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THE LAST POST

BI-ANNUAL ISSUE 11

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



SAM JACKMAN, RSL NATIONAL



GLENN KOLOMEITZ, RSL NSW

FUTURE FOCUSED

JENNY WALKER, LEGACY AUST

NATHAN KLINGE, RSL CARE SA



+ interviews with
IVA DAVIES
NORMIE ROWE
DON WALKER

DVA UPDATES
FINANCE
SCIENCE & EDUCATION
TRAVEL
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FOREWORD

The Hon. Stuart Robert

Minister for Veterans' Affairs

Minister Assisting the Prime Minister for the Centenary of ANZA

I am honoured to have been appointed the Minister for Veterans' Affairs and the Minister Assisting the Prime Minister for the Centenary of ANZAC.

As a peacekeeping veteran I understand firsthand the unique nature of military service and recognise the importance of maintaining a distinct department to look after the needs of Australia's veteran and ex-service community. Needless to say, I admire and appreciate the work of all our service personnel.

I have six priorities for veterans over the next 12 months:

1. Transforming DVA from a claims-focused organisation to one that is veteran-focused: I want veterans at the centre of DVA.
2. A key part of having veterans at the centre is improving computer systems: at the heart of everything we do to support you, is our computer infrastructure. Modern, more agile computer systems will significantly improve claim processing times and open up new avenues to interact with younger veterans.
3. Reducing claim times: improved computer systems and better coordination between Commonwealth agencies will further reduce already improving claim processing times.
4. Improving transition services: I will continue the excellent work done to date and focus on ensuring our younger personnel can seamlessly transition from service to civilian life.
5. Rehabilitation: I want to see those veterans and ex-service personnel who can work, return to work – importantly, with the continued support of DVA.
6. Prioritising support for personnel with mental health conditions: those ex-service personnel with mental health conditions will continue to be given priority when making a claim with DVA and they and their families will have access to a significant range of resources and uncapped treatments.

To those of you who have served, and your families, your nation thanks you. I look forward to doing all I can to better support you. ■

The names of forty two Australians are listed on the Afghanistan Roll of Honour at the Australian War Memorial. There would be many more but for the quality of our military leadership at all levels; the depth and breadth of training; equipment provided to defence personnel; and, what might be described as the 'Australian character'.

There is another – Explosive Detection Dogs.

Without the courage, skill and devotion of these combat engineers and their dogs, many more Australian lives would have been lost in defence of our interests and values in Afghanistan. The bond between these soldiers and their dogs is one beyond the understanding of the rest of us.

The Australian War Memorial has, through the generosity of Mr Doug Thompson and his late wife Monique, commissioned a sculpture that pays tribute to these four legged warriors. Melbourne based sculptor, Ewen Coates has given the nation the great gift of helping us to understand the vital role played by these dogs and the unique bond they have with their handlers.

Elevation of the Senses was dedicated by much loved television vet, 'Dr Harry' Cooper in early October. He did so in the presence of the men and Explosive Detection Dogs (EDD) from the School of Military Engineering. This magnificent and moving work pays tribute to the dogs that give their all for their handler and the soldiers they protect.

Inscribed onto the Memorial are the names of the dogs killed in action, along with Sapper Darren Smith and his beloved 'Herbie'. Both were killed along with Sapper Jacob Moerland by an IED in Afghanistan on 7 June 2010.

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



There was some resistance to putting a soldier's name alongside those of dogs. When I called Sapper Smith's father to seek his opinion, his strong response was that his son's name should definitely go up.

Prior to deployment when Herbie had to spend some time at the vet's, Darren slept there with his dog for three nights. Both Darren and Herbie were cremated and they are buried together - such is the bond between soldier and dog.

This work has been permanently placed near the entrance to 'Poppy's', the Memorial's café/restaurant named in honour of Trooper David 'Poppy' Pearce killed in Afghanistan. It has multiple layers of meaning, none more important than what in the end the entire Australian War Memorial itself represents – stories of love and friendship.

In this case it is the mutual love of these dogs for their handlers, and for these teams - the love they have for our country and the protection of others.

As the EDD dog ode inscribed near the sculpture reminds us:

..I will readily lay down my life for yours...for in this moment we are one. ■

From the Publisher: GREG T ROSS

Recent changing-of-the-guards at RSL national, RSL NSW, Legacy Australia and RSL Care SA means an injection of younger faces and ideas into these important organisations. As part of our Future Focused special, The Last Post met face-to-face with these four new CEO's to learn more about their take on the future and it's importance to the ex-service community and beyond. In this Remembrance Day 2015/Summer edition, Sam Jackman, Glenn Kolomeitz, Jenny Walker and Nathan Klinge chat with TLP Editor, Greg T Ross.

We again take a look at councils around Australia and their relevance and connection to and with the veteran community with Councils and the Centenary. In this edition we visit Port Pirie in South Australia and Parramatta in NSW.

Featured too, is a look at the Vietnam Vets Museum in Phillip Island, Victoria with poems by David Campbell and Sigfried Sassoon.

Stories to read over the summer also include In Love and War by Liz Byrski and Winter of '71 by Murray Walding.

In Travel, TLP editor Greg T Ross and regular contributor Bob Walter take us with them on their trips to Canberra and Sydney and the Kimberley's. We also, as usual, look at Health, Finance and in Sport we have tennis, golf, cricket and highlight Basketball Australia's Boomerangs and Pearls and their recent successful playing tour of Ecuador.

In Music and Entertainment we interview music legend and veterans advocate Normie Rowe as well as highlight national tours by Icehouse and Cold Chisel with interviews with Iva Davies and Don Walker. Jack Kellerman and Taj Worthington-Jones contribute their regular pieces, 10 Songs and Worth Listening To

DVA Updates, Your RSL at Work and messages from Federal Minister, Stuart Robert, Australian War Memorial Director Dr Brendan Nelson and South Australian Minister for Veterans Affairs, Martin Hamilton-Smith round off a great read for veterans and their supporters in this, the 2015 Remembrance Day/Summer edition of The Last Post.

Stay safe and healthy and enjoy your Christmas and New Year. We'll catch up with you again in our 5th anniversary year, 2016.

Greg T Ross
Publisher, 'The Last Post'
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THE LAST POST: eNEWS, NEWS

The Last Post E News is growing in popularity. If you are a subscriber to The Last Post hard copy and online version and you're not receiving the magazine's E News, please get in contact with our subscription team at gtrpublishing@live.com.au

Currently coming out every three months, the 2015 eNews will instead be released as an adjunct to the Anzac Day and Remembrance Day editions so that you will be now seen, heard and be able to read Australia's national magazine for veterans electronically.



Jenny Walker CEO Legacy

In June, 2014, National veterans services peak body Legacy Australia Council appointed its first Chief Executive Officer, in a bid to “consolidate Legacy’s work to date”. Jenny Walker, has 25 years’ experience in line management, project management and consulting strategic and operational roles.

Legacy cares for about 100,000 widows, children and disabled dependents through a network of 50 Legacy Clubs in Australia and London.

Jenny has tertiary qualifications in business and marketing and is a member of a number of professional organisations. She has served for 16 years in the Army Reserve, in the Australian Intelligence Corps, retiring at the rank of Major.

The Last Post: Jenny Walker, welcome to The Last Post and thanks for sparing the time. Relatively new CEO of Legacy, how’s it feel?

Jenny Walker: I don’t feel that “new” anymore, I’ve been in the job 15 months and it’s been busy and full-on the whole time. First CEO of Legacy is how we’d describe it now so I’m fully energised and plenty of work to do.

TLP: What’s your background, Jenny and what led you to this position?

JW: Like most people, I’ve had a few careers. I started my working life as a draftsman in the NSW government. I worked for a variety of governments over the years, as a result of being married to a serviceperson, moving around a bit. My career evolved in to a management services organisational functions in government. I then spent the next 20 years as a consultant outside of government. And somewhere in that journey I’d also re-skilled and re-developed my qualifications in business. With 20 odd years working around government’s I’d also had a career in the Army Reserve for 16 years and it all came to a peak when I started consulting with a few gentlemen who’d been in the army and this one chap was very involved with Legacy. Occasionally they’d say, can you come and facilitate a workshop in Brisbane Legacy as it was then. So I used to do some pro bono work for them and kind of fell in love with Legacy. I started to understand the journey they’d been on. I was then looking for another career change into mainstream management and I was tipped off that this job was available so I very hurriedly wrote an application and went through the process including interviews and then started the job in June, 2014 and I don’t think my feet have hit the ground since.

TLP: I know that things are certainly changing within Legacy and your appointment is a real example of that.

Part of what you’re about and Legacy is about is to bring Legacy into the 21st century?

JW: Part of what you’ll find with Legacy is that it is self-analytical. We have a conference every couple of years and engage in fairly robust discussions, I call it democracy in action and they heavily critique where they’re heading and state of play is and it was through this process they decided Legacy needed a national CEO to implement a number of things that came out in terms of the national will.

TLP: What had been happening before that?

JW: Legacy is a volunteer, member-based organisation, run by committee’s so you would have volunteer people doing the work. As the jobs have become more complex, needing contemporary understanding of legislation and skill sets, various Legacy clubs and now Legacy national have embraced the idea that you need someone who’s accountable and makes sure we comply with all the rules and regulations associated with corporations.

TLP: How do these decisions get implemented?

JW: The implementation is very important and that’s why you wake up every morning in a cold sweat, asking, “Did I get this done?”

TLP: Part of the Legacy brief at the moment is moving premises.

JW: Yes, when they decided to enshrine the national body, what we had before that was a secretariat function with what had previously been the Legacy Australia Council. I’m consolidating what we do here and I’m about to move into the city so we can be closer to the people we have meetings with. As a small marketing team being out in the suburbs didn’t really matter that much but now, we interact with the Department of Veterans affairs, Legacy Sydney, the RSL as well as the corporate sponsors that actually feed us so it’s important that we’re a central location. The other thing I have is a board that comes from all over Australia, so having a central location makes it a lot easier for them to attend board meetings.

TLP: Your passion for Legacy and what it stands for – how important is that passion for you?



Jenny Walker with Legatee Charles Wright, who is leading the Study Tour to Pozieres. Also pictured are three of the Legacy Youth from Canberra who will be going on the tour.

JW: If you’re not passionate about Legacy you shouldn’t be here because it’s one of those roles that involves being on tap 24/7. Because it’s a volunteer organisation and this is a national function you’ve got to be in touch with 50 clubs that are in 300 locations around Australia, so we’ve got a pretty big footprint. It’s a system that works out-of-hours, they’ll have their get-togethers on weekends and evening work because they’re volunteers. So if you had a nine-to-five mentality, you wouldn’t survive in Legacy. Everyone here is here because they love Legacy, first and foremost. You’re dealing too, with people from all sorts of situations. There’s those that are very needy and quite vulnerable and we have a passion to help and assist those people.

TLP: How’s the state of things at the moment? We had Legacy Week not that long ago. How did that go?

JW: That’s our big week of reminding people that we’re here so this office in particular invests pretty heavily in national advertising and promotions. The next thing that makes it so successful is current serving members of the Australian Defence Force. They’re the people that started Legacy, the people that came back from the war and helped the families of those that didn’t make it home. The senior members of the Australian Defence Forces are always supportive. They go out onto the street and sell badges for us so that’s a high profile part of the event that also reminds the public why we’re here. Most of us go about our tasks without any deal or view towards recognition so on such occasions we bob up and say, “Hi people, we’re here”. It’s very important these days. In my childhood, Legacy was a very well known organisation because there were so many kids being cared for. Times have changed so procedures on how to make people aware has changed too. But the need remains.

TLP: Has that been a challenge for you. Making sure that the appreciation remains?

JW: It’s a challenge in that today we’re dominated by social media, here one minute, gone the next. It’s harder to get enduring messages out there. You’ve got to keep up with the times and get that repeat message out there. I’ve been out selling badges and the older people and those slightly grey around the edges will know what it’s about but younger people and those that aren’t third and fourth

Jenny, Lee Kernighan (centre) and Peter Leahy from Soldier On at the Australian War Memorial. Proceeds from Lee's song go to Legacy and Soldier On.



generation Australians will walk up with a curious look on their faces so unless you make a point of explaining it to them, they're just as liable to walk away. So, yes, it is a challenge but everyone in the Legacy family makes an effort to help the public understand what it is we're about.

TLP: The future of Legacy. What do you hope to achieve at the end of your tenure and look back and say what it is that you've done?

JW: I'm part of the journey and the story. I'm steward for the moment. We're coming off the crest of a wave. With the numbers from WW1 and WW2 and a lot of the widows now are in their eighties and they're part of that demographic that becomes invisible. So we're looking after these elderly ladies and we have been doing that for a very long time. We've been looking after these people for 50-60 years. Sometimes the relationships have been that long. It's a lifelong relationship. Now, we're about to see the generational change. There will be a blimp with the Vietnam War veterans but the numbers will never be the same. Legacy continues to give a hand-up, not a hand-out, to help you become a resilient family again.

TLP: In practical terms, give us an example. How would you help 'Family A'?

JW: Quite often, you'll get a family that, they might be struggling financially but it's not a long term problem if you can, say, help re-skill the mother so that she can become the provider rather than expecting that from the father or vice-a-versa. It's practical assistance. We'll give help to a wife or a husband to go and re-educate themselves, re-skill themselves, maybe even pay for child minding while they do that. We will help out with the kid's education. We don't like to see the children of a veteran suffering disadvantage because of that veterans service so if those kids need a hand to continue schooling, rather than dropping out, that's what Legacy is all about. Stay in the game, develop yourself and realise your potential to become the person you could've become anyway. Sometimes that means taking them away on camps where they can hang out with other kids their age and develop their own personal resilience. They have the opportunity to form life-long relationships then, with kids in the same circumstances. We're embarking on a really big project next year where, because Pozieres was the birthplace of Legacy. If you read the code of Legacy there's a whole story there about one soldier burying his mate and saying, "Don't worry, we will look after your family", and that's quoted as the roots of Legacy. Sure, it happened many times on the battlefield but that's the story of where Legacy kicked off.

TLP: It is a dedication then, not to drop the ball and to maintain your role in looking after these families.

JW: Yes, comradeship and mateship that is forged on the battlefield and never forgotten. The bonds that are formed in such circumstance cannot be broken. So, next year we're taking around 100 Legacy youth back to Pozieres, where Legacy began.

TLP: A great awakening and education for the kids.

JW: We're calling it a study tour for that reason and it's a very rewarding experience for them. It will enrich their lives and help them enrich the lives of others.

TLP: What a positive note to end this chat, Jenny. Thank you so much.

JW: Thank you Greg and to The Last Post. ■

THE AFRICAN PROVERB "IT TAKES A WHOLE VILLAGE TO RAISE A CHILD" IS APPLIED BY LEGACY IN OVER 300 LOCATIONS ACROSS AUSTRALIA.

LEGACY AUSTRALIA STILL KEEPING THE PROMISE

Legacy is a uniquely Australian not for profit organisation dedicated to the welfare of families after the incapacitation or death of a spouse or parent, during or after their defence force service.

ABOUT LEGACY

Legacy is a uniquely and iconic Australian organisation. Legacy is predicated on the fundamental belief that veterans have a special obligation to the families of their comrades who gave their life or health in defence of the nation.

Legacy commenced in the 1920s in the wake of World War I. Some 60,000 Australian service personnel were killed during the war and over 150,000 were wounded, many dying in the years immediately after the War. The returned servicemen established Legacy Clubs throughout Australia to ensure that the families of those killed in or who died subsequent to war were not financially or socially disadvantaged.

From the outset, Legacy was involved with young widows and young children. This was in an era when a modest widow's pension was no guarantee that the family unit was sustainable. Children who did not receive adequate care and oversight were readily placed into State care. Not only had they lost their father, they were at high risk of losing their mothers too. Legatees were there to provide the support, advice and assistance needed to help the widows raise their children.

Becoming a Legacy child was a far better outcome than becoming a Ward of the State. Benefiting from Legacy's nurturing care in their formative years; many of the Legacy children have gone on to contribute to Australian society through their achievements on the world, national and local stages.

The situation was repeated after World War II. Today, while many of those Legacy serves are in their 80s, Legacy continues to support young widows and young children.

The African proverb "It takes a whole village to raise a child" is applied by Legacy in over 300 locations across Australia.

For more than 90 years the task has gone on. The dependants of World War I, World War II, the Korean War, Malayan Emergency and Vietnam War are still cared for. In addition to the peacekeeping operations in Bougainville, East Timor and the Solomon Islands, the campaigns in Iraq and Afghanistan remind us all that Legacy's vital work is ongoing.

Over the years, membership of Legacy has been extended such that anyone who believes that the families of those who died or gave their health deserve a special place in our society is welcome to join.

Recently, Legacy agreed to extend Legacy benefits to the families of Australian Defence Force members where the death is deemed to be service related.

Legacy cares for around 80,000 veterans' dependants, ranging in age from less than 12 months to 109 years, and with over 340,000 veterans alive in Australia today, the task is not going away in the foreseeable future. As the veterans of latter day conflicts deal with ill health and incapacity, Legacy is there to help the family survive some tough times. ■

*“Look
down, and
swear by
the slain of
the War that
you’ll never
forget.”*



AUSTRALIAN WAR MEMORIAL

H17829

Aftermath

A poem by Siegfried Sassoon (1919)

Have you forgotten yet?...For the world’s events have rumbled on since those gagged days,
Like traffic checked while at the crossing of city-ways:
And the haunted gap in your mind has filled with thoughts that flow
Like clouds in the lit heaven of life; and you’re a man reprieved to go,
Taking your peaceful share of Time, with joy to spare.

But the past is just the same-and War’s a bloody game...
Have you forgotten yet?...
Look down, and swear by the slain of the War that you’ll never forget.

Do you remember the dark months you held the sector at Mametz—
The nights you watched and wired and dug and piled sandbags on parapets?
Do you remember the rats; and the stench
Of corpses rotting in front of the front-line trench—
And dawn coming, dirty-white, and chill with a hopeless rain?
Do you ever stop and ask, ‘Is it all going to happen again?’

Do you remember that hour of din before the attack—
And the anger, the blind compassion that seized and shook you then
As you peered at the doomed and haggard faces of your men?
Do you remember the stretcher-cases lurching back
With dying eyes and lolling heads—those ashen-grey
Masks of the lads who once were keen and kind and gay?

Have you forgotten yet?...
Look up, and swear by the green of the spring that you’ll never forget.



THE NATIONAL VIETNAM VETERANS MUSEUM

There are goings-on at the National Vietnam Veterans Museum.

We have been waiting with great anticipation for our latest acquisition which is the M113A1 Armoured Personnel Carrier. It has been a frustrating process, over a period of years, on again – off again negotiations and now it has all come to fruition. The final stage of crossing t's and dotting i's plus organising transportation is coming to a close, with anticipated arrival being within the next couple of months. Though a prolonged process of government tender, the last of the key major exhibits for the Museum will, finally, be coming to its ultimate destination. Used extensively during the Vietnam War, the APC came to the troops' assistance in the Battle of Long Tan. The main role of the APC was to transport the troops. The Museum now boasts 4 full size helicopters, 2 tanks, 2 aircraft including the Canberra Bomber, which is undergoing extensive renovation.

With a series of successful exhibitions having been held at the Museum, the current exhibition which has everyone talking is 'You Gotta Laugh', Australian Cartoons of the Vietnam War. Jim Bridges is the man behind the Australian Cartoon Museum. For the last 33 years, he has been collecting cartoons in all their many shapes and sizes. He has over 5,000,000 cartoons in his collection. Our Social and Political History is intrinsically bound

up in these sketches, which are also time capsules of our era. The Museum is hosting the exhibition of cartoons of the Vietnam War era, depicting the historical and social issues of that period in Australia's history. This exhibition concentrates mostly on the soldiers' point of view and the coping mechanism of humour, including cartoons by Geoff Hook and William Ellis Green (WEG). It is certainly creating discussion among the staff and visitors alike. The Exhibition will be at the Museum until the end of November 2015.

New exhibits and displays are continually appearing, with the full size engine of a Cobra Gunship now encased in its new display case – as luck would have it you can find it next to the Cobra helicopter.

Recently awarded the 2015 Trip Advisor Travellers Choice Award and listed among the top 10 museums in Australia, the Museum really is worth a visit. ■

Refreshments available at the Nui Dat Café. Open Daily 10am – 5pm. Closed Christmas Day, Boxing Day and Good Friday. Ph: 03 5956 6400. www.vietnamvetmuseum.org

Lieutenant Commander Sam Jackman new RSL boss.

The Last Post welcomes the landmark appointment of South Australian Sam Jackman as the new national chief executive of the RSL.

Lt-Cdr Jackman, a naval veteran of more than 22 years, becomes the first female boss of Australia's largest veteran organisation in more than 26 years.

It is believed that Lt-Cdr Jackman is eager to continue reforms that she oversaw in her home state. The 48-year old has a history of supporting veterans health and is keen to modernise the RSL.

Lt-Cdr Jackman joined the Royal Australian Navy in 1987 after a year in the Royal Australian Air Force. The RSL, which celebrates its centenary next year, has more than 240,000 members and 1500 sub-branches around the country.

The last woman to head the RSL was Betty Healy.



New RSL national chief executive Sam Jackman (right), pictured at her Adelaide farewell with her daughter Georgia and the acting CEO (SA/NT), Julia Langrehr.

Appointed in April, 2015, the RSL's first female chief in more than quarter of a century, Sam Jackman, will set out to "modernise the image" of the nation's peak veterans' organisation.

Lieutenant Commander Sam Jackman, 48, was named as the Returned and Services League national chief executive earlier this year, after almost six years as the head of the South Australian branch.

Lt-Cdr Jackman, a navy veteran of more than 22 years, was chosen against more than 40 candidates. Her appointment was warmly welcomed by veterans and senior government ministers and officials.

Lt-Cdr Jackman overhauled the RSL's local operations and management structures and colleagues have lauded her for her plain speaking, clear and logical arguments, and empathy for veterans' health.

Here, speaking with TLP Editor, Greg T Ross in Canberra, Lt-Cdr Jackman said

she was keen to continue reforms of the organisation.

The Last Post: Good morning, Sam, thanks for agreeing to a chat.

Sam Jackman: Thank you very much, it's great to have the opportunity.

TLP: The new job, the new environment, how are you settling in?

SJ: It's a great honour to have this position and I'm really looking forward to help shape the future of this great organisation, to rolling up my sleeves and getting on with it.

TLP: How did you feel when you were told you'd been appointed the new national CEO? You must have had some inkling?

SJ: Nope. I was stunned and amazed. When I was told via phone of the appointment, I responded firstly, by saying, "Are you sure?". I was delighted and amazed.

TLP: Your background with the RSL, can you tell readers about that.

SJ: Well, my recent background, I had around 6 years with South Australian RSL before I came up here. So it helped with an understanding in the sense that I'd been there with the South Australian branch. This entity is of course much bigger and a whole new thing altogether. Running a state means you have a conglomerate of sub-branches, which is in its own right, a challenge but being on the national stage means you also have the political sphere as well. Dealing with Parliament and legislation and the Department of

Veterans Affairs, as well as the intrinsic RSL issues is what is required. You look at that and it's obviously a different job brief and an exciting one, too.

TLP: Yes, it's multi-tiered and in dealing with each, you wouldn't be wearing a different hat but you'd be dealing with different issues.

SJ: Yes, one minute you may be talking to a defence sub-committee about ship capability which is something most people may not see as being attached to the RSL, and then you may receive a call from a member in Queensland, saying something like, as an example, "I'm not happy with the way the local council's flying the flag". Important issues to different people. Yes, it helps to be able to cope and enact in the role with the constant mantra of doing the best for our members. Through that too, the wider community.

TLP: How did you get into being involved with the RSL?

SJ: Both my husband and I were in the navy and we moved to South Australia as part of our posting cycle. Within a short period of time of arriving in South Australia, we decided that was where we wanted to settle. Subsequently, I was still on reserve service but my husband was looking for a job. I got a phone call from a friend, telling me the RSL was looking for a CEO. I thought initially it was regarding my husband, Andrew's availability but the caller said, "No, I mean for you". Up until that time I hadn't thought about it but, through that conversation with a friend, I began to contemplate putting my hand up. Convinced that I would

"...ONE OF THE BIG THINGS WE HAVE ON OUR SIDE IS THAT THE RSL IS VERY WELL KNOWN, A STRONG AND RESPECTED BRAND. IT HAS HISTORY AND A GREAT FUTURE AHEAD."

“I REPRESENT THE NEW FACE AND NEW DIRECTION BUT IT’S JUST NOT ME, THIS WAS A BOARD DECISION. NOW IT’S UP TO ME TO GO OUT AND DELIVER IT.”

enjoy the challenge and seeing it as an empowerment opportunity for the RSL and myself, I went for it.

TLP: What year are we talking about?

SJ: That was 2009.

TLP: Part of what you’ve stated you’d like to do is to modernise the image of the RSL. Perception of the RSL. How is it, is it changing, will it change?

SJ: Look, one of the big things we have on our side is that the RSL is very well known, a strong and respected brand. It has history and a great future ahead. There is, on the flip side, a vision of the RSL as the local sub-branch, where the “old diggers” go on Anzac Day for a beer. The perceptions and reality, however, are already poles apart and will widen even further with the younger generation coming through. We represent all ages, families and ranging demographics of age

and race and gender. That’s the reality. My challenge is to change that perception whilst maintaining the understanding that it represents the sacrifices of the past. Sacrifices, by the way, that allow us to enjoy the lives we lead today.

TLP: Yes, if you and I were to visit sub-branches we would find people of all ages and backgrounds helping the community and schools, for example.

SJ: Yes, at the moment we’re doing this as a two-pronged approach. One is in mainstream media to build the profile of the RSL, based around a modern concept, based around our involvement with the current ADF members with things we do in the contemporary veteran’s space. The other issue is communication levels with our cohorts about what we do. In the past we’ve already communicated by going first to state branch, going to the sub-branch, the info goes on the notice board and then, at the end of the trail, it’s read and absorbed by few. So, we’re now trialling by structuring our communication via social media. We can target and focus better through this initiative and if we want to talk about some wins we’ve had on the board with the current ADF pay cases we can direct that via social media to those who are currently serving in the ADF. Makes sense. If we had messages around our Vietnam veterans then, likewise we would have a sharper direction to them. In other words, if a subject is relevant, the message will be received and read by those effected. A focused, modern approach.

TLP: Your age, your gender. Having been appointed to this position is a big plus for RSL national. The energy you bring to the job, how do you see that enacting on the future?

