, stating the obvious and unfortunately it still goes on today on a few stations.

GM: Yes well, back then it needed some change because it was ... When I really started to listen objectively to radio, it was a bit starchy and I guess too that newspapers were quite formal in the way that they would set it up. You only have to look at the advertising and all the block ads that were in newspapers, say back in the '50s and '60s. Quite different to the advertising today, but that's part of the evolution. And we're now living in a different aspect or stage now which, radio, entertainment, television all of that, it changes, it evolves. But being at that time from changing from those stodgy days, if you like, and they weren't all like that and I'm generalizing, it was an exciting time to grab it by the ears and say, "Look, we're going to do something a little different because we can shake it just a little more," and then that's what happened.

GTR: Well, I think Gary this is, perhaps, best to look at, just briefly, the evolution of radio from your first job in Australia, which was in Newcastle. How did you feel? Was there a stodgy atmosphere there?

GM: Oh yes. Yes, definitely at that time. They were a station that were playing ... Well, they were playing Bing Crosby, and I think oh, all these wonderful singers from the '40s and '50s, some of them from the '30s. But that's what was happening. I'm not mocking it because things evolve, but it was considered to be a middle of the road radio station playing people like Edith Piaf. I mentioned a band leader, Mantovani, he was on the playlist. There was this ... There was ... The presentation style was quite formal. Of course, as a 19 year old, my first job in radio, I wanted to play rock n roll.

GTR: I've been ... I was just going to ask you about that. Did you see, let's say prior to Where No Wrinklies Fly, did you see or feel that an evolution was taking place so that things were changing?

GM: Back in those days 2NX was the middle of the road radio station, as they called them back then, and they were rock and roll radio stations around, of course, on both sides of the dial. Either side of where I was, in the middle there at 2NX and that's where I wanted to go and work because that seemed to be the place to be. It was a young environment, the radio station that I started work at was staffed by people who were older than I. They were in their 30s or 40s.

GTR: They were wrinklies.

GM: They were wrinklies. I wanted to get out and be among ... I wanted to be in the young tribe and that's what happened. I broke away from that. I made applications to radio stations and targeted them, and it was picked up by a country radio station, 2MG in Mudgee, and I loved it there because I got a chance of doing everything. At 2NX, I was just a voice in the night on the radio station. I did nothing else except be the radio announcer but I wanted to do everything. I wanted to write some copy, sell some advertising, voice the commercials, produce them, choose the radio stations program list playlist. Put my hand for everything. I was given that opportunity because there was only about three of us running the radio station. We had to multitask but that's how it was then.

GTR: So you're thankful to 2MG for giving you that opportunity to expand your horizons and know what you knew, that there was more to radio than just being an announcer, but it gave you the opportunity to practice that?

GM: Absolutely and that was a great grounding because, really, you were flying it by the seat of your pants but you were also, hopefully, producing quality programming for the local community and that's what it was about. It was very much a local radio station. No one else ... anywhere else around Mudgee, they would listen perhaps. It was a radio station that was designed for the area around Mudgee and nowhere else.

GTR: It is a beautiful area too.

GM: Well, it is. It's a lovely area. You know it well.

GTR: We were discussing radio and where it's going now. I think one of the magnificent things about radio in that era was, this is from my memories as a kid growing up, but on the station you might hear Frank Sinatra one song and then you might hear the Beatles, the Stones, Percy Faith, but there was such a large cross-section of music. It was hard not to get intoxicated with the beauty of it all. Commercial music now seems to have changed. Music itself is still very good but you have to go searching for it, whereas a lot of the music played on radio today, correct me if I'm wrong, but it seems to be played to formula. Would you feel that?

GM: Oh, yes. Definitely. Definitely. I must admit that I've always had a strong desire, if you like, to live in the moment and I can recommend that. As much as sometimes you'll listen to a radio station today and you'll say, "Well, the music's changed. It's not like it was in my day." You have to embrace what's happening now and if you don't like it, then there are so many other alternatives for you that you can plug into.

GTR: Well said and it's exciting to be part of something in the now. There are few things as bad as when, for instance you go

to a New Year's Eve party and the same old music is being played and you think, "Geez, come on. There has been songs released since 1979," some of it really good music.

GM: Yes, absolutely. I heard people talking and I've been in conversations where people say, "Look, the music today is just crap," and everyone nods and agrees. "Yes, it is. It's all rubbish." If you start drilling down a little bit and maybe taking a bit of notice about what some people are doing, you'll find some incredible talent out there. There are some incredibly young people producing music, working on radio, and getting involved as we all did when we were that age. That's all part of what we said before, that involvement.

GTR: Indeed, Were there times when you were in the studio with a particular artist that you may remember that you thought, "Get me out of here." That it wasn't working out? Do you have memories of anything like that?

GM: Well, I must say and I'm not sure whether this happens with age, I recall on maybe two or three different occasions being given the opportunity to interview well known bands of the time, and one of them was the Rolling Stones, another was Pink Floyd and another group was Deep Purple. They came like ... they were, of course, in the early songs, they were around in the late '60s towards the early '70s. When we had the opportunity or were given the opportunity to go even to the airport or to a hotel or have them come into the radio station, we always got the impression that if they came in to the radio station, that they weren't all that excited about doing an interview with turkeys here at this radio station. They probably thought they had to behave that way because they were rock stars. But it's about dual promotion and always has been. One helps the other and that's the way that it's been. Radio has evolved, however, beyond what we might consider as traditional radio, the radio stations that we switch on in the morning to get the news, to listen to our favourite music or go to bed with and listen to some topic or whatever. Whereas, now you can go to any number of online radio stations.

GTR: And that's exciting too. It's been a revolution.

GM: Well, it's also part of the advent of modern technology and it also remains but literally anybody can create what might be considered to be a radio station.

GTR: You never got any applications off to Radio Caroline?

GM: No, but I know a couple of people who worked there and it was absolutely insane. It was a wonderful trip. A couple of people that I know who did a short stint on a couple of occasions on Radio Caroline and they made a movie about it, you know. A lot maybe was added to it but that was the kind of stuff that happened back in those days.

Greg: You started the Melbourne Radio School in '84, was it?

Gary: That's right, '84 and we moved on from there in 2004. So we had the radio school for 20 years. So at that time they were, I don't know what the numbers are, but there were a very large number of

people who got their radio start, if you like, as a result of putting their foot in the door of the Melbourne Radio School. And there are people who are still in the industry; a lot of people working here in Melbourne who I recall when they first came in, as young wide-eyed hopefuls who are working on radio here in Melbourne, Sydney, Adelaide, there are people who own radio stations.

GTR: My twin brother, Craig and I were graduates of your school, and I remember thinking at the time when I was watching you instruct and teach, that very thing that you just said. I felt your eagerness and your articulation was due to the fact that you did enjoy radio, you were aware of what it could do for people and you wanted to pass it on, so that was a great thing. You, then, went on to do what you're doing now, I think which is a voice-over school or something similar.

GM: Yes, what I'm doing now, Greg, is and since we moved on from the radio school, is there was a demand when I was running the radio school from people in the corporate world, people who maybe got to front the board of directors with the annual general meetings and things like that, looking for a voice brush up, if you like, a bit of voice coaching. That has now extended into voice-over coaching because there's a whole new world out there.

GTR: One of the great things about being in radio is meeting and, I guess in the media generally, because I have the advantage of talking to some wonderful Australians. You've met so many wonderful people over the years. Can you just, perhaps, give us half a dozen names of the people that stick in your memories being utterly charming and an influence on you?

GM: Well, the great Greg Ross would have to be one.

GTR: Thank you so much, that's right. I'm buying you a beer next time we see each other.

GM: Thank you very much. Gosh, it's ... You meet so many people along the way and there are a number of people in the Australian music and entertainment industry that have become friends along the way too, but, I suppose, there's one that really does stand out. I mean, I mentioned the Rolling Stones before. I've spoken to Mick Jagger in radio interviews on two occasions. Keith Richard is another kettle of fish but he is interesting. Once he gets past that ... He has ... There's a nervousness about Keith when he's talking to people. He's fine with his own tribe but when he meets other people, it can be not so much standoffish but he's looking at you and he's trying to sum you up as to which way you're going with this. Once he relaxes into an interview, he is good fun.

GTR: Yes, because of the way he's lived his life, many are surprised that he's still alive, and I'm one of those. I remember seeing a photo once of a bedraggled looking Keith and under it the words, "I think it's about time we started thinking about what sort of world we're going to be leaving for Keith."

GM: Very good.

GTR: Yes, so go on.

GM: Well, the one that stands out is Paul McCartney and his wife at that time. They were here in Melbourne, it was 1976. The tour was called 'Wings over Australia'.

GTR: They played at The Myer Music Bowl on that tour I think.

GM: That's right. Well, the radio station that I was working for at that time was 3DB or DB Music, as it was called then, and they were the promotion station for the tour for Paul McCartney here in Melbourne. He'd had such a good time in this country that he wanted to thank Australia for being such a wonderful audience, that he was quite blown away and moved by the fact that so many people turned up. They brought their candles and they sang all the songs, and it was just wonderful. He wanted to thank the Australian audiences, if you like, generally for being such wonderful and warm audiences. And because he was doing his last concert here in Melbourne and we were the station that had put the promotional activity on for that year, I was given the nod to go and interview him. We did that backstage or underneath the stage of the Myer Music Bowl, I recall we walked in, my wife and I. Well, actually, it was interesting this was about two months before Joan and I were married, and it goes back 42 years ago, that we walked in and it was just Linda in the dressing room. It was quite a large dressing room and there was a shower just off the dressing room. Paul was in the shower, singing at the top of his voice, Linda said, "Come in and sit down." So I put the tape recorder in and sat there and she said, "He'll be out in a moment."

GTR: What was he singing?

GM: Oh, I had no idea. It could have been something that Pavarotti might have been dropping ...

GTR: He's got a good opera voice, actually.

GM: Yes, he has. Anyway, he came out virtually with a t-shirt and a pair of shorts on, wet hair and he said, "Look, did you enjoy the show?" We sat down on the floor of the dressing room at the Myer Music Bowl and we chatted there for, probably, 45 minutes, maybe more. More about what I'd been doing in radio and then we mentioned the fact that we were getting married very soon. Well, Linda got up and poured us a drink and said, "That's absolutely fantastic. What are you wearing, Joan?" It became like we'd known these people all our lives.

GTR: Isn't that magnificent?

GM: It was ... I mean, it was ... I went there just to do a very quick interview, he wanted to say thanks to the audience, which we got around to doing finally. I thought we'll be just in and out because he's done a big concert, it's the last one, he'll probably want to get back to the hotel and just crash, and then get out of the country and go somewhere else, but he was on for a chat. I thought, "This guy is a very down to earth, very ordinary bloke," and as we've seen, as the years have passed, he is just that.

GTR: I think you'll have to release a book. I'm sure there are a lot more stories and I'd love to hear them when we next catch up. Thanks for being part of The Last Post.

GM: It's been my pleasure Greg. ■

5.48am

Driving the hire-car back to the airport

Listening to Miles on ABC Jazz.

On this beautiful, still-dark morning,

Drinking perfect coffee I 'd scored ten-minutes earlier

From the friendly dude at the service-station

On this uncrowded freeway

Where I felt happy to be alone with my own thoughts

When I thought of you

Following a chord change in Blue in Green.

And with senses stimulated by sounds and visuals

there you were in your favourite, new dress

And there I was complimenting you

And there we were, smiling.

Right then,

At that otherworldly interchange

Of thoughts and ideas and of humility and of loving

And recalls of laughter and admissions

And of realizations of encouraging closeness for closeness' sake

And of mutual conversations that included stories from the past

And with memories of smell so strong

I detected with a sniff your scent in the hire-car

And of loving intentions = good intentions

And of a mutual intrigue and a trust

And of your breaths sweetness and a calmness laying next to you

And the taste of you and the touch of you and from you.

Right then, all these things combined to make this the happiest moment –

Your coming to mind following a chord change in Blue in Green

And my smiling at the thought of seeing you again.

It started to rain as I changed lanes, and the rhythm of the wipers

And the rhythm of the indicator

Became heartbeats.

G T Ross

A Chord Change in Blue in Green



The Art of Weir

Campbelltown High School graduate and University of Adelaide alumnus Bruce Weir was an established solicitor with his own law firm for many years before retirement finally enabled him to give free rein to his numerous varied interests. Blessed with great curiosity about the natural world, this erudite polymath and autodidact is a guitarist who once appeared on Channel 10 during the Swinging Sixties in a music program hosted by Adelaide TV personality Noel O'Connor. He is also an avid photographer and painter, who also enjoys horticulture of native plants and studying Indigenous Australian culture.

Bruce told Arts by the Sea, "I am very much influenced by Australian native art....not the dots and dashes style but....bark paintings, I like the style in which they are done." Gunwingu artist Yirawala, who passed away in 1976, remains one of Bruce's most admired figures. A traditional healer and elder of his tribe, Yirawala was dubbed the "Picasso of Arnhem Land" because of his talent for bark painting. Bruce is also much intrigued by Wandjina rock art, which dates back several millennia and is sacred to the people of the Mowanjum community. The Wandjina are mythological sky spirits commonly depicted in black, red or yellow, with large heads and no mouths. Sites of Wandjina rock art still exist today in the Kimberley region of Western Australia, where they have been faithfully maintained down the generations by local tribes in the belief that the spirits' presence ensures rainfall. Paying homage to this ancient custom, Bruce created an acrylic painting entitled "The Timeless Journey".

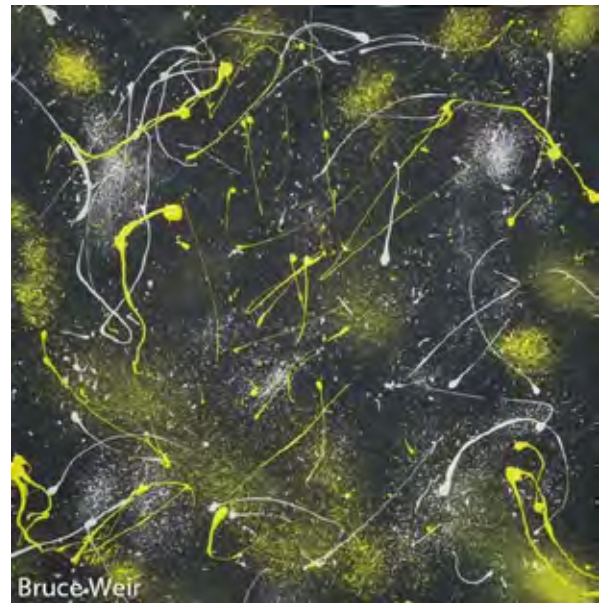
"I have always been interested in painting but did little until 18 months ago," says Bruce, who is entirely self-taught and works exclusively in acrylics. He cites the Spanish artist Joan Miró and American painter Jackson Pollock as important influences. He credits the Abstract Expressionism of Pollock in particular with motivating him to try new methods and experiment with different tools. Referring to Pollock's signature style, Bruce told Arts by the Sea, "You have to work out how to get the splashed paint onto the board or canvas. I have experimented a lot myself and read about Pollock and what he did, but they never tell you how he actually did it. They just say he splashed paint or used a pipette."

Much of Bruce's work in the Abstract Expressionist vein draws inspiration from his keen interest in the natural world. One of his favourite paintings "Cosmic Collision" grew out of his admiration for the photographs taken by the Hubble Space Telescope, which he considers no less than pure art. "I have a great interest in the cosmos and I really love a lot of the photographs the Hubble camera has taken," Bruce told Arts by the Sea.

He spoke also of a memorable visit to the Flinders Ranges, "For the first time, getting up at three o'clock in the morning and seeing that sky. Literally a billion stars all around!" This awe-inspiring sight was what gave birth to the subdued yet striking "Parachilna Midnight Dreaming".

Although vexed by uncertain health, this gifted amateur has plenty of fuel left in his artistic tank and continues looking forward to new creative endeavours. "I also love photography and I still play acoustic guitar but this has taken a back seat so I can concentrate on my painting," he told Arts by the Sea. "At the moment I am working on a Miró-inspired work. So far I have not tried to reproduce or interpret Miró but I am trying to do that more now because I am now trying to expand my art past Abstract Expressionism."

At the time of writing, Bruce was recuperating after a recent bout of illness but still generously contributed toward this interview through the assistance of family and friends. We hope Bruce's story has encouraged all of you to pursue your own creative avenues and we wish this Artistic Adelaidean many more years of self-discovery and exploration.





I'm proud to produce this book with my great mate, Bruce Weir. After Bruce received a dire health report back in the middle of last year I suggested we do a series of oral history interviews based on different aspects of his creative life and this book is the product of around 10 of those.

Bruce is a real all-rounder and the subjects include his love of science (cosmology, geology), native flora and fauna, the Flinders Ranges, Aboriginal culture, music - rock, classical and flamenco guitar; public service - one wee bit of creativity there; the law - many firms and cases; photography - landscape, portraiture, musicians; wood working, and finally art with incredible work in a variety of abstract forms over the past three years in particular.

BERNARD WHIMPRESS



“I HAVE ALWAYS BEEN INTERESTED IN PAINTING BUT DID LITTLE UNTIL 18 MONTHS AGO...”

Bruce's work, including the book 'Strike a Light (\$19.95 RRP)' is available at Simply Yellow:

SIMPLY YELLOW

Address: 163 to 165 Magill Rd
Maylands, SA 5069

Ph: 040305715
0481993386

Hours: 10am to 5pm Weekdays
11am to 5pm Saturdays

Joe Lander

Currently Artist in Residence at Macquarie University. I have been seriously pursuing artmaking in one realm or another for the last 20 years. I am a multi-disciplinary artist with a current focus on painting and printmaking. My role at Macquarie University is as artist and project leader for Portraits of Recovery, a series of painted portraits and narrative of men who have suffered from and recovered from mental illness. The aim of the project is to reduce stigma of mental health in men.

“I am inspired by the creative and amazing people that I come into contact with through my work, and by the power of visual art to change culture and our society.”

www.joelander.com



Loss of Tandberg affects us all



Having read at the time the wonderfully perceptive and delightful Michael Leunig tribute Age cartoonist Ron Tandberg, who died in January, I'd like to add an additional perspective.

Incidentally, of all the articles and words used to describe the loss of the incredibly talented, disciplined and hard-working Tandberg, Leunig's use of the word "mischievous" fitted him perfectly. And his words struck home about the time when newspapers were booming, and they "cared and dared and thrived".

A little background. The Age did not believe in bylines or cartoonists in the early 1960s. Arthur Horner – and his famed Colonel Pewter – was the only one to be published. The view of the editor was that cartoonists took away from the authority of The Age's editorials. With the advent of the remarkable editor Graham Perkin in 1966, and with my support as managing director and editor-in-chief, The Age broke out in all directions.

Phillip Adams and later-to-be-editor Creighton Burns played pivotal roles as talented staff were hired and given their own bylines. Les Tanner, an extraordinary cartoonist who sadly died of a similar illness to Tandberg, joined The Age. Tanner and Perkin assembled surely the most talented group of cartoonists and social commentators Australia had ever seen.

Tanner led from the front. Other cartoonists over the years have included Tandberg, John Spooner, Peter Nicholson, Bruce Petty, Leunig and later Cathy Wilcox. The range of talent continues to the present day.

But, to return to the remarkable Tandberg. He began to infiltrate the paper from front to back, and – with the death of Tanner and loss of Nicholson – he then provided political cartoons of real impact on the editorial pages too.

He had a remarkable effect on the morale of journalists as he was in the reporters room nightly checking out his ideas and getting a daily feel for newsworthy issues. At the same time, he was generous with his supplicants and also charities and other bodies who wanted his permission to use his cartoons.

At this stage, I need to bring in his wife Glen – supporter and provider of organisation to his life. As well as being mother to his children, she allowed him the time and space to create. She is the unsung hero.

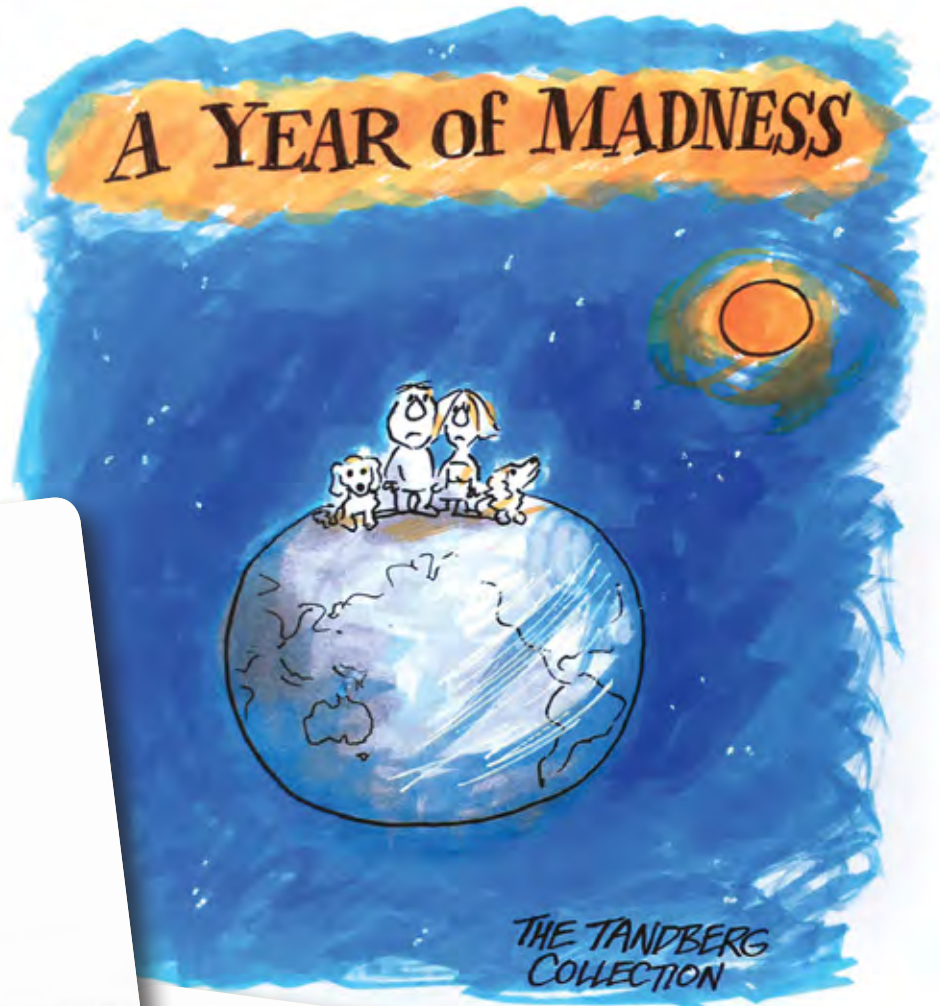
Ron was such an inspiration, so talented, and such a special person – and now such a loss to all Australians. We are all in his debt.

RANALD MACDONALD IS A FORMER MANAGING DIRECTOR OF THE AGE





TANDBERG



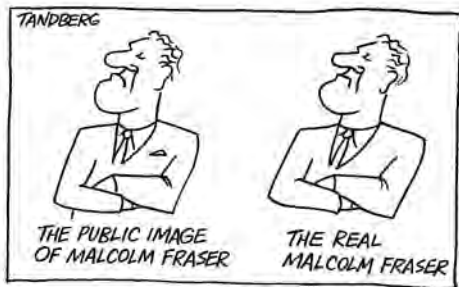
THE TANDBERG COLLECTION



JULY 20, 2017

Outback discovery rewrites our history — Tony Wright

Aboriginal people have lived in Australia for a minimum of 65,000 years, a team of archaeologists has established — 18,000 years longer than had been proved previously and at least 5,000 years longer than had been speculated by the most optimistic researchers.