SJ: None of this could’ve or would’ve happened without the national board realising the RSL had to change it’s strategic direction. So everyone’s onboard. A lot of

the hard work has already been done. I represent the new face and new direction but it’s just not me, this was a board decision. Now it’s up to me to go out and deliver it. That is the first step but, I guess, before that came the understanding that there was an issue. Only then can you put things together to fix it. Previously at headquarters, we’ve never had a focus on communication and marketing and things like reputation management, brand management. That’s my next step. I’ve already got two projects underway in relation to that.

TLP: How confident are you of positive changes being made to the RSL to make it more accessible?

SJ: I’m really confident. Two years ago I would have given you a different answer because, amongst other things, there wasn’t that appetite for it. It’s like the snowball analogy and right now, for the RSL, the snowball is rolling and it’s gaining such momentum, it would be almost impossible to stop. All RSL’s at state level recognise this. They are all doing fantastic work and putting their shoulders to the wheel and making a change. We are taking the states with us and that helps allocating time and money and strategy. By the time I leave this position I’d like to be able to walk up to anyone in the street and ask them what they think of the RSL and be able to get an answer that reflects the nub. Secondly, I’d like to see an improvement of understanding within the ADF of what the RSL is all about and that it’s there for them. That second point should really be the first and foremost. From that, membership building will continue. That’s a given once it is realised what we can do. And achieve.

TLP: Sam Jackman, thank you for your time and all the best for the future.

SJ: It’s been a pleasure Greg. All the best to you and The Last Post. ■

“...IF WE WANT TO TALK ABOUT SOME WINS WE’VE HAD ON THE BOARD WITH THE CURRENT ADF PAY CASES WE CAN DIRECT THAT VIA SOCIAL MEDIA...”

“Comrades, farewell!”: the evacuation of Gallipoli, December 1915

After the failure of the August Offensives of 1915 the allied forces on the Gallipoli peninsula had few options remaining but to dig in for a difficult winter. In October 1915 the British government, under increasing pressure, began to consider the need for evacuation. The biggest problem was how to leave the peninsula without arousing the suspicions of the Turks: their trenches were so close to the Australians that they could not fail to notice any changes in activities.

A detailed evacuation plan was devised by Australian Lieutenant Colonel Charles Brudenell White. Elaborate deception operations were implemented to convince the Turks of an ongoing allied presence on the peninsula. Right to the end, great care was taken to keep up the kind of irregular rifle and artillery fire expected by the Turks.

Slow-release rifle-firing devices were employed with the aim of convincing the Turks that the Anzac front line was still occupied long after thousands of men had crept down to the beaches and escaped. One such device was the drip rifle, invented by Australian Lance Corporal William Scurry of the 7th Battalion, with assistance from Private Alfred Lawrence. It incorporated two ration tins: the top one filled with water and the empty bottom one attached by a piece of string or wire to the rifle's trigger. Before leaving a soldier would punch a small hole in the upper tin, allowing water to trickle into the lower one, the weight of which eventually pulled the trigger.

There is some debate over the significance of the drip rifle in fooling the Turks, or whether the enemy in fact knew of the evacuation and simply allowed the troops to depart. Nevertheless, for his ingenuity Scurry was Mentioned in Despatches, awarded the Distinguished Conduct Medal, and promoted to sergeant.

The evacuation of Anzac began on 15 December, and over the following week some 36,000 troops were withdrawn from the peninsula. Night after night, men wrapped sandbags or other material around their boots and quietly made their way down to the beach for evacuation. At 4.10 am on 20 December the last men left Anzac Cove. Suvla was evacuated the same night, but British and French forces remained at Helles until 8/9 January 1916. By the time all troops had left the peninsula the entire operation had evacuated 142,000 men with only minimal casualties.

The cost of the Gallipoli campaign, however, had been high. Australian casualties amounted to 26,111 men. Of these, 8,141 men had been killed in action, died of their wounds, or succumbed to disease. Such losses were keenly felt by the men as they evacuated the land they had fought so hard to take. Many stopped by the graves of brothers, fathers, and mates as they made their way to the beach.

After a short rest on Lemnos the troops were transported to Egypt. There the AIF regrouped and reorganised and prepared itself for the next challenge: the Western Front, and three more years of suffering and sacrifice. ■

Kerry Neale
Curator, Military Heraldry and Technology

Courtesy of the Australian War Memorial, Canberra

Harry Thorpe

Harry Thorpe was born at the Lake Tyers Mission Station, near Lakes Entrance in Victoria, to William Thorpe, a Brabuwoolooing man, and his wife, Lilian. Harry was married and working as a labourer when war broke out in 1914. Although Indigenous men were at this time officially prohibited from enlisting in the Australian Imperial Force, Thorpe successfully enlisted in February 1916, aged 29.

Leaving Australia with the 7th Battalion that April, Thorpe trained briefly in Egypt before being sent to fight in France. There the 7th Battalion was engaged in the fighting at Pozières and Mouquet Farm, where the Australians saw some of the heaviest artillery fire on the Western Front, and in the battles around the French village of Bullecourt. In each instance Thorpe was wounded in battle, and was twice evacuated for hospitalisation and recovery.

Thorpe proved an able leader, and in October 1917 he was awarded the Military Medal for “handling his men with skill and materially assisting his company commander” in the dangerous job of seeking out German infantry hiding in dug-outs and pill boxes. His medal citation notes that “by his splendid example and disregard of all danger” Thorpe “inspired those under him”. He was subsequently promoted to corporal.

In August 1918 the 7th Battalion conducted an operation against the enemy at Lihons Wood in France, where Thorpe was shot in the abdomen. Wounded for the third and final time, he died hours after arriving at the dressing station.

Harry Thorpe left a wife, Julie, and one son, Reginald. He was buried in a cemetery near Harbonnières, just a few kilometres from where he fell. ■

Courtesy of the Australian War Memorial, Canberra



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Determined to serve

Pioneer women doctors in the Great War

By Michelle Moo. First published in the University of Melbourne Voice.

When the Great War broke out, female doctors who offered to serve were famously told to “go home and sit still”. But a group of remarkable women refused, making their own way to the front and forging a significant yet little-known slice of feminist history.

In 1914 Mary De Garis was the resident surgeon in Tibooburra, one of the most remote outback towns in NSW, close to the edge of the Strzelecki desert, when she heard of a war in Europe and resolved to enlist. She had arrived in the arid farming community three years earlier, via the grazing town of Muttaborra, leaving the comfort of her affluent background to follow the rare opportunities for female doctors. When Britain declared war on Germany, she had been engaged to a local farmer and captain of the cricket team, Colin Thomson, for ten days.

As the First World War broke on a Europe that could not have envisaged the devastation of trench warfare, Mary immediately understood the demands it would make on her vocation. The war was a call to patriotic duty, but it was also an extraordinary test of the limits of the profession, and would elicit vast advances in medicine: plastic surgery, psychiatry, and innovations in the treatment of wounds, broken bones and disease were all to emerge from the ruins.

But Mary also considered what the war might mean for women doctors, who in 1914 were still marginalised within the profession and society at large. She wrote in a letter,

...if the war continues, the need for doctors will be so great that women will have a chance of being accepted and given military status for it.

Roused to serve, the newly engaged couple enlisted and Colin sailed for Egypt, headed for Gallipoli. Mary's enlistment to the Australian Army Medical Corps, however, was flatly refused.

In the sweeping social changes of the early twentieth century, great forces were colliding. The pressures in Europe that were to spill into a global war, were to also burst upon a world in flux. Women doctors such as Mary were drawn to war out of patriotic duty, but also out of ambitions for equality that arose out of the struggle for women's equal rights.

Mary had enrolled in medicine at the University of Melbourne in 1900, becoming only the 31st woman to do

so. The path to admission for women had been won several years earlier by Helen Sexton and Lilian Alexander, who garnered support through the press and family connections, securing the University council's approval in 1887. At a time when women did not yet have the vote, seven women, including Helen and Lilian, enrolled, entering a profession that was generally seen as too difficult, too unseemly and too powerful for women.

By 1914 there were 130 women registered as medical practitioners in Australia, but access to hospital residencies and clinical appointments were highly restricted.

Helen Sexton, who became the 3rd woman to graduate, had found a way around these restrictions by helping to found the Queen Victoria Hospital for women in 1896. She built a considerable reputation for her surgical skills as head of the operating theatre, a position she held from 1897-1910.

She was semi-retired and travelling in Europe when war was declared, and immediately left for England to offer her services to the Royal Army Medical Corps (RAMC) at her own expense. They refused her.

The British Army would eventually relent on women doctors later in the war, but the Australian Army would not appoint a female doctor until 1943. If Mary and Helen were to serve their country at war as doctors, they would have to find their own ways.

In June 1916, Mary sailed to London – her revolver packed – in case Colin, deployed to the Western Front after having survived Gallipoli, was wounded and repatriated to England. It was there, working in a hospital in London, that she learnt of his death at Pozières on 4 August 1916.

Rather than return home, a grief-stricken Mary was mobilised and joined the Scottish Women's Hospitals (SWH), founded by suffragist and activist Dr Elsie Inglis. Formed to provide female-staffed mobile medical units, when they offered their services to the British Army early in the war they were famously told to “go home and sit still”.



Mary De Garis (1881-1963), c.1911; photograph; 11.4 x 17.1 cm; on reverse: 'To Robbie (A) Alexander / from Auntie Doc / April 1911 / dr. Mary C. De Garis; MHM04369, Medical History Museum, University of Melbourne.

The agitation in that phrase tells us much about the attitudes to women doctors, and revealed the deep mistrust of suffragist movement. But there was also something deeply psychological in that agitation, central to the war effort: war was men's business, and men's motivation in laying down their lives pivoted around women's vulnerability, their need for protection. Giving women authority disrupted this relation.

It may be one reason why the French military establishment was able to accept the SWH, but not their own female doctors. France, like other allied forces, embraced the SWH and 14 mobile hospitals were set up near battlefields in France, Serbia, Greece and Russia, with women recruited from all over the empire.

Mary joined the SWH unit operating in Ostrovo, northern Macedonia, under the Serbian army on the Balkan (Eastern) front, taking over in 1917 as chief medical officer from fellow Australian Dr Agnes Bennet who was struck down with severe malaria. It was a 200-bed hospital, operated by 50 women, surrounded by camps of soldiers from the Serbian, French, Russian, Italian and Greek armies.

It was run as a military hospital, with discipline, curfews and mail censoring. Women did every aspect of the work: as surgeons, nurses, ambulance drivers, mechanics, sanitation workers, cooks and orderlies. It was close to the front and Mary performed difficult surgery in all weather, battling flies and wasps, typhoid, dysentery and malaria. At Ostrovo between 1916-1919, 1084 operations were performed involving amputations, bomb and bullet wounds, compound fractures, hernias, and the removal of foreign bodies.

Miles Franklin, the celebrated Australian writer, worked as an orderly and cook in



Mary De Garis with Serbian Colonel (1881-1963); Medical History Museum, University of Melbourne.



Mary De Garis (1881-1963) and other Melbourne Hospital residents, 1905-1906; photograph; 31.5 x 36.8 cm; MHM04368; Medical History Museum, University of Melbourne.

Ostrovo, and struck up a friendship with Mary. In an unpublished manuscript of her war memoirs she wrote:

“A story of the sang-froid of Dr De Garis was current. Once in the early days of the unit, while a serious operation was proceeding in the little operating tent of the advanced dressing station, the bombs began to rain. The men assistants promptly disappeared to their funk holes, but Doctor continued her operation, occasionally remarking very politely to the Sister who stayed with her, that she was sorry, she supposed the Sister would like to have a look at what was going on outside, but the patient had to be attended to or he would bleed to death.”

The extraordinary strength of character required was perhaps not surprising in women who had gone against cultural mores, fought for equal rights, and were in effect pioneers even before war broke. While Mary De Garis aligned herself with the SWH, Helen Sexton’s way to the front was characteristically enterprising. Having already helped found the Queen Victoria Hospital, her response to the Royal Army Medical Corps’ rejection was to set up her own hospital at the front.

She set sail for Melbourne to mobilise friends, funds and equipment, and returned to Europe to establish the Hôpital Australien de Paris for wounded French soldiers, or ‘petits blessés’, in a villa at the edge of the Auteuil racetrack. Established with French military status, it opened in July 1915 with 21 beds. Helen was appointed Médecin Majeure.

Her case study notes have been recently uncovered by the Medical History Museum at the University of Melbourne. They reveal an extraordinary, frank, yet intimate portrait of a country at war. Helen records names, ranks, and the battles in which the injuries are sustained. Succinct, even cursory, notes

describe incisions to remove the bits of clothing that have become embedded in a soldier’s skin following an explosion; she also has to remove half a bomb screw from his leg. There are reports of the terrible complications of disease, such as from typhoid, requiring the removal of dead bone from the jaw and teeth, an excruciating condition of which no mention of pain is made, probably too pervasive and too terrible to name. In between accounts of paralysis, gangrene and amputations is the occasional reference to the heartbreak of war. A soldier mentions that he has not heard from his wife and daughter, a child of eight, for a long time. The great, tragic irony for many fighting in Europe was that they would survive the fighting to find their families had perished. At the end of the war, 9 million combatants and 7 million civilians had lost their lives.

The Hôpital Australien de Paris operated until early 1916. When it closed, Helen was invited to work as an assistant surgeon at the Val de Grace, a hospital specialising in facial reconstruction surgery, which was at the forefront of surgery at the time, requiring extraordinary skill. While the trenches might have afforded some protection from enemy fire to the lower body, the heads and faces of soldiers were particularly vulnerable, and many soldiers who survived blasts were horrifically injured. The responsibility felt by surgeons in restoring disfigurement that soldiers would have to bear for the rest of their lives, must have been enormous. These surgeries could not rely on antibiotics; penicillin had not yet been discovered.

After the war Helen received the gold level of the Médaille de la Reconnaissance Française, presented to civilians who, in the presence of the enemy, performed acts of exceptional dedication.

Mary De Garis was awarded the Serbian Order of St Sava III class as well as two

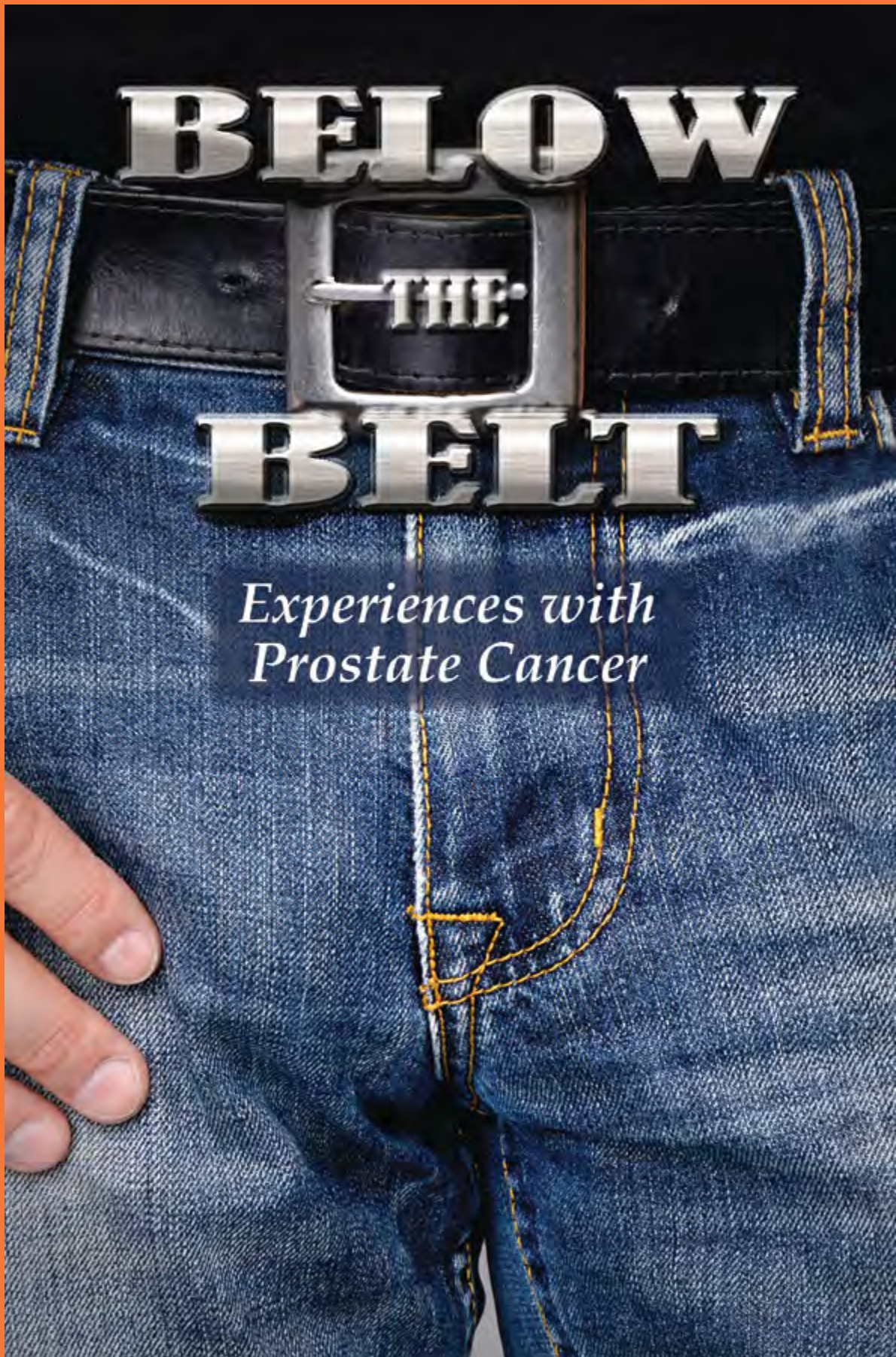
British medals for her contribution in a place of peril and medical urgency.

Both women were not recognised in Australia.

Dr Helen Sexton and Dr Mary De Garis were not the only Australian women doctors who made their way to the Great War, others included Dr Rachel Champion, Dr Hilda Bull Esson, and Dr Vera Scantlebury Brown from the University of Melbourne, University of Sydney graduates Dr Laura Foster, Dr Isobel Ormiston and Dr Elsie Dalyell, and Dr Pheobe Chapple and Dr Laura Fowler Hope from the University of Adelaide.

Some of these doctors did work for the Royal Army Medical Corps in Britain once it relented and accepted women in 1917. But their officer rank was ex-officio and never formally gazetted. This had implications both during and after the war when the recognition of military doctors’ service had lasting career benefits.

If the Australian and British Armies were not kind to women doctors, history has not been much kinder and they have been overlooked in official versions. As formal appointments and positions of influence were rarely given to women, official records of their work are scant, and researchers have had to piece together histories, relying on archives, letters, family collections and other evidence. But researchers on whose work this article has relied for information – such as Dr Heather Sheard, an expert on women doctors in WW1, Dr Ruth Lee who has written on Mary de Garis, and Dr Susan Neuhaus and Dr Sharon Mascall-Dare who have written on Phoebe Chapple – have done extensive work to finally bring these stories to light. ■



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Statistics abound to the prevalence of prostate cancer amongst men as they grow older, to how in Australia it's the leading cancer-killer of men (second, in the US), or how it kills more men than breast cancer kills women. They are figures that should be – and are – concerning. But equally concerning is the stoicism of men, attitudes of ignorance and solitude that only make the battle so much harder.

Below the Belt: Experiences with Prostate Cancer is filled with stories and poetry from those who have been courageous enough to share their experiences – a library of information that is educational, but also shows the importance of seeking support, of opening up to reveal that it's not a fight that need be undertaken alone. With approximately 30 contributors in the book, the reader gains information about different aspects of the disease – the physical, mental and technical – in an easy-to-read, non-medical language.

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UNVEILING AND DEDICATION OF STATUES AT THE SHOALHAVEN HEADS MEMORIAL PARK

On Saturday April 11, 2015 the Shoalhaven Heads RSL Sub-Branch President Max Flohr conducted a special unveiling of life size statues representing the air force, navy, air force and nurses at the Shoalhaven Heads Memorial Park.

The statues were unveiled by Shoalhaven City Council Mayor, Joanna Gash and RSL District Vice President Bob O'Grady with Padre Mark Howard dedicating the Memorial. 'Wreaths were laid by Mayor Joanna Gash on behalf of all citizens and Bob O'Grady on behalf of the RSL and all servicemen and women. Representatives from the armed forces, RSL, Vietnam Vets, legacy and over 300 members of the public where on hand at the Memorial Park, Shoalhaven Heads for the Unveiling of the Statues.

Mayor Joanna Gash said, in her address, *"I would like to begin by welcoming you all to this very special unveiling of four statues commemorating the 100th anniversary of Australian troops landing at Gallipoli. The upcoming anniversary of the Gallipoli landing provides the community an opportunity to reflect on a defining period in Australian history. Taking place only 13 years after the federation of Australia, the First World War was one of the first major international conflicts in which our young nation had been involved. Remarkably for such a small Country over 416,809 men enlisted to fight for Australia throughout the war. Of these men, over 60,000 were killed and 152,000 were injured – a figure that when combined represents over half of those that left our shores to fight.*

There is little doubt that ANZAC Day and the heroic efforts of the men and women who took part in World War I holds a unique place in the Australian conscious. It has been fantastic to witness huge surge in the number of people attending memorial services on ANZAC Day over the past decade or so. With concerns that ANZAC Day may lose its relevance as our former returned servicemen grow older – we have seen the opposite happen. The country's younger generations have taken the front foot in ensuring the legend of the ANZAC, the heroes of Gallipoli will never die. Their efforts will always be remembered. It is that exact thought process that leads us here today. Today, we gather as a community to witness the unveiling of four statues representing the men and women that put their lives on the line to fight for our nation.

As many here today would be aware, this remarkable project was the brainchild of local sculptor, Grant Findlay who approached the Shoalhaven RSL with the idea of creating a memorial statue to commemorate the area's fallen. Working on the concept drawings with members of the RSL, it was decided to create four statues – representing the Army, Navy, Air force and Nurses. With each statue taking between four and six weeks to create the entire project took Grant and his assistant Scott Stewart approximately four months to complete. Hand made from concrete, each statue was painstakingly created to scale using photographs and images sourced from the Australian War Memorial.

It is important to add that both Grant and Scott donated all their time on this project – this was done as a labour of love and a mark of respect to our fallen soldiers. While the statues have been kept in secret throughout the development stage – I have spoken to the lucky few that have seen them. Let's just say it sounds like we are in for a treat. It would be remiss of me not to both congratulate and thank Grant Findlay for his amazing effort in both coming up with the idea and concept for this tribute and then following through. Grant is obviously a long time



"HAND MADE FROM CONCRETE, EACH STATUE WAS PAINSTAKINGLY CREATED TO SCALE USING PHOTOGRAPHS AND IMAGES SOURCED FROM THE AUSTRALIAN WAR MEMORIAL.."

Shoalhaven Heads resident and it is fantastic to see this local community again coming together to create something special for the future generations."

The day and service was a great testament to the Shoalhaven Heads RSL sub branch, and the monuments stand proudly in the park to honour those who have fallen and served and still serve our country. *"Hopefully these statues can help evoke our memory and keep the spirit of the Anzacs fresh in our minds. If just one child asks their mum or dad who are these statues of, and what do they mean then my job is done"* said Grant. *"LEST WE FORGET"*

Grant Findlay a local artist from Shoalhaven Heads has constructed and donated, a WW1 Monument for the Shoalhaven Heads Memorial park.

The Monument consists of a Soldier an Airman a Sailor and a Nurse all in WW1 uniforms to commemorate the centenary of the Gallipoli landings. Grant had been thinking of building such a monument for some time, he approached President Mr Max Flohr with his generous offer several months before Christmas. Mr Flohr and the RSL sub branch members where delighted to be the recipients of such a monument and worked with Grant to agree on the concept drawings to best suit the Memorial park. It was agreed that the figures would be in an informal stance as if gathered together for a photo. The Soldier has his hand on the Airman's shoulder which not only connects the statues physically but emotionally as well. The Sailor has his foot up on an ammunition box and arms resting on his knee while the Nurse



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About the artist

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

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

is seated on a timber box in front of the three men which really adds to the weight and composition of the monument. The next step in the process saw Grant and co-worker Scott Stewart head down to the National War Memorial in Canberra to take close up photos of uniforms, boots, insignia and any other details needed to make these statues. *"I wanted the uniforms to be authentic and accurate in every way right down to the boot laces"* said Grant.

The actual building process of these statues took around four months to complete, all of the figures are built from solid steel reinforced concrete weighing in at around 320kgs each. Grant

does offer hollow core statues also which weigh less than half of the weight of solid statues which are ideal for interior applications. All of the statues are crafted by hand, there are no moulds used ensuring every statue is a one off original. A huge amount of attention was given to the detail put into these life size figures. After the statues are painstakingly carved they then go through a colouring process which is also applied by hand, almost any colour is achievable. In this particular monument Grant went for a darker grey stone look so they blended into the bush like setting of the park. The figures are fixed into place on a manufactured rock slab also blending into the setting, no attention to detail has been missed on this job. ■



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Pozieres

OUR LEGACY 2016

In an emotional launch at the Australian War Memorial recently, Legacy Australia announced that it will take 100 young people to Pozieres, France in July 2016 for a special study tour as part of the centenary of the Great War.

While thousands of Australians are expected to make the pilgrimage to the Western Front over the next few years, the Legacy Tour is special in that the 100 tour members are 'Legacy Kids' – young people who lost a parent serving with the Australian Defence Force.

Junior Legatees speaking at the event, including Shinae Burke, whose step-father Private Tim Aplin was killed in Afghanistan on 21 June 2010, shared an obvious pride in their family's service and the link that they have to Australia's military history.

So moving were their personal stories that many in the small audience of supporters, event sponsors and War Memorial Staff were seen wiping tears from eyes, including War Memorial Director, Dr Brendan Nelson.

Event supporter, Lindsey Davie from BrandNet Australia, said all were taken by the courage and maturity these young ambassadors showed. *"It was not just sharing their loss, but also their pride that impacted most in the audience. These young people and the journey they are on, brings home the vital work of Legacy,"* Ms Davie said. *"This visit to battlefields of Pozieres in the Centenary of the Great War will be a life-changing opportunity, and one we are proud to support."*

The Patron of the tour, Mark Donaldson VC, is a Legacy kid himself and served with a number of the fathers of the young people travelling on the tour marking the battle's 100th anniversary. *"As a Legacy kid and strong supporter of the organisation I was very proud to accept the role as Patron of this very important and worthwhile project."* Corporal Donaldson said.

"There are a number of youths going whose dad's served with me which just goes to strengthen my resolve to be involved and lend my support where I can."

"Giving these kids the opportunity to see firsthand the impact the Australians had on the Western Front and the sacrifices endured by the ANZACS will hopefully inspire them to be better citizens as well as carry the Torch of Legacy into the future."

"I truly believe that if it was not for the assistance of Legacy and their wonderful volunteers, things may have been very different for myself and my family."

Legacy Chairman David Gray said Pozieres was selected as the destination because it was the Australian battle where many believe *"Australian soldiers lost their innocence"*.

(note: the next para re casualties is lifted predominately from the London AWM at www.awmlondon.gov.au/battles/pozieres)

Tour



"GIVING THESE KIDS THE OPPORTUNITY TO SEE FIRSTHAND THE IMPACT THE AUSTRALIANS HAD ON THE WESTERN FRONT AND THE SACRIFICES ENDURED BY THE ANZACS WILL HOPEFULLY INSPIRE THEM TO BE BETTER CITIZENS AS WELL AS CARRY THE TORCH OF LEGACY INTO THE FUTURE."

Pozieres, a small village in the Somme valley in France, was the scene of bitter and costly fighting for the 1st, 2nd and 4th Australian Divisions in mid 1916. In less than seven weeks fighting at Pozieres and nearby Mouquet Farm, three Australian divisions suffered 23,000 casualties. Of these, 6,800 men were killed or died of wounds. It was a loss comparable with the casualties sustained by the Australia force over eight months at Gallipoli.

"Pozieres was to become a benchmark that all subsequent battles were remembered for due to both to its ferocity and intensity," Mr Gray said. "The near ceaseless artillery bombardment was an unprecedented experience of industrial scale warfare for the men of the A.I.F."

The idea for Legacy itself was created on the battlefields of the Western Front when mates often called on each other to, "look after my family if I don't make it". The tour will take these Junior Legatees back to the beginning of the Legacy movement which has helped countless families facing hardship because of the death or incapacity of men and women who served our country.

Ms Davie, whose company includes Military Shop in Canberra, said; *"We are honoured to work with Legacy and our Military Shop design teams have come up with a special tour logo and the very smart uniform for the Legacy Pozieres Tour in 2016"*

"I know that we, and the major sponsor Thales Australia, are very proud to be part of something so special at such a special time in our national history. To be able to help Australia remember Pozieres and at the same time support Legacy Kids is a true honour." ■

If you would like to find out more about this great project visit www.legacy.com.au/pozieres/Pozieres

Notes:

On 23 July 1st Division captured the village and held its gains despite almost continuous artillery fire and repeated German counter-attacks. It suffered heavily and by the time the 1st was relieved by the 2nd Division on 27 July it had suffered 5,285 casualties. The 2nd Division mounted two further attacks. The first on 29 July, was a costly failure. However the second attack launched on 2 August seized German positions beyond the village. But all came at great cost and the Australians endured heavy and effective retaliatory bombardments. By the time the 2nd was relieved on 6 August, a further 6,848 casualties had been amassed. The 4th Division took its position in the line and faced a massive artillery bombardment, and on 7 August repelled a German counter-attack. This was to be the German's last attempt to retake Pozieres. Some 4,649 men of the 4th were lost.

GREAT WAR Bears



A series of beautiful Great War Bears, released for the Anzac Centenary, have been winning the hearts of Australians across the country.

The bears provide financial support to today's Diggers through veteran's charity Soldier On. The collection has gathered a cult following due to its support for modern soldiers and its close attention to historical detail. Each bear has been lovingly designed as a historically accurate reflection of uniforms worn by the A.I.F. during the Great War.

One example of this historical perfectionism was the arduous research put in to securing actual vacant A.I.F. service numbers for each bear. These service numbers were created during the Great War but became vacant for a variety of reasons, often due to the habit of some recruits to reject authority and simply wander off. Great lengths also went into ensuring names accurately reflected the times while also avoiding using the names of any real Diggers who fought for Australia.

The bear was selected instead of a native marsupial because of the historical links between the Teddy Bear and the Great War 1914-1918. The outbreak of the war in July-August 1914 had a marked impact on the humble Teddy Bear. Until the war most of Europe and England's Teddy Bears were sourced from Germany. With supplies cut off, English manufacturers stepped up to the challenge of supplying the empires children with the basic comfort of a friend in a time of hardship and family separation.

In the process they added a much softer English flavour to the Teddy Bear. Toy bears have changed much over the past century but they remain a symbol of affection and

hope. The Great War Bears have been directly modelled on one of these softer English designs used a hundred years ago. Australian servicemen would have seen these toys while in Europe, especially while on leave, recuperation or healing in England.

The collection began with the unique Private Murray, the Diggers' Bear, to mark the beginning of the Anzac Centenary. Private Murray wears the 1912 design uniform worn by Diggers in Europe and in the Middle East topped by the distinctive Australian Commonwealth Military Forces slouch hat proudly worn by the Australian Army since 1903. His uniform displays the white over green colour patch of the 4th Battalion; this battalion formed part of the 1st Brigade of the 1st Division and during the war it fought at Gallipoli and in the trenches of the Western Front.

Successive Great War Bears have met with equal affection, especially amongst descendants of Anzacs who served in the particular battalions or specialisations represented by each bear. For example Corporal Cohen wears the standard dismounted troops' uniform and webbing but with trousers cut to shorts in the Gallipoli summer. His white armbands and back patch were worn to help diggers identify 'friendly' soldiers in the heat of the battle. While Private Harvey, the Gallipoli Centenary Bear, wears the standard A.I.F. webbing, complete with water canteen, bayonet and helve (the handle for his entrenching tool).

By popular demand the collection has also expanded to include bears that represent specialist roles. The aptly titled Private Thomas, the Gallipoli Stretcher-Bearer Bear, comes complete with a Field Dressing Haversack. Medics didn't wear the standard webbing; rather they had only a leather belt and haversack. Private Thomas looks bear beside the more finely equipped Trooper Jones, the Light Horse Bear, who wears the colour patch of 5 LH Regiment, which was raised

in Queensland in September 1914 and fought at Gallipoli and then with the ANZAC Mounted Division in the Middle East. Much like the Light Horseman Jones has an air of superiority about him and sports a real emu feather as his plume.

However, the bear that was most widely demanded before even being designed was Sister O'Meara, the Nurse Bear. Her uniform represents the 'working dress' of the Australian Army Nursing Service and includes zephyr grey dress with white collar, white veil and scarlet cape; her rank of Sister is shown by the stars or 'pips' worn on her epaulettes, which are accompanied by curved bronze 'AUSTRALIA' titles. She wears the Rising Sun badge at her throat as a brooch and the cloth badge of the Australian Army Nursing Service is displayed on her right sleeve. Sister O'Meara has seduced many among the cult following into buying a mate for their Great War Bear.

Much of the public following behind the bears has responded enthusiastically to the release of adorable, though highly accurate, miniature medal sets. These replica medal sets are designed to perfectly fit each Great War Bear. Each set has three miniature replica medals, swing mounted, including the 1914-15 Star, British War Medal and Victory Medal. This was the most common set of medals that Australian veterans serving from Gallipoli to the end of the war would have been awarded.

A key force behind the close attention to detail, evident in everything from the historic patches to the real Emu feathers worn by Trooper Jones, is the collections Senior Designer who is the son of a Vietnam War veteran and nephew of a decorated Australian Army Corporal. The bears have been embraced by shopkeepers and happy owners across Australia. The Great War Bears will continue to be lovingly designed and manufactured throughout the Anzac Centenary. ■

The Winter of Seventy One

By Murray Walding

The winter of seventy one was cold, gray and wet... wet enough for rock slides and piles of muddy boulders to block the Great Ocean Road on an almost weekly basis. I was travelling on the Trans Otway school bus to Apollo Bay where I was teaching. The bus picked up school kids at Wye River then at small road-side stops along the way including a detour up Sunnyside Road but delays from rock slides were commonplace and on one occasion we had to wait while an excavator ate its way through the entire side of a hill, complete with pasture, shrubs and cow-pats that had slid all the way across the road. So it was no surprise when I heard a radio announcement early on a Sunday morning in May saying that the Great Ocean Road was closed until further notice.

It wasn't until I rang Johnny Watson, the bus driver that I realized 'until further notice' meant that no-one had a clue exactly how long the road would be closed. It was worrying... a crevasse large enough to swallow a car had opened along the top of the ridge between She-Oak Creek and St George River and the entire hillside was in danger of cascading into the sea taking the road with it, and no-one had a clue how to prevent it. Most locals thought it was an over-reaction, but surveys showed the hill was beginning to slip at the alarming rate of up to 20mm per day. So they closed the road, and that meant Johnny and I would have to take the bus overland...up to Benwerrin, along the Mount Sabine road and down the Grey River spur track and back to Wye to start picking up kids.

By the end of that week, two padlocked gates were placed across the road either side of the slip in case someone from Wye decided to sneak through to buy food and beer in Lorne. Wye River quickly became a ghost town, but thankfully, there were a few plans to solve the problem.

One solution was to divert the Ocean Road inland and around the slip- a distance of 21 kilometers, but this was deemed too costly. There was even a suggestion to position a warship just off the coast and take potshots at the cliffs until the whole ridge was blasted into the water then rebuild the road over the rubble. Fortunately, someone decided that using the Navy to blast the Ocean Road into smithereens, especially with the Vietnam War still on everyone's minds wasn't such a great idea, so the plan was scotched. Instead it was decided to bring the hillside down by pumping water into the crevasse at the top of the ridge until it collapsed of its own accord. A gigantic pump was dragged into place at the mouth of the She Oak and pipes were laid to the top of

the ridge but the plan fell by the way-side when a similar scheme in Japan proved to be too dangerous.

By then the bosses at Trans Otway figured that driving the school-bus along the Mount Sabine road wasn't a great idea and Johnny and I agreed with them, especially after the bus hit a slippery section of the track early one chilly morning and got stuck. It's not easy to push a full sized school bus out of a bog by yourself, and in the end we had to back the bus down the track then lay a bed of ferns and branches over the red goo. Johnny put the bus into first gear then floored it while I hung out of the doors and gave him advice and encouragement, while hoping the bus didn't slide off the track into a steep ravine lined with tree ferns. We got through this time, but there was still a whole winter to come!

For the next few weeks we parked the bus each night on the Wye River side of the western gate and then walked all the way around the slip and through the gates each day but this was still quicker than the slow haul along the Mount Sabine road. At first all went well, until one morning after we had picked up the bus and were half way to Apollo Bay. We were just past the Cape Patton lookout when the bus started to play up and came to a shuddering halt.

Johnny piled out. I told the kids in the back to keep quiet and stay in their seats then piled out behind him. I knew nothing about buses or diesel engines but I figured that the kids wouldn't know that, so I peered wisely into the engine bay as Johnny stroked his chin. The bus had over heated. Johnny cursed. These buses were serviced regularly and rarely broke down, so he strolled down to the small house nearby and called in a Trans Otway mechanic. He arrived in another bus and

there was much gnashing of teeth while we swapped the kids over and Johnny and I tried to figure out what was wrong.

It was then that Johnny noticed the holes. At first I wasn't sure what he meant, but yep he was right. In the front of the bus between the chrome grill were three circular holes. Someone had come along during the night and pumped three .22 rifle bullets into its radiator.

The principal at Apollo Bay was far from impressed with the continued disruption to my classes and started to pressure me into moving to Apollo Bay, which in 1971 was a fate worse than death. And Trans Otway were far from impressed with someone shooting up their bus and they were hassling Johnny too. The bus, they told him, would have to stay in Wye River and things weren't looking good. Somehow, we would have to find a way through the gates at the slip...or else move to Apollo Bay.

But finally there was some good news. The C.R.B gave up on the idea of pouring water into the crevasse and commissioned an engineer from the Tasmanian Hydro-Electric Scheme who was experienced with big rocks and expensive mountains. His plan was to use giant reinforced pins injected with pressurized concrete to hold the hill in place. It was expensive and dangerous and it would take time, something which the townsfolk of Wye River didn't have a lot of, and neither did Johnny or I.

A group of engineers moved into the pub at Wye and put the plan into operation and made sure that the gates were kept locked. But Johnny knew someone who had found a key somewhere, and by coincidence it fitted the locks on the gates. If we were careful and left Lorne early enough so that engineers didn't catch us, we'd be able to unlock the gates and drive through in Johnny's car. It looked like we wouldn't have to move to Apollo Bay after all.

We snuck Johnny's car through the gates for the next four weeks, until a small rock slide blocked the road and we were late. We saw the look of surprise on the engineers faces as we shot by them heading in the opposite direction and it didn't take long for them to figure out what we were doing and one weekend they changed the padlocks, but not before we heard a whisper that they were onto us. But Johnny had a plan.

One wintery and rainy morning, Johnny and I got started early. He was armed with a spanner and some pliers and a hacksaw. He didn't bother with the padlocks. He quickly cut the lengths of chain in two and refastened each end with old shackles. He rubbed a handful of dirt and grit over them to disguise his handiwork but



the padlocks still gleamed like new and no-one was any the wiser. All we had to do was unscrew the shackle-bolts each time, unlock the gates and we were through. For another month or so anyway.

While the pub and Wye River store gradually went broke, heavy machinery continued to shunt up and down the Ocean Road. The engineering works involved using pulleys and cables to winch pneumatic drills mounted on small caterpillar tracks up the cliff face, then drilling long narrow shafts into the cliff face ready for the reinforcing pins.

Unfortunately for Johnny and I, later that winter new posts were set up across the road with a permanent barrier made from Armco guard-rail. The gates and their shonky locks and their grubby shackles were all removed. Our game of cat and mouse was over and it looked like finally the cat had won... but Johnny still had a trick few tricks up his sleeve.

In the freezing chill of a late Sunday afternoon in August I met him at the first gate. Johnny had an wrench of immense proportions and an old bag filled with what looked like safe breaking equipment. Johnny grunted and groaned until he had loosened the nuts on one end of the Armco rail and hurled them into the sea below. With a little bit of grunting from me and some groaning from him we lifted the guardrail at one end and it swung up like a boom gate. Johnny gave the nuts at the other end of the rail a good coating of grease then we gently dropped it back into place. I threaded one of the bolts back into place and tightened it with my fingers then Johnny showed me how to disguise our handwork with muddied water. We repeated the job on the barrier at the other end of the road-works and Johnny's work was done...the rest would be up to me.

And so for the rest of third term it was my job to scramble from Johnny's car and lift

the guardrail at one end so Johnny could drive under, then lower the rail and screw the nut back into place. The engineers on their daily trip from their digs at the Wye pub must have known we were still getting through but had no idea how. They never caught us in the act and they never stopped us to ask, so for the rest of the winter, while green streaks of moss and slime slowly spread across the unused bitumen and small boulders still toppled onto the road, we snuck under the Armco rails twice a day.

Gradually the cliff was pinned back into place as each pin was tensioned then secured with a steel cap bolted into a concrete slab. Along the sea-side edge of the road, concrete posts were installed, each topped with a surveying attachment and each in line with the lighthouse at Aireys Inlet, the engineers figuring if one post was out of wack with another, it was either the cliff face that was starting to shift, or the light-house was moving.

With the approaching warm weather and summer school holidays, howls of anguish from the residents of Wye River grew louder, and when a rumour that the road would open on the first weekend of December swept up and down the coast like wild fire, it was strenuously denied by the authorities. Veiled threats were made about what would happen if the road didn't open for the holidays, so on the first weekend of December they put a guard on the gates and just to be on the safe side, he took along a .22 rifle.

Everything was quiet until lunchtime that Sunday when the guard was confronted by a ute load of toughs at the Wye end of the road block. They'd heard the road had re-opened and they had driven quite a ways only to find the gate was still locked, and they weren't happy. The guard warned them off with some stern words and remarks about their parentage and told them not to come back, then drove his old truck back towards the slip. He pulled

over when he heard gunshots and a loud grinding noise coming from the barrier back at the Lorne end. He drove carefully past the road works and caterpillar tracks and boulders, and mud, to find the stop-signs peppered with bullet holes. In the distance a battered ute was disappearing around the next bend in the road.

It was pulling a large section of Armco guard-railing, several yards of chain, cyclone gates and two road-closed signs. The rails had been pulled clean out of the bitumen road surface. That was enough for the guard. He reversed his truck, threw in a u-turn and drove back to the barrier at the western end. He got out, unlocked the gate, pulled it open wide and left it that way. Then he went home. As far as he was concerned, if anyone wanted to drive through the barrier, and risk the Great Ocean Road toppling down on top of them, that was their problem. He'd copped enough abuse for the weekend. As far as he was concerned, the road was back open.

Epilogue.

The works to stabilize this section of the Great Ocean Road are detailed in a report made by the engineers in charge of the project and can be viewed by following the links at www.engineersaustralia.org.au

This near forgotten chapter in the history of the road is notable, not just because the Ocean Road was closed for so long but because the design and implementation of this project was not only dangerous, it was also groundbreaking. It was the largest and most successful example of a technique known as rock-stitching undertaken in this country up to that time. One of the engineers concerned, and indeed the person who first surveyed the moving hillside once attended school in Lorne and has now retired here. He tells me that since that winter over forty years ago, the hillside at Windy Point hasn't budged an inch. ■

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*“Hear the
anguished cries
when a soldier
dies, hear the
sweethearts,
daughters, sons,
when there’s
no known
grave for the
lives they gave
in the thunder
of the guns.”*

I Marched For Him

David Campbell

I marched for him on Anzac Day when I was just a lad;
my father said we had to pay respect for all we had.
“He died for us, we can’t forget the sacrifice he made,
and we’re forever in his debt, his memory can’t fade.”

Hear the bugle call, see the wounded fall,
weep the first of many tears
as we learn the cost of the lives we’ve lost
down the long and lonely years.

I marched for him on Anzac Day through teenage years as well,
my head held high as if to say: “I know you went through hell
at Sari Bair, and all I’ve read of Monash and his men
brings pride, despite the many dead, for they were heroes then.”

Hear the drumbeat sound over broken ground
where the trenches hide the slain,
and the dying cry to a foreign sky,
for they’ll not see home again.

I marched for him on Anzac Day when I became a man,
tradition that I should obey the only way I can,
despite the thoughts that plagued my mind at questions that were
raised
about those leaders who were blind, and campaigns wrongly praised.

Hear the words of doubt, the debate about
what was done, the why and how,
try to comprehend how the grief might end,
for we’ve men still fighting now.

I marched for him on Anzac Day the year our son was born,
and in his mother’s arms he lay to welcome that cold dawn,
though photographs are all he’d know, in faded black and white,
of one brave man who fought the foe, and vanished from our sight.

Hear the anguished cries when a soldier dies,
hear the sweethearts, daughters, sons,
when there’s no known grave for the lives they gave
in the thunder of the guns.

I marched for him on Anzac Day in step beside my son,
his medals proudly on display, a new start now begun
for one more generation’s sake to keep his name alive,
a tribute that might help to make his legacy survive.

Hear the steady beat of the ghostly feet,
as the drumbeat echoes still,
where they march through time for an ancient crime
on a bleak and distant hill.

THE LAST POST VISITS CANBERRA AND SYDNEY

By The Last Post Editor, Greg T Ross

Canberra is integral to the history of The Last Post magazine. The friendships I have made and the support the magazine continues to receive are paramount to the story. Whether it's been Anna Greisner and the crew at federal DVA. Whether it's been Allan and Carla at the Australian War Memorial, Tara Nichols at National Archives, David Hogan at National Film and Sound Archives, Sue and Candice at the National Library. Whether it's been the people at Royal Australian Mint, or Stephen Davie at Brandnet. Whether it's been the people at ACT Tourism and The Avenue Hotel or Kate Still and Mojgan Nozhat at National Capital Authority, all have ensued the continuation of TLP.

So, there was a feeling of relief when I finally got to visit the nation's capital earlier this year. Overdue? Ask some of those people I've mentioned. I had been to Canberra many times but this was to be my first as editor of my father's old magazine.

Sunday: - I landed in Canberra, caught a cab to The Avenue hotel. It was 1 degree. Late afternoon so no time for a sleep. I rang Wendy, had a shave and went downstairs to the Marble and Grain with a paper to read. I got a beer from my new friend, barman Locky and parked myself at a nearby table. I poured over The Sunday Age, not really reading anything and, after finishing off my recovery ale, went back to the bar and got a glass of local shiraz and ordered a serve of calamari and chilli.

Monday – I had The Canberra Times delivered and took it downstairs for breakfast. Breakfast? Tea and toast. I didn't want to weigh myself down. I had a big day ahead and a few people to meet and I'd decided to do Canberra by foot. It'll be easy, I thought. It was still early.

First of all, I had my woos gear on, but it was cold. It was cutting. I became aware of that, leaving the warmth of The Avenue Hotel lobby and stepping out onto Northbourne Avenue. I was wearing my scarf, my gloves, my beanie and, just as importantly, my walking shoes. I had no idea where I was going until I saw a sign, ANU and National Film and Sound Archives. Ah ha. The NFSA had been one of the first to show support for The Last Post back in '11. My 'phone friend' there, David Hogan and I had spoken many times since TLP's inception and I was confident this would be a good time to drop in and see him.

On I went, following the advice of the signs. It remained very cold but that's no surprise. How much could the temperature rise in half an hour? My hands were beginning to numb under the gloves. It probably wouldn't hit 3 degrees all day. There was no sun visible. Just fog and mist and the steam from my breathing.

Signage ceased so I asked a couple of passers-by who looked like they were on their way to work. They pointed me in the right direction so I strode on but pretty soon I was to need more help.

Passing the ANU and a lot of ANU buildings, it appeared I'd come to a dead-end. There in front of me was ANU's School of Art building. And that was that. No roads leading off anywhere else. No signs to help. I turned around and realised walking around Canberra was a great plan, if you knew where you were going. There would be an app that could get me out of the maze, no doubt. But I didn't have an app. I'm switched on in some areas but reckon some of the other stuff's not worth worrying about. I've never had an app.

That's when I met Adrian. Adrian knew a lot of stuff I didn't. Like the fact that we were in a cul-de-sac that wasn't a dead-end. Why? Because Adrian worked with David at the NFSA. He was on his way to work and this was the route he took every day. "Follow me", he said as we entered the School of Art. It was all smoke and mirrors. Where else but Canberra, I thought. We chatted as we walked through doors, passed security staff and reception areas. Through gardens and side-doors and down corridors. I felt like I was on the set of Get Smart. I had no idea where I was.

Then people started saying things to Adrian, like "Good morning" and "Hi" so I realised we must be getting close. Through one more door and I was right. There we were. At the National Film and Sound Archives.

The warmth in reception was welcoming but my Scott of the Antarctic clothing stayed on. My body temperature had to remain stable and I didn't want hyperthermia to set in. "Man up", someone said later, when I told them. You're probably thinking the same thing.

Then David Hogan appeared. It's like you make contacts through phone calls and, it doesn't matter how you get along with them, they're rarely as you would imagine. Using this as an example, your mind's eye is often way off the mark.

David was great and we were both happy to see each other (well, I was happy to see him). We chatted for ten minutes, I took a couple of photos and that was it, onto my next destination.

Old Canberra House is over 100 years old and is on the ANU Campus. It originally housed the ACT's first administrator, David Miller. I'd walked passed it at first but turned around for a closer look. It was beautiful. Part of it is now the Ivy café and I went in and spoke to this Irish chap. I can't remember his name, so we'll call him Sean. Sean gave me a bit of a run down on the place and told me it also houses the Centre for Democratic Institutions. It reminded me of the legacy. Canberra is a city representation of democracy and if our country has fought for anything, it is for the upholding of democracy. Sometimes we feel as though we haven't elected the right representatives. In reality though, the 150 members of the Lower House and the 76 Senators are a microcosm of our world. Or meant to be. There's the rub, as Shakespeare would say.

From there it was on to the National Museum of Australia. Right now I've got to say, I could've stayed a lot longer at the Museum but, believe it or not, I was on some sort of timetable. It's not really a traditional timetable but one that boils down to seeing as much as possible. Still, I did manage to take in the exhibitions looking at Aboriginal and Torres Strait Islanders and the Museum shop. The

shop features so much but I did manage to hone in on books on Retro Sydney, Retro Melbourne, Retro Cricket and Retro Fashion. I wondered if I was trying to tell myself something.

The sun had started to come out and the gloves came off as I walked around Lake Burley Griffin. Right then, at that moment I thought maybe the pollied had it okay. Swans, cyclists, runners. I was going to hope a lake cruise but I was too early. The aesthetics were kicking in.

Across the bridge I walked. I reached Parliament House. This was the time to visit. 2015 is the 800th anniversary of The Magna Carta. The Magna Carta is widely recognised as one of the most important documents relating to democracy. The freedoms outlined in it became part of English law. Parliament House in Canberra has the only copy of The Magna Carta in the southern hemisphere.

I joined the queue and eased through the whole security set-up that exists (sans gloves, beanie, sunglasses etc). It's a beautiful building and quiet. The pollied were not sitting. There were paintings of all our previous PM's plus our current. Clifton Pugh's painting of Gough Whitlam is one of my favourites. Clifton was a talented artist and painted many well known figures. But this one of Gough won the 1972 Archibald Prize.

There was a mother and daughter nearby. As I studied the painting of former Governor-General, Quentin Bryce, they approached. They said she looked magnificent but didn't know who it was, so I told them. I also managed to bring The Last Post into the conversation, "That's our first female Governor-General", I said, "and Quentin was a big supporter of my magazine". It wasn't needless grandstanding from me. That fact is something I'm proud of.

From Parliament House I walked to Old Parliament House and it was a flashback. I'd been there in '77 with my brother, as part of our high school Politics class excursion. On that occasion we'd met Gough, Don Chipp and Margaret Guilfoyle and we'd seen the pollied of the day going through their paces in the House and Senate.

Old Parliament House is truly a maze and I soon found myself in an attached courtyard and realised that this was where we'd stood and listened to Gough. I took photographs of the now Gough-less area, you know, like just for history. Back into the building and through the corridors and stairs, I then found myself as part of a school excursion – just like mine back in '77. Students and teachers and historians and I were gathered in the office suite that had been used by former Prime Ministers. The spirit of Gough, Malcolm, Bob, Sir

Robert, Harold, Sir John and even Black Jack (with his short tenure) et al was all around me. I was dripping in democracy.

As I left Old Parliament House via the front stairs I could recall the television coverage on Nov 11, 1975. Here on these steps had stood the Governor-General's secretary, Gough, Bob, Paul, Kep Enderby and Norman Gunston and a crowd baying for blood.