THE PUBLIC IMAGE OF MALCOLM FRASER

THE REAL MALCOLM FRASER



TANDBERG



AUGUST 2, 2017

Trump — Letters to the Editor

The White House revolving door spins faster and faster. Tim Durbridge, Brunswick

Ron Tandberg

BY MICHAEL LEUNIG

“I always try to draw cartoons that Mrs Moonee Ponds can understand” said Ron Tandberg to me one night way back in the nineteen eighties.

I think he was trying to give me some advice. We were at that moment working side by side in the cartoon room at the Age, grappling with deadlines and issues of the day, yet on different courses and with different approaches and concerns. I knew well that the mythical Mrs Moonee Ponds might not entirely understand many of my cartoons but hoped that she might sometimes appreciate a bit of friendly funny mystery. Ron and I were different creatures with different offerings, and we were mostly accepting about that. We never influenced each other's work too much but we got along very well; chatting, laughing and confiding rather constantly through a few lively decades.

Ron knew about Mrs Moonee Ponds and so did I. We both grew up in that neck of the woods; sharing a common working class sensibility and humour – and both of us were endowed with a limited rough-hewn education. This made us a bit different in the newspaper environment where most of our colleagues seemed to come from “the other side of the river”. We were happy outsiders I suppose - which was certainly no disadvantage for a political cartoonist. Our ordinary social origins were boldly underlined by the fact that my mother and father worked in the same Footscray abattoirs as Ron's father and they all knew each other long before Ron and I were born. Then Ron and I worked for the same newspaper, where culturally, we were both on the same page, and thus were intuitively familiar and at ease with each other. As far as I could tell, there was no professional rivalry or envy between us – even though Ron certainly enjoyed the competitive atmosphere of newspapers and all the festive award winning stuff that goes with it. In spite of natural personality differences, we were simply workmates; both speaking the same cultural dialect, and both loving our work and its purpose.

Ron once told me that he likened his role to that of a heckler: the irreverent, nimble voice from the crowd who was able to cast an enlightening or corrupting spell of hilarity upon an audience, bringing the whole show into well-deserved ridicule. Ron was indeed a clever and liberating mischief-maker, and many times I watched him bristling with glee as he created a succinct little gem on the drawing pad in front of him - an exquisitely astute and simple drawing; fresh and wriggling from his mind, from his social conscience, from his sense of fun and fight, his sense of justice and his sheer disgust for the arrogant authority of political power. He was very forceful and willful in this fight, not just against the perceived

corruption of political establishment, but against editors who might take issue with him about a particular cartoon that he had worked hard on and believed in. I remember him returning to his desk one night with a wicked grin on his face after a tussle with a newly appointed editor. “You have to break in a new editor in their first two weeks” said Ron, beaming with self satisfaction and aglow with victory.

He was an eager natural doodler and a remarkable draughtsman. He reveled in the sensuality of the organic hand made image. His lively little ‘everyperson’ was a delight to behold and indeed was a modern hieroglyph for the human spirit. There was much of Ron in that simple depiction of the ordinary decent human: alert, direct, brave, funny and forever perky. I have some of his most vivacious and naughty drawings stashed away in a file somewhere; quick rude sketches of me in compromising funny situations, drawn immediately after I had told him some petty personal tale about private misadventures. At the heart of any good cartoonist's work there is an essential mischief and a delight in socially inappropriate expression – a risky flirtation with moral danger, bad taste and cheerful obscenity – and this impulse is often the vital fertilising agent in the conception of what can end up as a wonderful joke. Ron loved making these private and improper schoolboy drawings and passing them between our desks at night as the serious deadline closed in. He was very good at it and these wild wicked little pictures were very funny and wonderfully cathartic at moments when relief was sorely needed.

“Come on, you have to enjoy it” he sometimes said as he saw me struggling and cursing in despair to meet a deadline – and he was right. How can the reader enjoy it if you didn't enjoy creating it? Enjoyment transferred is the miracle of art – and when you find yourself chuckling as you draw, you know you're on the right track. Occasionally I had to repeat Ron's wise words back to him as I watched him in the throes of a failing or forlorn creation on a bad news night. Ron had his share of bad nights too when there was no chuckling to himself and there was nothing but hard slog.

There is nowhere you can really learn to be a cartoonist; you have to just want to be one and teach yourself - or learn from each other as you go. Same thing about death; friends more or less teach each other how to die by example.

There has been much written about Ron's sharp wit, his quick humour, his powers of observation and his ability to distill an

idea. All true, and fascinating to watch, this keenness and vigour of his process as he crouched over a drawing pad, beside which there was often a plate on the desk bearing a knife and fork with the remains of his dinner, all surrounded by a scattering of felt tipped pens and a photocopy of a news list with promising bits underlined.

Yet as sharp, switched-on and bright as he was, Ron was also a sentimental old pussycat too, with an extraordinary ability to slip easily into a lovely misty moment of daydream and yearning – the twinkling eyes would lose sharp focus and off he'd go into a smiling account of some daggy romantic pleasure remembered or needed. To give emphasis or colour he might lapse humorously into an appropriate song from a repertoire which covered a huge spectrum of old popular standards – no doubt imbibed from bakelite valve radios in Coburg or Pasco Vale at another time in Tandberg history. He maintained a lovely old-fashioned dimension in his ways. His clothing and haircut always seemed comfortable, sensible and practical: respectable casual you might say. He seemed to be entirely fashion-free in every possible aspect and this afforded him a great objectivity and originality in his cartooning outlook. To my mind he seemed happily his own person: playful, warm hearted and soulful - yet assertively secular and nobody's fool. He had little fondness for his Catholic Christian Brothers education, and the clergy were some of his prime cartooning targets. Ron seemed stubborn and unforgiving about the priesthood – yet could still draw priests in a very amused and amusing way. Above all he was a humorist, and the loss of his good humour from our daily bread and our civic life is indeed a lamentable thing - especially at this time when public humour appears to be sliding into such a constricted, mean and miserable state. Ron's lifetime contribution reminds me that a good joke can be a stepping stone to wisdom, a window into sanity and a healing poem.

Oh I forget so much of it for the moment; the jokes, the dramas and the details, the terrific scandals and tragedies, the rich discoveries and the sequence of wonderful peculiar things with Ron; the way we worked and shared together in that adventurous time of large booming newspapers that cared and dared and thrived.

It is all pretty much a jumble of blurred memories right now. Reflections about Ron's final suffering and shocking death are the things that possess me for the moment; the sorrowful stuff, the primal mystery that even Mrs Moonee Ponds does not understand. Gratitude and grief take gentle hold amidst the bewilderment. Just as birth is a miracle, so too there is the astounding miracle of death – particularly with the death of an old friend and a remarkable soul. That's the sort of statement that would have Ron reaching for his pen with a twinkling wicked smile on his face. ■



Veterans Film Festival Returns To Canberra In 2018

The RSL National Veterans Film Festival (VFF) returns once again in November 2018, to present the best in filmmaking talent dedicated to putting the spotlight on genre stories about veterans, first responders, their families and the influence of warfare on society.

“Our festival is currently accepting submissions in all genres that address the theme of warfare,” said Tom Papas, Festival Director, “Anything from feature length to short films and animation to documentaries, we definitely want to see what filmmakers are creating.”

The festival presents a curated program of carefully selected feature films, short films and media art. The festival’s focus is on recent work by talented indie filmmakers. However, within our program we also present mainstream films, retrospectives and provide opportunities to meet with filmmakers and content creators via Q&A’s, panels, etc.

All films submitted to the official competition will be eligible to compete for the coveted Red Poppy Awards, inspired by the poem ‘In Flanders Field’. Hand blown glass trophies will be awarded in the best film categories. In 2017, “Darkest Hour” starring Gary Oldman, won the RSL National Veterans Film Festival, Red Poppy Award for Best Feature Film.

“We are also very proud to report that 57% of films selected to screen in 2017 had a female filmmaker in a leading role (Producer, Director, Writer Cinematographer, Editor, Actor), and in 2016, female filmmakers won 67% of all the awards at our Red Poppy Awards Ceremony,” added, Mr Papas.

The festival also curates an eclectic program of competitions, forums, workshops, video games exhibitions and discussion panels with, guest presenters, filmmakers, historians, veterans and the public.

The VFF showcases stories that promote a greater understanding about veterans, their families, first responders and the influence of war on society.

The festival offers a meeting ground and artistic canvas to engage with filmmakers, actors, festival audience and veterans of all ages, cultures and abilities.

The VFF encourages talent and assists the development of content creators and the arts community, while highlighting contributions from serving and ex serving veterans first responders, their families experiences.

VFF is a not for profit incorporate organisation made up of people from diverse backgrounds and experiences, who make all the decisions and manage the festival.



The Contrast of Colours

If blue is the colour of trust
And of calm and serenity,
And the colour of security and of safety and of wisdom,
Then I have been blue for you.
If blue is the colour of the sky and the sea
And provides a feeling of freedom
And is the colour that gives rise to self-expression, truth and communication,
Then you have been blue for me.

If lavender is the colour of spring and of explorations of mutuality
And expressions through literature
Then I have been lavender for you.
If purple is the colour of creativity
And of stimulation and serenity and of intuition and
Of respect,
Then you have been purple for me.

If red is the colour of awareness and durability
And of intensity and of life and of grounding and of
Nourishment and of safety,
Then you have been red for me.
If yellow is the colour of happiness and of energy and of laughter
And of the summer and the sun
And of intellect, power and will
Then I have been yellow for you.

If green is the colour of the heart and of nature and balance,
And of stability and compassion
And of tranquillity and health
And if green relates to the love of things you find in another
Then you have been green for me.
If pink is the colour of childhood and of treats
And of love and romance and gentleness,
Then I have been pink for you.

If brown is the colour of the earth and the trees
And of reliability and support and of being human,
Then I have been brown for you.
If black is the colour of sophistication and elegance
And of boldness and intelligence and of strength,
Then yes, I am black for you.

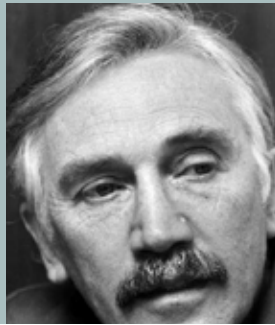
If white is the colour that gives an understanding to a sense of space
And of clarity and tolerance and of
Consciousness and spirituality
Then you are white to me.
If orange is the colour of happiness and warmth,
And of reassurance and of stimulation and change
And of emotions and creativity and of a gentle sensuality
Then you are orange.

Everyday, colours run onto the palette of life
And, amidst tempers of will
Produce works that are individual, brilliant and new,
I am a contrast of colours
As
 are
 the stars
Just
like
you.

G T Ross

SOUTH AUSTRALIAN FILM CORPORATION FOUNDING DIRECTOR DIES BUT LEAVES A LASTING LEGACY

Gil Brealey has died quietly, far from the modern industry, at the age of 85. He is truly part of industry history.



Gil Brealey, who died on April 1 at the age of 85, would probably have seen himself primarily as a producer, director and writer who carved a career in that horrible time between the 1950's and 1980. Called away from active production, he became a vital figure in the development of the formal structure on which the industry depends.

He was the first head of the South Australian Film Corporation, itself the first state agency responsible for the development of a screen sector, able to commission and invest in features and television series, with a lively government film division which enabled many of today's senior screen executives to enter the industry.

With Brealey, a piece of cosmopolitan Sydney descended on Adelaide. Penny Chapman brought panache, food and female power, Matt Carroll his Lotus and shaggy determination, John Morris a certain culture and ennui. Sunday Too Far Away, Picnic at Hanging Rock, Storm Boy, The Fourth Wish, and Breaker Morant followed. It couldn't last but for a time Adelaide felt like the centre of Australian culture.

By the time Brealey left in 1976, the industry was in the midst of its second renaissance. He went on to start the Tasmanian Film Corporation, based on his 1977 report and directed the feature film Annie's Coming Out for Film Australia in 1984. That was really the end of his active career in the screen sector.

Historian Dr Vincent O'Donnell, who is closely associated with ScreenHub, meticulously documented those early years in the state agencies, and interviewed Brealey himself while he was still in his prime, along with Phillip Adams. He has provided us with the relevant section of his PhD thesis which commits those years to the long narratives of history.

There is an event recorded in the microfiche Reports & Studies: P.E. Consulting /Premier's Dept. Re: "SA Film Centre Feasb. Study-Original Correspondence", that throws light on the appointment of Gilbert John Brealey as founding chairman and director of the South Australian Film Corporation. On 6 May 1971, four days before the delivery of the second progress report, the report that postulated an internal administrative structure for the corporation, three films produced by Gil Brealey, The Gallery, Bullocky, and Three to Go: Michael, Judy, Toulou, were dispatched from MDA (Phillip

Adams) in Melbourne, to Peter Ward in Adelaide. Ward was Dunstan's Executive Assistant, and credited with suggesting Adams as consultant the project.

Gil Brealey started making films in the early 1950s while a student at the University of Melbourne, which he attended on a teachers college scholarship. Brealey's artistic interests have always been wide and he reported being in the first production of the Melbourne Repertory Theatre Company, under the direction of John Sumner. He had ambitions as a composer and vocalist but, as he had attended Northcote District High in Melbourne, a school that offered only maths and sciences at matriculation level, he was unqualified to study music at university. The 1950s he described as a barren time in theatre and music and reported advice given to him by the conductor of the National Opera, itself an amateur group, with whom he had auditioned. 'Well, you could make a career out of it, but don't bother; there isn't one [to be had] in Australia.'

Brealey went on: 'I'd always wanted to make films ever since I knew they didn't grow on trees', and he immediately joined the student film society, in 'Freshers' week'. However, as the membership was only twelve first-year and one third-year student, the Union proposed to close it down. At the meeting to close the society, Brealey learned that they had a movie camera, and opposed closure. He was elected president, put the twelve 'marvellous people' on the committee, 'and by the end of the second year we had made so much money [screening films], that we were actually buying bonds as investments'.

Later in the 1950s, he worked for the Visual Education Centre and the State Film Centre in Victoria in various film-making capacities including direction. After the coming of television, Brealey's steps inevitably led to the Australian Broadcasting Commission (as it then was) where he sought work as television director, only to be told 'no, you are a film director, when we want a film director we'll call you'.

That call came in 1962 and Brealey directed extensively for the ABC, including the film sequences for My Brother Jack, a drama series based on the novel of the same name by George Johnston. His film work complemented the studio direction of Storry Walton, later founding administrator of the Australian Film and Television School, where Brealey would

hold the chair of the school's advisory committee.

Brealey moved to the Commonwealth Film Unit in 1970 and enjoyed what he later described as the most productive and creative years of his life, establishing the contacts and relationships that would profoundly influence the development of the SAFC. It seemed clear that Phillip Adams had Gil Brealey in mind for the job in South Australia from at least mid-1971, a supposition Adams confirmed at interview, perceiving Brealey as 'a consummate bureaucrat', an opinion he had to modify adversely, after Brealey's petulant departure from Film Australia.

The position of Chairman / Director was advertised in June 1972 offering an 'appointment ... for a period of five years with eligibility for reappointment. The salary would be a minimum of \$14,000 per annum, but a higher salary might be negotiated, subject to the applicant's experience and abilities'. Brealey was duly interviewed and confronted Adams, anticipating his changed opinion. Adams, who was on the interview panel, reported:

The first interviewee was Brealey, and he was dazzling. He walked in, sat down, and looked straight at me and said: 'I would imagine, Phillip, that you would be worried about my tenacity'. In other words he'd either sussed out or twigged, that I was opposing him, and what the grounds of my opposition would be. And he confronted them: Bang, Bang, Bang, which impressed the shit out of the other two [on the committee].

Brealey took up the appointment on Monday 20 November 1972, and chaired the first meeting of the corporation two days later. ■

DAVID TILEY

www.screenhub.com.au

RIVERSIDE PRESENTS
AUSTRALIAN THEATRE FOR YOUNG PEOPLE'S

A TOWN NAMED WAR BOY

BY ROSS MUELLER

12 – 14 JUNE

*"The most moving Anzac experience
of all."* – The Australian

Inspired by the State Library of New South Wales' collection of World War I diaries, photographs and letters, this gripping production explores the events of war and its impact on the soldiers and their families. Written with insight, humour and sensitivity, this moving play brings the ANZAC legend to life.

Suitable for ages 14+ and their families

PHOTO BY LUKE STAMBOULIAH. DESIGN BY JUSTIN STAMBOULIAH

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Based on the State Library of New South Wales' collection of World War I diaries, photographs and letters, *A Town Named War Boy* brings to life the gripping personal accounts of four young men who set sail for the far side of the world.

Interweaving stories of mateship and scenes of war, this profound production provides insight into the experiences of Australian soldiers and the impact the war had on them and their families.

Written with humour and sensitivity, Ross Mueller's moving play brings the ANZAC legend to life. We caught up with director Fraser Corfield to find out more.

Tell us about the significance of the State Library's collection and what they evoke in you.

The State Library of NSW's collection of WWI diaries, photographs and letters is extraordinary. Having grown up on the ANZAC legend and its reference as the foundation of our nation's independent identity, I thought there was little more to be said about the landing at Gallipoli and the subsequent battles. A century of books, films, poems, plays, television series and documentaries have delved into the mateship, adventure, courage, resilience and overwhelming tragedy of Australia's most famous campaign.

When you pick up one of the diaries, though, the ANZAC legend falls away. Suddenly there are just the comments, reflections and observations of a man. You can feel the indent of his pen on the page, see the corrections of thoughts, get an insight into his personality, what makes him laugh and what inspires him. Some of the diaries take you on a personal journey through the war and returning to Australia, while others just stop. They are an insight into young men as much they are our history. As you begin each story you have no idea at which point it will end.

Through the diaries time falls away and we are reminded of the universal qualities of young men. The sense of adventure, pride, fear, anguish, courage and loss that unites and transforms people in war. These are qualities as relevant to a 20-year-old today as they were a century ago.

Did you come across any challenges when developing this work?

The challenge in developing *A Town Named War Boy* has been finding a way to convey the immediacy of the experience from each diary. To that end I think playwright Ross Mueller has made some bold and very clever theatrical choices. Rather than focus on the experiences of a couple of diaries, he uses excerpts from many to provide the context for the play. These accounts become a collage narrative that takes us through the young men enlisting, travelling and ultimately fighting at Gallipoli. This is the substance of the Gallipoli legend, the events and experiences at the heart of so many stories.

Against this backdrop Ross weaves a more abstract, contemporary story. The play becomes the journey of one man, Snow. In a recurring series of unsettling scenes Snow repeatedly finds himself in a psychiatrist's office or adrift in a boat with his mates. While the play reflects the events of war, its heart explores the impact of war as a catalyst for change. That change is experienced by the soldiers, their families, and in the case of Gallipoli and WWI, by all Australians. Snow struggles to remain true to the young man that sailed out of Melbourne bound for adventure, but that man has changed. Recognising and understanding that change is a torment that has plagued returned soldiers for generations. ■

Don't miss *A Town Named War Boy* playing at Riverside Theatres, Parramatta 12 – 14 June. More information and bookings on 02 8839 3399 at riversideparramatta.com.au

50 WAYS into Vietnam

BY JEREMY ROBERTS



25. Just north of the old DMZ line – a tiered stone monument to the NVA: three soldiers, including a uniformed woman, significantly, at the top - towering above two male counterparts. She has been sculptured with noticeably large, round breasts – big stone ‘mummy-titties’ which will never droop. Perfect for a mother of the nation, a female hero to admire & inspire, with rifle at her side.
26. Into the Vinh Moc tunnels we file, on the coast – a village network of life-saving rooms & shelters deep underground where families would go to survive incoming shells sent from US warships in '72. US strategists believed that these farming villagers were hiding enemy guerrillas. ‘WHEN WILL THE BOMBS STOP FALLING?’ asked Time magazine’s cover story. Meeting rooms, a health station, maternity room, water wells, toilets, washing rooms, watch posts – three levels, eleven entrances... I walk in half-light, stepping carefully, letting my hands feel the clay walls, peering into a tiny classroom, remembering my own '72 days - safe as milk, back home in a Kiwi school. You can almost hear the sound of a baby being born, voices of children asking “Why does America want to kill us?”
27. Despite the existence of the tunnels, sixty-three villagers were killed. Another reminder that ‘Fourth Generation Warfare’ was not invented with ‘9-11’. I spend time inside a perfectly round crater, sculptured of course, by a flying bomb. Just outside an entrance to the tunnels I stand for a long minutes, staring at a section of sky framed by trees, with wispy, puffs of cloud – a quiet, sunny window through which the rockets & death would come.
28. On our return journey back to Hue, our guide talks about the American defoliation programme of chemical warfare on the landscape. On the surface, everything now looks flourishing. It’s easy to see how the French must have loved their little colony. I have a recurring image in my mind: Captain Haddock swearing his ass off in a defoliated French coffee plantation.
29. Back in Hue - inside the Imperial Palace walls, I’m a trespasser in the garden in bright sunshine, hearing laughter & low voices among the concubines, who are lying about, resting in shade under trees: “Who will the horny emperor choose tonight?”... “On whose door shall the eunuch hang an official stone marker?”... “One of us will bathe, wrap herself, & wait to be carried to the emperor for a damn good todgering! God, I hope it’s me!”... “He made you do what?”... “Shhh - here comes that eunuch who’s partial to a bribe!”... “Which man was executed for trespassing here?”... giggle, snigger, tee-hee. All long gone, vanished, titillating fodder for history students & tourists.
30. I come across a golden, glowing dragon sunning itself in the royal courtyard, & bravely stride right up to it. “You’re sitting so still, I thought you were a statue”, I blurt out. The dragon’s head slowly moves, and two large round eyes focus an intense gaze on me. In the hot brilliant light, a voice with the authority of the sun asks “And, you are...?”
31. Scoping the Citadel one last time – a blasted oval hole in a brick wall – now a window for butterflies which flutter above a street where parents & children once lay dead. The whole place went mad during Tet ‘68. Bombarded by the American forces, not only the ‘Viet Cong cadre’ seized the moment to gather up & execute ‘traitors’ & enemies of the north – including Westerners, but civilians, too. Do souls recede from old battlegrounds? That is the thought of the day, as I breathe, suck in soul-fragments every step. Must make payment – find a pressed-tin dog tag: T’ FUCK IT, & cap with Vietnamese red star, which slowly shrinks as it soaks in the sweat from my hairy head. But, more evidence I was here...
32. Lying on the bed with a full belly - chilling, surfing, landing on Wesley Snipes & Sylvester Stallone on Cinemax: Demolition Man - cryogenically frozen humans (one goodie, one baddie) awaking to do battle in another version of ‘the future’, supposed to reference Aldous Huxley’s ‘Brave new World’. I can’t see it – too many Muscles & ego, but the visual-spatial construction is very pretty. Better, is a documentary about the 7 million poor bastards involved in the German-Russian war - the ‘frostbite war’: ears, noses and eyelids falling off. The most significant battle in human history? Oh, what a petty little life I live...
33. Final lunch at restaurant near Google Hotel - served by young girl called ‘Men’ who works for very little as a house maid at my hotel & then in all of her spare few minutes, waits on tables here. She literally sprints the two hundred metres from the hotel because she gets a damn good ticking off from the owner if she is one minute late & will not be paid. Men hates her. She is desperately trying to save enough money so she can study & train to be a teacher. She only tells me this because I can see that she is bright & I’m curious about her plans. The restaurant owner owes her money, so consequently she’s trapped in the job. I leave her a twenty-five dollar tip, which she doesn’t want. I insist & tell her not to mention this to the owner. I say goodbye & wish her well.
34. Early morning ears-still-popping taxi ride from Ho Chi Minh airport – full of anticipation...serendipitous to hear Don Henley singing ‘Hotel California’, since my hotel has that very name. Will I hear the Mission bell? Voices down the corridor? Will I stab anything with a steely knife? What will happen when I check out? I know one thing – Je suis



victime de mighty 'Nam buzz! I really don't want to leave, until I'm ready.