I walked back in the general direction of central Canberra and The Avenue, confident I'd see a taxi. Not for the first ten minutes I didn't. Neither for the second ten minutes. Or the third. This was a gilt-edged thing here for sure. I knew I was getting fit and would be shedding a few kilo's, even in the cool afternoon. I also knew I was tired.

I'd left The Avenue at 9.40am. I shuffled slowly passed reception at 2.10pm. Four and a half hours. Solid workout.

Back in my room, I fell asleep. I had planned to go down to the Marble and Grain for a drink and chat with Locky but when I awoke, I was still tired. I showered in the hope that would re-jig me but I cut myself while shaving. That was a sign. I ordered pizza and wine.

Tuesday: I left for my interview with new national RSL CEO, Sam Jackman around



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9.30am. The taxi driver was a yoga practicing Buddhist Chinese guy who, at 68, had been a public servant in his previous life and was still sparkling and full of life. He loved Canberra. "So many interesting people", he said. Simon was his name.

After the interview with Sam, Simon picked me up and we drove to the Australian War Memorial for my meeting with Allan Yates and Carla Huetter at Poppy's. I was a bit early and it gave me the chance for a look around.

I mingled outside and saw a plaque dedicated to my father's old battalion, the 2/10th. I joined in a guided tour outlining indigenous soldier's involvement in WW1. I saw art inspired by battle and conflict and heard stories of isolation and despair on battlefields half a world away from home. I took photos on my phone.

The meeting with Allan and Carla went well and I took the 30 minute walk back to The Avenue, via backstreets and Canberra's CBD, where I bought a gift for Wendy.

That night I visited the Marble and Grain and then left for Bistro Nyugen, a hot Vietnamese restaurant 10 minutes away, for dinner.

Simon arrived early the next morning and drove me to the airport.

A couple of months later, I returned to Canberra for a day for meetings with The Military Shop and to see The Last Post ceremony at The Australian War Memorial. Simon chauffeured of course. I again had dinner at Bistro Nyugen and the next day left at 5am on the Murray's bus to Sydney. This had been done in preference to flying for me to relax and view the countryside. That was how I saw it unfolding and, yup that's fine but the reality was the first hour and a half of the trip was in darkness and the guy next to me was big and had a persistent cough. He finally got off at the airport and I had twenty minutes to stretch out before we landed at Central.

Just like I had spoken about Canberra being a part of The Last Post's history, so too is Sydney. Here was Australian Red Cross, the very first supporter of the

magazine. Here too was Healthdirect, NSW RSL, Legacy and others. All, great supporters of the veterans national and all important to it's future.

First of all I grabbed a train to Miranda and caught up with new Legacy CEO, Jenny Walker. Jenny was great and over a coffee we chatted and spoke of shared objectives. 40 minutes later I was on the train again, heading back into town. I grabbed a cab that took me to The Vibe in Goulburn Street. This was going to be a busy day. I'd organised to meet Donnie Sutherland in the lobby before a couple of other gigs, so it was go, go, go.

Donnie was great and we spoke and shared a few stories. He showed me photos from the old days. I said I liked the one with Miss Piggy. Soon after, we hugged and he was on his way.

I'd also organised to meet Bruce Wardley from Australian Red Cross and Claire Maskell-Gibson from Healthdirect. Bruce and I had wanted to do lunch and I'm sure we will one day but it didn't happen on that day. I didn't even get to meet Bruce. I got the address wrong. I won't go into that too much as it may damage my image (what image?) but, hey, anyone can make a mistake. Right? Hello!

Later in the afternoon I met Claire from Healthdirect, for an apple and carrot juice and chat. It was Claire's birthday (I didn't ask how old but she is younger than me. Sorry if that doesn't help much). My present to Claire? I paid for her coffee. ■

That evening I took a stroll down Goulburn Street, looking for a bar. In one of the pubs I got chatting to Aaron, a lawyer who barracked for, you guessed it, the Sydney Swans. After a beer I rejoined the shuffling crowd outside went looking for food. It was a mild spring night and a foodie's paradise, there were so many eateries and so many people and so much noise – I loved it. I grabbed some Asian food and beer and watched the passing traffic.

Thursday morning I woke early, feeling good. I had a 10am meeting with new RSL NSW CEO, Glenn Kolomeitz but had time to kill before that. I took off for a walk, not really knowing where I was going and got to Circular Quay before I'd had time to think. The ferries. That's right. I'll catch a ride, inhale a bit of salty and have breakfast at Manly.

Schedules didn't work out though, so I grabbed a SMH and made my way to The Rocks. I found a neat little café, ate scrambled eggs, drank tea and read. The alley I was in was quiet and cool with a view of the Harbour.

Back in Castlereagh Street, my meeting with Glenn went well. We shared a mutual vision of creating a greater awareness of the reality behind the word veterans. We promised to catch up again before Christmas.

I checked out of The Vibe and caught a cab to the airport. I couldn't wait to see Wendy. ■





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Booking.com Launches the first instant booking Travel App

In April this year, booking.com, a leading international accommodation site, announced the launch of the Booking Now app for the Apple Watch.

Booking Now, which draws from Booking.com's vast selection of over 625,000 properties in more than 75,000 unique destinations, is the first and only travel app to enable users to book a stay directly from their Watch, and in just one touch. Through the use of Apple's new pressure sensitive 'force touch' technology, spontaneous travelers are now able to choose and book the nearest relevant hotel in one simple gesture.

Through the app, travelers can also instantly manage key aspects of their reservation with the new 'glances' feature of the Apple Watch via a simple swipe. Other features include the ability for spontaneous travelers to save the location of their chosen property, as well as turn-by-turn navigation to direct them quickly to the accommodation. Travelers will never forget their hotel room number again as the watch will save this for the

duration of their stay. It also allows them to rate their overall check-in experience.

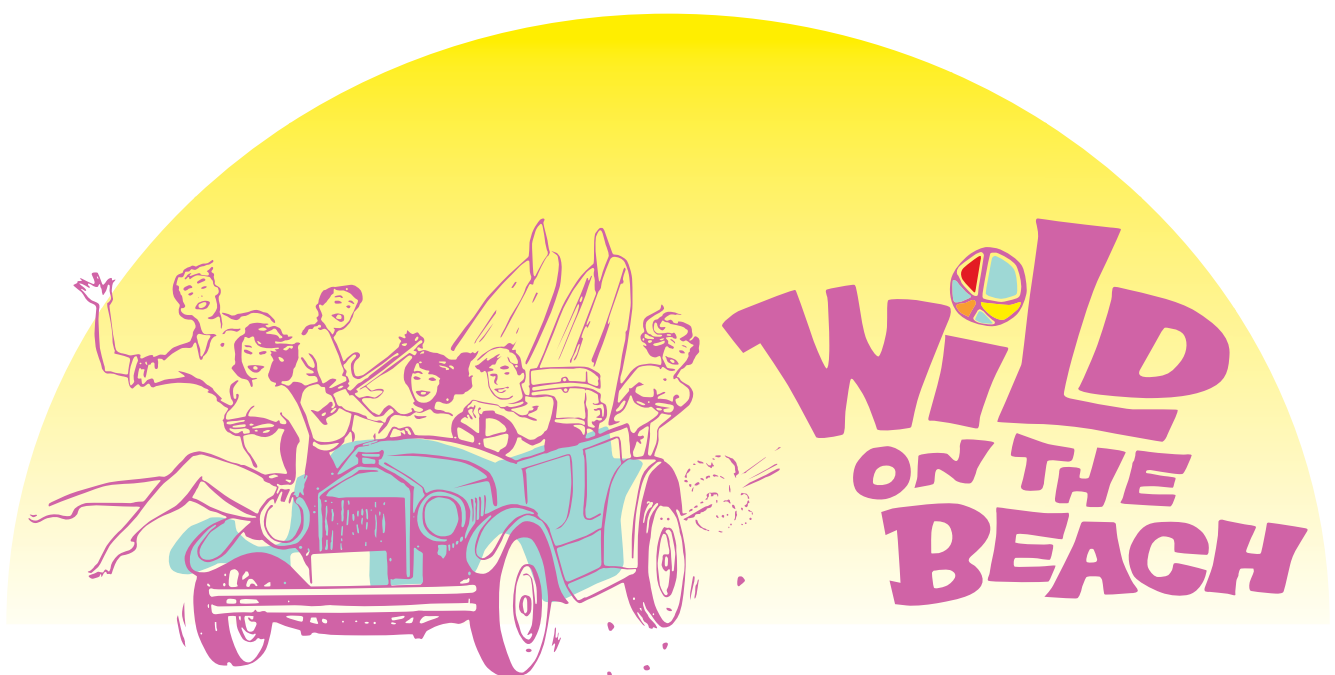
"At Booking.com, we're dedicated to empowering travelers to simply search and book an accommodation that's just right for them, no matter which screen or device. Bringing Booking Now to the Apple Watch is the next chapter in our relentless commitment to innovation. By integrating cutting-edge technologies we are able to streamline the booking process even further which allows users to secure the right accommodation with ultimate ease." said Stuart Frisby, Principal Designer at Booking.com.

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Booking Now, which is available in 15 languages, will be available for download on the Apple Watch in the Apple App Store



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Kimberley Magic

By Bob Walter

After one too many cold grey Adelaide days during August, we received a very enticing email, which carried the prospects of finally getting warm after such a long winter. A well known Australian travel company had two last minute places available, for a two week tour of the Kimberley region. The timing was perfect, as this was part of Australia that we were very keen to see. All our friends who had been to the region gave such glowing reports that we felt we had to go. So in no time at all, we were signed up and ready to go for a mid September Kimberley Wilderness Adventure.

We flew from Adelaide via Perth to Broome and arrived mid afternoon at the Cable Beach Club Resort in time for a swim before dinner. The sunset over the Indian Ocean at Cable Beach was stunning. The cavalcade of camels and four wheel drives emerging from the beach added to the atmosphere. We felt privileged to be able to enjoy a drink at the Sunset Bar and Grill, chat with some of our new friends and take photos of the ever changing light.

Our first day (like most other days), began with an early start. We climbed aboard our purpose built Mercedes 4X4 truck and began to get to know the other 16 travellers from all over Australia. Our tour guide (who was also the driver) proved to be a very competent professional who had an infectious enthusiasm for the Kimberley. As we drove towards Derby, we were soon introduced to the brilliant red dust of the Pindan country in south west Kimberley, with its distinctive termite mounds and the first of the Boab trees. The most famous Boab is the one used as a prison tree and is thought to be 1,500 years old.

At last we joined the Gibb River road which runs for 660 kilometres from Derby to Kununurra, through the heart of the Kimberley. While the Gibb is mostly unsealed, it provides access to some very spectacular scenery. We were fortunate that the grader had been along relatively recently, which meant less corrugations on the gravel road and a somewhat smoother ride. As we were visiting towards the end of the Dry season, there was plenty of dust rising from outback roads. Being late in the season also meant there was less water at some of the falls we were to visit.

Our first deviation from the Gibb, was to the delightfully refreshing Tunnel Creek. We were able to wade through the cool stream as we explored this 750 metre long underground system with our torches. We saw many bats and the red eye reflection of a fresh water crocodile, as we waded through the tunnel. Nearby we found a lot more freshwater crocodiles, basking in the shallows at Windjana Gorge, with its towering cliffs and white sands. Our guide pointed out some ancient marine fossils in the rock wall.

We were told that we would be seeing a lot of gorges during our tour, but that each one would prove different, in its own way. How true this turned out to be, as every gorge proved unique and offered something special. The walk in to each, varied from relatively short and easy, to much longer and more difficult. Sometimes we had to scramble over larger boulders. On the longer walks it was necessary to carry extra water to ensure proper hydration during the heat of the day. In almost every case, any challenge from the walk, was richly rewarded by a refreshing swim in a crystal clear pool in yet another magic location. Three standout gorges for me were Windjana Gorge, Bell Gorge and Cathedral Gorge: each for very different reasons.

It was easy to feel at one with nature as we drove along the Gibb River and Kulumburu roads through stunning scenery, under a brilliant blue outback sky. To see virtual forests of Boabs or Livistona Palms, was quite amazing. It was humbling to walk the ancient paths into gorges carved out over millions of years. In some parts these were inhabited by reptiles descendant from prehistoric times. The nights provided a new experience, not only from the silence but also when you took the time to observe the vast canopy of stars. An added bonus was when we were staying by water holes at one of the Wilderness Lodges. At night you could enjoy the peace and tranquillity that comes with sleeping in tents in the bush. In the morning your wake up call was provided by the dawn chorus of the many birds that live within this pristine wilderness. Sometimes we would catch a glimpse of one of these birds. One special sighting was in the bird hide at Parry's Lagoon, where we saw the brilliant colours of the Rainbow Bee-Eater.

A rare treat was in store for us at Munurru on the road into Mitchell Falls. Here we were able to see the famous Bradshaw Art (which I remembered from my high school art class). These Aboriginal paintings are the oldest in the Kimberley. They include figures, animals and plants with some images dated at 30,000-40,000 years of age. The more recognisable form is the Wandjina style which is considered to be 1,000 years old. However, a more intriguing style is the Gwion Gwion style,



which has been dated at 17,000 years of age. These images are mostly in red and show people in ceremonial dress in what has been described as using a 'clothes peg' style of painting.

The sheer scale of everything takes some comprehending and this was reinforced by being able to fly over Mitchell Falls and later on the Bungle Bungles by helicopter. On our travels we visited a number of working cattle stations and drove through many others. These outback properties are typically up to 1 million acres in area and carry around 10,000 head of cattle. Operating these remote stations can be very challenging and requires a lot of persistence combined with excellent local knowledge to be successful. When it comes to mustering in this difficult terrain, teams of contract musters are called in using helicopters supported by teams on the ground. This can be a very expensive exercise.

The jewel in the crown of the Kimberley is the World Heritage listed Purnululu National Park (or the Bungle Bungles). These beehive-shaped, striped domes, are most intriguing. We were fortunate to stay in a wilderness lodge on the southern end of the Bungles. This allowed us to spend two days, beginning with a walk into Echidna Chasm which is an amazing natural cleft in the rock formation. The next day we walked into Cathedral Gorge on the southern side and this proved to be a magical experience. After passing through a narrow gorge, it opened out into a huge circular cavern with acoustics similar to a cathedral. One of our party sang a beautiful song, which resounded throughout the cavern. Then our guide produced a Tibetan prayer bowl which set up a beautiful harmonic resonance. These two stunning performances were followed by a voluntary silence which allowed one to feel connected to each other and the land. It was a very spiritual experience for me and one I will always remember when I think of our visit to the Kimberley. ■

“THE SHEER SCALE OF EVERYTHING TAKES SOME COMPREHENDING AND THIS WAS REINFORCED BY BEING ABLE TO FLY OVER MITCHELL FALLS AND LATER ON THE BUNGLE BUNGLES BY HELICOPTER.”





by Liz Byrski

In Love and War

It's 1950, and I'm six years old. Late one summer evening, long after I should have been asleep, I hear my father's voice outside and creep to the open bedroom window. Through the dusk I can see the shapes of two dark-suited figures crossing the garden.

Clutching my teddy, I tiptoe to the top of the stairs. If my father sees me there he will come up and kiss me goodnight. I hold my breath for the sound of his key in the door. Dad comes in first. The visitor follows, looks up and sees me.

'You must be Elizabeth,' he says. His face is a mass of purple scars, stretched and shiny skin, his lips are bulbous; his eyes—one angled slightly lower than the other—seem to travel in different directions under the scarred and browless forehead. He puts a fingerless hand on the banister, his foot on the bottom step. 'Are you coming down?'

Overwhelmed with terror, I step forward onto air. When I come to later, in the emergency ward at the hospital, my parents are staring anxiously down into my face.

'You fainted, silly thing,' my mother said. 'You fell right down the stairs, and you've got a big cut where your head hit the door.'

The scar remains, tiny now, a reminder of what my reaction might have meant to the man whose face had terrified me. If there was a sin greater than staring at a disfigured face then surely it was fainting at the sight of one. Might I find that man? Might I see his face among the photographs, talk to him, and tell him how often I have thought of him and felt ashamed?

It's late May 2007. I'm sixty-three. I am sitting in an East Grinstead café from where I can see the 434 bus stop, and the wall where the men with the terrible faces sat waiting for the chance to kidnap Mum and me, or possibly just to get the bus back to Ward III in the Queen Victoria Hospital where they were being treated

for their chronic wartime burns. There are no war heroes here today, although there very easily could be, because the men of the RAF Fighter and Bomber Commands, of whom I was so scared as a child, have a long and affectionate relationship with this town. It was here that the casualties of the war in the air were reconstructed and rehabilitated by the pioneering plastic surgeon Sir Archibald McIndoe. They were his surgical 'guinea pigs' and they formed a club with the most exclusive membership in the world. To qualify, a man had to be 'mashed, fried or boiled' by the war in the air, and to have been treated in QVH, East Grinstead.

By the end of World War II, the club had 649 members. Each year they have returned in large numbers for their annual reunion. Today age, infirmity and distance are taking their toll and the club is winding down. The ninety-seven remaining members are spread across the world: in Australia, Canada, New Zealand and various European countries.

I am trying to reach back into the past. I want to know what it meant to be a dashing young flyer one day, and the next a potential social outcast with a face burned beyond recognition and self-esteem in tatters. And I want to know what nursing those men meant to the women who were at the front line of McIndoe's treatment.

Joyce was living with her mother and five younger siblings in the East End of London when war was declared. In 1940, following her seventeenth birthday, she volunteered for nursing and was sent to East Grinstead.

'I was very naïve,' she tells me. 'Never had a boyfriend. Mum was very worried about me getting into some kind of trouble.'

Joyce goes on to talk about the shock of her first encounters with the patients on Ward III. 'I could barely believe it—men with no noses or chins, the first man I saw had one good eye and a hole where the other one used to be. The hands were awful—just stumps and lumps. And those pedicles, they frightened the life out of me.' But she was surprised at how quickly she became immune to appearances and was able to relate to the men themselves. 'They were very brave, you couldn't help but admire them.'

'So you got on all right with the patients? The whole atmosphere, not just the nursing itself, seems to have made a lot of extra demands on the nurses,' I venture.

Joyce leans forward, lowering her voice although we are alone in the house. 'I don't know how much you know about this,' she says, 'but it was... well, an unusual situation. I've never talked about it, it seems disloyal to the men. A lot of them were lovely, I don't want to say anything that... makes them sound bad.'

I wait in silence and then she straightens up in her chair.

'I don't have happy memories of East Grinstead,' she says. 'I was so ignorant that it scared me. I knew it would be hard work, and the patients would have nasty injuries, but I didn't expect... Imagine the shock, I'd never seen a penis and in my first week I had to change a dressing on one. So I didn't only see my first penis but by the time I'd finished with it I'd seen the first erect one! I can laugh about it now and all nurses have to get used to that sort of thing. But I didn't know anything about sex. I didn't know how you... well how people did it. No one told us anything. Back then the war was the excuse and explanation for everything. You did what you could for the war effort. I didn't know how to stand up for myself. And the men, they'd be acting familiar, like you were their girlfriend. It was very hard on us. You were being pushed into putting up with things you wouldn't put up with from anyone else, and that were really embarrassing, and... well... not nice. The language and the jokes, the way they talked to you.'

Disclaimer: this is an edited extract from *In Love and War: nursing heroes* by Liz Byrski (Fremantle Press 2015). Some of the names have been changed and some quotes have been abridged and changed slightly for the sake of clarity.



‘There was quite a lot of sex went on — and it was always in the air, if you know what I mean. So every day, going to work, you knew you’d not only have to do your job, but you’d have to cope with that. There was always someone trying to coax you into getting friendly or more than that ... and some of them ... they’d laugh at you and call you snooty or other things. I was ashamed of being so ignorant, and ashamed as though it was my fault. I didn’t know what to do. And you couldn’t complain because Mr McIndoe, he thought it was good for them.’

She gives me the names and addresses of two women who were at East Grinstead at the same time. ‘We just send Christmas cards now,’ she says. ‘I don’t know how they’d feel about what I told you.’

A couple of days later I visit Bridget Warner in Croydon. She was twenty-one when she went to Ward III and had just qualified as a registered nurse. A brisk and rather jolly woman, originally from Dublin, she is now a robust eighty-eight year old. She was very forthcoming on the phone but is stiff and a little awkward face to face.

‘I didn’t mind it,’ she tells me when I ask her about McIndoe’s unconventional attitude. ‘I loved those boys. Some of the

younger girls used to get a bit upset. But they were only boys after all and they’d been through something terrible. I used to tell the girls — you be thankful you’re here and not stuck in a burning plane, make allowances but stand up for yourself. It’s the least you can do to give that bit extra for them, for the war.

‘I’ll admit to a few rendezvous in the linen room myself, but it was only fun and you went along with it. Things were different; we were all out for the war and for getting these boys better. I don’t know why people make so much of it ... complaining. You did your bit and then a bit more.’

A little later in the conversation Bridget admits that some nurses were intimidated by the Guinea Pigs and by

McIndoe’s temperament. ‘He was very much in charge,’ she says. ‘You didn’t want to argue with him or be caught complaining about the work or the patients. He said exactly what he thought and if you didn’t like it you buttoned your lip. He worked so hard, he’d be on his feet in the operating theatre twelve, sometimes sixteen, hours a day. I understood why they called him God, because he would just take on anything. Sometimes they expected too much, but we were all young. What I remember is that those boys loved us. They reckon we saved their lives. That’s good enough for me.’

Today I’m heading to Witney to meet another Guinea Pig. Dennis Neale’s catalogue of injuries was daunting and his mother was told that his chance of survival was fifty-fifty. McIndoe performed numerous operations including rebuilding the roof of Dennis’s mouth, and he took lumps of bone from his right hip to replace the nose bone. He recalls that while his face and eyes were completely bandaged his bed was whizzed across the ward towed by someone on a bike, and he talks about the exceptional camaraderie, and the unusual freedom at East Grinstead. There was always someone worse off than you, but we were all in it together, and knowing that, and having Archie

there kept us going. The nurses were wonderful, but if one shuddered at the sight of us she was shown the door pretty quickly. We got away with a lot because Archie thought we had suffered more than anyone should have to.’

‘And what about the nurses? Do you think that they might’ve had a hard time of it with all the teasing and the practical jokes?’

‘Well I didn’t think so then,’ Dennis says, ‘but you probably wouldn’t get away with that these days. For us it was fun and it helped us to feel like men again. But some time ago, at one of the reunions, I was talking to a nurse and she told me she was very unhappy there because she felt bullied, and nurses couldn’t complain because Archie was so much for his boys. So she probably wasn’t the only one who felt that way.’

‘So do you think there could have been some sexual coercion?’

‘Not on my part,’ he says, ‘although I won’t say it wasn’t tempting. As for the others I can’t say, but boys will be boys.’

On the morning of the Guinea Pigs’ reunion dinner I am sitting in the Costa Coffee café in London Road when two elderly men and their wives make their way to a nearby table with a tray of coffee. I watch them settle into their seats and one of the men unloads the tray and gets up to return the tray to counter.

‘I can take that for you,’ says a young waitress, sixteen perhaps or seventeen, who is wiping the tables, and then she stops. ‘You’re one of those Guinea Pigs, aren’t you?’

The man’s face is turned away from me and I can’t hear his reply, but I see the girl smile, and her voice is loud above the noise of the café.

‘Nan was a little girl in the war and her mum used to help up at the hospital. Two of your friends used to go to her for their Sunday dinner.’

The Guinea Pig gestures to her to join them at the table and she is talking excitedly with the four of them when a young man in a Costa uniform stops by the table and asks her what she thinks she’s doing.

‘They’re Guinea Pigs,’ she says. ‘You know, from the war.’

And again I can’t hear but I can see the young man speak and smile, and lean across the table to shake one good hand and one stump, before he too pulls up a chair and joins them. The legend lives on, passed from one generation of locals to the next. ■

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Minister's Message

Hon. Martin Hamilton-Smith MP
Minister for Veterans' Affairs

As this is the Remembrance Day edition of *The Last Post* I want to take the opportunity to highlight the service and sacrifice of those who fought in World War One as it was their heroic efforts that underpin Australian society today.

World War One marked Australia in a way that is almost impossible to fathom in current times. From a population of less than 5 million, we raised an Army of more than 400,000, of which 337,000 were deployed overseas. Of these over 210,000 became casualties. On average, 38 members of Australia's armed forces died every day during the 1,560 days of World War One. By war's end over 60,000 had been killed - 5,565 of them were South Australians.

These are staggering statistics.

Who were these people who so selflessly committed themselves to the defence of our country and the allied cause? The reality is they were ordinary people who did extraordinary things.

Lieutenant Bryan Cooper who deployed to Gallipoli with the 10th Irish Division in August 1915 wrote of the Australians:

"They were the first Australians we had seen, and one could not help admiring their splendid physique and the practical way in which they had adapted their costume to the conditions prevailing on the Peninsula. Some were stripped to the waist, and few wore more clothing than boots, a slouch hat, a sleeveless shirt open to the breast, and a pair of the shortest shorts that ever occurred to the imagination of a tailor. Above all, they seemed absolutely devoid of nerves; three months of constant shelling appeared to have no effect of any kind on the Australians. Clearly, they were very good men to fight side by side with."

This legacy, defined by the Anzacs 100 years ago, has continued through all conflicts to which Australia has committed troops. Since Federation, over 102,000 Australian servicemen and women have paid the ultimate sacrifice in theatres of operation around the world.

While we rightly remember and commemorate their sacrifice we must also remember those who returned wounded, either physically or emotionally, and their families and carers who were left to deal with the effects of their exposure to war.

Lance Corporal Harold Candy came home to Adelaide, his body ravaged by battles at Pozieres and Hamel and having suffered the effects of many illnesses. Tormented by his physical and mental scars, in 1921 Harold took his own life. He didn't die on the battlefields of France and although it was nearly three years after the Armistice, Harold was certainly a casualty of war - so too his devastated fiancée.

Sister Rachael Pratt nursed the wounded in Turkey, France and elsewhere. In 1917, while Germans attacked her casualty clearing station, Rachael worked despite the shrapnel that had pierced through her back and lodged in her lungs until she collapsed. Rachael was awarded the Military Medal for conspicuous gallantry under fire. She never recovered fully from her injuries, suffering chronic bronchitis for the rest of her life. And she never recovered from the trauma. Eventually Rachael was deemed totally and permanently incapacitated and admitted to a hospital for the insane. Sister Pratt died in Heidelberg Repatriation Hospital in 1954.

Recent Remembrance Days have been especially poignant as we continue to have young men and women deployed on active service around the world.

There are currently 2,241 service personnel deployed on operations globally. Since 1999 the Australian Defence Force has conducted over 80,000 deployments. The modern day Harolds and Rachael's face a more violent and lethal combat environment than their predecessors. Our treatment regimens and our health systems need to adapt to this changed conflict environment.

When Harold and Rachael returned home we didn't know much about post-traumatic stress, or shell shock as it was known then. We know more now but there is still much we need to learn.

Lest we forget. ■

Cheer-Up Hut to be recreated in South Australia for Anzac Centenary



Above: A large contingent of uniformed and armed soldiers seated at tables for a dinner in one of the Cheer-Up Huts in South Australia; volunteer helpers stand in the background circa 1916. Courtesy of the State Library [PRG 280/1/18/31] circa 1916.

The Cheer-Up Hut is a uniquely South Australian concept. Established in 1915 by South Australia's Cheer-Up Society, the huts were entirely self-funded with donations made by country branches, farmers, outback stations and businesses across the state. Cheer-Up Huts of varying sizes were established along the railway lines and other transport routes around South Australia during the First World War. Veterans SA, via its Anzac Centenary Coordination Unit (ACCU), plans to re-create Cheer-Up Huts in key locations throughout the state as part of a state-wide regional engagement strategy designed to encourage South Australians to connect more deeply with the Anzac Centenary.

The project is a collaboration between the state government and the community with more than 12 partners involved, including:

Local Government (via its Regional and Metropolitan Council's Network), History SA, Country Arts SA, RSL SA, RSL Virtual War Memorial (VWM), Legacy, Country Women's Association, Barossa Light Horse Association, State Library of South Australia, City Library and local library network across the state, as well as local history societies, cultural heritage officers, community development officers and community arts professionals.

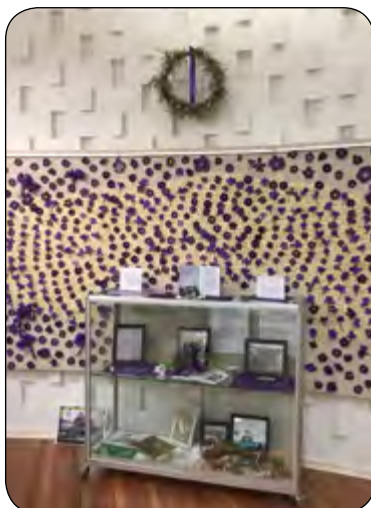
The idea to use the Cheer-Up Hut as the basis of the state government's regional engagement strategy came after seeing how successfully the concept was received at the City of West Torrens, which re-created a Cheer-Up Hut as their commemoration of the Anzac Centenary. The City of West Torrens Cheer-Up Hut at Hamra Library attracted an estimated 4,000 visitors during the month long festival

including: schools, community groups, and individuals. All were taken by what the Cheer-Up Hut represented - South Australia's homefront response to the impact of the First World War.

Consultant to the re-creation is Christeen Schoepf, an Historical Archaeologist and Community Historian from South Australia who specialises in the Cheer-Up Society and Violet Day. Christeen will work closely with Veterans SA to ensure the hut re-creations are as authentic and accurate as possible.

Cheer-Up Huts were funded extensively by the annual sale of buttons. The Adelaide Hut was further assisted by the sale of bunches of violets, buttons and poetry books sold by members of the Society in what became known as Violet Day - the first being held on 2 July, 1915. Violet Day continued annually in South Australia until 1970.

Before the poppy the violet was South Australia's 'symbol of perpetual remembrance'



We cannot visit their graves to lay thereon any symbol of our loving gratitude, but we may all wear near our hearts the lowly and beautiful little flower, in proud and tender remembrance of Australia's best and bravest.

- Amy L. Tomkinson, Advertiser, 16 August 1916, p. 9.

The Anzac Centenary Cheer-Up Huts, re-created in key regional locations throughout South Australia, will bring people together to learn about World War 1 and the impact it had on the home front, while encouraging the stories of our servicemen and women to be documented for future generations during this period of national reflection.

The Cheer-Up Huts will create the spirit and layout (as close as practicable) of the Adelaide Hut known as the 'Burra Hall' established in 1915 on the banks of the River Torrens where the Festival Centre now stands.

Right & Below: The City of West Torrens Cheer-Up Hut at Hamra Library with Cheer-Up Hut Society member Sue Cummins dressed in a typical uniform.

“ The Cheer-Up Hut re-creations will encourage individuals, groups and communities to work as a collective to recreate their local huts and to come together to tell their local Anzac Stories, so these can be documented during this important period of national reflection. ”



Each Cheer-Up Hut re-creation will reflect the same layout as those set up 100 years ago, including an entertainment area featuring a piano, a kitchen zone, and a sleeping zone. The hut will also feature portraits of those in the community who enlisted with a special 'Lest We Forget Zone' honouring those who died on active service. A Cheer-Up Guest Book will circulate to each regional hut to capture the comments and reflections of all who visit. There will also be a Violet Memorial Wall where visitors can attach their own violet, adding a memorial message.



A Cheer-Up Hut Kit will be made available to key contact persons in participant communities. It will contain a list of items that will be supplied and outline those that ideally will be sourced via the community. For example, tables and chairs, a piano and piano player, secured display case, etc. The huts will remain in each regional location for approximately 3 days over a Friday, Saturday and Sunday. During this time there will be opportunities for biographies to be filmed and/or audio recorded onsite, photos of memorabilia to be taken, and content uploaded directly onto the RSL Virtual War Memorial and Anzac Centenary websites.

The Cheer-Up Hut Club will also be re-created as part of the Community Zone within the national 'Spirit of Anzac Centenary Experience' exhibition coming to South Australia in March and November next year. The first of these will be held in Adelaide and the second in Port Augusta.

The Cheer-Up Hut Regional Engagement Strategy provides an opportunity for individuals to become part of the Cheer-Up Hut Club. The Club will have online membership benefits including information on how to research, prepare and write a biography of a relative who has undertaken active service in any conflict Australia has participated over the last 100 years.



Cheer Up Hut Burra Hall - Courtesy of the State Library [SRG 6/34/14] circa 1918.

The Anzac Centenary website is a South Australian community interactive website.

You're invited to contribute your family's and community's Anzac stories and memorabilia to become part of this state-wide time capsule.

anzaccentenary.sa.gov.au



South Australia commemorates a century of service.



Government of South Australia
Veterans SA

Connect with us:



Anzac Centenary Competitions

Specially curated video, imagery and audio resources relevant to the Anzac Centenary for South Australia will be available for download from the Anzac Centenary website from early next year. These can be used to enhance digital stories for entry into the Anzac Centenary South Australia competitions, details of which will be announced in January, 2016.

Be Kept Up To Date

To be kept up to date with the Cheer-Up Hut Regional Engagement Strategy including accessing the Kit and information on how to join the Club, subscribe to www.anzaccentenary.sa.gov.au or phone Veterans SA on (08) 8226 8544.

VIETNAM: 1965

May 25th, 2015 marked 50 years since Australian Combat Forces arrived in South Vietnam.

While the major commemorative service for the Vietnam War will be held next year on the 50th anniversary of the Battle of Long Tan, I encourage all Australian's to remember those who served our country during the Vietnam War.

Australia deployed more than 60,000 servicemen and women to the conflict in Vietnam between 1962 and 1975, 521 of them made the supreme sacrifice.

All of our Vietnam veterans served their nation at their nation's request. In the past, we have not properly recognised their service and sacrifice. In the Centenary of Anzac, honouring a century of service, it is right and proper that we honour these men and women who upheld the finest of the ANZAC tradition.

In 2016, the Australian Government will undertake a range of commemorative activities and initiatives to recognise Australia's involvement in the Vietnam War.

As announced by the Prime Minister and myself, we will offer the families of those Vietnam Veterans buried at the Terendak Military Cemetery in Malaysia the chance to bring them home. The repatriation will take place in June 2016.

A key focus of the Australian Government's Saluting their Service grants in 2015-16 will be to recognise the service and sacrifice of Australia's servicemen and women in the Vietnam conflict.

Subject to agreement with the Vietnamese Government, the Department of Veterans' Affairs will organise a small veteran's mission to Vietnam in August 2016 to

commemorate the shared sacrifice of both nations.

A national commemorative service is being planned for August 2016, in collaboration with the Vietnam Veteran community, at the Australian Vietnam Forces National Memorial on Anzac Parade in Canberra, a memorial dedicated to Australians who served, suffered and died in the Vietnam War.

We honour our Vietnam Veterans, and their families. We acknowledge that our nation has, in the past, not appropriately recognised their service and sacrifice. ■

Veterans and Veterans Families Counselling Service (VVCS) and Veterans Line can be reached 24 hours a day across Australia for crisis support and free and confidential counselling. Phone 1800 011 046 (International: +61 8 8241 4546).

COMMEMORATING AUSTRALIA'S PEACEKEEPERS

On September 14th, Australians acknowledged Australian Peacekeepers Day and paid respect to the men and women who played an important role in restoring peace and harmony in areas affected by conflict around the globe.

Since Australia's commitment to the first United Nations (UN) peacekeeping mission in September 1947, Australian military, police and civilians have been undertaking peace operations worldwide. More than 30,000 Australians have served on more than 60 United Nations and other multilateral peacekeeping operations since 1947.

Australia's peacekeeping efforts have been ongoing since 1947. More than 3,500 Australians are currently serving in peace and security operations, including our continuous participation in the Middle East and Cyprus.

A number of multinational operations have been commanded by Australians. These include operations in Kashmir, Cambodia, the Sinai, Iraq and Timor-Leste. In addition to these leading roles, Australians have served in regions throughout the world in locations including the Middle East, Cyprus, Cambodia, Bougainville, the Solomon Islands, Somalia and Rwanda, among others.

Forty-eight Australians have made the ultimate sacrifice for their country during non-warlike and peacekeeping operations. Last year, as a lasting tribute to their service, their names were added to the Australian War Memorial honour roll.

Each year, on Australian Peacekeepers Day, we show our appreciation of the significant work our peacekeepers do in helping countries make the difficult transition after periods of conflict. ■

You can make donations to the Australian Peacekeeping Memorial Project fund through their website: www.peacekeepingmemorial.org.au/objectives.php

NEW ANZAC MEMORIAL UNVEILED AT DECEPTION BAY

A new Anzac Memorial was unveiled at Deception Bay in August by the Minister for Veterans' Affairs and Minister Assisting the Prime Minister for the Centenary of ANZAC, Senator the Hon. Michael Ronaldson and Member for Petrie Luke Howarth MP.

The memorial, situated on the Deception Bay foreshore, features a commemorative walk, with elements that provide a direct connection to First World War events that had an impact on the local community.

"I am proud to see the Moreton Bay community take such an interest in commemorating and remembering its local servicemen and women."

"The First World War helped define us as people and as a nation, and the Australian Government is proud to stand together with the Returned and Services League (RSL) in honouring the brave Australians who sacrificed so much for our country," Senator Ronaldson said.

Mr Howarth said the Australian Government provided funding of \$30,208 through its Anzac Centenary Local Grants Programme (ACGLP) to help the Deception Bay RSL Sub-Branch to create the memorial, which sits adjacent to the Second World War memorial in the community's commemorative precinct.

"This new memorial is a fitting focal point for our community to commemorate the service and sacrifice of those who have defended our nation and protected our way of life."

"I would like to acknowledge the Deception Bay RSL sub-branch and the Moreton Bay Regional Council for partnering with the Australian Government in delivering this fantastic project," Mr Howarth said.



VIETNAM VETERANS' DAY

On Vietnam Veterans' Day, Australians pause to remember the service and sacrifice of all those who fought in the Vietnam War.

More than 60,000 Australian servicemen and women deployed to Vietnam between 1962 and 1975, with 521 killed in service. Many of those who survived endured great hardship during the war, and returned home with both physical and emotional scars.

Minister for Veterans' Affairs and Minister Assisting the Prime Minister for the Centenary of Anzac Senator the Hon. Michael Ronaldson suggested that on VV Day, in August, all Australians should honour those who fought in Vietnam at our nation's request.

"It is important that we properly acknowledge the service and sacrifice of these men and women, who upheld the finest traditions of the ANZACs during this terrible war," Senator Ronaldson said.

To recognise the participation of Australian service personnel in the Vietnam War, the Australian Government is undertaking a range of commemorative activities over the next 12 months.

"Today, we have published a new online Vietnam War Roll of Honour Image Gallery that features a range of images, from cherished family photographs to enlistment portraits and candid pictures taken in Vietnam, of the 521 Australians who did not return from war," Senator Ronaldson said, to mark the occasion.

The images were collected over several years by staff of the Office of Australian War Graves, with many provided by relatives and friends of our war dead. To access the gallery visit: <http://vietnam-war.commemoration.gov.au>.

Senator Ronaldson said a major national commemorative service marking the 50th anniversary of the Battle of Long Tan would take place in August 2016 at the Australian Vietnam Forces National Memorial in Canberra.

"Planning is also underway, in consultation with the Vietnamese Government, for a small veterans' mission to travel to Vietnam in August 2016," Senator Ronaldson said.

"To assist local communities in honouring the service of our Vietnam veterans, a special one-off funding round will be built into the 2015-16 Saluting their Service grants programme.

"The program will award grants of between \$4,000 and \$20,000 for initiatives such as commemorative events and reunions," Senator Ronaldson said.

Plans to repatriate the remains of Australian soldiers who died during the Vietnam War and are buried overseas – should families choose to accept the offer – are on track to occur in the middle of next year.

"Unfortunately, many of our Vietnam veterans did not receive the appropriate recognition for their service and sacrifice when they returned home from the War," Senator Ronaldson said.

"I encourage all Australians to reflect on their service and to consider how they can be involved in next year's 50th anniversary commemorations," Senator Ronaldson said. ■



Photo: Ken Irwin

10 SONGS by Jack P. Kellerman 'Titles' by Barclay James Harvest

From the British group's 1975 album, *Time Honoured Ghosts*, comes this haunting, rhythmic chant of lyricism based on the titles of Beatles songs ("Lady Madonna let it be, something in the way she moves me yesterday, all you need is love, so they say").

It's beautiful and how did I come to meeting this Manchester merger of musical and textual brilliance?

I may have heard it on David Day's album show in Adelaide, staying with friends in the basement of their Adelaide hills mansion. Then again, it may have been on returning to Melbourne when I heard Barclay James Harvest playing at Lenny's Record Store in North Road Ormond as I passed by on my way home from my job as a storeman. In that fleeting era of great discussion and music, anything was possible. Analysis of Greetings from LA and Little Feat was popular in the room behind the shop. If my brother was passing by, he might drop in too and then we'd both be late for dinner. Didn't seem to matter much then, though.

The band's previous studio album to *Time Honoured Ghosts*, 1974's *Everyone is everybody else*, was viewed by many as a highlight and was rewarded with heavy play on Radio Caroline and also featured on the station's much vaunted Top 100 Albums of all time list.

Following a live album that was received well, Barclay James Harvest crossed the Atlantic and returned to the studio. *Time Honoured Ghosts* was recorded between May and July in 1975 in San Francisco and produced by Elliot Mazer. It was released in October of that year on the Polydor label.

*The long and winding road that leads to your door
Here comes the sun it's alright people shout for more
But were you trying to deceive telling me
All you need is love to succeed
Across the universe one after nine 'o' nine
I got a feeling for you blue and I feel fine
I tried so hard to make believe that I'd see
All you need is love to succeed*

CHORUS:

*Lady Madonna let it be
Something in the way you moved me yesterday
All you need is love so they say*

[traditional, arr. by John Lees, RAK Publishing Ltd]

The songs haunting, homage - paying sound invited you to play it time after time and, despite the album's critical acclaim, I don't remember many other tracks from this great Barclay James Harvest 12 inch from the mid-seventies.





Worth Listening To... Labour of Lust, Nick Lowe (1979)

By Taj Worthington-Jones

It was 1979, long before the Smashing Pumpkins ever wrote about it, vinyl was still king and I was driving a Kombi. Over in the Old Dart, a talented English geezer, Nick Lowe had just turned 30 and was producing music for Elvis Costello, Graham Parker, The Damned, Dr. Feelgood and The Pretenders.

In between, the pub rock and new wave legend, who had started his musical career playing in English group Brinsley Schwarz, was putting out his own stuff and had previously released *Jesus of Cool* the year before. When *Labour of Lust* came out Lowe was performing with his also-talented Welsh rocker mate Dave Edmunds and two other also-talented pommy geezers, Billy Bremner and Terry Williams in the group Rockpile. *Labour of Lust* also features a then commercially unknown Huey Lewis as well as Elvis Costello (on the US version).

The album, effectively by Rockpile but unable to be released under that name due to legal hassles, was recorded at London's Eden Studios and in Finland and starts off with the punchy and catchy-chorused *Cruel To Be Kind*. The album's first single and viewed by many as a pop classic. The country-flavoured *Without Love*, along with *Cracking Up*, *Switchboard Susan* and *A Dose of You* are other standout tracks that feature Lowe's street-smart, wise-assed, word-playing (see *All Men are Liars*, *You Stabbed in the Front* etc). Lowe's role as a bassman had brought a rhythm first attitude to the album's tracks that still stand out today, no matter the format on which they're played. Lowe's craftsmanship, pop sensibilities and humour are standout features of this release that was judged to be one of the great releases of the new wave.



The Last Post interviews Don Walker

Cold Chisel have been deeply entwined into the history of Australian music since their formation in Adelaide in the mid-70's. Originally breaking up in 1984, Cold Chisel have reformed and released albums since then. Now, back with their One Night Stand Tour to promote their 2015 album release, *The Perfect Crime*, the band's chief songwriter and keyboard player Don Walker talks with The Last Post editor, Greg T Ross

The Last Post: Thanks for joining us here at The Last Post, Don. Your One Night Stand Tour, which is currently taking place on the back of *The Perfect Crime* Album, how are things panning out for both the tour and the album?

Don Walker: Really well. We kicked off the tour, first weekend of October was the Deniliquin Ute Muster and the NRL Grand Final and then it's on to the Gold Coast. I'm about to head off to rehearsal to get my fingers, you know, back up to speed again for the tour.

TLP: Your songwriting has been likened to painting great portraits of the city and I know you've been compared to great literary writers with the pictures you're able to paint with your words. Is there an appreciation of that do you think, with the new generation of Chisel fans?

DW: I think you would have to ask them. I just do what I do and do it as best I can. The only feedback I see is you know, how many did we sell and I also get feedback from the people I know and there's a few people out there who are into the band and I'm in touch with because I've met them over the years. That's the only feedback I get and the feedback on this

album is that people out there seem to think it's pretty good.

TLP: From here at The Last Post, I'd say that Cold Chisel have constantly produced some great music. I know that you're a great observer and, I think you were living in Kings Cross at one stage. That must have produced a lot of ideas with characters, etc.

DW: I wasn't really there for material for songs, it just happened to be where I lived. I lived in Kings Cross for nearly 40 years so there'd be a little bit of that flavour in the songs but mostly, I think, I was writing about regional Australia.

TLP: You went to Nashville for a while, is that right?

DW: I've been to Nashville many times but I've never been there for a great amount of time. A few weeks maximum.

TLP: You were talking about your songs and you're observations of rural Australia, do you find some soul in the country life, in Australia?

DW: There's soul everywhere. In regional Australia I love the humour and the culture and the stories.

TLP: How important was it for the group to secure the services of Charley Drayton after Steve's death? Does it feel like a permanent set-up with Charlie?

DW: Well, nothing's permanent but Charley is definitely an integral part of the group and what we do now. We couldn't do what we do now without Charley. How difficult was it to get him? Easier than I thought. I contacted Chrissie, his wife

then, Chrissie Amphlett, who has since passed away, and said, can I get Charley's number. They were living in New York at that stage and got in touch with him that way because Chrissie was an old mate of mine.

TLP: Going back, right at the beginning, how did you get in with the group? Was it an ad, through friends, how did that happen?

DW: There was a guy called Les Kaczmarek, who was the original bassist, he got the band together by leaving a series of ads on notice boards in music shops and I answered one of those ads and Ian answered another one so Ian and I found ourselves 'round at Les' house in the suburbs in Adelaide and that was the beginning of the band.

TLP: Did you feel from the beginning that this would be a vehicle for you and your writing?

DW: I thought, right from the beginning, even before that meeting I had met Ian briefly before that. Even before that meeting, I knew there was something very special about Ian. And when the other guys came along, yes, I think there was something special about the feeling within and about that group of people.

TLP: Back on the observation thing. 'Breakfast at Sweethearts', was that from personal experience?

DW: Yes, that was about a place where I used to...it was in the middle of Kings Cross. It's gone a long time ago. But the family that owned Sweethearts Café up until late in the 80's they had to close it, they own a number of other things in the



"...HE GOT THE BAND TOGETHER BY LEAVING A SERIES OF ADS ON NOTICE BOARDS IN MUSIC SHOPS AND I ANSWERED ONE OF THOSE ADS."



area and those people are still friends of mine.

TLP: Do you find it of interest to talk to people that could be in better positions in life, those with stories to tell?

DW: I think most people would like to be in a better situation. I talk to most people or sometimes I don't feel like talking at all but I don't make that decision according to where people are in life.

TLP: Someone once said that Cold Chisel are always "moving on up without selling out". Do you feel there is still more moving on up to be done with the group?

DW: We'd have loved to have sold out but we couldn't find any one that was interested in buying. So every step of the way, when we made a little bit of progress, we didn't know anybody or owe anybody anything. That's not because we didn't want to owe anybody anything because nobody was interested.

TLP: I remember when East came out. Is it true you said to Mark Opitz you wanted to make a more commercial album?

DW: I don't remember saying that. East was a very commercial album. I think at that stage, leading up to East, I was very much...I wanted us to have big crowds and be popular. I was trying to write music that would appeal to people without being... there's nothing worse, and I've seen it a lot, where you have to go around playing a hit that you hate. We never wanted to do music that we didn't like, we always avoided that but we wanted to find some

way of doing what we did like that would also appeal to other people.

TLP: Swingshift, from '81, the live album, is an example of how good you guys can be.

DW: Yes, that's a live album that was recorded at The Palais in Melbourne and in a theatre in Sydney in 1980. The band was in good nick at that stage. It's not my favourite, myself but with most other people it is.

TLP: I know you've done stuff outside of Cold Chisel with Catfish and others. Do you see the room for more solo stuff in the future?

DW: Well, I've been doing solo work now for 20 years, for more actually. I've got three solo albums. I will continue to do that, my most recent was in 2013, that's the main thing I do but not the most high profile.

TLP: Do you have an understanding or where you sit, as a group, in the history of Australian musical culture and the arts? If so, is that reflected in your psyche?

DW: I don't spend a lot of time thinking about that. Neither do the other guys. Really, our focus is on the nuts and bolts of writing songs that we like to play, playing them well with the intensity that we developed in our youth. When we get on stage is a little like a drug. It's very hard for us to play unless we can develop that intensity and, I think, people that buy tickets expect that.

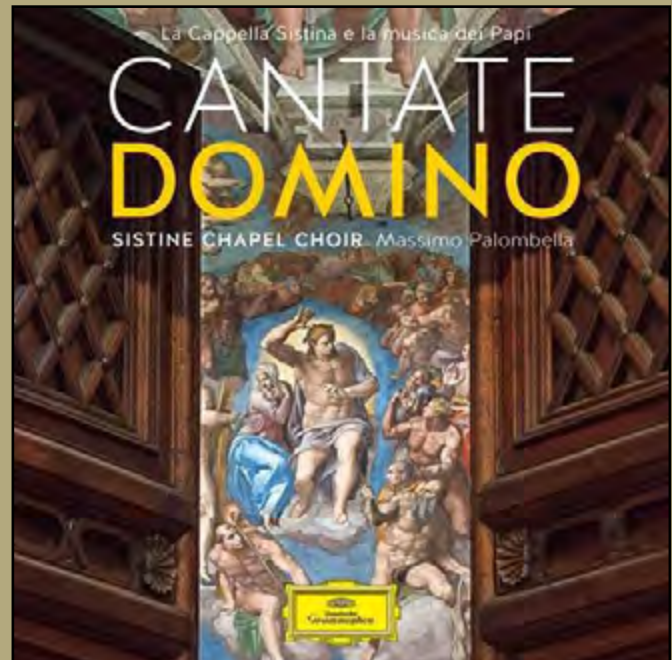
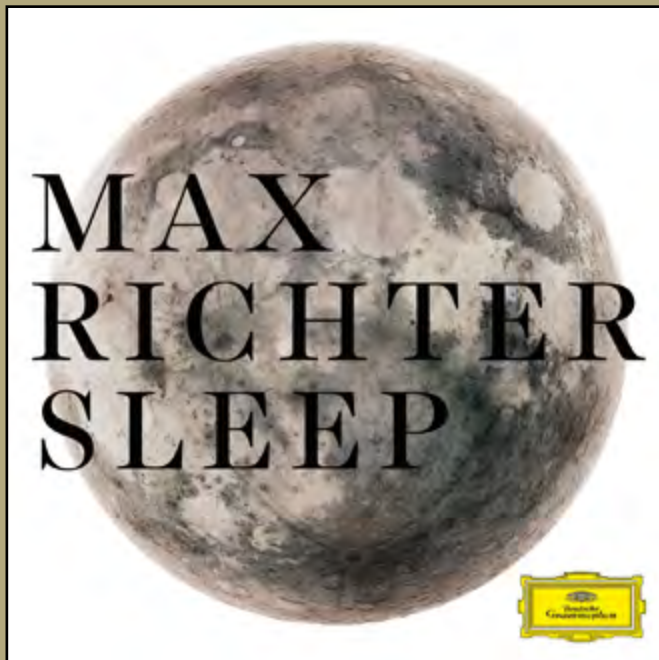
TLP: I suppose too, Don it's about drawing the fine line between feeling comfortable but not too comfortable.



DW: Yes, well, the circumstances in which we tour in are now very comfortable but really, that's not where the business is done. The business is done on stage and on stage is not comfortable at all and in rehearsal where all the hard work is done. By the time we get on the stage, there's an enormous amount of very difficult and intense rehearsal that we do to get to that intensity. And that's not comfortable at all and we don't take anything for granted.

TLP: A good way to end. Thanks very much Don.

DW: Thanks, Greg



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Moving through the centuries and into our own we arrive at *Sleep*, an eight-hour work, intended to be heard – experienced – in one sitting, from start to finish, while the listener is asleep. The one-hour recording, *From Sleep*, is designed to be listened to while awake. Or it could be a power nap.