"My friends tell me how beautiful the women are in Ho Chi Minh City", I declare.

"Mmm..." the driver thinks, "Mostly ugly!"

"Really?"

"Mmm...50 % beautiful, 50% ugly", he adds, giggling.

"You have a beautiful wife, though?"

"No! I have ugly one!" he giggles again, a little sadly.

35. Alley-scan from Hotel California balcony: mandatory multi-coloured rusted iron on roof, de rigueur laundry on lines, weather-damaged & twisted awnings, muted washed-out painted walls – accompanied by alley-audio of percussive sounds, conversing voices, cycle bells, baby-cries, tooting horns, urgent calls of mobile street-food vendors...
36. At last – walking the streets of Ho Chi Minh City: I hike through the asphalt-river ballet of humanized two-wheeler machinery - the bikes of Vietnam! - where pedestrians are human slalom poles, the riders - highly skilled street-negotiators on petrol-driven Zen journey-eaters, with accompanying fashion & advertising displays flickering & flashing before the eyes...people dressed in zinging style: a sky blue GAP hoodie & scarlet scooter, a faded Coca-Cola sign on a wall aqua & pink, a family of four on one bike, with matching white helmets & black leather - & the smell of the streets! A polluted fantasia of olfactory senses - the Vietnam city street aesthetic in all its beauty – a landscape weathered, distressed, aged, seemingly forgotten, but lived in – wonderfully warm & human, where all that is done, is needed; all that naturally occurs is accepted, & alive...
37. At the gates of The 'War Remnants' Museum, I'm hustled by a handless victim of a post-war landmine incident. How can I resist him? I buy one of the books he's hawking – 'Last Night I Dreamed of Peace' by Dang Thuy Tram - the incredible diary of a female battlefield doctor who was ultimately killed by American soldiers. (The diary was saved from a military bonfire by a curious onlooker.) Inside the museum, the rooms are stuffed with enough images, equipment, & artefacts to satisfy any mild-mannered tourist or 'Nam freak – a vast, residual pile of souvenirs – instruments of death - to ogle, covet, or turn away from, now all safely behind glass – machine guns, rifles, chemical grenade launchers, mortar shells, 'bazookas'... There's a moving tribute to dozens of 'crazy' war-photographers killed in action. Shit, I couldn't do that! you think to yourself. The reality of war hits again & again – e.g. a caption for
- a photo of napalmed charred & twisted bodies: Results of US policy - 'Burn all, destroy all, kill all'... Bodies, bodies, bodies: G.I. holds up & examines remains of grenade victim – stringy, bloody bits & pieces, the head & face perfectly intact, but frozen in death...'Saigonese' soldiers about to slice the guts, eat the liver of captured Vietcong... a child's face twisted with mental torture: "Hear that gunshot? Your father is dead. Now, tell us where the troops are hiding"... You know that all this is because of fear & paranoia at government level – Cold War days - a raison once articulated by Texan 'good ole boy' Lyndon President Johnson: "Holy shit, everyone! – if we don't go into Vietnam & help the South wipe out these northern Commies, all the 'little' countries in South East Asia, who can't defend themselves, will fall the same way!" & then, there's the drafted 'grunt' thing: "You wanna kill me, motherfuckin' gook? See what I'm packin'? I'm gonna zap your fuckin' ass!"
38. One afternoon, walking miles, my body is flagging in the Saigon heat, so I buy a can of Red Bull & do the chug-a-lug, because in my whoozy mind I really do want some of those wings demonstrated in the cartoon ads. "Cheers, rich Austrian dude!" I mutter – acknowledging the inventor, as I swallow the strange-tasting energizer. Straight down! As the caffeine charges through my veins, I do get a lift, although I would hesitate to reference birds to describe the effect. Once again, I find myself thinking about the 'Nam effect – the influence of the Vietnam 'American' war. The political effect was obviously gargantuan, but there was a much-noted Pop-cultural effect as well, e.g. the 70s 'downer-chic' endings of movies, for one thing. In Easy Rider, the bike-riding anti-heroes Fonda & Hopper get blown away right at the end of the movie by a couple of shotgun-toting rednecks & the 'exploding motorcycle' is shown with a pull-back helicopter shot which has a very 'war-footage' feel. There's also Peter Fonda's famous line: "We blew it". In The Passenger, Jack Nicholson is a burnt-out, troubled geo-political journalist who swaps identities with a dead man who was an arms dealer & then as a consequence, ultimately dies himself. There was a whole raft of bumner-ending American movies, because society was on a bumner due to the war!

Part 2 featured in Remembrance Day / Summer TLP 2017.
Part 4 will be featured in Remembrance Day / Summer TLP 2018.



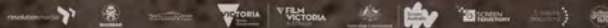
★★★★★ "A REMARKABLE FILM" ★★★★★
OUT IN PERTH THE WEST AUSTRALIAN SUNDAY TIMES



GURRUMUL

"AUSTRALIA'S MOST IMPORTANT VOICE"
ROLLING STONE

SCREEN AUSTRALIA PRESENTS A G SEASONS AND RESOLUTION MEDIA PRODUCTION IN ASSOCIATION WITH FILM VICTORIA AND SKINNYFISH MUSIC. "GURRUMUL" FEATURING GREGORY GURRUMUL YINUPINCHI
 DIRECTED BY PHOTOGRAF DAN MANKELL. CAST: KATE MUNDRECH, ACE, MATT TOLL, CAIN HEAD (WITH SHANNON SWAN, KEN CALLOWS, ACE, MUSIC BY MICHAEL HODANER - GREGORY GURRUMUL YINUPINCHI)
 FRANK VETTHEM, MATTHEW CONLETTE. STORY DEVELOP BY PIP ANDERSTONE-HEED. PRODUCTION DESIGNER SUSAN DUNNAN. EXECUTIVE PRODUCERS JIHANNATHON YINUPINCHI, GREGORY GURRUMUL YINUPINCHI
 CO PRODUCERS GREGORY GURRUMUL YINUPINCHI, MARK T. CROSS, MICHAEL HODANER. WRITER AND DIRECTOR PAUL DAMIEN WILLIAMS. PRODUCED BY SHANNON SWAN



Catherine Britt, a songwriter who has already packed a respected and highly acclaimed career into her first two decades as a recording artist begins a new chapter with the forthcoming release of her seventh studio album, Catherine Britt & The Cold Cold Hearts on Friday 20th July.

Catherine Britt & The Cold Cold Hearts conjures up vibrant Australian imagery, from the bush to the coal mines via the white lines of the coastal and desert open roads; the beauty and scale of the landscape juxtaposed with songs of personal challenge and the power of love and family.

The album was recorded in Catherine's own studio, built in her backyard and dubbed the Beverley Hillbilly Studios. With engineer Jeff McCormack behind the desk, Catherine and The Cold Cold Hearts (Michael Muchow & Andy Toombs) self-produced the album with Bill Chambers as guest on all tracks.

"I came up with this idea three years ago on our honeymoon while we were traveling in our camper in WA. I didn't know what to do next after *Boneshaker* but I knew I didn't want to do the overseas thing again and that I wanted to do something more organic and at home. I thought of building the studio and doing it ourselves. I've always wanted to do one of those 'artist and a band' projects like Ryan Adams & The Cardinals and Emmylou Harris & The Hot Band. It's still the artist but they have this band of mates behind them. When I was writing the album I was going back to when I was a kid and rediscovering that music that I grew up on. I thought about who would get that and pull it off and these guys were perfect. When you're making a record and going out on the road it's really important that there's a good vibe and you're all on the same page."

From Newcastle to Nashville, Catherine made the move to the home of country music at just 17 years old. It proved to be a brave decision that gave her immeasurable experience as a musician, insight into the machinations of the industry and a contract with the legendary RCA Records. Upon returning to Australia in 2009, Catherine set about recording her debut full length album *Dusty Smiles and Heartbreak Cures*, the first of five consecutive albums nominated for Album Of The Year at the CMAA (Country Music Awards of Australia). Along the way she has received five Golden Guitar Awards, the CMA Global Artist Of The Year award in 2010 and six ARIA Award nominations for Best Country Album.

The critical acclaim for her albums and reputation as a performer has seen Catherine tour and perform with Elton John, Don McLean, Kasey Chambers, Brooks & Dunn, Alan Jackson, Brad Paisley, Dolly Parton, Kenny Chesney, Steve Earle, Guy Clark, Chris Isaak and Keith Urban.

Life has a way of throwing curveballs, both good and bad, and the last three years have seen Catherine fight and win a battle with breast cancer, marry her husband James and most recently, give birth to their first child. Out of those highs and lows comes Catherine Britt & The Cold Cold Hearts, an album that rattles and rolls with life, energy and honest, autobiographical songwriting.



worth listening to...

Tumbleweed Connection, Elton John 1971

Back in early/mid 1971 on the heels of the release of his 1970 self-titled album and to celebrate his stripped bare *Nigel, Dee and Me* 17.11.70 live album and brilliantly around the same time as his soundtrack *Friends* release, my brother and I and our girlfriends, passing muster at 14, maybe 15, saw Elton John with Nigel and Dee, love at Memorial Drive for \$2 each.

That's right. \$2.

Elton and Bernie were prolific at the time but a studio album around that time too was Elton's *Tumbleweed Connection*. For me, being 14 or even 15 is a few moons ago so I can't remember if he and the band played songs from *Tumbleweed* but if you look at the release dates, they must've.

Tumbleweed Connection was Elton's third studio album and it's like taking a trip back to the American West. The Americana themes pervade the disc where Elton and Bernie employ the talents of singer-songwriter Lesley Duncan who sings on the album (she also sang on Pink Floyd's *Dark Side of the Moon*) and wrote the tune *Love Song* from the album.

Country Comfort was the single released from the album with Lesley's *Love Song* as a B-Side.

I don't know what to say in regards to negatives for this LP vinyl because, from my point, there are none.

If you want to get into Elton when he was mean and lean and pre-glitz, buy this or download it or get your mits on it somehow.

The graphics, like the album were memorable with cover shots of the railway station shot at Sheffield Park. Black and white, grainy, grey art. Art music.

TAJ WORTHINGTON JONES



10 songs...

Fire, Fire, Fire – Dappled Cities



Back in 2007 I bought a copy of Rolling Stone that came attached with a CD that featured tracks from promising Australian bands.

It was a great CD.

One of the tracks was Fire, Fire, Fire from then-young outfit Dappled Cities.

It was from their second, 2006 album Granddance that the guys from northern Sydney had recorded in Sydney and at Sunset and Senora in Los Angeles.

Still in their mid-twenties, they had originally come together as 15-year olds under the name Periwinkle.

By 2007 the band had already toured overseas in London and the United States and received good reviews.

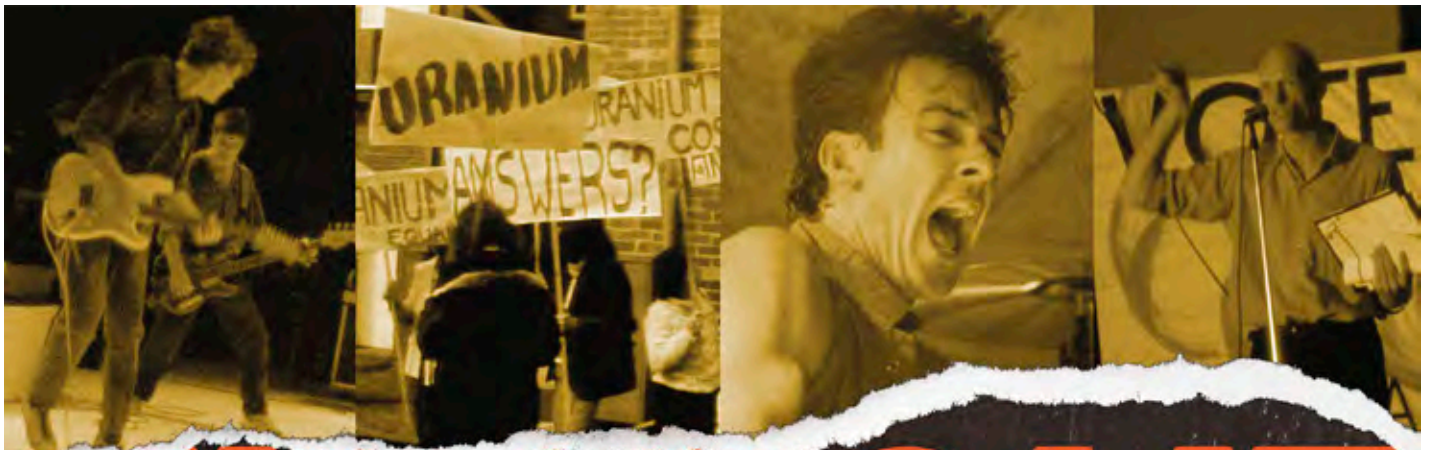
But back to Fire, Fire, Fire. It's a melodic-pop tune that shows the commercial appeal that Dappled Cities can conjure when they're not being too brilliantly weird. But art-rock it is and this pop gem features their characteristic falsettos and strong guitar.

The lyrics? Interesting but put it on and sing-along, even if you don't grab the idea of what you're singing about.

Fire, Fire, Fire is one of those songs that (for me at least) you can play repeatedly with an energy that is addictive.



JACK P. KELLERMAN



MIDNIGHT OIL 1984

THE YEAR THE OILS INSPIRED A NATION

A PICCOLO FILMS PRODUCTION DIRECTOR, CINEMATOGRAPHER AND EDITOR RAY ARGALL PRESENTS "MIDNIGHT OIL: 1984"
 PRODUCERS RACHEL ARGALL RAY ARGALL EXECUTIVE PRODUCER LUCINDA CLUTTERBUCK MUSIC WRITTEN AND PERFORMED BY MIDNIGHT OIL
 VISUAL FX CREATION AND DESIGN DAVE DAVIDSON SOUND POST PRODUCTION DESIGN KEE P. FITZGERALD



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Joyce, Mission Australia supporter

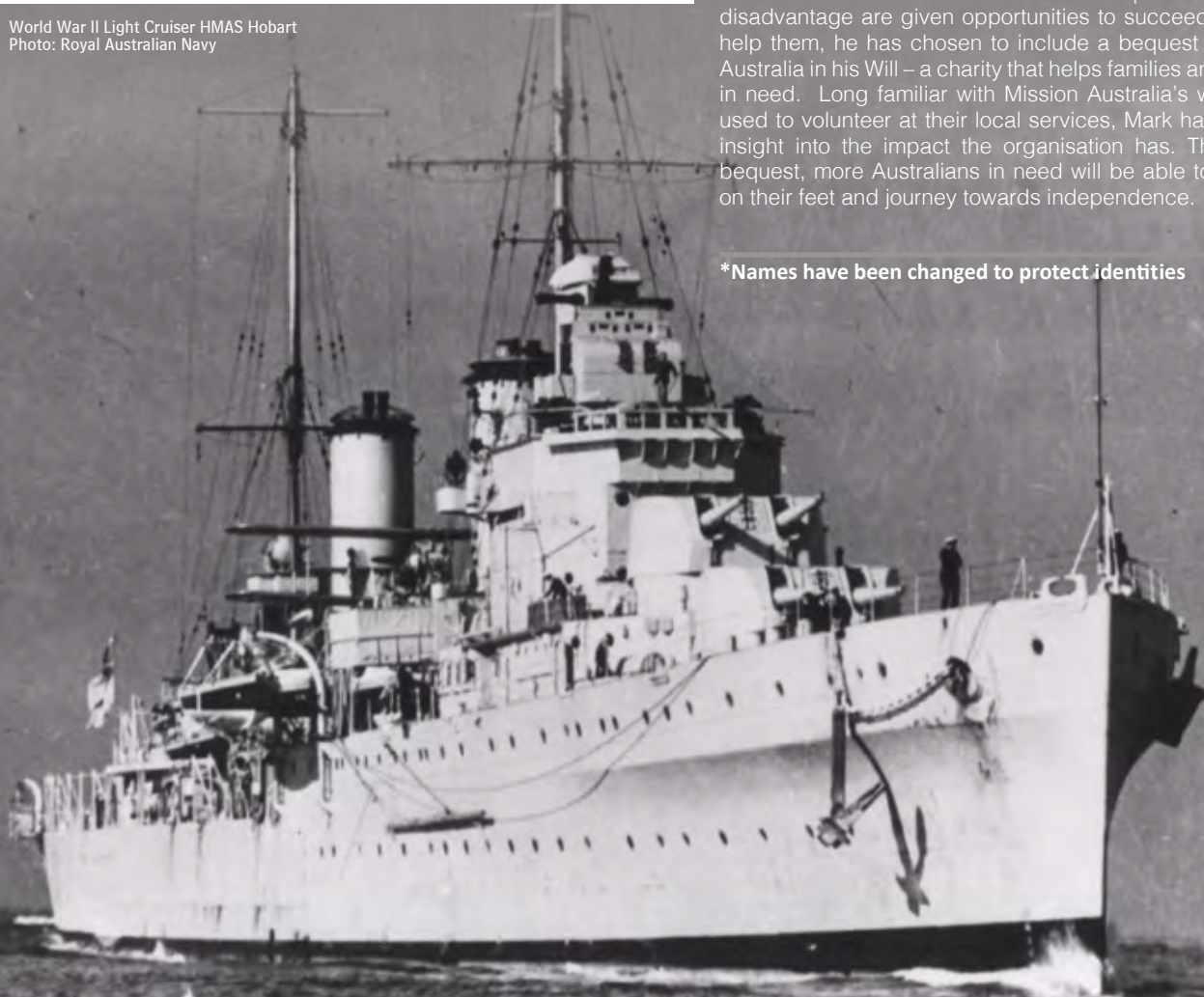


Pat and Christine

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missionaustralia.com.au/mywill

World War II Light Cruiser HMAS Hobart
Photo: Royal Australian Navy



TURNING 100 THIS YEAR, VETERAN MARK* HAS ACHIEVED A LOT IN HIS LIFETIME

He earned the rank of Lieutenant Commander in the Navy and earlier in his career served in the Navy on three ships – The Hobart, The Katoomba and The Swan. Although he had an accomplished adult life, Mark's early life was anything but easy. On the brink of the Great Depression when Mark was just 10 years old, his father passed away. This left his mother to care for him and his 7-year-old sister, Ruth, alone. Unsure of how else to care for her children, given her financial struggles, she was forced to put Mark and his sister in the Church of England Children's Home at Carlingford. Mark went to the Boys' home and Ruth went to the Girls' home.

"I wasn't born with a silver spoon in my mouth," Mark said. "I had a poverty-stricken upbringing and I've made my way from there."

Situated on a large property of more than 50 acres, the Children's Home had an area out behind the main building that housed the shower facilities. Each morning showers would occur at 6, even in winter when a layer of frost covered the ground.

"It was breathtaking for the first few days and I got used to it," Mark said. "It was very, very difficult." At 15, he left the Boy's home and began working to help support his mother. He made just three shillings a day, working 5-and-a-half days a week and his mother made just enough to pay the rent by cleaning the common areas of the complex they lived in. Mark was later deployed into the Navy during World War II where he served for four years without leave.

Soon after returning from active service, Mark secured a job working as a civilian for the Navy and was able to send some money home to help his mother alongside the welfare she now received. He reached a high status as a civilian which led to his eventual appointment as a Lieutenant Commander.

With the pictures of his early life still etched in his memory, Mark now wants to make sure children experiencing similar disadvantage are given opportunities to succeed in life. To help them, he has chosen to include a bequest to Mission Australia in his Will – a charity that helps families and children in need. Long familiar with Mission Australia's work as he used to volunteer at their local services, Mark has firsthand insight into the impact the organisation has. Through his bequest, more Australians in need will be able to get back on their feet and journey towards independence. ■

***Names have been changed to protect identities**

Archives explore hidden impact of World War I

The untold stories of the Anzacs during World War I will be the focus of a fascinating talk during South Australia's History Festival.

Using service and repatriation files, 'Discovering the Anzacs' will explore untold stories from soldiers, many of whom served in Gallipoli, and the impact the war had on Australian families.

Leading aged care provider ECH has teamed up with the National Archives of Australia to present the free event at the ECH Head Office on Greenhill Road, Parkside, on Thursday, May 3, from 10am to 12 noon.

Attendees will learn how to access the National Archive's 376,000 digitised World War I service files and contribute their own stories and photographs.

ECH has come on board as a major sponsor of the History Festival, which is one of SA's largest community events and celebrates its 15th anniversary this year.

ECH Chief Executive David Panter said the partnership was a perfect fit given the two organisations shared similar community objectives.

"We share a lot of values with the History Festival such as building stronger communities, fostering a sense of belonging and encouraging lifelong learning, which all help to combat social isolation," Dr Panter said.

Other events being hosted by ECH as part of the History Festival include an interactive conversation about technology during a morning tea at ECH Wellness Victor Harbor on Monday, May 21.

Meanwhile the ECH Henley Beach Day Program will host a unique dining experience on Thursday, May 10, and a live band taking requests from the audience on Thursday, May 24.

Bookings are essential for all events and can be made by calling ECH on **T. 1300 275 324**.

ECH HISTORY FESTIVAL EVENTS

FREE

DISCOVERING THE ANZACS

Join ECH and the National Archives of Australia for a presentation about WW1 records and repatriation files. Discover a selection of digitised records of those who left Australia with the first convoy, departing Albany in Western Australia on 1 November 1914 and learn how to contribute your own stories.

Thursday 3 May, 2018 | 10am - 12pm

Venue: ECH Head Office,
174 Greenhill Road, Parkside

WATER FOOTPRINT CANAPÉS

Enjoy a unique tasting experience with ECH in conjunction with Post Dining. Discover specially constructed canapes, designed to bring attention to the water footprint of different foods. Each option is portioned to a size that would require 50 litres of water to produce.

Thursday 10 May, 2018 | 10am - 12pm

Venue: ECH Day Program, Henley Beach
11 Laidlaw Street, Henley Beach

TECHNOLOGY THROUGH TIME

An interactive conversation about how technology has evolved through the years. Bring your favourite piece (or a picture) of technology from your childhood years and discuss how it has impacted your life. Mingle and enjoy morning tea with the group.

Monday 21 May, 2018 | 10am - 12pm

Venue: ECH Wellness Victor Harbor,
Shop 2, 1-7 Torrens Street, Victor Harbor

MUSIC AND MEMORIES

Come and join ECH for some live music with a difference as we are taking requests to build a special memory soundtrack. Live band, Cruze Bros, will be playing the songs on the day. Bring your dancing shoes!

Thursday 24 May, 2018 | 10am - 12pm

Venue: ECH Day Program Henley Beach,
11 Laidlaw St, Henley Beach

**Call 1300 275 324
to make a booking.**



KEITH PAYNE VC WANTS YOUR HELP TO GET BEARS IN PRIMARY SCHOOLS

IT'S YOUR HERITAGE TO PASS ON

In the final year of the Anzac Centenary donate a Great War uniformed bear to your family's primary school and help young Australians learn about history in a way that engages and connects.

For only \$99.00 your family name or business logo is included on a special educational story card that accompanies these detailed limited edition bears into classrooms. Ten uniformed bears to select from.

See how you can share history and create lasting memories of the Centenary of Anzac.

www.AnzacBears.com.au



Proudly supported by



SOLDIER ON



"Those of us with a link to service should be at the forefront of sharing the stories of Australia's proud military history," says Australia's oldest living Victoria Cross recipient, Keith Payne.

Mr Payne, who turns 85 years this year is championing a national Bears to School initiative that he says will give teachers the extra tools they need to talk with young children about our Great War history in a way that respects the age and learning needs of the students.

He is urging veteran groups and families to buy and donate a uniformed Great War teddy bear to local primary schools to help kids better connect to the stories and lessons they will do in the final year of the 2014-2018 Centenary of Anzac.

"There is much in war we cannot and should not share with our young, but there is more that we can and must share. Ours is a proud history of service and it is their understanding of our military heritage that will carry forward the best of who we are and can be," Mr Payne said. "Helping our kids connect to this history is a legacy that I, and most all who have served, would be proud to leave in Anzac Centenary."

Bears to School has 10 teddy bear characters, dressed in the uniforms of our diggers, sailors and nurses which, that My Payne says will, in the hands of teachers, get classrooms excited about learning history.

The Bears to School initiative is supported by the Returned and Services League of Australia, The National Servicemen's Association and Soldier On. Funds raised from the sale of the Australia in the Great War bears will help these and other charities continue to support veterans and veteran families.

To purchase and donate a bear visit www.AnzacBears.com.au. The bear donor's family name or business logo is included on a special story card that details the service or campaign the bear's uniform represents and which accompanies the bear in classrooms and home visits. Donors also appear on the AnzacBears.com.au website.

Veteran organisations can also use Bears to School to support local fundraising throughout 2018. Participating charities wanting to promote the bears must register with Bears to School to get a unique code that purchasers use to identify the charity. This allows



"Help us get these bears into every primary school"

Keith Payne VC

proceeds to be directed to the charity and also ensures that the charity's insignia can be included on the bear's information cards alongside the name of the donor.

"Veteran groups have thousands of supporters – individuals, businesses and organisations – and if we ask these people to get behind the initiative and purchase a bear I believe we can get bears into every primary school in Australia."

"In some cases people will donate a bear because they believe in our history and are simply proud to be Australian. In some cases it will be because that history is a part of their family story. And in some cases it will be because they believe in our kids' futures. Whatever the reason I hope that these stories will be shared in every community – because that community is what we wear a uniform to preserve."

"I know that a number of RSL sub branches have purchased more than a dozen bears each to donate to local schools. I think that is absolutely terrific. It shows our communities that we, the people who have worn the uniform for our country, care about sharing the history and traditions that were so much part of our lives," Mr Payne said. ■

People wanting more information on the Bears to School initiative should visit www.AnzacBears.com.au. Bears to School will run throughout 2018.

SA LEGAL PROFESSION: A HISTORY OF MILITARY SERVICE

The legal profession has a proud – and unavoidably tragic – history of defending Australia and its allies in the two world wars and other conflicts.

Some 51 members of the South Australian legal profession and 28 law students served in World War I. Of those, four practitioners and seven students died on active service (John Mills, who graduated at University of Adelaide but practised in Perth, also died on active service).

Historical records indicate that about half the profession served in World War I, suggesting that most lawyers eligible to enlist volunteered to join the war effort.

The Law Society played a significant role in the war effort back home, establishing and administering the Adelaide office of the Red Cross Bureau,

which provided information to loved ones about missing and wounded soldiers.

Our records also show that 143 South Australian members of the profession and 50 students served in World War II. Of that number, 14 practitioners and nine students died on active service.

The South Australian legal profession was considerably diminished by the war-related deaths, serious injuries and long-term trauma suffered by exceptional young lawyers whose great promise was never fulfilled. Our gratitude to their courage, commitment and sacrifice is immeasurable.

Of course, members of the South Australian legal profession also served in

other wars around the world, and the Law Society honours their service.

The South Australian legal profession has also had an illustrious involvement in military service away from the battleground.

A vital role in our armed forces is that of legal officer, and a number of members of the South Australian profession has served this role with distinction. Some local legal officers of note include Justice Kevin Duggan (Army), who served Judge Advocate General for many years, Judge Peter Herriman RFD (Army), David Quick QC RFD (Navy), Neville Morcombe QC RFD (Army), Professor Dale Stephens CSM (Navy), Magistrate David McLeod RFD (RAAF), Anne Trengove (RAAF) and former Law Society and Law Council President Alex Ward (Navy).

Current Law Society president Tim Mellor is a Lieutenant Colonel in Australian Army Legal Corps and head of its SA Panel.

The Law Society expresses its deep gratitude to all members of the legal profession who have served, and continue to serve, in Australia's defence force. ■


Lest We Forget

The Law Society pays tribute to all members of the South Australian legal profession who served, and continue to serve, in various conflicts around the globe. To those who sacrificed their lives defending our country, your bravery will never be forgotten.

 THE LAW SOCIETY
OF SOUTH AUSTRALIA

The SA Law Society's World War I Honour Board.

The Australian Institute of Marine and Power Engineers acknowledges the centenary of the end of WWI, and honours the continuing service of Engineer Officers Merchant Navy and RAN.



Terr Snee OAM, on behalf of the AIMPE Federal Council.



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Arthur Blackburn VC

Arthur Blackburn VC was arguably Australia's most notable 'citizen soldier' serving his nation with distinction in two World Wars and in public life.

Blackburn enlisted in the 10th Battalion AIF as a Private soldier shortly after the outbreak of War in August 1914. He went into camp at Morphettville Racecourse and joined 1 Section, A Company 10th Battalion; "The Adelaide Rifles".

A Company's Platoons had been formed as the Battalion's Scouts and Arthur Blackburn and his colleagues were to be among the first ashore at the Gallipoli landings. Indeed, Blackburn and another Scout, footballer Phil Robin, were credited by Charles Bean with having reached the farthest inland of any Australian troops, as far as is known. That small group of men paid a heavy toll. See the accompanying photograph; of the nine men four were killed in the immediate aftermath of the landing including Phil Robin. Another was to die later in France, and yet another became a delayed casualty immediately after the war.

Later in the campaign, Arthur Blackburn was commissioned as an officer having served there for the duration of the operation. He remained in the 10th Battalion and was a platoon commander when the Battalion arrived on the Western Front. After a brief period near Armentieres in Flanders, the 1st Division moved to the Somme in readiness to support the great offensive that began on 1 July 1916.

The 10th Battalion was committed to its first major action on the Western Front in France on 22nd July 1916, when it formed up to attack at Pozieres. The next day, Arthur Blackburn was ordered to attack a section of German trenches. He led eight separate assaults, constantly being reinforced as casualties mounted, but eventually capturing the enemy positions albeit at great cost. Some 41 of Blackburn's men including his Sergeant, Robert Inwood ([/explore/people/372645](#)) were killed. Sergeant Inwood's brother Roy ([/explore/people/44803](#)) was to win another VC for the 10th Battalion in Belgium the following year. For his resolute leadership and personal bravery at Pozieres, Arthur Blackburn was awarded the Victoria Cross.

The fight for Pozieres where Blackburn won his VC, and nearby Mouquet Farm, cost the Australians 5,000 men killed and 23,000 wounded in five weeks. The 10th Battalion suffered the most of the four battalions of the 3rd Brigade. Their sacrifice was extended among the South Australian Battalions later in the battle, particularly the 27th and the 48th Battalions who captured and held the Windmill feature in succession at its

Enlisted:	19 August 1914, Morphettville, South Australia
Last Rank:	Lieutenant Colonel
Last Unit:	2nd/3rd Machine Gun Battalion
Born:	Woodville, South Australia, 25 November 1892
Home Town:	Adelaide, Adelaide, South Australia
Schooling:	Pulteney Grammar, Saint Peter's College, University of Adelaide
Occupation:	Solicitor
Died:	Natural causes, Crafers, South Australia, 24 November 1960, aged 67 years
Cemetery:	AIF Cemetery, West Terrace Cemetery, Adelaide

culminating point on and beyond the 4th of August on the high ground north east of the town.

Arthur Blackburn was later invalided home to Australia with pleurisy, being discharged medically unfit in April 1917, and so survived the war. He became a founder of Legacy and the RSL in his mid 20s, and a Member of Parliament at age 26.

A lawyer by profession he was a partner with wartime colleague William "Bill" McCann. He subsequently served as SA's State Coroner between the Wars. He re-joined the militia and in 1940, he raised and commanded the 2/3rd Machine Gun Battalion with distinction in the Middle East. He received the surrender of the Vichy French in Damascus at the end of the Syrian campaign. Along with another Adelaide lawyer / soldier, Cedric Isaacson, of the 2/27th Battalion, Blackburn was appointed to the Control Commission of Syria, conducting an inquiry into the conduct of the Syrian campaign.

When the 7th Division was recalled to defend Australia from the Japanese, Blackburn and his men were directed to Java in the course of the argument between Curtin and Churchill about where Australia's two returning Divisions were to be deployed. Churchill had tried to have the convoy diverted to Burma. Curtin naturally enough looked to the defence of the nation first and foremost and refused Churchill's request. This became a turning point in Anglo Australian relations as Australia looked to the US in its war with Japan.

In the meantime, Blackburn and his men, on the Orcades, the fastest ship in the convoy, were re-directed as Singapore fell. They were to form "Blackforce" to join the futile penny packeting of Australian units through the Indonesian archipelago and in New Britain. Blackburn was promoted Brigadier to lead the force comprising ancillary units of the 7th Division.

"Blackforce" was landed on the island of Java. They had no vehicles, weapons or ammunition - they were on other ships in the convoy.

Undaunted, Blackburn assembled his scratch Brigade, equipped them with a shipload of American stores and equipment intended for the Dutch but fortuitously abandoned on the docks. Although promised extraction at a future date, they were effectively abandoned in one of several futile gestures that squandered men and equipment that would have been much more useful later in the defence of Australia against the Japanese.

Blackburn conducted an amazing but little known delaying defence of the island, with the Dutch having effectively capitulated around him until, without any hope of extraction, he surrendered the Force and they became prisoners of the Japanese. Most of Blackburn's men were sent to Singapore's infamous Changi prison and later many laboured on the dreaded Burma Railway or were sent to Japan. However Blackburn was sent to Manchuria via Taiwan. Although he survived that ordeal it took its toll on his health. At the end of the War he was repatriated to Adelaide, where people were shocked by his gaunt physical appearance.

He resumed public life, including a short period as RSL State President, a role he had held nearly 30 years earlier. However, his health deteriorated progressively and he died at Crafers in 1960 aged 68. He is one of four VC winners buried at West Terrace Cemetery. The Department of Veteran's Affairs Adelaide headquarters in SA is named after him.

Arthur Blackburn was perhaps the most ubiquitous citizen soldier the nation has produced. His life is extensively documented in an excellent biography, "Arthur Blackburn, VC" by Adelaide journalist Andrew Faulkner. ■

Robe to Recovery

'We must do more to help our veterans' was the message I kept hearing, repeated again and again in the media. That and a number of social media posts noting the alarming statistics of veterans taking their own lives was a compelling reason to want to do something to help.



Photo: Jacqui Bateman



But how could I help? What could I possibly do that would make a difference?

How could I, as an individual, do anything significant to make a difference to a veteran who has served their country and gone through unimaginable and sometimes horrific experiences, have discharged from the ADF and are now trying to get on with their lives as a civilian?

Be a part of the community of Robe, that's how. This little historical fishing village with only 1700 permanent residents known for its stunning beaches, wineries and great foodie culture, is popular with tourists year round.

It also has a high percentage of holiday homes, which in the low season, have a relatively low occupancy rate.

So Robe to Recovery was born. With the help of veteran Justin Brown, this wonderful little town has banded together to help, support and offer our veterans the opportunity to spend valuable family time together within a supportive community environment where their service and self sacrifice is recognized, valued and appreciated.

So far, 25 local and absentee holiday home owners, have donated accommodation, ranging from cabins at the local caravan parks, to privately owned holiday homes. Even members of the community have jumped on board, offering private accommodation in their own homes.

The majority of Robe's hospitality businesses are also involved, offering meal and beverage vouchers; local wineries donating some of their best drops; local businesses offering services such as family portraits, local dairy products, seafood, mementos of Robe, massages and activities like yoga, surfing, kayaking, fishing, 4 wheel driving, golf, bowls and even a cruise around the bay. All accompanied by a simple but heartfelt note from their donor, to say 'thanks for your service'.

Robe's returned servicemen have been very 'hands on' in this initiative and are members of the R2R oversight committee; the Robe RSL Sub Branch, have taken a leading role in administering the Robe to Recovery bank accounts.

After featuring in the ABC Back Roads program aired on 1st January 2018, our program has expanded into Cobden, Victoria who welcomed their first veteran in March. Four other towns in Victoria, NSW and SA are in the process of setting up their own versions of Robe to Recovery, under the Australian Veteran Respite Program model, which was written by Justin Brown when it became obvious that it needed to be formalized.

To date, we have hosted 18 veterans and their families in the program and we have the capacity to increase the number of veteran visits to help even more.

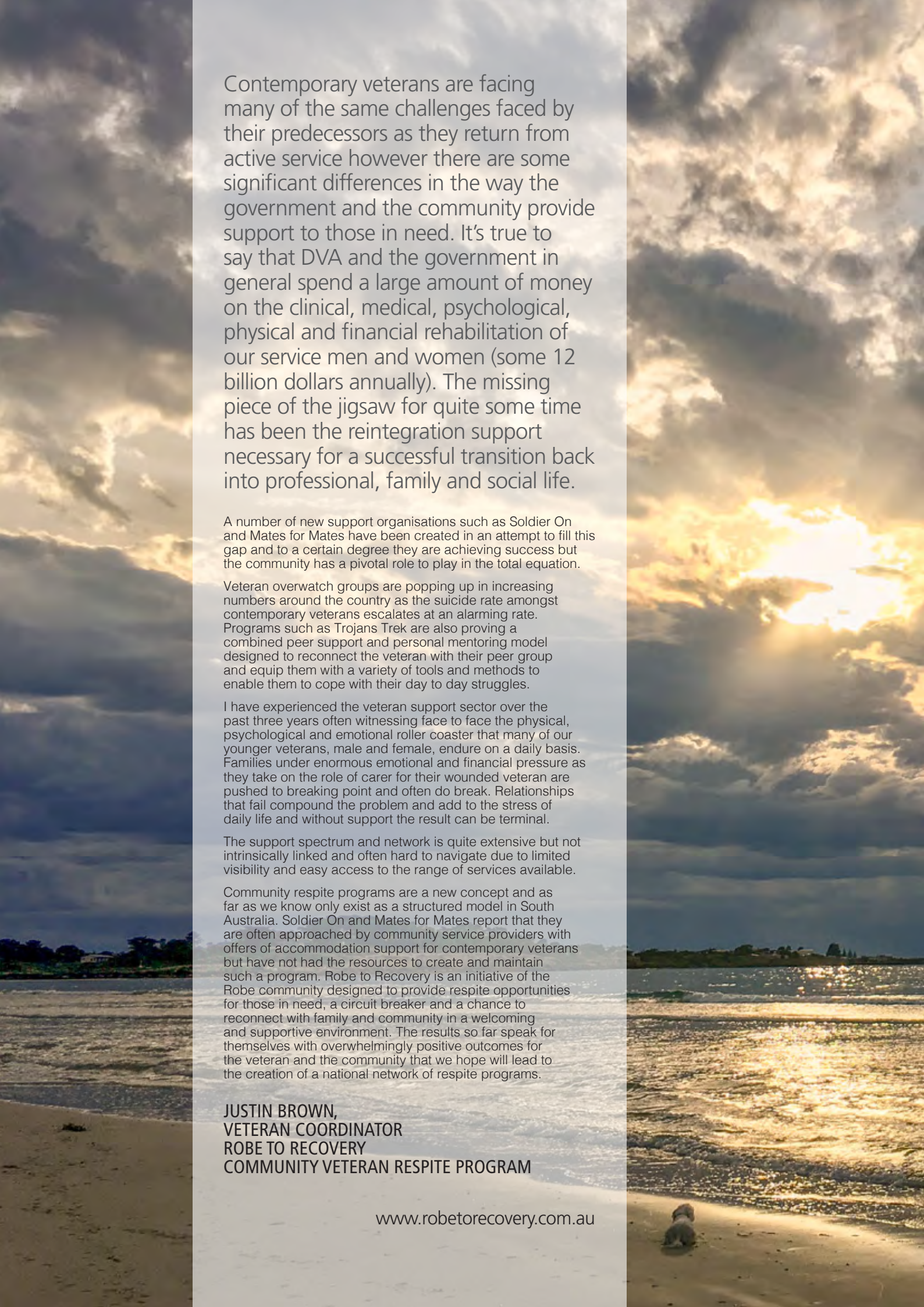
Why has it been so successful? These smaller country and coastal towns all know the meaning of community. They thrive because of community and the integral part it plays in their day to day lives. It's highly unlikely an initiative like this would actually work in the city or a larger regional town.

The opportunities to expand Robe to Recovery are endless. We have a vision to grow this community driven initiative around the country. To let our veterans know they are valued and to thank them for their service, through actions rather than lip service. To send them away from their respite, refreshed, recharged and reinvigorated.

And we wish Robe to be known as an ADF-friendly town, where veterans and current serving members of the Australian Defence Force know they'll be welcomed with open arms, to unwind for a while, within a supportive and thankful community. And to know that a little fishing village in South Australia are grateful for their service.

JACQUI BATEMAN
FOUNDER & COORDINATOR, ROBE TO RECOVERY

www.robetorecovery.com.au

A dramatic sunset over a beach. The sky is filled with dark, heavy clouds, with a bright sun breaking through in the center-right, creating a golden glow and illuminating the clouds. The sun's rays create a shimmering path of light on the water's surface. In the foreground, a sandy beach is visible, with a small dog sitting on the sand near the water's edge. The overall mood is contemplative and serene.

Contemporary veterans are facing many of the same challenges faced by their predecessors as they return from active service however there are some significant differences in the way the government and the community provide support to those in need. It's true to say that DVA and the government in general spend a large amount of money on the clinical, medical, psychological, physical and financial rehabilitation of our service men and women (some 12 billion dollars annually). The missing piece of the jigsaw for quite some time has been the reintegration support necessary for a successful transition back into professional, family and social life.

A number of new support organisations such as Soldier On and Mates for Mates have been created in an attempt to fill this gap and to a certain degree they are achieving success but the community has a pivotal role to play in the total equation.

Veteran overwatch groups are popping up in increasing numbers around the country as the suicide rate amongst contemporary veterans escalates at an alarming rate. Programs such as Trojans Trek are also proving a combined peer support and personal mentoring model designed to reconnect the veteran with their peer group and equip them with a variety of tools and methods to enable them to cope with their day to day struggles.

I have experienced the veteran support sector over the past three years often witnessing face to face the physical, psychological and emotional roller coaster that many of our younger veterans, male and female, endure on a daily basis. Families under enormous emotional and financial pressure as they take on the role of carer for their wounded veteran are pushed to breaking point and often do break. Relationships that fail compound the problem and add to the stress of daily life and without support the result can be terminal.

The support spectrum and network is quite extensive but not intrinsically linked and often hard to navigate due to limited visibility and easy access to the range of services available.

Community respite programs are a new concept and as far as we know only exist as a structured model in South Australia. Soldier On and Mates for Mates report that they are often approached by community service providers with offers of accommodation support for contemporary veterans but have not had the resources to create and maintain such a program. Robe to Recovery is an initiative of the Robe community designed to provide respite opportunities for those in need, a circuit breaker and a chance to reconnect with family and community in a welcoming and supportive environment. The results so far speak for themselves with overwhelmingly positive outcomes for the veteran and the community that we hope will lead to the creation of a national network of respite programs.

**JUSTIN BROWN,
VETERAN COORDINATOR
ROBE TO RECOVERY
COMMUNITY VETERAN RESPITE PROGRAM**

www.robetorecovery.com.au



After spending time in transit camps and refugee camps An Thien Vo Tran arrived in Australia as a child refugee with his Vietnamese family. An is now a successful businessman and chemist and lives in Robe. An is a strong supporter of Robe to Recovery. Here is An's story...



My mother and I escaped Vietnam in March of 1988

My mother and I escaped Vietnam in March of 1988. I was only 21 months old at the time. Looking back at it now, I still cannot comprehend how strong and courageous my mother was for undertaking that dangerous journey with me in her arms. And no words can express the amount of respect and admiration I have for her today. She was only a young woman at the time, in her mid-twenties and had just taken on the roles of being a new mother. For a good part of my early childhood, she was all I had. This is really her story.

It has been just over a decade since the end of the Vietnam War, and the new communist regime has placed the nation into despair. Like all families at the time, we too experience heartache and hardship with the new regime. Several of my uncles were military officers of the old regime who fought alongside the Australian and American soldiers prior to 1975. These men were promptly captured and placed into concentration camps shortly after the end of the war. Other members of my extended family had their livelihoods taken away, leaving them with little more than the clothes on their backs. Despite this, we considered ourselves some of the more fortunate ones.

My father left my mother and me shortly after my first birthday. With a new son brought into the world, he couldn't stand the thought of starting a family where the basic human rights were denied to us. In order to find a better future for us, my father along with many others, made the decision of fleeing the country in an attempt to escape the communist regime. He was hoping to pave a safe path for my mother and me to join him once he'd made it to the shores of freedom. The only way to escape the country was by sea, a very dangerous route. Dad made it safely to the coast of Indonesia, where

he was able to send correspondence back to my mother. The family was overjoyed to know that he had survived the journey. Others were not so lucky. The seas were dangerous and unforgiving. Numerous boats never made it to their destinations. Many were swallowed up by storms; others had engines fail on them, leaving those on board drifting endlessly until they all succumbed to thirst and starvation. Furthermore, the seas were rampant with ruthless pirates who preyed upon on the poor souls of the Vietnamese boat people. Dad was one of the lucky ones; he made it out of communist Vietnam. He was free, and there was light at the end of the tunnel. All mum and I had to do now, was just wait patiently for him to be accepted into Australia, and then he would be able to get us to join him via sponsorship. However, fate often likes to throw you a curve ball every now and then.

Things should have played out smoothly. But for reasons still unclear to me, be that political or personal, this didn't happen. At that time, for us to be a family again, mum and I would have to undergo that same treacherous journey across the seas. This was a tremendously hard decision for her to make. She knew very well the risks involved. She was not only putting her own life at risk, but that of her only son too. The whole family voiced their concerns, objecting to her decision to escape. But mum knew deep down what she wanted. She wanted us to be a family again, she wanted me to grow up with a father, she wanted a future for me, but most of all, like all Vietnamese, she wanted freedom. With that in mind, despite the family's objections, she left carrying me in her arms. She left behind, beloved brothers and sisters, a loving mother and a dying father.

Our journey began like many others before us. Everything had to be carried out in secrecy and in the dead of night. We had around 150 people leaving with us on that same trip. The first major task for the organisers of the escape was to get those people on board a boat 1.5m wide and spanning 13m long without alerting the authorities. In order to do this, we had to be divided into smaller groups which had to travel separately via small dinghies from the main rivers to a secret location out in the near the ocean where the larger boat awaited us. This was the point of no return. Mum knew that there were only two outcomes, we would either find salvation or die trying. Being only 21 months old, I was oblivious to what was going on. All I knew was that I wasn't at home in my comfortable bed, with mum singing me to sleep with her usual lullabies. Instead I was stuck beneath the deck of an old smelly boat with about 150 other people packed in like a game of human Tetris. Weary and agitated, I began to cry, begging my mum to go home. "Mum, can we go home? I want to go home!" I kept begging. Little did I know that every time I cried, my words and tears were like tiny razor sharp daggers cutting away at my mother's heart, little bit by little bit. She had realised that at that point in time, we no longer had a home.