Composed by Max Richter, one of the most gifted of young composers working today, *Sleep* is in every way a ground-breaking piece of work. It is scored for piano and strings, with additional keyboards, electronics and a human voice.

The work is an investigation into the process of sleep: an experiment to see how people experience music in different states of consciousness – to discover, if possible, how it is perceived in both a wakeful and a sleeping state.

During his preparations, Richter consulted the eminent American neuroscientist David Eagleman about the mechanisms of the sleeping mind, and the ways in which music can interact with them. Other ideas that feed into the work, Richter says, include the concept of music designed to evoke a particular emotional, or even physiological, response, 'like a channel from one state of consciousness to another'.

Much may have changed through civilisations and cultures across the great divide of five centuries, but basic human needs – music for the soul, and the need to meditate, to relax, and yes, to sleep – remain constant.

Both *Cantate Domino* and *Sleep* are perfect musical companions – musically different but feeding the same instincts and impulses of the human condition.

**Sleep and Cantate Domino are released on Deutsche Grammophon
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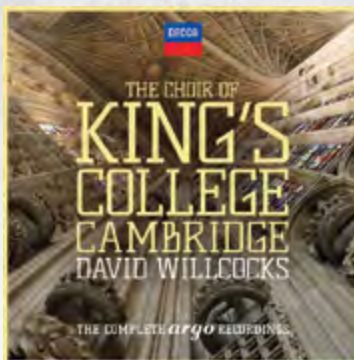
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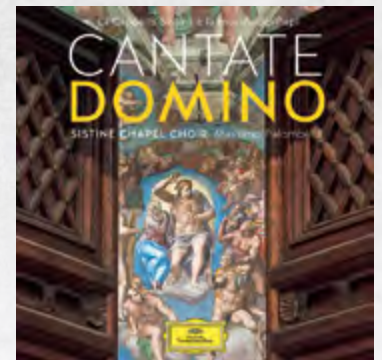
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Fawlty Towers celebrates 40 years

As Fawlty Towers celebrates its 40th anniversary, we look at where the famous cast are now... while the lesser-known stars recall what went on backstage.

By Mary Greene and Martha Cliff

When John Cleese and his then wife Connie Booth wrote Fawlty Towers – first shown 40 years ago today – they had no idea they were creating an anti-hero and a hotel that would become national institutions. For the first signs were that it would be a flop.

When BBC executives read the scripts, they thought the jokes weren't funny, the characters stereotyped and the hotel setting was too boring.

'I cannot see it as being anything other than a disaster,' one wrote. But they didn't want to reject it and risk upsetting Cleese, whose comedy talents they otherwise valued, so they hid it away on BBC2.

Only two series, each of six episodes, were ever written and while some of the stars like Cleese have remained household names, others stepped away from world of showbusiness.

Here we reveal what happened to the cast after they checked out of the much-loved calamitous hotel...

JOHN CLEESE

John is easily the most recognisable face on the show having played the programme's front man, hotel owner and manager Basil Fawlty.

John and his ex-wife Connie Booth, who played waitress and maid Polly Sherman, were the brains behind the popular series, having co-written and starred in it together.

Connie and John met in the 1960s, married in 1968 and had their daughter Cynthia three years later, but by the time the second and final series of Fawlty Towers began filming, the two were divorced but still good friends.

John explained once that the show contributed to the breakdown of their marriage. 'The show took over. I had a perfectionist streak and got wound up over the smallest detail,' he said. After his starring role John went on to enjoy a fruitful acting career taking roles in A Fish Called Wanda, Harry Potter, Shrek 2 and Monty Python and the Holy Grail.

His most recent venture is a slight departure, though, having launched an app called The Silly Walk - a 'walking game'.

CONNIE BOOTH

Connie played the long-suffering Polly Sherman alongside her then-husband in Fawlty Towers for the entirety of its airing.

Despite their divorce she is said to have remained close friends with her former flame with whom she has one daughter Cynthia Cleese.

She too went on to enjoy a successful on-screen career taking on roles on TV shows including The Tomorrow People, Faith, and The Buccaneers.

However she has not appeared on TV since 2000, when she narrated the television series In Motion. Although she helped to create it Connie was hardly one to boast about the show. The actress refused to discuss the programme with anyone for thirty years until 2009.

PRUNELLA SCALES

Prunella played John Cleese's on-screen spouse as Sybil Fawlty and continued to pursue an acting career up until last year, with her last project the film Sub Rosa. You may also remember a string of Tesco adverts that featured the actress where she played a bossy elderly woman. However the 83-year-old has been taking it easy recently as it emerged that she is battling advanced Alzheimer's and can recall little of her 53-year marriage to husband, actor Timothy West.

It is little more than a year since West disclosed she had a 'mild' form of the disease.

But she went ahead with TV series Great Canal Journeys in which her illness was addressed with gentle humour.

ANDREW SACHS

Andrew played the bumbling butler Manuel on the popular sitcom and continued on with television playing Ramsay Clegg in Coronation Street as well as a three season stint in Casualty. Andrew is most recognised, however, after hitting the headlines in October 2008 when Russel Brand and Johnathon Ross left lewd messages on Andrew's answering machine.

The pair made the mostly sexual insults about Sachs' granddaughter, Georgina, with whom Brand had had a relationship, and even cracked jokes about the young woman's menstrual cycle.

These remarks aired on Brand's Radio 2 show, provoking 42,000 complaints and

devastating the Sachs family. Andrew recently had released his autobiography, I Know Nothing. The book has proved a huge success.

BALLARD BERKELEY

Ballard played Major Gowen who viewers dubbed the shows most bigoted character - 'to be laughed at not with'.

The actor hit headlines two years ago after a repeat of the show in which the scene where Ballard making derogatory racist remarks was edited out.

Before his death in 1988 the actor appeared in several TV series including Hi-de-Hi! and To The Manor Born and his last role was a voice in the animated film The BFG.

Ahead of his acting career, Ballard worked as a Special Constable during the Second World War and witnessed the Blitz first hand while on the job.

So what was Cleese like to work with all those years ago? Here, five actors who appeared in the show give a unique insight into what went on backstage...

Nicky Henson, now 70, played a hotel guest who incurred Basil's wrath by trying to sneak a girl into his room...

'I've known John for 50 years, since we shared a dressing room for The Frost Report,' says Nicky. 'He'd never done TV then and was nervous so I took him under my wing.'

'When he was writing Fawlty Towers he rang me and said, "I've got a real problem. I've never been so rude to any character in any show I've ever written. And if it's somebody I don't know, I'll be too embarrassed. Would you mind...?" So I said, "Of course!" I played a flash guy, a medallion man in leather trousers and a chamois shirt. Basil was dreadfully nasty to me.'

FAWLTY FACTS

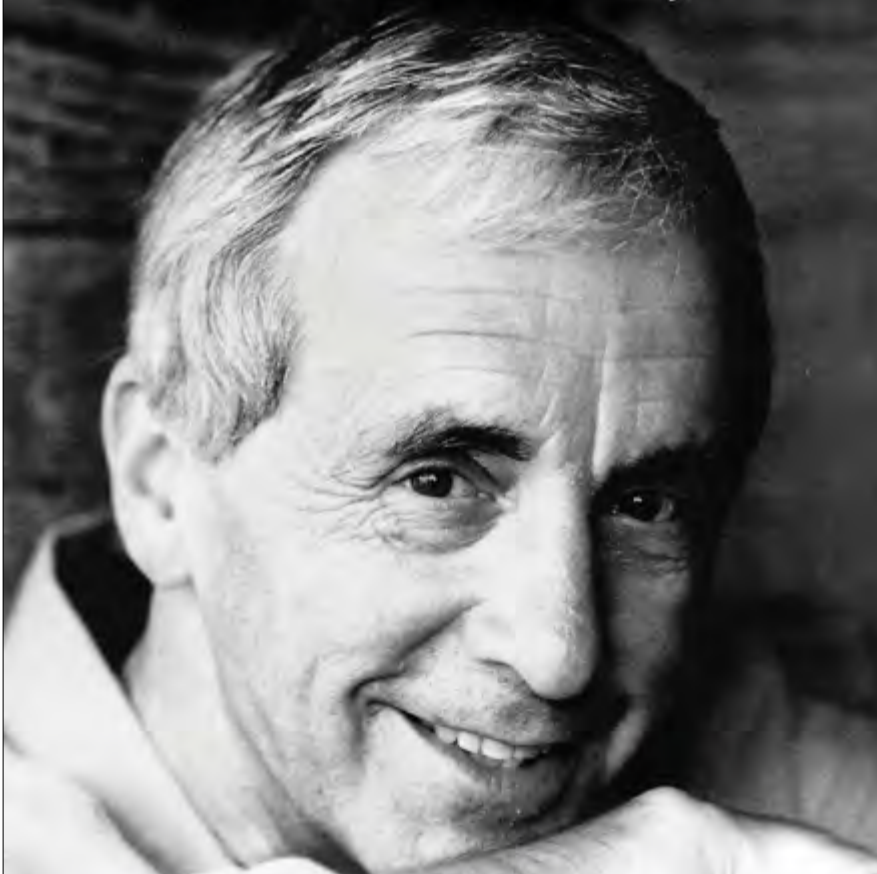
There are nine hotels called Fawlty Towers all over the world – in Great Yarmouth, Livingstone in Zambia, Linköping in Sweden, Rome, Guangxi in China, Baku in Azerbaijan, Eilat in Israel, Cocoa Beach in Florida and Niagara-on-the-Lake in Canada.

'After the final rehearsal, before it was recorded in front of a studio audience, I said to John, "How can I stop myself laughing?" And he said, "You'll see the fear in my eyes!" He'd always been a nervous performer and a perfectionist. But he's a wonderfully funny man, he's a great big baby. Not like Basil; John's a

'An engaging and often touching account' *Mail on Sunday*

ANDREW SACHS

I Know Nothing!



Foreword by John Cleese

THE AUTOBIOGRAPHY

nice baby, Basil was a horrible baby. 'We didn't realise what a huge hit the show was. John did say to me, "I can probably guarantee 100 per cent of your original fee in repeats." My fee was £150 - and *Fawlty Towers* is still topping up my pension!' Bernard Cribbins, now 86, played a demanding guest who Basil was convinced was a hotel inspector. He recalls...

'I played a spoon salesman and when Basil finally realised that I wasn't an inspector, I got a custard pie in the crutch, one in the face - and waiter Manuel [played by Andrew Sachs] poured a jug of cream into my briefcase.

The pie was harmless, you could eat it. But there's a scene at the table when Basil grabs me round the neck and karate chops me - John's a big bloke and I had to ask him to restrain himself.

'But I enjoyed the big punch-up with Basil at the end. I'd done fights in films with a stunt man before. But my knee in the groin went nowhere near his groin... I couldn't reach. He's too tall!

Robin Ellis, 73, appeared in the first ever episode of *Fawlty Towers* - *A Touch Of Class* - shortly before he became famous as TV's Ross Poldark. He played an undercover cockney policeman who arrests a guest, Lord Melbury, who unknown to Basil - who's fawning over him - is a confidence trickster...

'This show was something new for John - so there was a lot riding on it. I remember I had to check into *Fawlty Towers* wearing a dreadful 70s faux-leather jacket that was probably plastic.

'I also remember the trauma of acting to a studio audience, I'd never done it before. My character had to speak fluent

Spanish to Manuel and Basil was taken aback that this idiot could speak Spanish when he couldn't. I had to learn it by rote because I don't speak Spanish, either.

I was word perfect on the take - even if my nails were digging into my palms trying to relax myself - and then the floor manager said, "Sorry, but there was a camera in shot and we have to do it all again."

'Then later I had to go back, mid-Poldark, and do the dinner scene again because there'd been a slight change in the plot.'

Melody Sachs, 82 and the wife of Andrew Sachs, who played Manuel, recalls how she turned up on set one day to meet her husband, when Connie came rushing out in a panic because an actor hadn't turned up...

'Connie said to me, "Quickly, go to make-up and get on the set."

'They were serving veal for lunch and Basil had to snatch my plate away because Manuel's pet rat had escaped.

'It was a good laugh and like working with family.

'John and Connie were fine together. It was very sad when they split, and sad they only wrote two series, but maybe that was a good thing because now they've got this precious little bundle of 12 episodes that'll go on forever.'

Tony Page, 55, played an obnoxious child guest who told Basil his food was 'pigs' garbage'. Tony went on to work in catering...

'I was at stage school and *Fawlty Towers* was my first speaking part. I was 15 - but only looked 12 - and got paid £90, not bad considering I got £66 a week when I enlisted in the Navy two years later. I wore a tank top from M&S, but I didn't get to keep it.

'The biggest shock was meeting Manuel: I wasn't expecting a posh guy, I thought he really was Spanish.

'John was supposed to cuff me round the head, but my reflexes were so fast, every time he went to hit me, I ducked.

'In the end he had to knock me with his elbow so I wasn't expecting it. I sometimes get *Fawlty Towers* out and watch it to cheer myself up.' ■

www.dailymail.co.uk



Iva Davies

With a career spanning over 35 years it's hard to believe that there are any "firsts" left to achieve for one of the country's most loved and highly accomplished bands, but with the announcement today that icons of the Australian Music Industry, ICEHOUSE, will be releasing their very first Live album, ICEHOUSE: In Concert the band has proven once again that their reputation as mainstays of the country's music scene is not about to change any time soon.

Produced by Iva Davies and ICEHOUSE bass player Steve Bull, ICEHOUSE: In Concert features tracks recorded during various performances from the band's touring schedule from October 2014 through to February 2015. Iva, Steve and the band sorted through hours and hours of recordings to choose the very best versions of each track to compile the album. With no overdubs or studio trickery, the album is a genuine representation of what it sounds like to be live at an ICEHOUSE concert and features the line-up that has been touring since the band returned to performing in 2011.

ICEHOUSE: In Concert will be available as a 2-disc CD set in store and via iTunes from Friday 28 August 2015 with pre-orders are available for both at ICEHOUSE/InConcert. There are also plans to release a triple-vinyl set later in the year.

In celebration of this, yet another milestone in ICEHOUSE's illustrious career, the band will again be heading out on the road taking the IN CONCERT experience to the fans visiting some well acquainted venues and debuting at some new venues along the way including as previously announced appearance at A DAY ON THE GREEN in Mudgee.

Iva Davies today said "I'm very excited by this release. We've been back playing live since 2011 and the In Concert recordings show the band at its strongest – it certainly sounds like us! Being our first true 'Live' album we're all very happy to share this with fans and friends. While what people see on the IN CONCERT Tour may not be exactly the same as the album, we can promise everyone it will be just as powerful. The band can't wait to hear everyone singing along."

While the dates opposite don't currently reflect a Concert in Adelaide, SA fans can rest assured ICEHOUSE is working on something special for them which will be announced in the next few weeks.

Icehouse have continued to delight millions with their music, well known and loved by audiences across generations. Icehouse has played to sellout audiences in Australia and overseas and continues to tour extensively. Icehouse began in 1977 as a Sydney-based pub rock band called Flowers, who were the highest paid unsigned act in Australia at the time. Management informed lead singer Iva Davies that if they wanted to progress, they would have to write their own songs. So began the brilliant career of a composer many feel to be among Australia's best. Below is an edited version of a chat Iva had with The Last Post editor, Greg T Ross, in October.

The Last Post: Thanks for joining us here at The Last Post Iva. What's happening at the moment?

Iva Davies: Well, quite busy at the moment, about to do a couple of shows and then a lot happening next year.

TLP: What a great band you've been involved with for such a long time, Iva.

ID: Well, you're obviously aware we just put out a double live album and it's strange how we never did, previously. I know that we had quite a few shows recorded and at

one stage I mixed a number of tracks but it was an incredibly busy time and it never happened and I'm kind of glad it didn't because the standard of the band these days is extraordinary and the best it's ever sounded. We had that break of sixteen or seventeen years and when we decided to play together again, the catalyst for it was, our tour manager from the mid-eighties went on to work for a company, Johnson Audio which was at that point the second largest production company in Australia and it was Larry, this ex tour manager, general manager who volunteered the idea. So we did and had a blast. We played

Sydney and there were 40,000 people in the cricket ground and it was fantastic. It was the first time my children had seen me play. It was a great buzz and the band said, why don't we do this again. So I said to Larry, if we're going to do this again, I want the best guys you've got to do it, best engineers, best monitor guys, best lighting and so we got the best people but had to book the shows a year in advance because these are in-demand technicians as well as the band members who do other things. It sounded so good we decided to record it. It's out of seven shows from earlier this year. We came up with a short list and it's all completely real, there's no re-recording or any of that other trickery. That album, Icehouse In Concert, came out a couple of weeks ago.

TLP: Anyone who loves music would be glad to see you back together. You started in what, '77 and really arrived at the right time. I remember seeing you on television in '79 or '80 doing your first album. You were good from the beginning.

ID: Yes, I think the first gig we did was in 1977. There was an extraordinary amount of planning that went into it, something like two years and as we were only 22 at the time, it's a wonder we survived the incubation period. A lot of bands would have split up within that time. It took us two years to get to our first performance and it was in a peculiar time because,



ICEHOUSE TOUR DATES

FRIDAY, 8 JANUARY 2016

Castelli Estate Denmark, WA

Tickets on sale now from Ticketmaster - www.ticketmaster.com.au

SUNDAY, 10 JANUARY 2016

Rottneest Island, WA

Tickets on sale now from Ticketmaster - www.ticketmaster.com.au

SATURDAY, 23 JANUARY 2016

A DAY ON THE GREEN

Mitchelton Wines, Nagambie, Vic

Tickets go on sale at 10.00am, Friday 23 October from Ticketmaster - www.ticketmaster.com.au and 136 100

FRIDAY, 29 JANUARY 2016

Empire Theatre, Toowoomba, Qld

Tickets go on sale at 9.00am, Thursday, 15 October from 1300 655 299 or www.empiretheatre.com.au

SATURDAY, 30 JANUARY 2016

Sandstone Point QLD

Special Guests: The Whitlams and Diesel

Tickets on sale from 9.00am local time, Thursday 13 August from Ticketek - www.ticketek.com.au

FRIDAY, 5 FEBRUARY 2016

Civic Theatre, Newcastle, NSW

With Special Guest: Alex Lloyd

Presented by KOFM

Tickets available from Ticketek - www.ticketek.com.au

SATURDAY, 6 FEBRUARY 2016

Civic Theatre, Newcastle, NSW

With Special Guest: Alex Lloyd

Presented by KOFM



“I WAS STILL FINISHING THE LYRICS TO LOVE IN MOTION IN THE BACK OF THE CAB ON THE WAY TO THE STUDIO.”

well, I'd only bought my first guitar for my twenty-first birthday. Up until that point I'd been a folkie. I'd played in folk clubs and in a 3-piece skiffle band. I bought this electric guitar with the aim of getting a great sound from it, my idol was Mick Ronson from David Bowie's Spiders from Mars. I had this flat and a Marshall 100-watt amp so the neighbours became well aware of the guitar's presence. The manager of the squash courts next door had a son who was a bass player and I met him and his name was Keith Welsh. From that point we decided to form a covers band and there was never any intention from my part, of writing any songs. It was great fun. We had a shared love of glam, T-Rex and Iggy Pop, punk had hit around then so The Sex Pistols too. It was a peculiar set that we played. Some of it was vintage material and some of it was brand new. I remember playing Eno songs that weren't even available commercially in Australia. At one point we got tapped on the shoulder by this management company and they told us we wouldn't get anywhere without writing songs. So it came to me to write the songs and we gradually started introducing them into the set. The Flowers album represents the first ten songs I wrote.

TLP: A brilliant ten songs to start off with. It was interesting around '77 because the disco thing was fading and the punk thing was happening or the post-punk art scene, so some exciting new music. I remember seeing Blondie for the first time in '77 doing In the Flesh.

ID: We were a weird mix but we were aware that we didn't fit into any slot. There'd been a lot of hard rock bands like Chisel and The Angels, AC/DC and that was an established staple diet for Australian pubs. Then there was the explosion in England and the whole music movement that followed that. What

drove me when I was 18 or 19 was bands like Pink Floyd who were creating this massive keyboard landscape, cinematic music. It was directly at odds with what The Sex Pistols were doing so we became this peculiar hybrid of a punk band, quite hard guitar punk band with keyboards. We were in the maverick mould. We'd go and play in the hardcore punk clubs with X or Radio Birdman, we knew we were playing in the Paris Theatre or the Oxford funhouse or some firmly established punk venue and everytime we did, I remember going to Melbourne and going into The Crystal Ballroom which was the home venue of the Birthday Party, who were dominant in that Melbourne punk scene. We put on a good show, we virtually blew Birthday Party off the stage. I remember that very clearly because I thought, wow, that's great that we can be claimed by Melbourne as a punk band. To this day, a lot of people still believe we're a band out of Melbourne, out of that whole scene. Then the new Romantics came out in the early 80's, just as our album was top and we'd signed an international deal and we were very wary not to buy into that whole Steve Strange, Visage, Ultravox. We wanted to maintain this rock 'n' roll/punk ethic.

TLP: When you came out with Love In Motion, '81 I think, that solidified your reputation. It was one of your best.

ID: Yes, really quite deliberate, that song. A one-off in some ways because I think it's the only song I've ever written on the road. We'd gone to London to start our first international tour and holed up in apartments in Mayfair. Our management had said, "Look, you've had a hit album in Australia but people are going to forget about you very quickly and we need to give them something before your next album". We had a long tour to do before we got back so, yes, we needed

an interim single. "Interim single" is the term management used. I'd never heard of that one before! So, I wrote it in the flat in Mayfair and recorded it. It was so difficult to write because I'd been used to doing that in a controlled environment, which was my bedroom back home. I was still finishing the lyrics to Love In Motion in the back of the cab on the way to the studio.

TLP: What are you up to, these days, apart from Icehouse?

ID: Oh, semi-retired I guess you'd say. We've been spending a lot of time planning the shows we do. The recent shows have been warm-ups for the shows next year, a lot happening. There's a lot of background work and I'm very lucky that I've got a great team of guys helping out.

TLP: Life's been good to you Iva and well deserved. You've put in a lot.

ID: Yes, it's funny because somebody asked me to kind of go back and recreate a rough diary of what had happened since 1977. Fortunately I had ways of doing that, I'd kept all my passports and I was able to map out a lot of where we'd been and what we'd done. I had dates of recordings too and then I realised, I didn't have a holiday for 15 years. It was a lot of work when it was cooking.

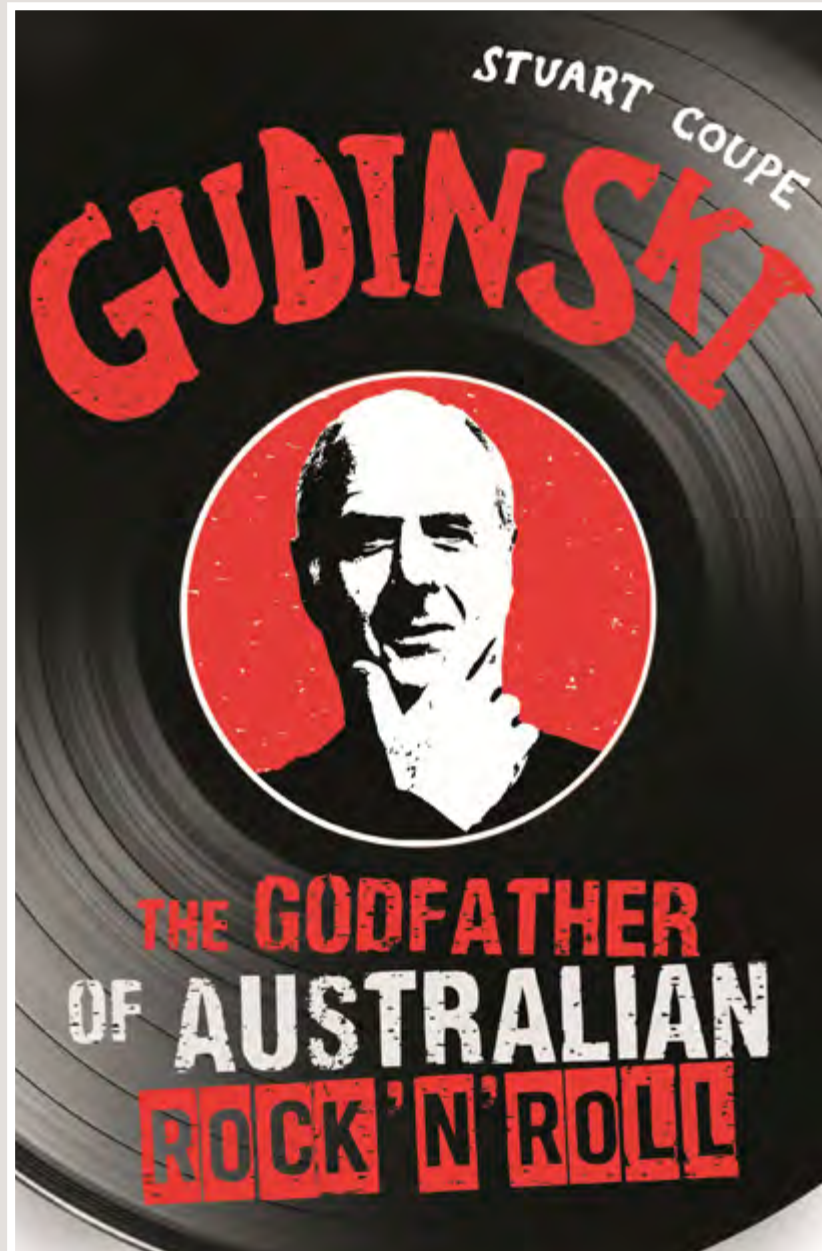
TLP: It's an honour and privilege to speak with you Iva, it's been good.

ID: Well, thank you. I hope you've got the album. If not, we'll get a copy to you.

TLP: I've got it Iva and it's great. We Can Get Together, live – Wow. ■

For up to date concert details for Icehouse, please visit www.ticketmaster.com.au

“I'D BEEN A FOLKIE. I'D PLAYED IN FOLK CLUBS AND IN A 3-PIECE SKIFFLE BAND. I BOUGHT THIS ELECTRIC GUITAR WITH THE AIM OF GETTING A GREAT SOUND FROM IT, MY IDOL WAS MICK RONSON.”



Published by Hachette Australia in August 2015, Paperback \$32.99, ebook \$17.99

Gudinski: The Godfather of Australian Rock

by Stuart Coupe

The real story of the man behind the bands - and a backstage pass to forty years of Australian rock music.