We spent a total of 13 days at sea, which I can only imagine must have felt like 13 years for those on board. A lot of things took place during that time. The fact that my mother and I are still alive today is a true testament that a greater force was indeed watching over us. The full details of the events, which took place on our boat, would be too much to go into for the purpose of this document. But a brief description of the journey is as follows:

Day 1: The sun rose on the first morning and we found ourselves being chased by the police. They gave chase for a short distance and retreated. However, the pursuit had overheated our boat's only engine to the point of no repair. Leaving us drifting aimlessly, within Vietnam waters.

Day 4: The boat had been drifting for several days. Food and water were beginning to run low. Mum had been cutting back on her rations of food and water to save more for me. The situation was getting worst. That night the journey claimed its first and only life. A young teenager climbed above deck in an attempt to ask the captain for some more water. At the same time a large wave hit the boat and he was knocked overboard. Strong waves, the darkness of night and the lack of an engine made it impossible to find him, let alone rescue him. Everyone was woken up by his cries for help, but there was nothing anyone can do.

Day 5: We were still drifting in Vietnam waters. Hunger and thirst had begun to take its toll on everyone on board. A large Vietnamese coast guard ship had spotted us on their radar and approached our boat. We welcomed the authorities this time. The thought of being taken back and placed in prison now seemed ideal compared to what we were enduring. "Please, take us back, we surrender now!" One person yelled. The police officers had something else in mind. They knew that we were desperate, and low on food and water. "You've made your choice, now you pay the consequences. You can all die in these shark-infested waters! An officer replied. With that said, they returned to the mainland, leaving us drifting. Morale on board hit an all time low.

Soon, after coast guard ship left. A Thailand fishing boat that was fishing illegally in Vietnam waters had spotted us on their boat's radar and came to our aid. They told us that the Vietnamese coast guards were coming back with reinforcements to take us back and offered to tow our boat out of Vietnam waters to safety. We welcomed this gesture of goodwill. Once, we were into international waters, the Thai fishermen gave our boat some food and water. All the passengers were still hiding below deck at the time, as we still didn't know whether these fishermen were friend or foe. However, the food and water had lured a few of the passengers above deck. After seeing some of our people, the Thai captain tried to make a deal with our captain. They offered to tow us to Indonesia in exchange for some of the women on board. We refused and with that they cut the ropes and left us drifting again, this time further away from the mainland.

Day 8: We encountered another Thai fishing boat. They offered to tow us to safety, this time in exchange for gold. Our captain managed to gather 15 gold pieces from the people on board and gave it to the fishermen. They towed us around in circles for a few hours before cutting the ropes and once again leaving us drifting to no end.

Day 12: Things on board were getting more and more desperate. Mum was beginning to struggle to find enough food and water for me. That night as everyone was sleeping, another Thai fishing boat pulled up next to ours. They had spotted a young girl sleeping above deck. A few men jumped onto our boat in an attempt to abduct her. They were successfully fought off by our crew and promptly left the area.

Not long after, they came back with 2 other vessels. Fear and panic swept our boat. This would definitely be the end, everyone thought. The 3 boats began ramming our tiny defenseless boat, in an attempt to sink us. It was chaos beneath deck, people were screaming and crying, others were praying to their respective faiths. Mum held me tight in her arms, keeping me calm while praying that if things were to end, that it would end swiftly. The ordeal lasted for what must have felt like an eternity. What happened next completely shocked everyone. Silence. The 3 Thai boats just pulled away and left.

Day 13: As the sun rose on the 13th day, it brought with it new hope. Everyone was still shaken up and confused by the previous night's events. Then something else happened which also completely took everyone by surprise. In the distance, the captain spotted another oncoming vessel. This time it was the Thai coast guard, the friend that we had been praying for. They were there to help. They supplied us with food and water, and pulled our small boat towards Malaysian waters. They told us that they cannot take us to Thailand, but we would be able to find refuge in Malaysia. They then radioed the Malaysian authorities to come and collect us.

We had made it. The Malaysian government had taken us in. We had survived.



We spent the approximately one and a half years in a refugee camp on one of Malaysia's islands. Dad eventually successfully made it to Australia where he began the process of getting us to join him.

There was a photographer in the camp who would go around offering to take photos so that people could send them to their loved ones. Mum keeps telling me that I use to be such a little poser and would like nothing more than to have my photo taken.....Frankly, I don't know what's she's on about!

During the time we were in Malaysia, mum received sad news from home. My grandfather (Mum's dad) had lost his long battle with cancer and passed away. Mum never got to say her goodbye.

My mother and I arrived in Australia in the winter of 1989. Australia had welcomed us with open arms and for that we are forever thankful. Mum had endured so much on her own, but that was all about to change. We were greeted at the airport by dad, along with my aunty and uncle who had arrived in Australia before us.

It was a long journey, but we have been reunited. It would be impossible to try to describe the range of emotions that everyone went through at the time, especially mum's. The important thing was that we were together again; ready to start a new life. This marked the end of one journey, and gave rise to the beginning of another. The rest as they say... is history!!

AN THIEN VO TRAN

RSA POPPY APPEAL

shines a light on Veterans' mental health

Poppy Appeal vital to RSA's help of veterans and their families. The 2018 appeal theme is "not all wounds bleed".

The theme for this year's RSA Poppy Appeal, not all wounds bleed, highlights the fact that mental health injuries are the most common, but least understood, of all wounds suffered by New Zealand servicemen and women.

The proceeds of the Poppy Appeal also help veterans coping with the myriad of conditions brought on by service, for help with transitioning to civilian life or financial aid in times of hardship.

RSA National President BJ Clark said the RSA was committed to providing a wide range of help to former members of the military who have served in deployments around the world.

Mr Clark said New Zealand now has 41,000 veterans – the most at any time since the end of the Second World War.

"Many Kiwis would be surprised to learn that nearly three-quarters of those veterans served in overseas deployments since the Vietnam War.

This younger generation of veterans have to deal with many of the same life challenges of those earlier generations of service men and women but perhaps without the understanding of the public that they too had experienced some dangerous, stressful and personally distressing situations in their service for New Zealand. This can lead to the kind of mental health challenges that many of our former service men and women are dealing with on a daily basis."

This year's Ambassadors are:

Mr Apiata, who attended today's appeal launch, was awarded the Victoria Cross for New Zealand in 2007 for bravery under fire during the war in Afghanistan.

Lt Col Melanie Childs is currently the Commanding Officer of the NZ Army's 2nd Combat Service Support Battalion located at Linton Army Camp. She was named the 2017 New Zealand Defence Force Person of the Year after taking charge of United Nations soldiers and police to lead internally displaced personnel to safety through a battle zone in South Sudan.

Mike King is a prominent mental health educator and founder of The Key to Life Charitable Trust, which aims to reverse the population trends of depression and suicide by promoting positive social change.

All Blacks head coach **Steve Hansen** has a family member currently serving in the military and appreciates the toll that being in service can take on individuals and families.

Tina Grant is a serving soldier, mother and a war widow. Tina's husband Doug was killed in Afghanistan in August 2011. Through her work with the RSA and for NZDF as Liaison Officer for Families of the Fallen, she recognises the critical importance of caring for families of those in service.

Naval Reservist and singing sensation **Rebecca Nelson** will once again be singing the New Zealand anthem at the dawn service at Gallipoli this Anzac Day.

Film maker **Sir Peter Jackson**, who is a founding member of the RSA National Association and the creative force behind Wellington's Great War Exhibition, returns as a Poppy Appeal Ambassador.

The 2018 Poppy Appeal marks the 96th running of the appeal, making it New Zealand's oldest continuously run appeal.

RSA Chief Executive Jack Steer says the longevity of the appeal reflects New Zealand's long-held commitment to assisting countries near and far in times of conflict; in peace-time missions and other deployments in aid of others.

"While for most of the 20th Century New Zealanders knew that the Poppy Appeal was a key part of providing support to our former servicemen and women and their dependents, that is not so well understood today. The Poppy Appeal funds can only be used to provide help and support to those veterans and their families. And that help is available regardless of whether they are RSA members or not. All funds collected by clubs locally is also deployed locally, providing care to those servicemen and women and their families living in your communities," Mr Steer said.

Donations can also be made online at rsa.org.nz/donate; at any ANZ branch; and via the NZME Pin-a-Poppy Appeal text donations (people can contribute \$3 by texting POPPY to 4622)



TOUR DE LEGACY EUROPE 2018

Legacy's 2018 Tour de Legacy Europe campaign will commemorate the final year of the 100 years of ANZAC, World War I Armistice and also celebrate the 90th Anniversary of Legacy Adelaide.

Launching from the Australian War Memorial in Hyde Park London, a fitting location, due to it being dedicated to the 102,000 Australians who died during the First and Second World Wars, the campaign features a peloton of thirty (30) cyclists, cycling almost 1000 kilometres over eight days, throughout the many battlefields of Europe. Ending with the official Armistice Service at the Australian National Memorial Villers-Bretonneux, the entire campaign will be captured via acclaimed documentary maker Wayne Groom.

As well as capturing the commemoration and celebration, the documentary tells the story of the 1st Anzac Cyclist Battalion, Australian Infantry Force (AIF) Cyclist Corps. It is not well known that the AIF had cycling units that were used in many of the major battles during the First World War such as Messines in June 1917, and Passchendale in July 1917. These units were deployed to the front line as well as undertaking cable burying, traffic control and reconnaissance work.

The cyclists were mainly used as despatch riders. During semi-open warfare periods in 1917 and 1918, they operated similar to cavalry. A brigade column in an advance would have cyclists attached. They weren't as mobile or flexible as cavalry, but didn't cost as much to maintain either.

Today, bike technology has changed significantly from those used in the First World War. No carbon fibre frames, dual suspension, shock absorbers or gears back then, and the AIF Uniform was the standard Cycling Corps apparel, no lycra for our troops.

The AIF cycling units have often been forgotten in military history but the humble bicycle played a very important role in the logistics of warfare.

The documentary also highlights the story of Captain Colin Hales, of the 1st ANZAC A.C. Cyclist Battalion, who sadly was killed in action in La Houssaye on the 20th of December 1916, just a few days short of Christmas.

Saturday 3rd November sees the Tour launch, and for the following seven days, travelling throughout France and Belgium

visiting various battlefields and key sites. On Sunday November 11th, the cyclists and Legacy representatives will attend the Armistice Remembrance Day Service at the Australian National Memorial Villers-Bretonneux.

Legacy is a unique Australian voluntary charity, an organisation dedicated to caring for the Families of those who have given their life or their health in service of our country. While Legacy can never replace a spouse or parent, it strives to create an environment where the family can thrive despite their loss.

Legacy was founded on the ANZAC tradition and represents important values such as mateship, compassion and is the embodiment of what service is and the true meaning of Comradery in the Defence Force, acknowledging that mateship forged from sharing the hardship and struggle of military life, where promises are made between mates to care for one another's loved ones, should they not return home.

It all started with a WWI Digger's promise to his dying mate that he'd "look after his missus and the kids". Behind each member of the Australian Defence Force who risks everything, there is 'a family' doing the same, and Legacy continues to assist the families of today's Australian Defence Force personnel, ensuring that no dependant of those who gave their lives or their health as a result of serving their country ever suffer financial or social disadvantage.

Since September 2016 over 72,000 Australian's have served overseas with the Australian Defence Forces involvement in conflicts such as East Timor, Iraq, Afghanistan and other areas of operational services, therefore Legacy's task of supporting young families with children will not only grow, but continue for many years.

Retired professional road and track bicycle racer and Olympian Stuart O'Grady, is Legacy's Ambassador for the ride. ■



2015 Tour de Legacy ride from Canberra to Adelaide.



2013 Tour de Legacy ride from Melbourne to Adelaide.



Stuart O'Grady World Championship 2001.

If you would like to support Legacy please sponsor Legacy Adelaide CEO rider Peter Ali at: bit.ly/tourdelegacy

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



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17/02/82 - 29/10/11



Caring for the families of those who
served their country.

Donate today at legacy.com.au



My Health Record: Consumers Take Greater Ownership of their Health Needs

Townsville resident Rebecca Vella believes My Health Record is an essential tool for all Australians – including the defence force – to keep track of all their important health information.

Rebecca's fiancé is a proud member of the Australian Defence Force, which means the couple are packing up their entire lives and moving to a new city every two to three years on average.

"Without My Health Record, I would forever be repeating myself to health providers and chasing up information," Rebecca said.

"I would have to either request my previous GP or specialist to send my records to my new provider, or I would need to repeat my entire medical history whenever I visited a new provider in a new area.

"I am currently accessing services in various facilities, and having a My Health Record to refer to means that I thankfully don't have to repeat my story to every new provider I see."

Rebecca confidentially relies on My Health Record wherever she goes, and believes it has allowed her to receive the best care possible, with minimal hassle.

Due to Rebecca suffering from a serious anaphylactic reaction to penicillin, she believes that the most valuable data on her record is her allergy information.

"I rely on this information being accessible and up to date if I am ever unable to communicate it to a health provider myself, especially in an emergency situation," Rebecca said.

"I recently went to hospital, and the Emergency Department staff were able to use previous uploads on my record to assist them with my diagnosis."

During her hospital visit, Rebecca's healthcare providers were able to access Pharmaceutical Benefits Scheme (PBS) and Medicare Benefits Scheme (MBS) data which informed them of tests she had previously done and medications she had been recently prescribed.

"The Emergency Department staff were able to access all of my test results, even though I didn't have any of the physical paperwork with me," Rebecca said.

Rebecca has strong confidence in using My Health Record to assist and contribute to the quality of the care that she receives.

She loves the idea of staying in control of her important health information, and does so conveniently and securely by accessing her My Health Record at least once a week using the Healthi app on her mobile phone.

Rebecca believes that My Health Record should be a standard conversation during all patient consultations with health providers, and that it will be a useful tool for empowering consumers to take a greater ownership of their health needs in the near future.

Rebecca says she is looking forward to the Government expanding My Health Record to all Australians in 2018.

"I encourage others to use My Health Record all the time," she said.

"I have told my friends in Sydney about it and they can also see the huge benefits of a national roll-out of My Health Record." ■



Pictured from left: Miriam McDonald (NQPHN Provider and Practice Engagement and Support Allied Program Officer) and Rebecca Vella.



Australian Government
Australian Digital Health Agency



My Health Record



My Health Record is an online summary of your key health information

More than 1 in 5 Australians already have a My Health Record.

Over time, My Health Record will bring together health information such as medical conditions, medicines, allergies and test results in one place. This means safer and more efficient care for you and your family.



For more information go to:

MyHealthRecord.gov.au | Help line 1800 723 471

CANCERSEEK: A BLOOD TEST FOR EARLY CANCER DETECTION

Researchers from the Walter and Eliza Hall Institute in Melbourne have contributed to the development of a blood test for the early detection of eight common cancers.

Called CancerSEEK, the blood test detects tiny amounts of DNA and proteins released from cancer cells. The 'liquid biopsy' screens for ovarian, liver, stomach, pancreatic, oesophageal, bowel, lung and brain cancers.

The blood test is designed to detect cancer at its earliest stages, before any signs or symptoms of cancer appear. Diagnosing the cancer early increases the chances it can be cured.

CancerSEEK was developed by researchers at Johns Hopkins University School of Medicine, US, in collaboration with clinician-scientists Professor Peter Gibbs and Associate Professor Jeanne Tie from the Walter and Eliza Hall Institute, Melbourne.

Professor Gibbs said cancer death rates were directly related to how advanced a cancer is at diagnosis, so early detection tests were urgently needed.

"Steady progress continues to be made in the treatment of advanced cancers, including major gains in life expectancy. But this can come at significant physical and financial cost. Early diagnosis remains the key to avoiding the potentially devastating impact of many cancer treatments and to

reducing cancer deaths," Professor Gibbs said.

While screening tests already exist for some cancers, such as colonoscopy screening for bowel cancer, these tests have limitations and can only screen for one cancer at a time. For many major tumour types there are currently no effective screening tests.

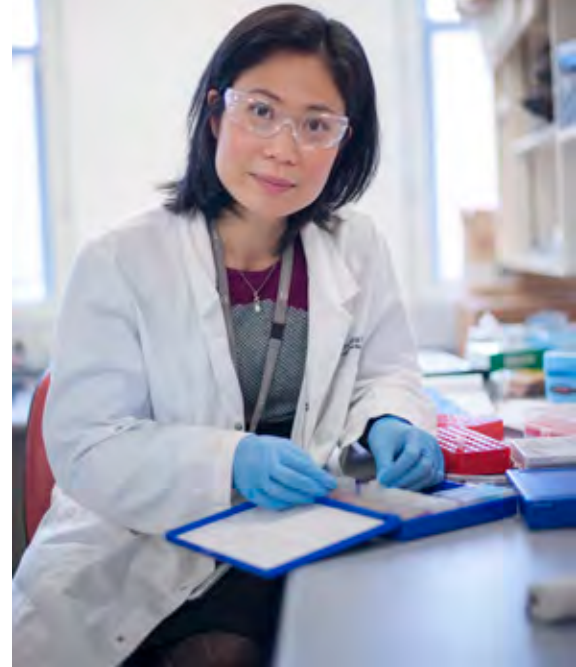
Professor Gibbs said CancerSEEK could reliably detect the early stages of cancer, well before symptoms were present, for multiple cancer types.

"The newly developed blood-based cancer DNA test is exquisitely sensitive, accurately detecting one mutated fragment of DNA among 10,000 normal DNA fragments, literally 'finding the needle in the haystack'," Professor Gibbs said.

"Importantly, the test is rarely positive in people who don't have cancer, preventing significant anxiety and further invasive tests for those who don't need them."

Associate Professor Tie said CancerSEEK had the potential to be a one-stop, safe screening test for multiple tumour types that should have high community acceptance.

"For the first time, we have the promise of a screening test that will lead to earlier diagnosis and improved survival outcomes for many tumour types that are major contributors to cancer deaths in our community," Associate Professor Tie said.



Professor Gibbs said the test was three to five years away from being used in the clinic.

"Large trials are now underway in the US, with CancerSEEK testing being offered to thousands of healthy people. Study results will be available in the next few years," he said. ■

If you are interested in supporting the Walter and Eliza Hall Institute, please contact Ms Susanne Williamson, head of Fundraising, on +61 3 9345 2962 or email williamson.s@wehi.edu.au

A LEGACY TO BE PROUD OF

When The Kids' Cancer Project was founded in 1993, virtually no children diagnosed survived. Thanks to scientific research that figure has been turned around.

However, childhood cancer is still the leading cause of death by disease in this country. Those who do survive are guaranteed to develop at least one chronic condition resulting from their treatment.

Col Reynolds, the founder of the charity has a bold vision, and that is for 100 percent survival of children with cancer while eradicating the harmful impacts treatment can bring.

"Our goal of saving the life of every child diagnosed with cancer will be an incredible achievement," Col said. "I've been to far too many funerals where parents have had to bury children. It's not the natural order."

"Over the years countless medical professionals have told me that it doesn't have to be this way," Col said. "Science is the solution."

The only thing holding back medical discovery is funding. The type of funding bequests can provide.

While the need is urgent, science is a long game. Projects initiated in labs take years to progress to clinical trials before eventually becoming part of standard treatment.

"The long-term nature of research means a gift in a Will can make a difference beyond one's lifetime," Col said. "The legacy of saving the lives of countless children well into the future is one that I'm proud of."

If this is a vision you also share, please consider leaving a gift by contacting thekidscancerproject.org.au or 1800 651 158.



Help discover new treatments to change the lives of children being treated for cancer.

Consider leaving a gift in your will to The Kids' Cancer Project, a charity dedicated to funding childhood cancer research.

Visit thekidscancerproject.org.au/giftinwill to learn more or phone Veena Singh in confidence on 02 8394 7715.

Complete the form to learn how your will can help the littlest cancer patients.

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ALEXANDRIA NSW 2015

Send me more information Request a call from Veena

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Address: _____

State: _____ Postcode: _____

Telephone: _____ Email: _____

BY THE AGE OF 85 ONE IN TWO AUSTRALIANS WILL HAVE BEEN DIAGNOSED WITH CANCER – AUSTRALIAN INSTITUTE OF HEALTH AND WELFARE (AIHW)

It's a sobering statistic, and one which means that in our lifetime we will all be touched by cancer. Whether personally, or through loved ones – no one is immune.

Malcolm Edwards is well aware of his statistic. He was diagnosed with two carcinoid tumours in 2007. Following treatment that included successful removal of one of the tumours and reducing the other, Malcolm's doctor told him, "he can't cure me, but he can control it, and that's the best news you can ever have".

When Malcolm Edwards updated his Will to include a gift to Cancer Council many years ago, he did so thinking of his children and grandchildren.

"We joke about the small portion of inheritance they're losing, but it's really a gift to them. I'm not a wealthy man by any means, but I know every little bit helps to take us a step closer to a cancer free world and that's something powerful to leave behind for your kids," Malcolm said.

Now, Malcolm's gift means so much more to him following his own cancer diagnosis of two carcinoid tumours in 2007.

Most recently Malcolm's wife of 50 years, Robin, has also faced her own battle with cancer when she was diagnosed with breast cancer in 2012.

Malcolm hopes that by leaving a gift to Cancer Council in his Will, his children and grandchildren will be protected for the future.

Cancer Council believe that we can and will beat cancer. There are things that we can all do every day to help make this happen.

Malcolm's gift will help fund vital research, support and prevention programs that make a real difference in reducing cancer and improving outcomes for patients facing the disease.

"I am leaving money to Cancer Council when I die. Cancer does terrible things to people. I'm no scientist, but this is something I can contribute," Malcolm said.



Leaving a bequest can mean a world of difference to researchers working towards a future free from cancer. If you would like to leave a gift in your will or find out more, please email the Bequests Team at bequests@nswcc.org.au or contact us on (02) 9334 1479

To those you love

leave hope for a cancer-free future



free guide
to including a gift in your will

A gift in your will can provide practical support to cancer patients and their families, and fund vital cancer research.

Get your FREE guide to including a gift in your will. Find out what has inspired others to do the same, how your gift helps to create a cancer-free future, as well as correct wording for your solicitor.

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Fill in the coupon and send to (no stamp required): Cancer Council Bequests, Reply Paid 572, Kings Cross NSW 1340

Meet Sydney Pancreatic Cancer Researchers: A View from the Lab

About the group: A/Professor Phoebe Phillips, Head of the Pancreatic Cancer Translational Research Group at UNSW Sydney, has been an inspiring contributor to the Last Post, and in this issue we get to meet two of her lab members. Dr George Sharbeen is a post-doctoral fellow who has been working with A/Professor Phillips for the last 6 years. During this time, he was awarded research funding from some of the most competitive funding bodies in the country, to lead his own research ideas. John Kokkinos joined the team in 2017 as an honours student and in 2018 began his PhD. He was recently awarded a highly prestigious Scientia scholarship (UNSW Sydney) which was only awarded to the top 1% of national/international applicants.

INTERVIEW WITH DR GEORGE SHARBEEN:

What is the current state-of-play for pancreatic cancer and have we made any progress?

Unfortunately, prospects for people diagnosed with pancreatic cancer are still grim – the average chance of survival is just 8%. We have seen some improvement in patient survival, but on average our current best treatments only extend life by 2-4 months. We clearly need out-of-the-box thinking to make a real impact. What is encouraging is that pancreatic cancer research has gained momentum in the last 10 years, with the advent of personalised therapy approaches and growing investment in the field. This has allowed us to develop a new class of drug that has shown great promise in the lab and which we soon hope to take into clinical trial.

What challenges have you faced? Is there anything the community can do to help?

One of our biggest frustrations is the fact that getting these breakthroughs to patients can take 10-15 years and costs in the vicinity of \$400 million. Our success to date is a result of Government and philanthropic investment in our research. This was only possible because of the advocacy of those impacted by pancreatic cancer. We greatly value the contribution of the community and we regular seek guidance from Mr Gino Iori, a community member who lost his brother to pancreatic cancer. The community, including your readers, can directly help our research by increasing public and Government awareness of the need for pancreatic cancer research funding. They can also directly donate through the Phillips Pancreatic Cancer Research Fund (www.donate.unsw.edu.au or contact A/Prof Phoebe Phillips p.phillips@unsw.edu.au for more information).

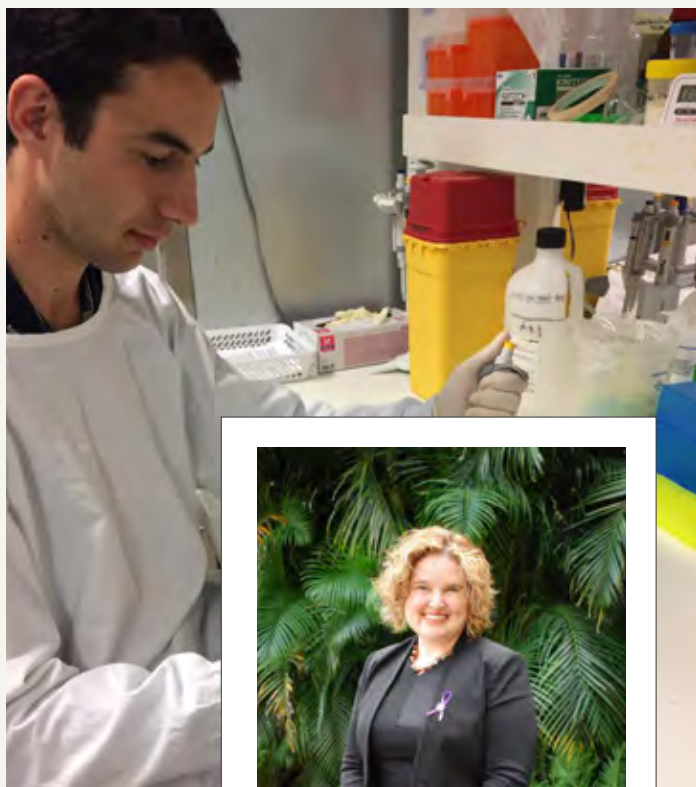
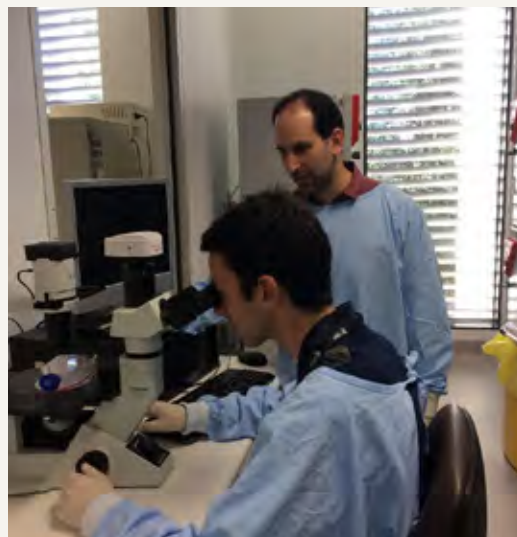
INTERVIEW WITH MR JOHN KOKKINOS:

You have just begun your PhD in the lab, what inspired you to join the group?

When I was first introduced to the group, I was instantly attracted to the energy and motivation of each member of the team. This strong team spirit is absolutely necessary if we are to make any advances in the field. I am also strongly inspired by my Byzantine Music teacher and mentor who sadly ended his battle with pancreatic cancer a few years ago.

As someone new to the field, how do you feel about the future of pancreatic cancer research?

It's an exciting time for cancer research at the moment, because I feel that this will be the generation that makes some real progress in cancer treatment. In recent years, we have seen the development of new technologies that allow us to do anything from characterising patient tumours in a matter of days to tracking individual tumour cells in a live tumour. Ultimately, this will guide us in developing new treatment strategies to improve the survival of pancreatic cancer patients. It is also humbling to know that we have the backing of an entire community and this is the most powerful driving force in our quest to help pancreatic cancer patients.



"I am extremely proud of George and John and their commitment to pancreatic cancer research. Mentoring the next generation of medical researchers is highly rewarding and learning from such exceptional early career researchers is inspiring."

PROFESSOR PHOEBE PHILLIPS



Toilet seat solves problems for arthritis sufferers

The Bidet Shop® customer Mabel suffers with arthritis and a painful back condition but has found a bidet has made the everyday task a much simpler.

"It's marvelous! I've always wanted a 'paperless' bidet in my bathroom and I wish I found it years ago!" Mabel said. "The bidet simply replaced the existing toilet seat and automatically cleaned without toilet paper. The friendly staff explained that the bidet toilet seat has many health benefits as well as the comfort factors of a heated seat and other features" she said.

The bidet can be used in 2 simple steps. Press the bottom/feminine wash button and the bidet provides a stream of warm water to clean thoroughly. Then with just the push of another button, warm air gently dries without the need for toilet paper.

"It is the best investment I have made in my personal health and hygiene in years and no longer finds going to the toilet an issue".

"Give it a go!" She says. "I did and I couldn't be happier".

For more information or to purchase call The Bidet Shop® on 02 9191 9320. The Last Post readers may qualify to have their Bidet fully funded. Please call us to ask how.

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In an emergency, when you may not be able to speak for yourself, carrying a form of medical identification can be life-saving. This is particularly important if you suffer from allergies, diabetes, epilepsy, heart diseases, deep vein thrombosis or asthma. Unfortunately, accidents do happen. Having your medical particulars immediately available to emergency staff can save time, unnecessary complications and costs.

SOS Talisman is an internationally recognised form of personal and health identification. The water and heat resistant locket-style Talisman contains a unique information strip for recording details such as blood type, allergies, medications and emergency contacts to assist medical staff.

Often handbags or wallets are lost or destroyed in an emergency situation, but with SOS Talisman your vital details are with you all the time. They are accessible on the spot, with no number to call to retrieve your information, saving valuable time.



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HONOURING VETERANS AND WAR WIDOWS



Ken Tunley turned 100 years old in February. To celebrate, Vasey RSL Care's Hero's Wish program fulfilled his wish – to fly in a World War II biplane.

Ken is a resident at Vasey RSL Care Bundoora aged care home, where he takes an active part in all that is going on, including singing with the choir, going on outings, and joining in the cooking sessions, among other things.

Ken was born in England in the last year of World War I and on leaving school he became a plumber. World War II broke out when he was just 21 and using his skills, he assisted in converting stables into army accommodation – two bunks to a stable – and fitting them out with a heating system. He survived action in France, and at the end of the war he returned to being a plumber, a trade which he continued until retirement.

Ken and his wife migrated to Australia in the early 50's with their first child and went on to have four more children in Australia – four boys and one girl.

Ken's Hero's Wish was fulfilled in the presence of four of his five children as well as some of his 10 grandchildren and 11 great grandchildren.

It was a magnificent day, with Ken flying over the Bellarine Peninsula, over Bell's Beach and along the Great Ocean Road

before touching down back at Torquay. He drew the line at doing a loop-the-loop: "Although afterwards I think he almost wished he had," said Lifestyle Coordinator, Linda D'Sylva.

"It is not often that the passenger is older than the plane", said pilot, Grant, from Tiger Moth World at Torquay.

This was one of about 15 Hero's Wishes currently being fulfilled for those with an ex-service connection in the Vasey RSL Care community – residential homes, independent living units and home care.

"It is a real pleasure to be in a position to grant Hero's Wishes to those who have done so much for our country," Said Janna Voloshin, Vasey RSL Care CEO. "We have also fulfilled a wish for a veteran to go fishing on Port Phillip Bay and for a war widow to have a guided visit to the Shrine of Remembrance with her daughters. And there are others in the pipeline."

Hero's Wish is a way to honour war widows and veterans by fulfilling their dreams and adding to their treasured memories.

"It demonstrates that we understand the lifelong impact that service has on the lives of veterans and war widows – we honour the sacrifices they have made," said Janna Voloshin.. ■



Ken with four of his children basking in the afterglow of his Hero's Wish flight.



Ken (front) and pilot Grant take off for a white knuckle ride over Bellarine Peninsula to fulfill Ken's Hero's Wish.

Donations welcome: www.vaseyrslcare.org.au/home/heros-wish



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Exciting news from the Epilepsy Foundation

The Epilepsy Foundation has, since 1964, provided help and support to individuals and families living with epilepsy. Recent developments include the Epilepsy Smart programs for schools, disability support, and the aged care sector.

In 1964 one third of people didn't get seizure freedom through medical intervention. Now 54 years later one third of people still don't get seizure freedom from medical intervention. There is a great need to raise funds to find a cure for epilepsy and increase the number of people who gain seizure freedom, hence the launch of the Australian Epilepsy Research Fund.

The Epilepsy Foundation currently helps people living with epilepsy through their support services, Help for today, and now with the Research Fund, Hope for the future.

The Epilepsy Foundation undertook a study and published a report to guide funding priorities

for epilepsy research. A Research Fund and governance committee has been established. The medium term aim is to build a research corpus of \$10 million to enable annual research grants of around \$1 million. Research into a cure for epilepsy will provide hope to the 250,000 Australians currently living with epilepsy and their families.

The Federal Government have committed to a \$2 million grant to help establish the Epilepsy Foundation Research Fund. More support will be sought from state governments and from individuals who want to help find a cure for epilepsy. ■

AUSTRALIAN EPILEPSY RESEARCH FUND OBJECTIVES

The Foundation has a commitment to supporting innovation and excellence in Medical and Psycho-Social research. The program aims to advance understanding and improve treatment of epilepsy by supporting researchers, universities, research institutes and hospitals.

The Foundation aims to ensure that its funds are directed towards high quality research and high quality researchers.

High quality research is considered to be research that not only has scientific rigour and feasibility, but that will fundamentally benefit people living with epilepsy or significantly improve our understanding of epilepsy.

High quality researchers are individuals who have excelled or show potential to excel in their chosen area of medical research. The Foundation supports researchers at all stages in their careers and seeks to create opportunities for early career researchers who show potential in an area relevant to EF's focus, by assisting them to secure the necessary funding to propel their careers and their research.

This is an exciting development for people living with epilepsy. Help For Today and Hope For The Future.

To find out more, visit epilepsyfoundation.org.au/cure-epilepsy

A life-changing gift

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

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

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

epilepsyfoundation.org.au



I would like to support people living with epilepsy

My gift \$ _____ You can also donate online at: epilepsyfoundation.org.au

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Surrey Hills VIC 3127



- Please send me information about making a gift in my Will
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A Healthy Brain for a Long and Healthy Life



Brain and Spinal disorders, diseases and injuries account for over two thirds of death and disability in Australia,

The Brain Foundation, founded in 1970 by Neurosurgeons and Neurologists, is the largest independent funder of brain and spinal research in the nation. That independence gives the opportunity to fund research that has great potential but that other sources think are 'too risky'.

The Foundation also seeks applications from every category. That means those who are kind enough to donate or honour us with a bequest can specify a specific neurological condition that they would like to support knowing that their funds will only be deployed when there is a project of great merit.

Please help fund our brain research, think of it as insurance for your brain and those of your loved ones.

**For more information please visit
our web site: brainfoundation.org.au
or call 1300886 660**

A Brain Foundation Director, Professor Tissa Wijeratne, produced the following summary. Professor Wijeratne was recognised with a special award for his leadership in advancing neurology by the World Federation of Neurology at their annual conference last year. The medal was for his leadership in all aspects of neurology. That is, he was judged by his peers as one of the best. Tissa provided this summary to help the community gain a better understanding of their brains and his belief that many brain disorders are preventable.

Brain is the most fascinating, amazing and complex organ in our body. Human brain consists of millions and millions of biological electrical wires which are known as "neurons"

It is believed that there about eighty billion of "neurons" within the human brain. The distance of these "neurons" is the equivalent of traveling around planet earth four times in a row! There are about ten trillion connections between these neurons. These connections are known as synapses and the communication between synapses occur through chemical messengers which are known as neurotransmitters. This very complex, fascinating master piece is totally responsible for my words, your understanding and almost everything we do!

We read, write, think, watch, plan, dance, move, sing, cry, drive, solve problems thanks to our brains.

Sadly, our brains are at cross roads now. Diseases affecting the brain are threatening our health! Diseases affecting the brains are the single most important disability worldwide! The estimated number is around 1:3 at present (evidenced by Framingham study, Global Burden of Diseases data). We came to know about this only last year through a land mark publication in Lancet Neurology ! (I was one of the co-authors)

Nearly 80% of these disorders are preventable.

We need to target low to medium risk populations in prevention rather than waiting for a stroke or heart attack to occur to activate preventative health. We must get back to healthy eating from our infancy! This must be promoted through primary school days and high school days.

It is very important to handle stress better and avoid chronic stress. Healthy eating (plenty of fruits and vegetables) , proper sleep, regular physical exercise (walking, running, swimming, cycling, dancing) , non-smoking, limiting alcohol intake or no alcohol intake) , good blood pressure , avoiding processed sugar and cholesterol control is very capable of protecting our brains and promoting better brain health.

Neurologists are the guardians of our brains. We need more neurologists. We have come a long way with fantastic therapeutic advances in neurology during the last decade. Many disabling strokes can be completely reversed and cured now (One case history is a young father of two who, after a massive stroke would have otherwise died or gone in to a nursing home if not for new, successful treatment and rehabilitation. He is now fully recovered and working full time.)

The lack of neurologists hurts our patients. As a result, there is a long wait to see a neurologist in the public sector at present. This can sometimes be months to years! We must make our politicians and policy makers aware of this and ensure there is enough funding in the public sector to build neurology services.

Despite the fascination in neurology, neurologists are suffering from physician burnout to make the case even worse. This is just above 50% in USA at present. We are in the process of setting up studies in Australia at present to determine the situation here.

Just one example of those needing treatment are the over five million migraine sufferers in Australia. There is hardly any dedicated headache services in Australia at present. A lot more capacity building is needed to help these patients.

"Australia"! We need you. If each one of you donates just twenty dollars per year to the Brain Foundation much can be achieved to cure those suffering from the myriad brain and spinal disorders and validate programmes for healthy brains. Please visit www.brainfoundation.org.au and donate. Every twenty dollars counts! Help us to help your brains. This is the time to do so..."

PROFESSOR WIJERATNE

Vietnam remembered

Australia's air involvement in Vietnam

Writing in the official history, *The RAAF in Vietnam, Australia's Air Involvement in the Vietnam War 1962-1975* which formed part of *The Official History of Australia's involvement in Southeast Asian Conflicts 1948-1975*, historian Dr Chris Clark (formerly known as Chris Coulthard-Clark) writes: The Australian air involvement in the Vietnam War began with a single flight of Caribou transport aircraft [from 38 Squadron] in 1964 which grew to a force of three operational squadrons [Iroquois helicopters from Nos 5 and 9 Squadrons, and Canberra bombers from No 2 Squadron], and a support unit, with other personnel serving in American air units. At its peak the RAAF commitment reached a strength of nearly 750; many more aircraft and personnel, including RAAF nurses were involved in support of the Australian force in Vietnam from bases in Malaysia and Australia. After the Australian withdrawal in 1971-72, the RAAF participated in events of 1975 which marked the end of the conflict.¹

To mark the 45th anniversary of the cessation of hostilities in Vietnam on 11 January 2018, the Air Force History and History Branch spoke to RAAF Vietnam veteran, Wing Commander Mike Tardent, DFC about his experience as an Iroquois pilot with 9SQN and the engagement in support of Operation Camden on 21 August 1969, which resulted in him being awarded a Distinguished Flying Cross (DFC), as part of a RAAF Heavy Fire Team (HFT).

Operation Camden was undertaken by the Fifth Battalion, The Royal Australian Regiment (5RAR) from 29 July to 30 August, 1969. On 21 August 1969, A Company were involved in a sizeable action on the western side of the 5RAR Area of Operations, engaging an unknown force in what turned out to be a well defended bunker system. Flying Officer Tardent was in command of a RAAF HFT consisting of three Iroquois gunships conducting a joint operation with American dust-off helicopters.

21 AUGUST 1969 – THE GROUND ASSAULT

No 3 Platoon and the Assault Pioneer Platoon were operating together under the command of 2IC A Company, Captain Bill Grassick with a small Tactical HQ including a Forward Operating Party in the Viet Cong Hat Dich Secret Zone. The total strength of the group was 52.² In the early afternoon, the two platoons were establishing separate ambush positions on well used tracks; members of the Assault Pioneer Platoon heard enemy voices to their front in an area of dense bamboo. Captain Grassick, summoned 3 Platoon from their position to undertake a co-ordinated assault.

After a short artillery bombardment called in by Bombadier Gerry Dekker of 105 Field Battery, the two platoons advanced two-up onto the enemy position and were abruptly met by fierce machine gun, RPG and AK47 fire across their entire front. The intensity of this contact caused immediate and heavy casualties - including the leader of the assault, Captain Grassick, his signaller Private Gavan Doyle who was hit while attempting to drag Grassick out of a fire lane, and Private Alan Collins. Captain Grassick, despite the severity of his wound, continued to maintain command of the battle until loss of blood took its effect.

Close air support, placed on stand-by before the assault, delivered their first ordnance on the enemy position. Assuming command, Lieutenant John James, commander of 3 Platoon, directed the right flanking sections to pull back a short distance to conform with the left flank (Assault Pioneer Platoon) that had been pushed back by the weight of enemy fire. During this tightening of the flanks, Corporal Mick Dench, Bombadier Gerry Dekker and Private Ian Stewart, at great personal risk, extracted the semi-conscious Captain Grassick from under enemy fire. By now it was abundantly clear the enemy had a

much wider frontage than the combined two platoons. The noise was horrific and clear orders difficult to give or hear. Lieutenant James directed Corporal Dench (7 Section, 3 Platoon) to secure a defensible position to the rear to which the two platoons could withdraw and from which the most seriously wounded be evacuated. Serious casualties at this stage numbered nine.

With more air support on its way, the now nearly surrounded group used fire and movement to withdraw from visual contact with the forward enemy bunkers to the newly established rear defensive position in an area of relatively dense bamboo. The first 'Dustoff' (US medevac) helicopter arrived soon after, and while under heavy fire winched four of the most seriously wounded on board, including Captain Grassick and Private Collins. This aircraft was replaced by a second (RAAF call sign Albatross 04) piloted by Pilot Officer Bob Treloar, to continue with the evacuation of the wounded. Also under intense small-arms fire, the second Dustoff remained on station until it was ordered away for fear it would be shot down and crash in the middle of the small perimeter. The helicopter was holed 19 times while overhead and the door gunner badly wounded. Lieutenant James made the decision that no more casualties would be evacuated until the immediate fight was won. During the medevac the enemy added 60mm mortars to his attack, landing rounds inside the perimeter, killing Private David Banfield of the Assault Pioneer Platoon and wounding a further eight soldiers.

By this stage, Lieutenant James – himself wounded by both mortar and RPG fire – using the only remaining fully serviceable infantry radio maintained contact with the Forward Air Controller, who was overhead, and Major Reg Sutton, A Company Commander, who was proceeding to the contact area as fast as possible with 1 and 2 Platoons. An ammunition re-supply was also urgently requested.

Following their probing, the enemy launched a concerted attack on the force's right flank - 3 Platoon's position. With all but the most seriously injured in firing positions on the perimeter, this attack was repulsed, aided by the Assault Pioneer Platoon who maintained steady fire into the enemy position to place as much pressure as possible on their own front and the enemy's flank. Throughout the attack Corporal Dench, moved around the perimeter, showing a calm presence and offering encouragement to all.

Platoon Medic, Corporal John 'Doc' Lloyd – wounded and using his rifle as a crutch – also performed outstanding duty in the dual role of medic for the combined force and runner for Lieutenant James. Because of the number of wounds being sustained among the defenders, Corporal Lloyd was forced to remove shell dressings from some of the more lightly wounded to use on those more seriously injured. Also at this critical time, Lieutenant Graham Locke, head of the Assault Pioneer Platoon, assumed responsibility for ammunition re-distribution, as supplies were down to three to six rounds per man in 3 Platoon. No man, wounded or unwounded, left his position on the perimeter - all steadfastly faced the enemy.

As more air support arrived overhead, the radio net became dangerously overcrowded. To alleviate the situation, RAAF 'Bushranger 71' (piloted by Flying Officer Michael Tardent), in direct contact with Lieutenant James, assumed the role of traffic controller and co-ordinated a continuous wave of air support around the shrinking perimeter.

Despite this intense assault from the air, the enemy made another push against the right flank but was again stubbornly repulsed. By this time, the urgently needed ammunition had been dropped by helicopter and distributed, and Major Fred Spry, the Acting Battalion Commander who had arrived

1. Historian, Dr Chris Clark was born in 1951, and raised in the Wimmera district of Victoria. He graduated from the Royal Military College, Duntroon in 1972, and gained his PhD from the Australian Defence Force Academy, Canberra in 1991. He was a captain in the Army before resigning to join the Public Service in 1979. In 2004 he was appointed RAAF Historian, an appointment he held until 2013. Approval to include this extract from Dr Clark's official history has been granted by Dr Clark and publishers Allen & Unwin.

2. The extract quoted is taken from Operation Camden 29 July – 31 August 1969 written jointly by John James, Mick Dench, MM and John Lloyd, who were veterans of this action, and used with permission of Fifth Battalion, The Royal Australian Regiment Association.



Casualties needing immediate attention were evacuated and, with webbing and equipment being lifted out in a cargo net. The last casualties evacuated that evening arrived at 1st Australian Field Hospital, Vung Tau around 2140 hours. Here they found themselves in the hands of the legendary "Weary" Dunlop who advised the exhausted Corporal Lloyd (one of the last evacuees that night), "It's alright now son, your boys are going to be OK". Both Lieutenants James and Locke remained with the remnants of their platoons, with the wounded Lieutenant James being evacuated next morning.

Captured documents later revealed the enemy force encountered was the complete 3rd Battalion of 274 VC Regiment. The VC report of the action stated they had been engaged by an enemy (Australian) force of around battalion strength and themselves had suffered 13 killed and 25 wounded.

21 AUGUST 1969 – THE AIR DEFENSIVE

Of vital assistance throughout the defensive action was the RAAF 'Bushranger' helicopter gunship team. Such was the severity of the situation, the mini-gun fire from these aircraft was brought in so close to the perimeter the bullets chewed up the tops of the bamboo trees and the leaves fell on the soldiers below like rain. This fire had a devastating effect on the attacking enemy, critically preventing those on the ground from being encircled.

Wing Commander Mike Tardent, DFC recalls: "Our role was to provide close air support to A Company 5RAR", WGCDR Tardent said. "From our perspective A Company looked to be in contact with a crescent shaped bunker system and was under heavy fire on two fronts. We engaged with rocket and mini-guns around the perimeter of the crescent which meant we were firing very close to the ground troops. I remember receiving a radio call from A Company "Bushrangers you're firing on us, you're firing on us!" My blood went cold. "Are there any casualties?" I asked. "No casualties" they replied. "How close were the rounds?" I asked, "10 meters in front of us" was the response. "That's where I was bloody aiming!" I said, with great relief. To add to the difficulties, the identifying smoke ground troops were letting off was drifting so I had to use a dead tree as a reference for an aim point. As more air support arrived, the radio net became overcrowded so I ordered all aircraft off the A Company frequency on to an aircraft UHF one, while I maintained direct contact with the ground forces. I was able to control and direct the air support to help prevent the friendly perimeter from being overcome by the enemy." The RAAF gunships flew a total of eighteen sorties in support of A Company that afternoon and evening, eventually arriving back at Vung Tau after 2100 hours that night. A very long day.

directly overhead in 'Possum' (Bell Sioux helicopter) dropped the much needed shell dressings onto the position.