Known to many as GODinski, Michael Gudinski is unquestionably the most powerful and influential figure in the Australian rock'n'roll business - and has been for the last four decades.

Often referred to as 'the father of the Australian music industry', he has nurtured the careers of many artists - Kylie Minogue, Jimmy Barnes, Paul Kelly, Skyhooks, Yothu Yindi, to name just a few. Rock journalist Stuart Coupe delves into Gudinski's life to find the answers - and in doing so gives us a backstage pass to forty years of Australian rock.



The Last Post interviews

NORMIE ROWE

Normie Rowe came to the fore in the mid-sixties in Australia as a pop singing phenomenon. His records, with his backing group The Playboys, took him to the top of the charts repeatedly. Normie then travelled to England with his band and recorded a string of songs that remain Australian pop classics today. His success here and overseas was brought to an end when, at the age of twenty he was drafted into the Australian Army. Today, Normie sings, acts and speaks in support of Australia's veterans.

The Last Post: Good morning Normie, thanks for joining here at The Last Post.

Normie Rowe: My pleasure, Greg.

TLP: Right at the start, how did it all begin for you, with the singing?

NR: I was a little kid, three years old when I first went on to a stage, not knowing I wasn't supposed to be there. The piano player at this social gathering my parents use to go to said, "Can you sing a song?" and I said, "Yeah" and I sang 'Popeye the sailor man'. I got some decent applause and I was hooked from then.

TLP: You realised that performing was what you were meant to do?

NR: I don't know if I realised that at that stage but I was certainly, well, it grabbed and inspired me, it grabbed my attention very quickly. I guess I was somewhat a lonely kid, I was the last kid in the family, seven years younger than my sister so my brother and sister were off at school and I was left at home by myself. I guess I probably craved for attention, even then. I think that's what drives us today, most of us in show business. We crave for a bit of validation.

TLP: Legendary music DJ Stan Rofe played a role in your beginning in the industry when he spotted you at a church choir, or you were singing in church?

NR: Earlier, I'd been a choir boy then I started singing with a rock 'n roll band from the music school I went to. Stan was

compering a Moomba concert. I got up and did my stuff and Stan asked if I'd like to go along and sing at Preston Town Hall the following week. Well, Preston Town Hall to me was a big concern, the Holy Grail, for a kid who'd only heard about it on the radio.

TLP: You seemed to progress pretty quickly, once people saw you. There was lots of good music around at that time so you landed right in the middle of a lot of good things happening, musically.

NR: Yeah, of course The Beatles hit and all eyes went to Merseyside and all the British pop invasion of the world. There was this concert that I went to and at that stage I'd been playing with the Playboys, I went to this concert called Merseybeat or something like that and had Brian Poole and The Tremeloes, Freddie and The Dreamers and Gerry and The Pacemakers and The Honeycombs and a whole bunch of other people on the show. So, I sat in the audience and enjoyed it but thought, they're no better than us. I'd thought they were, like, gods but I went away thinking, hell, we can do this. It propelled me into wanting to do more and more with the music.

TLP: Did you have The Playboys with you then?

NR: I was singing with The Playboys, I was singing with a group called The Radars and a number of bands around Melbourne, I think there was The Roulettes and a few others but I wasn't nailed to one particular group at that stage. It was only

NORMIE ROWE TOUR DATES

NOV 11TH 2015

Normie Rowe and The New Playboys
Wodonga Cube Theatre, 104 Hovell Street,
Wodonga, Victoria.

NOV 12TH 2015

Normie Rowe and The New Playboys
Benalla PAC, 57 Samaria Road,
Benalla, Victoria.

NOV 13TH 2015

Rockwiz Concert, Hobart, Tasmania.

NOV 14TH 2015

MCG RAR Reunion dinner – Private Function.

NOV 20TH 2015

Melbourne Age Music Hall of Fame
St Kilda Palais Theatre – Major concert.

NOV 21ST 2015

Normie Rowe and The Playboys Caravan
Music Club, Bold As Brass EPCD Launch.

NOV 22ND 2015

Normie Rowe and The Playboys Yarraville Club,
Yarraville, Victoria.

DEC 12TH 2015

Carols by the Lake, Moreland
City Council, Melbourne.

three or four months later that I became completely associated with The Playboys, as did Marcy Jones, the girl singer. We were given the first six weeks at The Bowl in Melbourne and we built it from 60 people to 600 in six weeks. It was quite a remarkable thing and I think it caught the eye of the promoter of that place and a number of other dances around Melbourne, Sydney and Brisbane. Pat Aulton had just got Sunshine Records started.

TLP: Thank heavens for Sunshine.

NR: Yeah, but there were other, Go Records and the Spin label and a whole bunch of different off-shoots, indie's or whatever you want to call them, that were coming to the fore in those days. It's not unlike what is happening today with independents setting the scene.

TLP: I know there were lots of groups around at the time and you were predominately solo with back-up. What made you stand out?

NR: I don't know. I think it may have been attitude....I don't know. The Playboys were a bit older than me, every one of them except for Phil so they had a lot more musical maturity and certainly a lot more musical runs on the board. I was

very lucky to have that music foundation. A few minutes ago I was listening to something we'd recorded live at Festival Hall and I was thinking, you know, the band was really, really good and so, I had to try and match it with them, you know. There was that and the physical aspect, you know, the dancing and the dance steps with the mad-cap shaking of the head and, yeah, doing Shakin' All Over even before we recorded it, I generated this thing of the body, would all shake all through the organ solo and the girls would scream and I thought, well, that's a reaction I'll remember and I guess we were all building our own style – Bobby and Laurie, Ronnie Burns, Johnny Young, Ray Brown, Billy Thorpe, everybody was doing their own style and I guess there was a huge competition going on and we all wanted to go one better than the other guy. So I think that's what made the difference.

TLP: We used to go into Batman Records and pick up old 45's of yours, Ain't Necessarily So, Shakin All Over, Oooh La La and It's Not Easy. All good songs and you had such a great voice and along with your stage presentation I guess that got people going in the mid-Sixties.

NR: Perhaps but that's probably more of an observer thing because I was on the

stage and you guys and the kids in the audience were the ones who saw what we put on stage. While we were always trying to generate new music and sounds, we were also very reactive and listened to how the kids reacted in the audience. It was a give and take thing. As I've often said, music can't be music unless you have an audience. I think you have to have constant feedback and collaboration with the other musicians and with the audience.

TLP: You went to England, too and recorded some of your greatest stuff there. Did The Playboys go over with you?

NR: They came over about three or four months later. By the time they came over and into the studio with me, I'd already recorded Oooh La La, It's Not Easy, Mary Mary, Ain't Nobody Home...I think there was about eight or nine songs I'd recorded without them and then we started doing things like But I Know and others. We're starting to track all those songs down now with a view to perhaps having an album called, Normie Rowe The London Sessions.

TLP: That would be fantastic. I'm speaking for a lot of people I know who would welcome that news.

"I DON'T THINK YOU CAN GO OFF TO WAR AND NOT BE CHANGED. IT NEEDS TO BE ACCEPTED."

NR: There are songs that haven't been released yet so that's a pretty exciting prospect.

TLP: Did you record with Jimmy Page and people like that?

NR: Yes, Jimmy Page was the guitarist on the earlier songs along with John Paul Jones along with the drummer who was originally asked to be part of Led Zeppelin, Clem Cattini. Clem played on my songs too. He went on to notch up 42 UK number one songs as a session drummer, including It's Not Unusual by Tom Jones and Dusty Springfield's songs. The Ivy League did all the backings. It was a great time for all of us.

TLP: Yes, it could be said you fronted the first version of Led Zeppelin.

NR: Hah. Yeah but along came Robert Plant.

TLP: Your version of It's Not Easy, we haven't heard a better version. You toured Europe too with The Troggs and Gene Pitney. Were The Playboys on that tour with you?

NR: Yes. We had a wonderful time on that tour. We did 42 shows around the UK and Ireland. It was a brilliant tour, very memorable. Gene stayed in touch with us over the years and it was fantastic.

TLP: Gene Pitney was good man.

NR: Yes, he was a lovely man.

TLP: We fast forward to '68 when conscription gave onto the scene which, effectively put an end to that stage of your career. But musically, things were changing. Were you looking forward to the challenge of the new type of music, the mop top thing had gone. Or did you see it as natural that you would leave that stage of your career?

NR: No, not at all. We were doing so well in the UK. We came back for a tour and then I submitted my papers for national service, never thinking for a minute they'd stop me from leaving the country. And then it happened. So I couldn't leave Australia. We continued touring for about another four or five months and made some more recordings and then of course, I was called up and that was the end of my career completely. When I came out of

the Army two years later, my career was dead. Totally.

TLP: Things had changed within that time.

NR: Yes and it was such an impossible thing to resurrect. I didn't want to go back to where I was but I would've loved to have been able to pick it up where I left off. I didn't have the infrastructure. The recording company wasn't recording anymore. Festival records was less than helpful. The management structure I'd had before had gone over to look after Johnny O'Keefe. I had nothing going for me. By this time, I didn't know how to book shows anymore because all sorts of management structures had come in to look after promotional aspects and I didn't know any of those people. So I was really left floundering. The kids had moved on with their tastes. I'd always thought there's about seven years of a musical generation and that time had passed and I hadn't been around to regenerate it. The generation thing, I can dig that, I can understand that. What I wanted to come back and do is basically what I'm going to be doing at The Caravan Club in Melbourne in November. It's with The Playboys and a couple of really talented girl singers with a saxophone, trumpet and trombone.

TLP: Was Brian Peacock in The Playboys?

NR: Yes, he was and wrote a number of great songs for us. Brian was a very integral part of the progressive Playboys, the ones that came back from England. There was Brian and Mick Rogers who is still with Manfred Mann's Earth Band, also Trevor Griffin who came back from the UK with us as our keyboard player. Trevor went on to become a guitar tech for Sweet and wrote their song, Love is like oxygen. That was a big thing for him. He now lives in Memphis and comes to Australia every now and then and we hook up, because we were great mates. The drummer always stayed until I went into the army, the drummer we've got today, Graeme Trotman. Trotta left The Playboys when I went into the army. They got Craig Collinge back who went on to form the group Procession. But by the time I got back into the industry, I got married and I needed to find something more stable so I went into clubs into NSW and I had thought it was a retrograde step but I ended up learning so much from the best people in the world in that industry.

I went to drama school. I was doing so much and so many live shows, I don't know how I kept up the pace.

TLP: Your experiences in Vietnam, how did that change you?

NR: It changed me immensely. I don't think you can go off to war and not be changed. It needs to be accepted. There are so many people that came back even worse off than I came back. I came back with Post Traumatic Stress so I know, I understand what it's about. It can be devastating, particularly when the rest of the public doesn't get it. You can't blame them for not having an understanding but never-the-less, it's one of those things where we need a national understanding. It's an important thing, not only for us but for the young diggers and females coming back from Afghanistan and Iraq and all the other places we've been deploying people for the last 25 years. We send these people away and, I mean, a lot of this is that people in the military are scared to admit there's a problem in case they get thrown out of the military. That's no good.

TLP: Did you come back angry, Normie?

NR: Well, no, not really but I came back lost, very, very lost. I came back in quite a state.

TLP: Did you find yourself distanced from the entertainment industry because, on coming back, they didn't know what you'd been through?

NR: That's true, that's very true. And not just in the music industry. People came back and went back to their jobs as a bank teller or salesman or mechanic and their behaviour was very different. And I guess their workmates just didn't get it. Yes, so I suffered a bit of that but I recognised I wasn't the only one. There were 60,000 of us coming home. Every interview I do, I try to mention these stories about war and stress and I'm doing that with you now. We keep sending people off to war and we owe it to those that return to take care of them.

TLP: Thanks for the interview Normie. It's been great. I don't want to pee in the pocket but you're a legend in many ways.

NR: Thanks for that, mate. I appreciate it, Greg ■

Clubs across NSW
commemorate the ultimate
sacrifice so many made
for our country and we
reaffirm our support for
our veteran community.

*Commemorating the past,
looking towards the future.*



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Lancer Barracks in Parramatta (undated). Image provided by Parramatta Heritage Centre.

Parramatta remembers a city's sacrifice



As Australia commemorates the centenary of World War One and all of the important anniversaries that are part of that remembrance, it is natural to reflect on our country's military history and the ways in which it has helped to shape our nation.

To mark the centenary of World War One, Parramatta City Council's Heritage Centre is undertaking the Parramatta Remembers project to preserve local stories from the conflict. 'Parramatta and World War One' is an online diary where biographical stories and accounts of events relating to the actions of Parramatta servicemen and women will be posted for the duration of the World War One centenary commemorations. Hundreds of carefully researched stories are being posted 100 years to the day after these events occurred. Together they provide a contemporary diary of Parramatta's involvement in the Great War, from France to Palestine, and everywhere in between. Parramatta City Council's Research Services staff will continue to post stories on the site for the remainder of the centenary commemorations, until 1 November 2018. The stories can be viewed at www.arc.parracity.nsw.gov.au/projects

In the year when Australia commemorated the 100th anniversary of the Anzac landings at Gallipoli public awareness of the sacrifices made by tens of thousands of our countrymen during the Great War has rarely been higher, and Remembrance Day is another important opportunity to pay tribute to the memory of these brave men and women, and all those who have died or suffered in conflict. The date 11 November had significance for Parramatta before it became Remembrance Day following the end of World War One in 1918. Three years earlier, in 1915 it was the date that twenty-seven men from the district were given an emotional farewell from the Granville Town Hall after joining one of the most famous recruitment drives of the First World War, the Coe-ee March, as it passed through Parramatta on the way to Sydney. This year the march from Gilgandra to Sydney is being re-enacted

to mark its centenary, and the arrival of the marchers in Parramatta this month will again be an important event in the lead up to Remembrance Day.

As one of Australia's oldest European settlements Parramatta has strong military links dating back to its foundation in the 18th century. The city is home to one of the oldest regimental barracks in Australia – the Lancer Barracks built in around 1820. They provide a tangible connection to the city's colonial past and the soldiers that have called those barracks home, the Lancers, have been a source of pride for the city throughout their 130 year history.

The 1st/ 15th Royal New South Wales Lancers have served their nation with courage, tenacity, professionalism and loyalty, from the Boar War, to the beaches of Gallipoli, and the battlefields of New Guinea and Borneo. They are still an active service unit today and Parramatta is proud to call them their own. Parramatta's deep affection for the Lancers was evident in August last year when the regiment was honoured by the city. People lined the streets as hundreds of Lancers paraded through the Parramatta CBD along with tanks and armoured vehicles, before being welcomed at Town Hall by the Lord Mayor of Parramatta and the Governor General.

The Lancer Barracks are an enduring monument to the service of the men and women who have been part of the Lancer ranks and are home to the Regimental Museum of the 1st/15th Royal New South Wales Lancers. As Parramatta evolves into Australia's next great city and Sydney's dual CBD, the Barracks will continue to be part of the fabric of the city and an important link to its early history. ■

AS ONE OF AUSTRALIA'S OLDEST EUROPEAN SETTLEMENTS PARRAMATTA HAS STRONG MILITARY LINKS DATING BACK TO ITS FOUNDATION IN THE 18TH CENTURY.

Lord Mayor of Parramatta Cr Paul Garrard



Remembering the sacrifices made by the men and women of our armed forces and honouring their service to our nation is very important, and never more so than during centenary commemorations for the most costly conflict in Australian history, World War One. At the end of the First World War Australia had suffered one of the highest casualty rates of the war in relation to total enlistments, with more than 61,000 dead and over 155,000 wounded. Like every Australian town and city Parramatta was deeply touched by the conflict and its legacy continued to be felt in the decades after the war as a lost generation was mourned.

In the century since the Great War Australians have fought and died in many more conflicts and annual commemorations that began at the end of the First World War such as ANZAC Day and Remembrance Day have grown in prominence.

Parramatta City Council is proud to be able to work closely with the Parramatta RSL, Granville RSL and Epping RSL to mark these important occasions each year, and it is heartening to see the high level of public interest in the World War One centenary commemorations.

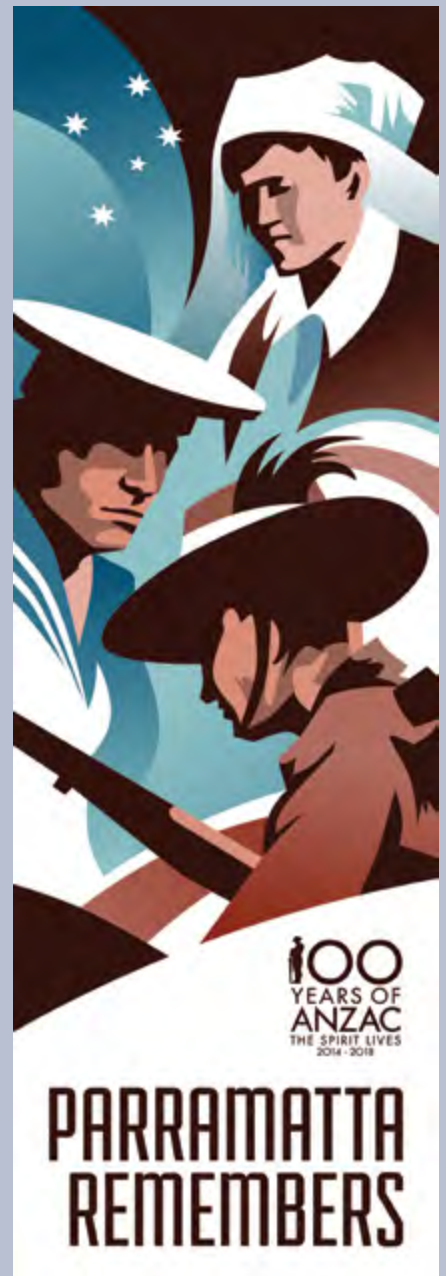
As home to the 1st/15th Royal NSW Lancers and the historic Lancer Barracks, Parramatta has strong military links and we are proud of that heritage which dates back to colonial times. The Council, through our Heritage Centre is working to share the stories of some of those locals who served during the First World War as part of the Parramatta Remembers project and it is fascinating to see the stories of these selfless men and women brought back to life.

Their sacrifices should always be remembered and their bravery celebrated.

Lest We Forget.



Above and Below:
1st/15th Royal NSW Lancers Parade in
Parramatta on 30 August 2014.





Port Pirie

Port Pirie is the natural starting point to a Flinders Ranges journey. Located just two and a half hours north of Adelaide, Port Pirie's spectacular location combines the waterfront beauty of the Spencer Gulf with the majestic rolling hills of the Southern Flinders Ranges.

The city's passionate and dedicated RSL Sub-Branch has delivered a poignant tribute to veterans and their families that has evolved to become a major tourist attraction. The Port Pirie RSL Military Museum is regarded as a must-see experience for visitors travelling around the Flinders Ranges.

The Museum is one of a select few in Australia to house an Iroquois 'Huey' helicopter which has been placed in a purpose built building.

History and heritage feature strongly in Port Pirie's attractions. Miniature and model railways pay tribute to the city's once booming railway industry while an incredible shark exhibition details the story of the longest white pointer shark to be landed in South Australia, at Germein Bay. The National Trust Museum, Port Pirie Aerodrome display and a Self Guided Heritage Walk are also essentials for history buffs.

Port Pirie is experiencing growth thanks to the transformation of the Nyrstar Smelter and this progression can be seen during the Outside The Gates tour, a town tour with a twist. When you have experienced all Port Pirie has to offer, enjoy day trips to the neighbouring Southern Flinders Ranges towns and locations. ■

For more information on what Port Pirie and the Southern Flinders Ranges has to offer, please contact the Port Pirie Regional Tourism & Arts Centre on freecall 1800 000 424



National Trust Museum

Mayoral Message for The Last Post

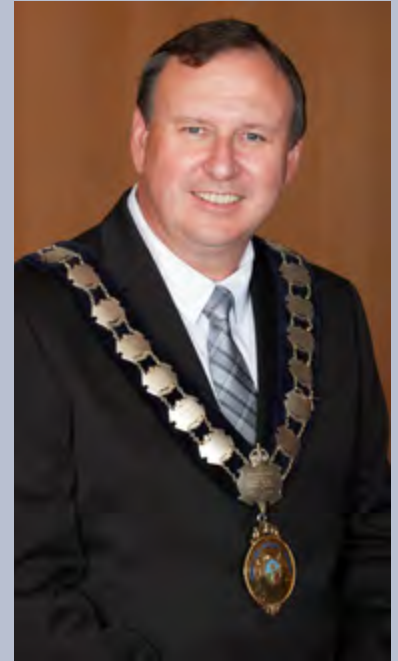
As Mayor of the Port Pirie Regional Council, I am grateful for the opportunity to feature Port Pirie in the "Councils and Centenary" publication of The Last Post.

I am very proud that the Port Pirie Regional Council is one of few councils across Australia that works collaboratively with their local RSL and plays an active role in organising and supporting the Anzac Day Services as well as Remembrance Day and Vietnam Veterans Day. It is vital that the sacrifices of our servicemen and women are honoured and respected at these most significant events on our national calendar. Locally on Anzac Day we always take time to remember the 250 servicemen from Port Pirie and the District who paid the supreme sacrifice during World War I. In these uncertain times we should never forget the sacrifice that led to peace and the way of life that we enjoy today. My heart fills with pride when I witness so many of our community coming together to commemorate Anzac Day particularly this year as we commemorated the Centenary of the Landing at Gallipoli.

The RSL Port Pirie Sub Branch should take great pride in what they have achieved with their museum and the "Huey" display which houses important and sensitive history from the Boar War through to the current time. Council's Tourism and Arts Centre actively promotes the RSL Museum to the visitors to Port Pirie as a "must see" destination and the visitation numbers to the Museum has increased dramatically since the opening of the "Huey" display.

Port Pirie's major employer, Nyrstar is currently undergoing a major \$514 million transformation from its current smelting practices into a polymetallic processing and recovery facility. The scale of investment in this project highlights Nyrstar's confidence in our city and I believe it will also secure our economic future.

John Rohde, Mayor



"LOCALLY ON ANZAC DAY WE ALWAYS TAKE TIME TO REMEMBER THE 250 SERVICEMEN FROM PORT PIRIE AND THE DISTRICT WHO PAID THE SUPREME SACRIFICE DURING WORLD WAR I."





Above: Taken ANZAC this year. Over 14,000 poppies made by local women were attached to the outside of our Museum. They will be going up every Remembrance day from now on.

YOUR RSL AT WORK – PORT PIRIE

On October 22nd 2012 at 0820, I received a phone call from Rowan Ramsey's office that would change the Port Pirie RSL forever. We were told the RSL had been successful in obtaining an Iroquois Helicopter. It was one of those moments that you know will never happen and when it does, the thought comes to mind "Be careful what you wish for". We really never ever thought it would happen. We had put in for the Huey with good intentions but in the past, all those type of things are awarded to Adelaide. We did have one big plus. We said we would put it in a brand new building and look after it. The project's final cost was approx. \$600,000.

A great outcome was that veterans that had previously had nothing to do with the RSL. They have been enticed to join us, thanks to the Huey. The Huey is that one item from the Vietnam War that brings veterans together and I feel our Huey will continue to be a drawcard for Vietnam Veterans to help them in their struggles. So to all Vietnam Veterans I invite you to come to the Port Pirie RSL and look at and sit in our Huey for as long as you like. Although the Huey is here in Port Pirie it is here for all Vietnam Veterans. It has been placed in a building to protect it. You are invited to use it for your benefit. It is Port Pirie's way of saying "We remember your Service, We appreciate it".

We have an Honour Wall containing dog tags for all Vietnam Veterans that paid the supreme sacrifice, a computer program with pictures and stories about them. This can be also seen on the web. www.portpiriersl.org.au and then select "Australian Vietnam Veterans Honour Roll, bottom right hand corner.

The Huey Building is the second museum at the RSL, the first covering Australia's wars from the Boer War to the current day. In the twelve months before Huey, Port Pirie RSL Museum received 2160 visitors. In the twelve months since the opening of the new Huey Museum, the number of visitors has increased to 9940. ■

Haydn Madigan President, Port Pirie RSL





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DONNIE SUTHERLAND OAM CM – HIS STORY

For 13 years in the 70's and 80's, Donnie hosted the national music show Sounds. Through the show, Donnie became a pioneer of the music-clip TV show genre.

Sounds went on to become the longest running hosted music show in Australia, beginning as the first full-colour show on TV in Australia, in 1975. The success of Sounds was reflected in its viewing figures, continually winning its time slot for 13 years and winning awards, both here and overseas. For many, the success of the show lay not only in the quality of music clips and guests but in Donnie's gregarious nature. Often sitting casually on a couch, it was as though Donnie was inviting you into his living room to share the experience. He was awarded an OAM in 2000 and a CM (Centenary Medal) in 2003. He continued to enjoy a spectacular career into his 60's but it all came tumbling down with a thud in February, 2014.

The first signs of a problem began in November, 2013. On his daily walk, he felt a quick, sharp pain that he'd never experienced before. "What the hell was that?" was his reaction but it was gone as quick as it came and he soon forgot about it. As December came around he noticed slight changes, he was having some difficulty swallowing and he wondered what was going on. By Christmas that year things had gotten worse but he put off seeing a specialist until well into February, 2014 when he noticed his voice was changing. On visiting his doctor, he got a referral to see a specialist. Turns out that if he had of seen a specialist in back in November there is no doubt he would have been treated quickly and successfully.

Delaying seeking specialist attention and advice was to prove a nightmare.

He saw two specialists in Gosford in late February and got the shock of his life when they both gave him the same grave news – they'd discovered a large tumour in his throat that needed urgent attention; both learned men broke the news to Donnie, saying that if something wasn't done immediately he could be dead within six months.

Donnie: I remember leaving their surgeries. I was in a daze. Stunned and confused. It was like being in a bad movie with the prospect of a very bad ending. After five decades in entertainment, 50 years in showbiz, this may be the END; the worry and disbelief that followed made it difficult to sleep. I was now ensconced in a remarkable journey and on that journey, from February 2014 until now I have received endless assistance from the doctors, nurses, specialists, dieticians, dental and home nursing as well as cancer sufferers who endlessly support each other. I cannot believe how many caring people there are in

this world. To be given so much support when you feel helpless was received gratefully and with unimpeachable warmth.

The first stop on my journey was Gosford Hospital. A feeding tube was surgically inserted into my stomach (it's known as a PEG). I would now eat and drink through the PEG! "Nil by mouth". And I wouldn't eat by mouth again for over 14 months. It was finally removed in May 2015 and with that a touch of normality returned.