The almost non-stop aircraft attacks and the distribution of resupplied ammunition eventually began to have an effect on the enemy. After some two hours of continuous probing and attacks, enemy fire slackened and then – with the exception of an occasional single shot – ceased.

The small two platoon force of 52 men had suffered 36 wounded — 10 twice — and one killed in action. As darkness approached, Major Sutton arrived with 1 and 2 Platoons and a stronger position was established further to the rear near a clearing more suitable for helicopters. Clearing patrols were dispatched to confirm the enemy was no longer in contact.

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An Italian love affair

Ah Italy... my Latin romance began when I first visited your shores in 2010 on one of my overseas forays which also included Greece & Egypt... but that's another story!

This particular trip in September/October 2017 came about after meeting a Calabrian lady who now resides in Milan; she invited me to visit & stay with her so I could come back & explore some more of her native country with her. How could I refuse such an invite, so plans were laid whereby I would fly over & she would take time off work so we could go on some adventures together... What a perfect way of seeing a foreign country!

Having previously visited Milan with a mate on that 2010 trip mentioned previously, I was a little familiar with her city, but that trip also included heading South to the amazing city of Venice, followed by a visit to Naples & the totally awe inspiring ruins of Pompei ... Just incredible & highly recommended! So while I had had a brief introduction to the beautiful city of Milan & Italy in general with all it's culture, history, scenery, beautiful people, food & lifestyle, this was nothing compared to be able to experience Italy with a local ... Nothing compares to living it with a local as they say ... Bellissimo!

Seeing Italy through the eyes & with the heart of a local on our many day trips, gave me an opportunity to visit the best & most interesting & sometimes out of the way places, eat the great local food, & sample the best things & places that aren't always in the tourist guides. As an example, on a number of occasions whilst visiting everywhere from a Medieval town, to a big city, we would interact with another local who would help us with advice on the best cafe, quaint little restaurant, or just general advice so we could get the best of everything on offer in that area or region.

A perfect example of this scenario was whilst visiting Castell' Arquato in the province of Piacenza some 35 km from Parma... After visiting the Castello (Castle), we decided to dine locally, so as we walked along one of the narrow cobbled streets, my friend approached a local lady as she walked towards us carrying her shopping. Engaging her in conversation, she asked her for a recommendation for a good local meal; as the banter continued between them, she walked us down a couple of streets & before long we were out the front of what looked like an old shop, but it turned out to be a beautiful, quite fancy & immaculate little restaurant hidden away from view behind this quite non-descript old shop front! I'm not sure of the content of the conversation as my Italian is very limited, but the chat didn't stop the whole time we were walking, & the recommendation was certainly well deserved. The restaurant staff were very welcoming, (as all Italian hospitality people

definitely are), & the local fare served up was one of the culinary highlights of my time in Italy, all washed down with some great local wine. The wine was called Gutturnio Classico Superiore from the Casa Benna winery, & on inquiring about the wine further, we discovered that the winery was very close by & in fact we would be passing right by it on our way out of town!

So as left town we kept our eyes out for it & sure enough we had barely left the town when there it was, so a stop was in order to see if we could purchase some more to have with dinner at home. On driving into the winery, we couldn't find anyone, but soon someone appeared who proceeded to find the owner/winemaker for us; my local lady introduced us to him & we were soon on a mini tour of the winery, followed by a tasting of all his wines. We bought some of his wonderful wine, said our goodbyes & before long we were on the busy motorway back to Milan.

A similar local, small town culinary experience occurred in Caravino which is located about 45 km northeast of Turin, where after some more local interaction, we were directed to what looked more like someones house (which in fact it was) but it doubles as a beautiful, quaint little restaurant, serving fantastic but simple local cuisine of the highest order. Run by an older local lady, she did everything, including the cooking, so the service was a bit slow, but very much worth the wait... There is a lot to be said about simple provincial Italian fare... Brilliant!

Apart from all of the culinary & viticultural delights on offer, my time was also spent exploring Milano & all it has to offer. I was fortunate to be in the city when there were a number of exhibitions & displays on show... plus Fashion Week was on...certainly lot's to see!!! I went to the Leonardo DaVinci exhibition; the Missione Egitto 1903-1920 Egyptian Archaeological exhibition; & various old & modern art & sculpture displays. All of what I saw was fascinating, but as a huge fan of history, & in particular Egyptian history, & having visited Egypt on a previous overseas adventure, I am always on the lookout for more things to see... So, on a recommendation from my Italian connection, I took an early train to Turin to visit what would turn out to be one of, if not the best Egyptian exhibitions in the world!

Taking the early morning train from Milan is recommended, (as is pre-buying your ticket to save time & hassle), as you will need a lot of time to take everything in. I arrived at the exhibition museum (an easy walk from the central train station),

just after it opened, which turned out to be a good plan as the size & scope of the exhibition is incredible in it's depth & quality. Losing track of time is easy as you are totally consumed by display after stunning display; before I knew it, the time was approaching 3 pm & I had been also recommended to visit the Royal Palace in the city centre. I pushed on at a brisker pace to make sure that I didn't miss anything, having said that, you could spend the whole day there as the sheer volume of artifacts on display is mind boggling & incredible!

I left the museum & fortunately the Royal Palace is only a couple of blocks away, so I was soon there, & once inside I was once again taken aback by historic Italy & it's amazing art! The Palace, & it's decor, art, & opulence is definitely worth including on a Turin itinerary. The city itself is stunning, but the Palace is certainly a highlight; as also are the pieces of ancient Roman history that are dotted around all their cities. These are always worth seeking out, so with this in mind, I headed towards a section of ancient Roman wall that has survived along with a major city gateway.

Another suggestion from my signora meant we both caught an early train to Bologna to not only see the sights & soak up more history, but as a motorbike guy who has owned Ducati's, visit the Ducati factory & the it's brilliant museum. Even if the factory isn't of much interest to you, the museum is definitely worth a visit... from the very first Ducati engine pushbike, all the way through to current MotoGP & World Superbike racers ... it was excellent.

From the Ducati Factory, we caught a bus for the short ride back into the city centre & it was time for a lunch stop. My local guide knew of a great restaurant in the city that is very popular & frequented mainly by local Uni students & local workers, so we had to wait for a table. After a relatively short wait we were able to get a table in the downstairs basement room & once again dined on some great local food & wine.

With our bellies full, we set about exploring Bologna & it's famous leaning towers... These Medieval defensive & status symbol structures, which originally numbered up to 180 in the Middle Ages, now only number 21 as a result of the elements, wars, earthquakes & fires over the past centuries. The 2 most prominent ones are now simply known as The Two Towers & are a landmark of the city & were once the strategic point where the old Aemilian Way entered the city. Individually known as Garisenda, the smallest tower at 48 metres, & Asinelli the tallest at 97 metres, both these towers were built in the

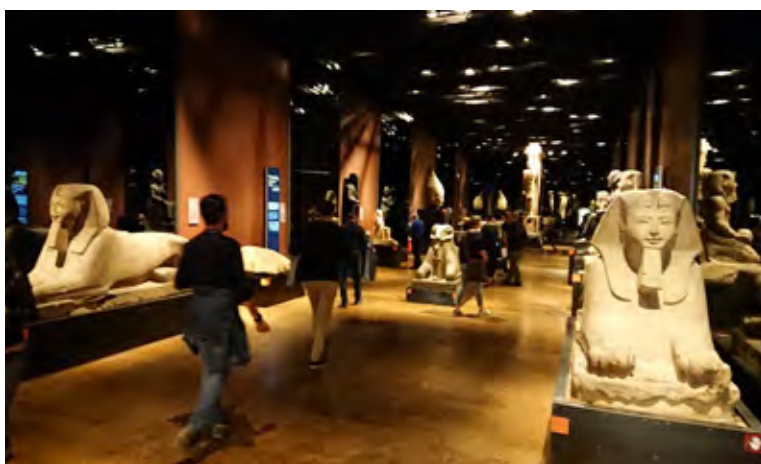


12th century & both are leaning towards each other! Garisenda has a 4 degree lean which is greater than the famous Leaning Tower of Pisa, & when it was built it started to take a steep incline virtually straight away, so between 12 & 16 metres was removed from the top prevent it collapsing straight away! Only Asinelli can be climbed, but it is not for the faint hearted... & as i'm not a fan of heights , I declined that option. I'm told the view is stunning if you are prepared to climb it's 498 narrow steps.

Of course, as with all of Italy, there is no shortage of interesting & historic places to visit & things to see... Italy is never a place where there is nothing to do & i'm sure you can tell i'm a big fan! It's a captivating, fascinating, historic, beautiful place, with plenty of adventures to be had; it's also full of very friendly, helpful locals, who are always keen to help out with advice & tips. It would be easy to wax lyrical for hours on all the daily excursions that I/we undertook, which included several visits to Lago (Lake) Como, & Lago Maggiore with island hops on the regular as clockwork ferry network . Nothing but great adventures in this beautiful Northern section of Italy , & all within easy drives or train trips from my base in Milan.

I hope that this snapshot of my short recent holiday inspires you to make plans & pack your bags for your own Latin romance... I know i'll go back again, in fact when I first got back home , all I could think about was going back & not just for a another holiday, but to live!! ... Ciao . ■

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Simpson & His Donkey

We have all heard the story of Simpson and his donkey at Gallipoli saving many lives, while under fire from the enemy.

Rosemary Milisits, of the Vili's Bakery family, has an insight into Gallipoli and the Western Front through postcards and letters from her great uncle, Francis Bonner. He served with Simpson at the landing of Gallipoli, in the same unit. The family treasure the mementos, written in fine cursive, between battles, when the guns fell silent. They tell of the loneliness, fear and horrors felt by all the soldiers at the front, and those who risked their lives to bring in the wounded.

John Simpson, with his donkey, risked his life by removing his Red Cross Armband, and placing it between the donkey's long ears, to give Duffy the status of a Red Cross Ambulance Member, and he paid the ultimate price for his gallantry.

His sacrifice symbolises the heroism shown by those serving in the Medical Corp. who daily risked their lives under fire, saving scores of injured soldiers. I encourage the army to award a posthumous medal to Simpson for his feats of gallantry, and for paying the ultimate sacrifice for his country

ROSEMARY MILISITS, OAM DCHSJ

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POSTCARDS FROM GALLIPOLI & THE FRONT



roy masters

— INTERVIEW —

Roy Masters AM is an Australian sports journalist and former rugby league football coach. He is a sports columnist for the Sydney Morning Herald. He was a school teacher with an interest in team psychology who enjoyed some success as a schoolboy coach before embarking on a professional coaching career in the NSWRL Premiership. In September 2004 Masters was named as coach of the Western Suburbs Magpies team of the century.

Greg T Ross: Roy Masters, AM Rugby League legend, you wrote a piece recently about the passing of the great Graeme Langlands. What was it about Graeme that stood out for you?

Roy Masters: Well, he was such a versatile player with enormous skill. He traversed three eras of the unlimited tackle period, when fullbacks were mainly defensive and he was a great attacking player. Then the four tackle rule, there were a lot of towering bombs put up and he demonstrated that he could take them very well. Then we move into the 6 tackle rule, which applies today. And now the fullback is the most important position on the field and he was the prototype of that particular type player.

GTR: Do you think Roy, that he was aware of this at the time? Was he fated and were people aware at the time of his importance in this regard?

RM: Well, we all knew how good he was but he didn't. He was a very shy, modest retiring, almost embarrassed about any praise that would come his way. He shunned the limelight, but it was inevitable it would shine on him. Because he was Captain/Coach of Australia for so many years and on many occasions, single handedly led his country to victory. And he was also Captain/Coach at St. George, the last Captain/Coach that the famous club has had.

GTR: Yes, indeed. Indeed Roy. And of course during that era, St George were ... well on a different level almost from the other teams.

RM: That's correct. And St George, from '56 to '66 won 11 consecutive premierships and Langlands played in the final four of them.

GTR: Do you think it was the fact that they had so many players that were willing to go to the line for St. George or was it a star studded line-up or what actually happened there?

RM: Oh, it was a combination of both. They were both star studded. Players, like Johnny Raper, Reg Gasnier, Langlands, Billy Smith. Poppa Clay could always get a team out of trouble, but they also had some big strong enforcers at the front that

played the traditional gruelling role. Such as Norm Clayburn, players of that nature that were very, very tough as well.

GTR: Indeed, well said. Roy, you've got a link of course with veterans, as most Australians do really if you dig deep enough. Your great-uncle I believe was a Gallipoli veteran. Is that correct?

RM: Yes he was. Yes, and he was also a captain of the Australian soccer team, Junior Masters, he was there ... my brother Chris Masters, he's written a lot of work for... written a tremendous amount, and done a lot of documentaries on Australia's contribution to the wars. Including his recent book on Afghanistan, called "No Front Line". Well, he was telling me that... and I have been to Villers-Bretonneux as well, and I have seen a photograph in the museum there, of my great-uncle. We're very proud of the role that members of our family have played in Australia's military history.

GTR: Yeah, that's quite amazing Roy. My grandfather was at Gallipoli and my father in the Second World War of course. But with your great-uncle, and the association with Gallipoli, was that known to you when you were growing up? Was that part of the family folklore, if you like?

RM: Well actually, when I was growing up, and I was born in 1941, the year that Australia engaged in the Pacific War. I was more in those early years, was probably more aware of the homecoming of the troops, by '45-'46. I was more attuned to that. Then later I became interested in his role as the captain of the Australian Soccer Team. My disposition at the time was to play Rugby League. Then it was only when Gallipoli has been resurrected in the public consciousness as a giving day for Australia. That I began to research his role at Gallipoli.

GTR: Okay. I suppose you touched on the soccer thing there too, of course, Roy. The family has a very strong connection to soccer. You went the other way with rugby. Was there much discourse about that in the family?

RM: My father... he was a school teacher, post war up on the north coast of New South Wales. It was a very

entrenched Rugby League territory and he was obviously keen for me to play soccer but Rugby League was the sport of choice up there. You essentially played with your mates in the same way in the army you're in a unit, you don't want to leave. Well it was the same with me and sport. You want to play with your mates, what they were playing, rather than what your family tradition and history said you should play.

GTR: Yeah you didn't want to be on the outer with your peer group.

RM: No

GTR: And if you enjoyed playing rugby then so be it and of course it led you to a life that of course has included a lot of things. You went down and you coached the Western Suburbs in '78. Is that the first year '78 Roy?

RM: Yeah I coached Western Suburbs from '78 to '81 and in 2008 was named coach of the century in that team. Then I moved to St. George in 1982 and I was there 1987. So we had some good times there, including the 1985 year when we had three teams in the grand final which happened to be a rarity in the code.

GTR: Absolutely, absolutely amazing. What did you learn from going into

"WE USED TO LOVE THREE OR FOUR BEERS EVEN THE DAY BEFORE A GAME..."

coaching and when you left coaching and looking back. What was your rear view vision of that?

RM: I know to some extent, Craig Bellamy the coach Melbourne Storm I find that the things that worked for me and the principals and qualities you had to have top be a success, remain those same qualities today. And I had breakfast with Craig only yesterday morning and I was talking to him about it and those two principal qualities that were important for my success and his continuing success, must be extremely honest with the men underneath you and secondly you must have very effective communication. Which obviously means that you must know what you're talking about. So pretty much, the same as a lieutenant in charge of a platoon or a captain in charge of a company. The men, you've gotta be honest with them and also when you give them the advice the information had gotta be very clear, communication has got to be perfect, but also its got to be based on accurate knowledge.

GTR: Yes, very much like life itself Roy, I guess that's the thing that people will gain respect for is honesty and the truth. Then of course it empowers you to do more and gives greater vision. Which I suppose was your success as a coach.

RM: Yeah, well it was and when you're a coach too, you've got to embrace the families as well, particularly in my time when we had three grades. Whereas today the NRL, the 4] we only had the

one grade the top team. But in my day the responsibility extended all the way. You were sort of a de facto, gotta keep an eye on and protect them, up to 50 families...55 families.

GTR: That's a lot of work to be done too. I have heard a rumour Roy that you reckon the player in your day had a better time than the players do now.

RM: Oh most certainly, we didn't get paid as much but we had a far better time. I mean the scrutiny of the media was not nearly as great, no mobile phones and cameras that captured you in embarrassing situations, and we did unfortunately get ourselves into a few embarrassing situations but nothing too harmful. But we were known for perpetrating tricks on each other. We used to love three or four beers even the day before a game. Whereas today the players are banned from a night out until they finish the game.

GTR: Yes, that's right, it's incredible and I've witnessed the changes in sport in AFL and NRL in regards to player management and I tell you what... How far can it go do you think Roy, the players being put under the microscope continually. We hear a lot about players suffering depression these days. Do you think that's part and parcel of why there seems to be a rise in depression amongst players under the spotlight all the time?

RM: Well I think that's a combination of being under the spotlight, but also the intense demands on them particularly from their families. We've got increasing

numbers of Polynesian's coming into the game of Rugby League. They're expected to be a supply line for the family and the extended family. So there's a lot of pressure put on our Polynesian players from that direction. But also too the simple pressure of maintaining your place on the first grade team. You've got a lot of rivals who want your spot and you've gotta stay at the top to maintain that place. Especially from that direction too there's also the physiological pressure on you, you know. You've got to maintain a certain weight, you can't let your body weight increase. You're put on the scales regularly, your body fats measured. That's to some extent why some of them turn to drugs not only as a substitute for alcohol which can put on weight. But also to lift their spirits a bit when they're feeling despondent. I tend to take an old fashioned view, that depression to a large extent could be causing an increase in the use of drugs. What comes first, is it the drugs leading to the depression or is it the depression leading to the drugs. I think it's the former

GTR: I'm of the same view, it's the chicken and the egg's theory there. We're talking about sounding old fashioned Roy but here's a line. The way the players spend their time when they're not on the field or training. Should they be better employed?

RM: They should be, they should be doing a tertiary course. There is an incredibly accurate statistic in the NRL where 80% of the NRL players that is to



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say at the first NRL level and the recently finished under 20 A League Club National Competition. But 80% of them are involved in either part time work or tertiary study and the 20% who are not are responsible for 80% of the behavioural problems that the code has had.

GTR: Wow

RM: So they 80% doing something or working, they present 20% of the debaucheries. The 20% who are doing nothing who are sitting on their bum, just going to training are responsible for 80% of the debaucheries.

GTR: Well geez, it should be mandatory I think, because we all know with the work ethic and again it's not something that's old fashioned. Work ethic is immortal, time wise because you need to be doing something to occupy yourself and to make you feel better. And I guess if that's helping yourself or helping others it's all the same isn't it.

RM: Yes it is, it is. The joys of the club where I coached they've been very good in this direction, they get somebody who's got a degree and they'll pay additional money to mentor three or four players who are studying for a degree.

GTR: Roy your writing has achieved some notice, you're a good writer. How do you feel with your writing, do you enjoy that?

RM: I do I certainly do. I took a redundancy from the Sydney Morning

Herald a few years ago but they said no and argued, take this redundancy but only on the condition that you continue to file for us as a contributor, which I do. I enjoy it, I really do enjoy it and I have very good contacts which are based back over a long period of time. I wrote a story just over Christmas about Tommy Raudonikis, the Captain of the West where I coached. He's suffering cancer and he's having another fight with bad health. But I have enormous empathy with these players and I like to portray that empathy and give those messages to the wider public. To understand what champions we've had and how we still should love our champions.

GTR: I think the essence or the strength of your writing is that you make it sound more like a conversation. It's not a challenging situation to sit down and read your material because it is something that is spoken to, as you would speak in a conversation. I think that's the essence and the importance, so yeah well done. Roy what about this year coming up who's going to be good, who's going to be bad, team wise. Are you picking anyone this early?

RM: Well I think that when you look at the NRL, the top eight. The top eight from one year to the next rarely changes but I think you'll find that this year within the top eight the Cowboys will go from...Well they only got in the top eight as a result of St.George getting beaten in the last round.

So I think you'll find that the Cowboys will rise right up from just outside the top eight, into the top four. Based on the return Johnathan Thurston and Matt Scott and the purchase of the storm cut Jordan McLean. So they'll rise. St.George will make the bottom eight part of it, Cronulla will be where they were this year and St.George and The Storm will be doing their absolute best to retain their premiership as well. There will be some discussion about whether Canterbury, Canberra can make the top eight. The jury would have to be out on that as far as I'm concerned. So in other words, the big movers will be the Cowboys I think.

GTR: Okay, What does St.George need to get back up there?

RM: Well the two things that they need is a creative organizing half back which they purchased from Brisbane with Ben Hunt. And a fairly aggressive front rower, he's not as aggressive as he once was nor as skillful as he once was. But the guy they pulled over James Graham that they pulled over from Canterbury he'll certainly add some maturity and discipline and leadership to the Dragons pack.

GTR: Thanks very much for that Roy all the best for you and the coming season and I look forward to reading your pieces in the Sydney Morning Herald.

RM: Okay mate, good on you, thanks very much for that I really enjoyed talking to you. ■

A champion across three eras

GRAEME LANGLANDS

1941-2018

Rugby league Immortal Graeme Langlands died in January in his Sutherland nursing home after battling poor health for months.

At the time his family released a statement expressing their sadness and a desire for privacy.

The 76-year-old had suffered from dementia and Alzheimer's.

NRL chief executive Todd Greenberg led the rugby league community's condolences on Sunday, January 21st, noting the impact the player had on the game as one of eight Immortals.

"He was such a dominant player in his era...so many fans would remember growing up watching 'Changa' at his best," Greenberg said. "it is a sad loss for the rugby league community and especially for those closest to him."

One of many enduring memories of Langlands' playing days was his choice to wear white boots in the Dragons' 1975 Grand Final clash with Easts. It was unheard of at the time for any player to wear boots other than the standard black, so when St George were hammered 38-0 and Langlands played poorly, he was heavily criticised as a show-off.

The full-back claimed his performance was more to do with an injection in his leg that was incorrectly administered by the team doctor, but the story of that game tarnished his career. But what a career it was.

Joining the Dragons in 1963, Langlands pulled on the famous Red V for the next 14 seasons. To this day he is the most prolific points scorer in the club's history racking up 1554 points, including 86 tries and 648 goals.

Langlands played in four premierships sides and was still at the club when many of the other stars of the teams that had won St George 11 straight titles faded into retirement.

Even so, the club remained competitive for the best part of another decade, thanks largely to the efforts of Langlands and star halfback Billy Smith.

His matches for Australia were no less spectacular, Langlands made his debut for the Kangaroos against New Zealand in 1963 as a centre, where he played for the first four years of his career.

He went on to captain the national side in 15 Tests and is equal fourth on the list of most Tests ever played for Australia, alongside Petero Civoniceva and behind Darren Lockyer, Cameron Smith and Mal Meninga.

Langlands retired in 1976 and when Rugby League Week added two players to its "Immortals" group in 1999, Langlands was picked alongside Wally Lewis.

When rugby league celebrated its centenary in 2008, he was picked as an interchange player in the team of the century.

He played 45 Tests for Australia, 15 as captain, and more than 200 games for the Dragons.

Remembering Changa

Graeme "Changa" Langlands traversed three eras and was a champion in every one of them. In the days of unlimited tackles, fullbacks, other than his fellow Immortal Clive Churchill, were mainly defensive players and engaged in kicking duels.

They would return the ball with long-range kicks rather than run it, yet Changa, who also played centre and wing, had a devastating sidestep off both feet that mesmerised opponents.

In the brief era of the four-tackle rule, when attack from fullbacks was expected and they were additionally required to defuse notoriously difficult bombs, Langlands was already ahead of his time. The six-tackle rule saw him further consolidate his place in the game's pantheon, the forerunner of the modern fullback, a position that today is the most important attacking position on the field.

He was also incredibly tough, with a high threshold of pain, and he expected the same of his teammates. When John "Dallas" Donnelly, a young prop from Gunnedah, played his first game for NSW, he complained to Changa at half time, saying: "I think I've corked my arm."

A volley of abuse followed, mainly focused on the need for young forwards from the bush to become accustomed to a little pain. Dallas had broken his arm.

His ability to play with injury was to be the source of his most embarrassing moment when he was forced from the field while captain-coach of St George during the 1975 grand final against Easts.

It was widely reported that a needle to help deaden the pain of a groin injury hit the "wrong spot" but it's more likely the medication was a bad mix with whatever else he had taken to get him up for the game.

It's unlikely there will ever be a rugby league back as versatile as Langlands. He was selected on a Kangaroo tour as a winger and frequently filled in as centre.

It is an axiom in coaching that one should never weaken a position to strengthen another. Yet when Langlands was moved to, say, wing to allow Canterbury's Les Johns to play in the No. 1 jumper, the team became stronger.

His versatility cost him a place in rugby league's Team of the Century. While he was just below Churchill in the voting for fullback and a step below his St George teammate Reg Gasnier as a centre, he missed out on both starting positions and, like another versatile champion Bob Fulton, ended up on the reserves bench. Yet, in a list of the 10 players who polled most votes, Langlands and Fulton are placed very high.

So good was Changa's sidestep it confused his own teammates. Geoff Carr, a former winger with the Dragons, recalls complaining to then coach Jack Gibson how hard it was to adhere to the demand to follow Langlands.

Carr said: "Do you know how difficult it is to follow him and give him options? I just can't read him. He loses me."

Gibson, ever the pragmatist, said: "When he's got the ball, run 20 metres upfield, stay on one side of the field and he'll come to you."

"And he did," recalls Carr.

Just as every young fan wanted to be Benji Marshall after Wests Tigers won the 2005 grand final, Changa was those growing up following the Dragons in the late 1960s and 1970s.

Storm coach Craig Bellamy has always said Langlands was his idol. Changa's only weakness was his poor articulation. I recall him telling me that he became frustrated when trying to explain to players he coached how they had taken a wrong option in attack in a game. Slow motion video analysis came too late for him.

His curt language did not endear him to some. Frank Hyde, the legendary commentator, covered the match of the day for radio station 2SM at the SCG when the Dragons were a regular fixture. Frank was having a feud with Changa and regularly awarded the prize watch to other St George players.

Finally, the day came when Langlands outplayed everyone to the extent that Frank simply had to give him the Seiko.

As the highly respected Hyde rose from his sideline seat, moving to Langlands, he declared: "My man of the match is Graeme Langlands." Changa's response was quintessential Langlands: "Stick it up your arse." ■

ROY MASTERS

Courtesy AAP and Fairfax

INVICTUS GAMES

SYDNEY 2018

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STRONGER TOGETHER DOWN UNDER

It will be Game On Down Under when Australia welcomes competitors and their family and friends for Invictus Games Sydney 2018 presented by Jaguar Land Rover from 20-27 October.

The Invictus Games use the power of sport to inspire recovery and support rehabilitation for defence personnel who are striving to overcome physical and mental challenges. For those who have faced injury or illness, sport is a crucial rehabilitation tool to help build self-esteem and find purpose, focusing on what can be achieved, instead of what can't.

With 500 competitors and 1,000 family and friends in attendance, the Games will be a memorable event for all those that take part, attend or watch on television. However, it is the legacy that is left behind for our defence community that will define the success of the Games.

A key purpose of the Games is to generate a wider understanding of and respect for servicemen, women and veterans, and recognise their family and friends for the support they give and the sacrifices they make as the loved ones of service personnel.

Each year, on ANZAC Day, we remember those whose sacrifice secured our freedom and honour all the men and women who have served their country, both in times of war and peace.

ANZAC Day inspires an unrivalled sense of and gratitude amongst Australians and our comrades in New Zealand. You need look no further than the tens of thousands who flock to commemorative dawn services around the nation and the 100,000 AFL fans who stand silent in solemn tribute as the Last Post reverberates around the MCG.

But we also have the opportunity to support our defence community year-round.

Invictus Games Sydney 2018 provides a unique opportunity to share the difficulties faced by our wounded warriors and their loved ones, highlight the invaluable experience and skills of veterans, change perceptions and create a more inclusive community.

We're asking you to do something in your community to embrace our defence community, to 'Make Your Mark'.

"No matter where you are or what you do, there is a role for you in the Invictus Games Sydney 2018," said Invictus Games Sydney 2018 Ambassador Curtis McGrath OAM who recently left the Australian Army after more than a decade of service.

"Set yourself a goal, whether big or small, to do something tangible in your community and let our wounded warriors know we're behind them.

"It can be as simple as inviting a mate to 'walk and talk' to celebrate the healing power of sport and the importance of connecting with your support network."

Invictus Games Sydney 2018 is an opportunity to come together as a nation and show our support for our defence community and ensure they feel a true sense of belonging not only on ANZAC Day but every day. We're Stronger Together Down Under. ■

Join the journey at
www.invictusgames2018.org





THE POWER OF HEALING THROUGH SPORT INVICTUS GAMES SYDNEY 2018

Saab has been supporting Australian defence personnel for over 80 years, which is why we have been committed to veteran support organisations like the RSL, The Repat Foundation, Soldier On and, most recently, the Invictus Games 2018.

The Invictus Games is an international sporting event for wounded, injured and sick service personnel. The word 'Invictus' means 'unconquered'. It embodies the fighting spirit of the wounded, injured and sick service personnel and what these tenacious men and women can achieve, post injury. The Games harness the power of sport to inspire recovery, support rehabilitation, and generate a wider understanding and respect for those who serve their country.

Previous Games have taken place in London (2014), Orlando (2016) and Toronto (2017), with the Invictus Games in 2018 being held in Sydney from 20-27 Oct. The Sydney Games will attract more than 500 competitors from 18 nations to compete in 11 adaptive sports and will recognise and thank families and friends for their role and the challenges they share in supporting our wounded warriors. This will be a big event for Sydney who will also host around 1000 family and friends of the athletes.

There will be strong interest from the local community to both volunteer and attend the events in Sydney and Saab Australia will be sending a team of 10 volunteers to help out at venues from the Olympic Park to the sailing on Sydney Harbour. We have a large veteran community within Saab Australia and our dedicated staff is working to help the event and Australian competitors in as many ways as we can. ■

If you want to find out more about this fantastic event subscribe to the Invictus newsletter at www.invictusgames2018.org. We hope to see you there supporting the Australian Team and all these inspiring athletes.



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Saab Australia is proud to be an official supporter of the **Invictus Games Sydney 2018**

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INVICTUS GAMES

SYDNEY 2018

SUPPORTING BETTER MENTAL HEALTH AND WELLBEING A PRIORITY FOR MEDIBANK



CEO of Medibank, Craig Drummond launched Medibank's Mental Health & Wellbeing Fund along with the fund's patron Dame Quentin Bryce and Chairman Invictus Games Lieutenant General (Ret'd) Peter Leahy.



Gallipoli Medical Research Foundation CEO Miriam Dwyer and patron Dame Quentin Bryce at the Medibank Mental Health & Wellbeing Fund launch.

This October, Australia will host more than 500 wounded, injured and ill veterans and defence personnel along with 1000 members of their family and friends from around the world for the Invictus Games Sydney 2018, a showcase of the healing power of sport and the resilience of the human spirit.

Australians know the unifying power of sport, and the fourth Invictus Games will represent a celebration of service and courage.

Medibank is a strong supporter of Australia's serving and ex-serving men and women, and is dedicated to improving the health and wellbeing of our veteran communities as a key part of our purpose of 'Better Health for Better Lives'.

That's why Medibank is proud to be one of the Premier Partners of the Invictus Games Sydney 2018.

The Invictus Games Sydney 2018 provides Medibank and the Australian community an opportunity to demonstrate our support for competitors and the veteran community.

We know the critical role mental health plays in overall wellbeing. This year Medibank established the Mental Health & Wellbeing Fund which will initially focus on the wellbeing of ex-Defence personnel and their families, with preventative initiatives, awareness and education.

We know these issues also greatly impact the broader community – young and old.

Supporting better mental health and wellbeing is a priority for Medibank, and we are proud of what our partnerships with groups such as *beyondblue*, Mates4Mates, Australian Military Medicine Association, Gallipoli Medical Research foundation, Banksia Foundation and Kookaburra Kids have achieved.

Initiatives like the Mental Health & Wellbeing Fund and the Invictus Games Sydney 2018 not only provide tangible support, they go on to inspire those who are part of our proud military community but also so many more Australians.

The Invictus Games Sydney 2018 will provide a legacy of stories, achievements and recovery which will last and inspire long beyond this October.

The Invictus Games are an opportunity for Australians to be inspired.

Throughout the Invictus Games Sydney 2018 Games the Australian community will hear the inspiring stories of participants, their friends and their families – we can only hope that stories of our heroes at the 2018 Invictus Games will change lives too.

Find out how you can 'Make Your Mark' at www.invictusgames2018.org/make-your-mark

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2018 Australian Open

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The countdown is on to the world's richest bowls event!

The Australian Open is set to return to the Gold Coast from June 9 to 22, with more than 2,000 bowlers set to take centre stage.

It follows a busy period for the sport of bowls on the Gold Coast, with the sunshine state to host the Commonwealth Games just two months prior to the Australian Open kicking off.

The event allows bowlers of all abilities a chance to test themselves on world-class greens around the Gold Coast, with some of Australia's and the world's best bowlers including our Games squad members also set to compete.

After moving to the Gold Coast in 2015, the event has truly established itself as more than just a bowls event.

With 14 days of action played across 15 host clubs, the Australian Open has become a 'festival' type event; the biggest in the world.

A staggering \$250,000 total prize money distributed across more than 780 placing opportunities in the 16 disciplines is on offer, with men's and women's singles, pairs and fours as well as age-specific events - Under-18, Over-60s and bowlers with a disability events.

The event is completely open with no qualifying, whole sectional rounds discipline by discipline followed by knockout rounds which are spread across venues from Coolangatta in the south to Beenleigh in the north.

A completely randomised draw opens up the opportunity to play alongside some of Australia's best bowlers in a relaxed and vibrant atmosphere, with live events including the newly-introduced "Mega Bowl" sure to entertain patrons this year.

With the final two days of the event broadcast LIVE on Fox Sports, this event is truly one not to miss whether you're a novice bowler or a club veteran.

Nathan Pedersen (SA) and Ellen Ryan (NSW) took out the flagship men's and women's singles event at last year's event, with the latter looking to clinch her third singles crown at the event in four years with another victory in 2018.

Josh Thornton (VIC) and Barrie Lester's (VIC) historic triumph in the men's pairs was one of the highlights in 2017 and the duo will be looking to see silverware once again off the back of what will hopefully be a successful Games campaign.

With a plethora of Games squad members and medalists among the winners in recent years, competition will no doubt rise to a new level in the 2018 instalment of the event.

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PANTS AND SHORTS



Paying homage...

Each year, Australians gather to pay homage to Australian service men and women, both past and present, who have given their lives to serve our country.

The AFL is proud to work with the RSL in joining football fans around the country in paying our respect to our wartime heroes.

On October 28, 1916, during World War I, some of the best Australian footballers were part of the first international exhibition match to be played at the Queen's Club in London's West.

Finding time to play an exhibition game in the midst of the horrors of World War I can be difficult to contemplate, however with London home to several military hospitals and training grounds where Australian diggers found refuge, it made perfect sense.

The two sides were made up of young Australian servicemen and for 100 minutes, each of these men could leave the war behind for a little taste of home.

Coming together in a celebration of sport the Third Division took on the Combined Training Units A, small taste of home that soon turned tragic as five footballers were never to play the game again.

The war to end all wars saw more than 750 Australian footballers enlist. 94 lost their lives including 17 during the Gallipoli campaign.

Over the course of history, enlistment officers sought to recruit from the football field. Brave, selfless and fit young men who fought for their teams on the oval, competed for their lives and the lives of others on the battle field.

Among the players who died on active service, Harold Charles Ball is still honoured to this day by the Melbourne Football Club who name their annual Best Young Player award after Ball.

Ball was remembered for taking the time to create a makeshift football competition, coaching a field ambulance team in eight games. Upon the Japanese assault on Singapore, Ball and his unit were inundated with wounded men who needed evacuation to the dressing station known as Hill 80.

On February 9, 1942 all personnel were ordered to the station however Ball and three comrades never made the journey. He was 21 years old.

An emerging ruckman, Ball was fundamental to Melbourne's premiership success in 1939 and 1940 and was named as the team's Best First Year player with the award being named in his honour as of 1946.

Harold Charles Ball's story is one of countless to come from war. Fathers, brothers and sons who never made the journey home, emerging players who left their families, friends and communities to fight overseas and on the 25th of April, the AFL community will gather to remember their sacrifice.

Lest We Forget.



TOM MACKENZIE: WW1 VETERAN AND SPORTSMAN

Tom MacKenzie (1882-1927) was the first Aussie Rules footballer to win three Magarey Medals as best and fairest in the South Australian competition in the first decade of the twentieth century.

His playing career spanned two clubs, West Torrens and North Adelaide, and he participated in the 1905 premiership with the latter. He won the Magarey Medal with North Adelaide in 1905 and 1906, supplementing his first medal win with West Torrens in 1902.

He returned to West Torrens in 1909 and captained the team from 1911 til 1913.

Like many sportsmen, he answered the call to arms in WW1. He served with the 32nd Battalion and was wounded in action. It is reported that as a casualty in the field, Tom was recognised by a West Torrens supporter, and revived.

Tom was inducted into the AFL Hall of Fame in 1996.



Charles Sturt remembers and honours all who served in WW1.

To find out more about the impact of war on our city and community, and to add your story, visit

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INDIGENOUS AUSTRALIANS,
WAR, DEFENCE AND CITIZENSHIP

JOAN BEAUMONT & ALLISON CADZOW



Michael Keelan

Greg T Ross: Pleased to catch up with you again. Michael Keelan, thanks for joining us here. You're a keen gardener, horticulturalist and media identity, and a lot of your life has been spent around the garden. What drew you to that?

Michael Keelan: Well, I guess I grew up with a lovely garden thanks to my mother and father, but also had an amazing impact on my life was my grandmother. My grandmother was an extraordinary gardener. She exhibited her garden in gardening competitions. She had an effect on my interest in gardening with grottos and rocks and stone walls and things like that, and it always was a pleasure and an interest to visit her. And then she, over the years, for various reasons, lived with us, and of course, her love for the garden then came from her garden to our garden, and so I couldn't avoid it really.

GTR: Yeah, and I guess with being a genetic hand-me-down in many ways, for you, what, your great-grandfather too, was he involved in gardening? What happened there?

MK: Well, her grandfather, my grandmother's grandfather, he was one of the head gardeners of divisions at Windsor Castle, under Queen Victoria's reign, and my grandmother proudly used to show us the reference, when he retired or moved on, that was written by Queen Victoria. So I supposed you'd say there's some connection there to that, but I don't know whether it runs in your blood or not. My brother is a very good gardener. It's quite an interesting phenomena, really.

GTR: Gardening as a hobby, as an interest, as a sideline to everyday life, has many benefits, physically and I guess mentally as well. What's your take on that?

MK: Well, I guess most of us, when we do connect with nature, via a garden or a park or a botanic garden, we do feel good, and it's very, it took years for it to be scientifically proven that in fact we do feel much better when we're in a garden. We can be pretty well stressed and you go home and walk inside, grab a beer or a coffee or something, if you just go and sit out in the garden if you've had a stressful day, it's quite amazing that after a very short time, you're feeling that the world's not too bad a place after all.

Greg: And that same environment can often bring reflection?

MK: Yeah, it certainly does, and probably of all the places in the world that you would want to reflect and contemplate things would be in a nice setting, and you can't get much better than a garden. And the other thing too, now they're putting gardens, whether it be big gardens or small gardens in hospitals. Our new hospital here, there's gardens everywhere, prisons now are having gardens. The maximum security people in America, the big prison over there, they've got gardens that the people who are there for a lifetime can see. It just calms them down, a better approach to life. It's not going to cure them of their problems, but it can certainly give you some solace and some comfort at times, when you need it. And while we're on that, I can't believe, in a way, why we stopped the gardening out at Yatala, because there, we still have acres of good land, we have prisoners probably just sitting on computers, or I'm not sure what they do for the day, but it couldn't be terribly exciting. It could well be reintroducing that gardening program for prisoners, a good idea. It can only do good, and how do you put a dollar value on that? You know, it's saving them from probably going to the doctor twenty times a year and really giving them a reason, and training them to come out and be decent people again.

GTR: Well said, Michael, and I think of course, Yatala being the prison in South Australia, and what you're alluding to there is obviously a decision that's been made by someone to stop, what did you say, the gardening there? They don't do it anymore?

MK: Well, back in, look, it must have been the seventies and eighties, they stopped gardening. They had fields, it was like a market garden, and they not only grew produce for themselves, I think they sort of sold it. I'm sure. Or they got rid of it at markets, or something like that.

GTR: Of great benefit, I'm sure, to those involved. Let's hope that that's renewed at some stage. Michael, what about with winter coming on, what are some of the winter tips for gardeners out there and

readers of The Last Post that you may be able to pass on to them?

MK: Well, I think coming into autumn and exiting what I think is the best time of the year into winter is very, very unique in South Australia. I mean, we do see the actual passing of four seasons, and sometimes, one season will outdo another. Last year we had the beautiful autumn colours, and we had a bit of an Indian summer, which meant it was warm right through into, well, the early days of June, I think, and it makes our lifestyle here very, very envied, very liveable, for the people here, and there is, you know, we are the fifth most, I suppose, liveable city in the world. I'd like to see that go to the first most liveable city and state in the world, because we've got a handle on how to use our recycled water, we're probably the best in the world at that. We know how to grow gardens in the hottest, driest continent on the planet. We've grown up with it. It's in our genes, our DNA, and we really should cash in on it. We've got one of the best arid gardens, botanic gardens. Well, it is the best in the world, at Port Augusta. We've got one of the most unique botanic gardens here in Adelaide, so that lofty botanic garden. There's not a lot we can't grow successfully here in South Australia.

GTR: Yes, it's something that if tended to properly can produce some beautiful results, with a great variety too, Michael, which is a benefit.

MK: Yeah, we can beautify entrances to all of our towns, our suburbs, and then Prospect Council is going to have tree lined streets down Prospect Road. All of these little things just go to make us, as residents, feel better, feel proud, and our visitors, well, they just love it. So they tell people, and then you get this flow on into tourism, which gardening tourism is the biggest growing division of tourism in the world today.

GTR: Yes, there is a place in the soul for the appreciation of gardens. Obviously with botanical gardens around the country being very popular places with people to visit and just be, I guess, so that's the beautiful thing about that too.

MK: Well, yeah, you're right, but the sad part is they're underfunded, always governments just take from botanic gardens, they can't see the value in a garden, and if only they would open their eyes and maybe spend a lunch hour walking through the gardens and see that thanks to the managers being prudent, the volunteers just chipping in and keeping the gardens as good as it is today, it's a credit to them, and seriously, it's not a credit to the people who just take money from the budget every year.

Michael Keelan is a respected horticulturalist who also has a career in media and did National Service in the 60's. Here, he speaks with The Last Post Editor and owner, Greg T Ross about the benefits of getting out in the garden.

GTR: Okay. I think that with governments doing that, then it's not a really good reflection on their ability to communicate with the public. All around Australia, whether it be Melbourne, Sydney, Adelaide, wherever, Brisbane, it is wise to visit the botanic gardens, even Hyde Park in Sydney, just to stroll through there is a beautiful thing.

MK: Yeah, it is, and again, they're all under budget constraints, and we should embrace it. We embrace the arts, we embrace the orchestras, which we should. We should embrace our gardens. They're equally as important to our society. In fact, probably more important.

GTR: Yeah, very well said, Michael. How are nurseries changing? I know that nurseries now tend to be owned by bigger conglomerates. How are they changing, to what they used to be like?

MK: Well, our nursery industry was decimated in the first part of the century, with the drought. We had those terrible draconian watering regulations. We, as an industry, tried to talk to governments to say, "Look, you know, we're not the problem, we're the solution, you know? We can supply plants, we can get people growing shady trees to cool their homes, to use less power, to use less water, by planting the right plants," but sadly it feel on deaf ears, and many of them shut. And today, there's but a few remaining, very, very good family nurseries left, as well as the big ones. But they've survived, they should be supported. I'm not saying by governments, but by people. You know, always the cheapest isn't the best and one of the most successful ways to garden is to listen to what experienced people have got to tell you. People that have grown the plants before, they get new plants in, they trial and they say, "Look, no good," but sadly, if you go to some of the bigger places, they don't care. They claim they've got people that know everything, but they probably do have some, but the problem is that so many people go to these stores, and only a few staff.

GTR: I guess garden clubs are a way of people getting together to discuss and suggest. Are there many garden clubs around, or not?

MK: There are, thank goodness, and they've survived, most of them, and you know, the Bonsai club, the Rose society is one of the biggest in the world, as having single members, and individual members. The Orchid society, There's a society or a garden club for almost any species of plant, but the other good thing is there are community gardens in a lot of suburbs, and of course, people living in high density buildings sadly can't have their own little patch, so they hop on board with a community garden, and they're just amazing. They're fantastic.

GTR: Yeah, I've seen them. One sees them around all the time, and they're beautiful, and I guess that leads me onto the next thing about, like, in the cities, these days, Michael, vertical and rooftop gardens have become very popular.

MK: They certainly have, and we can do a heck of a lot more, and we are doing a lot more, as an industry, as a community. Our Lord Mayor Mark Hayes is a real champion in this area, he wants to beautify our city even more. They've got an amazing tree planting program. Other councils are picking up on this and realizing that, "Gee, you know, this is good. We don't get complaints about this from our constituents, they love it all!" And so, again, this harmony thing, people see it's a slow green movement. It's not a radical greens movement. This is just a movement that we should all try and embrace in our own individual way. You don't have to go out and plant big trees. You can plant a little plant pot out the front of your house, but the point is we've all got to do it. They do it overseas in Europe, and they live in these tenements. They've got their pot plants on the front balcony or they've got their little pot of herbs out the back. We've all got to embrace that, and in

some way, shape or form. And it's not an expensive thing to do. It's the commitment, it's a philosophy, it's a practice.

GTR: Yes. And the more that join in, the stronger and healthier it becomes. Just finally, the readers of The Last Post might be interested to know, an ANZAC link in your family?

MK: Well, I was a national serviceman for two years, from 1966 to '68, and whilst I didn't serve in Vietnam, I got around to most of them postings in Victoria and Queensland, and yeah, you know, I don't sort of catch up with many of the mates. You do make some fabulous friends while you're there, but when they come from all over Australia, you don't sort of seem to keep contact, which is a pity, really.. ■



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Poppies on the Roll of Honour.
Photograph taken by Kerry Alchin.
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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 Armistice. 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.

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