Next step was to let the oncologists and chemo experts go into action. The days receiving chemo were long and tedious, beginning at 10am and finishing around midnight. Some complications arose and were overcome. The daily radiation visits were initially quite scary. The hideous mask I had to wear on every visit was moulded to fit my face. It was claustrophobic but, in time I got used to it.

The radiation teams were terrific people. The same can be said for the teams at Gosford Hospital. I'll never forget the head nurse, Jenny, nor the crew at the private hospital with head nurse Jacquie. Delightful people.

Chemo and radiation treatment lasted three months.

Then there was a wait-and-see period for another three months. After that time more tests to see if the cancer treatment had been successful.

The results arrived but the news was not good. The cancer was still active. Now the choices were narrowing and the only thing to do to rid my body of this rotten cancer was to undergo major surgery. I'm told I will lose my voicebox. My career is over.

Enter Professor Richard M Gallagher, based at St Vincents Hospital. At our first meeting the Professor says, "Nothing is certain but I think we can get you over the line."

On December 18th, four days before my 69th birthday, the Professor and his team, assisted by a group of plastic surgeons, performed a 12.5 hour operation to save my life. Professor Gallagher removed the tumour, along with my voicebox (that I owed so much to). He created a new airway with a hole in my throat (a stoma) that will give me air and life. He established a food and beverage passage and in doing so I lost my sense of sense of smell. The plastic surgeons made me a new oesophagus using skin grafted from my left leg – the food I eat in future will make its way to

my stomach due solely to gravity. This I hoped would be one hellava birthday present. The gift of life.

I spent the next five weeks in rehabilitation in St Vinnies. The Professor and the plastic surgeons monitored my recovery and visited daily. On my arrival in 'rehab' I had eight tubes hanging from my body, doing the draining. Bloody uncomfortable.

My head was another problem. On my arrival to rehab, it was swollen beyond belief. Hideous. I was not recognisable – featuring a zillion stiches from ear to ear. Not unlike the famous Elephant Man. The line from that movie, "I am not an animal", was issued by many of my visitors. I must admit, it was quite appropriate (the sick buggers!).

Five weeks after arriving, I was discharged and headed home....

A new chapter in the journey begins: I am surrounded by an all new support team. This means regular visits to Gosford Hospital. There, I undergo neck massage, speech therapy with Rebecca Capper, attention from the dental crew and the lovely Lisa Shailer (the Cancer Nurse Coordinator). Recently I have had three oesophagus widening operations that will eventually increase the size of the food I am able to eat and over the last few months have had a prosthesis embedded in my throat through the stoma in my neck and, with lots of practice and some way down the track, I will be able to speak again.

It is now 18 months since I was given the news that I could have only six months to live.

These days, things are looking great. I'm on the up and up. The weight I lost in 2014 is back on and I'm feeling healthy. I believe the Professor really did "get me over the line".

I'm now a million miles away from the heady days of the 60's, the 70's, 80's and 90's. Then, I was able to travel the world interviewing the biggest pop and rock stars of the era. The TV show, the bright lights, the parties, the good times. Happy, happy memories but they are all long gone.

My journey, however, continues with the support and guidance of my medical friends. They have accompanied me on this remarkable journey and have my never ending gratitude.

I may never speak normally again and I may never eat normally again. I may never work again but every morning I wake, I am reminded of the joy of living and, hey, I'm alive! I'm very happy 'bout that. ■

A new way to find in-home carers

"IT IS INCREDIBLY IMPORTANT TO MAINTAIN A PERSONAL, HUMAN CONNECTION WHEN FINDING A CARER..."



Sydney sisters Marissa Sandler and Lauren Hockley are the women behind Careseekers, a company making its mark in the care industry by helping individuals and their families cut through the complication and emotion of finding in-home care through a simple, innovative and highly cost-effective solution.

Careseekers Concierge Service

Australia's only in-home care introductory service

"Let us do the work to find your perfect carer"

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www.careseekers.com.au

Both women witnessed the trials and tribulations experienced by their grandparents as they sought the right type of in-home care. Although physically frail, their grandparents were independent and determined to age in their own homes. Government options for in-home care were limited and private care agencies were outside the family's budget.

The family eventually found wonderful carers through word of mouth. "We were lucky to have found our in-home carers. But luck should not be the determining factor in finding in-home care. We wanted to make good, affordable in-home care accessible for all", says Marissa Sandler, co-founder of Careseekers.

Since launching in May 2015, Careseekers has been successfully connecting carers with individuals wanting in-home care for loved ones or themselves through a unique matching service. The service operates in Sydney and is currently expanding throughout NSW. Careseekers plans to be nationwide within 12 months.

Careseekers' mission is to cater to whatever Australians need in care including aged, disability and post-operative care. This includes 24/7 in-home care, night care, a few hours of extra help during the week and respite care. Careseekers offers access to qualified carers, disability and aged care professionals who are looking for flexible work. They have done this through a simple, cost-effective, innovative solution which allows individuals and/or their families to build relationships directly with the carer of their choice.

"Our Concierge Service is the only in-home care service in Australia of its kind. It recognises that for some people it is incredibly important to maintain a personal, human connection when finding a carer and delivers this in a cost-effective way" says Sandler.

"For those who are more tech savvy we offer a complete online service that allows people access to our database of hundreds of qualified, experienced and background-checked carers."

Members can hand-pick their match, are not subject to a minimum time commitment and are charged roughly half of what they would pay in traditional models. All carers have a National Police Check Certificate, provide at least two references and are insured to provide in-home care.

Careseekers is rewarding families who have caring responsibilities with some well-deserved special gifts when they sign up with the service before 30 December 2015. ■

Sign up today at www.careseekers.com.au/carersweek



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Accommodation in the RSL Villas residential aged care facility is available to all members of the community. Residential care is offered as either permanent, or short-term care also known as residential respite.

RSL Care SA has another residential aged care facility called the War Veterans' Home in Myrtle Bank, as well as Independent retirement living options available at Myrtle Bank, Marion and Glengowrie Retirement Villages.

If you would like to be placed on our waiting list, or would like more information, please call (08) 8379 2600 or visit our website ***www.rslcaresa.com.au***

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 Have You Been Diagnosed with Fibromyalgia,
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Migraine

In Australia, most people who suffer from migraines don't know the cause of their debilitating pain. The best solution most doctors can offer is medicated pain relief, never treating the actual cause of pain. At Cold Laser Pain Relief our objective is to remove the need to take medication by applying the healing properties of cold laser therapy.

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Many visits to a GP are back or neck pain related. A large majority of these patients have been diagnosed with fibromyalgia, non-specific back pain, a bulging disk, chronic fatigue syndrome or chronic pain syndrome which patients often describe as unhelpful to solve their problems. At Cold Laser Pain Relief we use low level laser therapy to stimulate the healing process of soft tissue injuries. Soft tissue comprises the great majority of your body and includes muscles, ligaments, tendons and much more.

Tinnitus

Tinnitus can be a frustrating condition that is experienced as a high-pitched ringing sound in the ears. It is often called an untreatable condition – that once you've got it, you've got it for life. In our experience this is only true if there has been permanent damage to your nerve endings.



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Dr. Rogers has published a book about his treatment methods and reveals how beneficial, for many medical problems, Low Level Laser Therapy can be. The book contains many patient testimonials. In it you will find Seven Principles to follow which will help keep you pain free. The book is available from Amazon in both hard copy and download, and is titled THE ART AND SCIENCE OF HEALING WITH LIGHT.



Cancer drug shows promise as cure for hepatitis B

Australian scientists have found a potential cure for hepatitis B virus (HBV) infections, with a promising new treatment proving 100 per cent successful in eliminating the infection in preclinical models.

Australian patients are now the first in the world to have access to the potential treatment – a combination of an antiviral drug and an anti-cancer drug - which is in phase 1/2a clinical trials in Melbourne, Perth and Adelaide.

Scientists from Melbourne's Walter and Eliza Hall Institute developed the combination treatment using birinapant, a drug developed by US biotech company TetraLogic Pharmaceuticals for treating cancer.

Hepatitis B is a chronic viral disease that is currently incurable.

Dr Marc Pellegrini, Dr Greg Ebert and colleagues at the institute used their studies of the behaviour of hepatitis B virus in infected cells as a basis for the treatment. The research was published today in two papers in the journal Proceedings of the National Academy of Sciences.

Dr Pellegrini said the treatment was successful in curing infections in preclinical models, leading to a human trial that began in December 2014. "We were 100 per cent successful in curing HBV infection in hundreds of tests in preclinical models," Dr Pellegrini said. ■

An age-old issue

A study by Southampton University, presented earlier this year, found that many of us are "ageless".

It found that more than one in 20 people who took part in the study, did not have an age they feel "inside".

By contrast, one in 10 is agebound, meaning they feel stressed about their age.

The study, conducted by researcher Sengul Kupuli-Holt, debunks the view that everyone has a subjective age different from their real one.

"Many people simply do not have an age on the inside – they are ageless," she said.

The study of 1114 women and men found almost 10 per cent believe they have a subjective age, and were classified as agebound. But 6.5 per cent said they did not. ■

Ms Kupuli-Holt's research was presented at a conference on ageing in Liverpool, UK

Turmeric in fight against cancer

A world-first study by researchers at Adelaide's Flinders Medical Centre has pinpointed the spice turmeric as a vital ingredient in the fight against deadly mesothelioma.

The Flinders team has used the peppery spice to slow the growth of mesothelioma tumours in human patients' cells.

Its active ingredient curcumin has anti-inflammatory properties and research has indicated some anti-carcinogenic properties.

Researchers at Flinders have been checking whether this can be used alone or in conjunction with standard therapies to treat malignant mesothelioma, an aggressive cancer caused by the inhalation of asbestos.

Malignant mesothelioma is a tumour of the thin membrane that surrounds the lungs, heart and abdominal internal organs.

Currently there is no effective treatment for the cancer.

Lead research associate professor Sonja Klebe, from the Department of Anatomical Pathology at Flinders Medical Centre said average survival after diagnosis of malignant mesothelioma was less than a year and current therapies to treat the cancer could make patients ill.

"Standard chemotherapy shows only limited success, and radical surgery is only available to few patients and success is not guaranteed," Professor Klebe said.

"Previous research has been successful in inhibiting the growth of mesothelioma tumour cells in animal model cells in a laboratory setting using curcumin, and recently we have been able to repeat that success – but with the use of patient cells," she said.

"Importantly, this breakthrough allows us to predict if a certain patient is likely to benefit from therapy.

"In addition, we also found that curcumin may affect blood supply to the tumour, and we know that adequate blood supply is essential to maintain tumour growth."

The work was done on fluid drained from patients' chests which is normally discarded as medical waste.

The work indicates that curcumin could be taken orally in strong doses or applied directly to an open chest during surgery.

by Brad Crouch

"Curcumin has virtually no side effects and could be used alone in patients too unwell to tolerate other therapies, or in conjunction with other drugs," Professor Klebe said.

"It may improve treatment response and allow reduction of standard drugs, improving quality of life. It's very exciting research."

Professor Klebe noted turmeric has been used in India where it originates for centuries as a health product and said it is likely to have applications for other cancers.

"We've seen a very dramatic response to it, and it appears it can be tailored for individual patients," she said.

"It is not going to cure cancer but it is likely to make people live longer and more comfortable lives.

"It is known as a health product – I've actually been taking it myself since I started this study. ■

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BETTER ONLINE ALCOHOL MANAGEMENT SUPPORT FOR VETERANS AND SERVING ADF MEMBERS

The Right Mix website has been enhanced to provide better support for veterans and serving Australian Defence Force (ADF) members in order to help them manage their alcohol consumption, Minister for Veterans' Affairs Senator the Hon. Michael Ronaldson announced in September.

The Right Mix has been updated based on the latest research into the effects of alcohol consumption. It also provides information on the best ways to gain online support for people who want to change their behaviour.

"We want to encourage serving and ex-serving members to maintain a healthy balance between alcohol consumption, diet and exercise," Senator Ronaldson said.

"Striking the right balance is vital for improving the mental and physical health of veterans and serving ADF members.

"The redeveloped site provides people with the option to develop a self-help action plan to reduce their alcohol consumption with the help of their medical professional.

"It also has a range of interactive tools, allowing them to quickly measure how much they drink, and compare their drinking habits against low risk levels.

"Alcohol consumption data collected by the ON TRACK with The Right Mix mobile application can now be shared with The Right Mix website as part of the self-help action plan. People can log in to the website and easily see their progress against their set goals and share that with their treating clinician," Senator Ronaldson said.

The website draws on clinical findings on the effects of alcohol, including increased injury risks and the increased risk of cancers and other health problems, to

make recommendations about low-risk drinking patterns.

"The Right Mix website, together with its companion mobile app, allows a new generation of serving members and veterans to use their smart phones and tablets to monitor their drinking habits," Senator Ronaldson said.

"It supports the ADF's Alcohol Management Strategy which promotes harm minimisation, and focuses on incentives like improvements in physical wellbeing and work performance."

The Right Mix can be accessed through the At Ease Portal via www.at-ease.dva.gov.au/therightmix and the ON TRACK with The Right Mix app is free to download from the iOS App Store and Android Google Play. ■

Veterans and their clinicians can find the full range of the Government's online mental health support tools at www.at-ease.dva.gov.au

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Barbara Nash simply dreaded going to the toilet, the combination of arthritis and a bad back made what is a simple thing for most people almost impossible for her. Usually she had to have a shower after going to the toilet; it was a secret she kept to herself for years.

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Barbara says her luck changed when visiting her friend Norma in the next suburb. While she was there she had to go to the toilet - a thing she dreaded most while she was out.

Well she was amazed by what was on her friend's



toilet! She asked Norma what it was and Norma explained that she had a COWAY Bidet toilet seat installed only a few weeks ago by The BIDET SHOP®. "The chap was so nice and helpful; he had the Bidet installed in a jiffy."

She went on to say, "it has a heated seat and soft closing lid but the best thing is, once I have finished going to the LOO I simply press the wash button on the remote control and the Bidet cleans me with a stream of warm water, the in-built fan then

dries me off with warm air and I haven't used toilet paper since. It's the best thing since sliced bread!"

Well Barbara hesitantly went in to the toilet and used the COWAY Bidet, she pressed the large button on the remote control and she was clean. She cried tears of joy and relief now that her toileting problems were solved.

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Back to the Future: The ANZAC Spirit and a path to a fair and progressive society



In the military, they give medals to people who are willing to sacrifice themselves so that others may gain. In business, we give bonuses to people who are willing to sacrifice others so that we may gain.

Why do people in the military do that? Research suggests it is based on a deep sense of trust and cooperation that is created when people rely on each other for survival in very hostile environments. Humans are hard-wired for connection. Trust and cooperation are part of the DNA that creates connection. The problem with concepts of trust and cooperation is that they are feelings, not instructions. The CEO of an organisation can't simply say to you, "Trust me," and you will. I can't simply instruct two people to cooperate, and they will. It's not how it works. It's a feeling. ⁽¹⁾

Our civilian world is becoming less trusting and less cooperative. In an endeavour to demonstrate toughness and resolve our governments and business communities have developed a "zero tolerance" approach to deviations from policies and protocols. It does not matter if we are discussing border protection, immigration, taxation, medical regulation or a twitter feed: the zero tolerance approach is becoming the default position.

So within this context I posed a question. Is mental illness within military personnel a result of our society's increasing intolerance for the differences that a broader experience brings? Is it influenced predominantly by a soldier's experiences in the military, or does the conflicting emotions caused by the clash of a supportive and inclusive military culture with punitive and intolerant civilian culture have a deeper impact. The parallels with the medical profession are interesting.

The medical profession was founded on a culture of mutual respect, trust and cooperation. That culture is under threat. Brené Brown, a US psychologist and researcher of vulnerability and shame, made an observation about medical training "...when they teach those folks how to suture, they also teach them how to stitch their self-worth to being all-powerful" ⁽²⁾. And all-powerful people don't make mistakes. The medical system takes a group of highly intelligent perfectionists, teach them that they are all-powerful, strips away the trust by add

in a zero tolerance approach to deviations from policy, process and protocol and wonders why doctors get depressed and suicidal when they fail to be perfect. A zero tolerance approach might safeguard an institution from litigation but it leads to withdrawal, avoidance, detachment and paranoia from staff. This is a far cry from the "mentally healthy workplace" that the medical profession wishes to promote.

My concern is that society is devolving; dismantling the trust and cooperation that is the DNA to societal connection. These are the unintended consequences of an intolerant society. I believe that if we want our society to flourish we need to pull back from our zero tolerance approach to transgressions and find a new path. Perhaps the ANZAC spirit, the six human qualities that gave birth to our national identity, provides an insight into a social framework for a fair and progressive society. Perhaps as a society and as a nation we should seek to demonstrate valour in a good cause, enterprise, resourcefulness, fidelity, comradeship, and endurance that will never own defeat.

When I founded BDI Health I created the cultural DNA of the organisation to focus on building trust and cooperation and a governance structure built around the principles of valour, enterprise, resourcefulness, fidelity, comradeship and endurance. This approach has allowed me to work with many sectors including health, industry, research and government. Trust and cooperation is the common thread that binds them all. Something tells me that if we can build a society based on trust and cooperation then we will build socio-economic resilience to uncertainty and change. I also believe we will be making significant progress in the area of veteran and civilian mental illness. ■

David Noble MBBS, FANZCA
Founding Director, BDI Health
Director, Social Imp8ct
Email: david@bdihealth.com



David is a consultant anaesthetist in Victoria. In 2001 he expanded into medical hardware innovation and later into advanced analytics and health care transformation. In 2012 David was invited to be a strategic adviser to IBM Australia in the space of Smarter Health and in 2015 he accepted a mentor position at Innovyz, a private technology accelerator in Adelaide. He is also an external member of Centre for Biopsychosocial and eHealth Research and Innovation at Federation University Australia, a Community Ambassador for RO OK?, and a member of the consumer committee for the Centre for Research Excellence in Suicide Prevention C.R.E.S.P. David has a special interest in the fields of systems change, mental health leadership and the impact of socio-economic factors in mental health.

At BDI Health we are building the future of mental health. We are building the software solutions that helps people find their full potential. We help them find their full potential; they choose how they use it. We empower people to make choices. Society does not get to make the choice for them. The right to express self-determination is fundamental to the human condition and is at the core of why we exist.

www.bdihealth.com

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For BreastScreen Australia and to find your local breast screening service, visit www.australia.gov.au/breastscreen



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out!

By John Allin

Bert Griffiths is, in a very real way, part of Australia's history. He was born month or so before the ANZAC landings at Gallipoli, just two days after our renowned historian Manning Clark and a few weeks before Albert Jacko won his Victoria Cross. The First World War was raging and Billy Hughes, the Little Digger, was preparing to become Australia's seventh Prime Minister.

This was supposed to be the war to end all wars. But it wasn't. Twenty-five years later young Bert was fighting for his country and experiencing *man's inhumanity to man* in every sense of that phrase.

Look into this wonderful centenarian's eyes today and you will certainly see a twinkle... but you may also see a slight flicker – a terrible legacy of those horror days that he spent on the Burma Railway and behind the barbed wire of Changi when he was paraded with the other captured soldiers and forced to stand, look up and stare into the burning sun without blinking.

His face saddens for a moment as he recalls: "I used to turn my head – ever so gradually so the guards wouldn't notice – until my nose formed a shadow for me eye. I thought if I survived the war and came out with one eye working that would be better than none."

Bert lives with his niece, Kerryanne Lindstrom, in the heart of the Adelaide Hills where there are weekend markets, where the air carries the waft of peppermint gums and eucalypts and where the shops sell local wines, cheeses

and craft. Every Saturday he ventures to the shops with Kerryanne to check out the supermarket and buy his Lotto ticket.

He owes his long life to "good rough food". All those years ago he and his mates had to forage. Bugs, grubs, insects, rodents, leaves and berries supplemented the daily handful of rancid rice meted out to POWs. Amazingly today he has no need for medications.

Says Kerryanne: "Bert is super-cool and so admired by all of our friends. His diet has always been vegetables, fruit, fish and eggs. No meat or dairy. He has always had books on food-for-healing, vitamins-for-healing and alternative cures. He was probably considered an eccentric in his day!

"His diet has always been his strength, digging up his entire back yard for vegetables, fruit and nuts," says Kerryanne who has arranged for Bert to be independent in a comfortable self contained cottage behind her house.

"The years of isolation from other people probably impacted on his character to being a very quiet man of very few words".

Kerryanne says she will always look after Bert. "He is one of the sweetest, nicest men I have known and I am honoured to have him live with us in his granny flat. He is an absolute joy in my life and a true gentleman. Never do I hear a complaint or a whinge or anything negative. He is much loved, much admired and truly inspirational. I am his biggest fan."

As Bert has aged over recent years, the need for extra assistance has increased. Today Bert and Kerryanne have the support of Rally HomeCare every day. (In South Australia RDNS HomeCare is known as Rally HomeCare). Rosemary Smith is his main Personal Care Assistant (PCA). She arrives in the morning and helps Bert shower and dress. She delivers personal care, makes lunch and gives time for Kerryanne to attend to other things.

"I really love my job – it is such a privilege to go into people's homes and help them. Bert has taught me so much about life. A lot of people don't wish to go to other places. They want to stay in their own homes so that they can do what they like when they like in their own surroundings.

With my job I get to meet and learn of people. Some of them have come through a lot of hardships. Helping them brightens my own life experience. Bert is an absolute pleasure to be with. When I arrive he gives me cheery 'Hello Rosemary!' He's always pleased to see me. It's like I've arrived home!

"Too right," Bert interrupts. "I'm in great hands nowadays. They look after me." ■



SUICIDE PREVENTION APP SUPPORTS VETERANS ANYWHERE, ANYTIME

On R U OK? Day and World Suicide Prevention Day in September, The Minister for Veterans' Affairs, Senator the Hon. Michael Ronaldson released a free mobile phone app to help serving and ex-serving Australian Defence Force (ADF) personnel deal with suicidal thoughts.

"Operation Life is an important initiative that has been developed in consultation with specialist veteran mental health specialists. This is specifically targeted towards assisting those with the unique challenges and circumstances that military service can present," Senator Ronaldson said.

"The app has been designed to support professional treatment, and we recommend users work with a clinician to set the app up the first time and learn when and how to use it to stay safe between clinical sessions, Senator Ronaldson said."

The Operation Life app provides:

- easy access to emergency and professional support services and a Personal Support Network of trusted people to call when help is needed
- a grounding exercise to help users regain control of suicidal thoughts so that they can access support, once they are thinking clearly
- the ability to look through photos, listen to chosen music and record and review positive reminder messages about worthwhile life experiences and aspirations for the future – reminders of why life is worth living
- advice on staying safe and when to seek help.

This app is the Government's latest initiative in a suite of suicide awareness and prevention resources, which includes the Operation Life Online website and face-to-face ASIST (Applied Suicide Intervention Skills Training) workshops delivered nationally through the Veterans and Veterans Families Counselling Service (VVCS).

"Any suicide is tragic. Suicide is the leading cause of death in Australia for men aged between 35 and 44 and women between 25 and 34 years old, and serving and ex-serving personnel are not immune from this. It is vital anyone who experiences intense feelings of despair and hopelessness, or feels like they have lost control, seeks professional help," Senator Ronaldson said.

"The Government is working hard to develop a comprehensive suicide prevention strategy that includes training to assist at-risk individuals, programmes to build resilience, self-help and educational materials, a 24-hour veteran support line and access to clinical services." ■

The Operation Life app is available free via the iOS App Store and Android Google Play. More information is available on the Operation Life Online website www.at-ease.dva.gov.au/suicideprevention A free Clinicians Guide to the app is available to download at at-ease.dva.gov.au/professionals/mobile-apps-and-treatment/

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Vasey RSL Care and Veterans Health Week 2015

For the first time this year, Vasey RSL Care actively participated in Veterans' Health Week. Spanning 10 days, from 10 to 18 October, Veterans' Health Week is a nationwide program of events and activities for veterans, war widows, former and currently serving ADF members and their families.

This year the week focussed on events that promoted mental wellbeing and strengthening social connections. Taking the opportunity of the support provided by DVA, Vasey RSL Care presented a series of activities, performances and information sessions centred on clients in Independent Living Units at RSL Park, Cheltenham, Bell Park and Ivanhoe.

Vasey RSL Care's Independent Living Units (ILUs) provide subsidised rental accommodation for eligible members of the ex-service community at rates that are significantly below private rentals in the same area. The ILUs also offer greater security of tenure where residents can be part of a community with people who share similar values and experiences.

For Veterans Health Week, Vasey RSL Care (VRSLC) engaged providers and performers to present events in four of its seven ILUs located at Frankston South, Cheltenham, Ivanhoe and Bell Park. VRSLC's residential care facilities also participated in Veterans' Health Week, where other events and programs such as the annual Senior Master Chef competition were added into the week's activities.

VRSLC's Chief Executive, Janna Voloshin said the decision to concentrate the week's program on the ILUs recognised that the residential care facilities already have an extensive weekly program of activities. *"The Veterans' Health Week program was an opportunity to provide the ILUs with a series of activities that were stimulating and informative, and that combined entertainment with practical health advice,"* Ms Voloshin said.

The four programs for the week featured a tribute to the songs of Dame Vera Lynn and the music of that Big Band era, presented by Kaye Harrison and Mike Kelly; Good Food in Mind where residents were treated to nutritional advice and



healthy cooking tips; Mind Games, which engaged residents in playing favourite games from the past like Checkers, Dominos and Scrabble and learning new ones like Quirkle; and, Health Triangle, three-way program involving information, demonstration and examination, concentrating on eye health, strength and balance, and foot care.

Surprisingly, in two of the ILUs, two residents had actually heard Vera Lynn sing and complimented Kaye Harrison on the quality of her voice, comparing her performance favourably with Britain's famous Dame.

At Sir William Hall Hostel in Ivanhoe, which hosted events for the neighbouring ILUs, students from Our Lady of Mercy College in Heidelberg joined the veterans in the Mind Games program. At one table, Edith a resident of the hostel, actively competed in games of Scrabble and Dominos, which she'd played as a girl, and happily learned to play Quirkle, a more modern game of mix and match, which tests a player's ability to associate patterns and colours.

Thanks to the professional diagnostic advice from the optometry team in the Health Triangle program, Rose, a 93 year old resident at RSL Park ILU, discovered that she could wear prescription lenses that would help correct the poor outcome of earlier cataract surgery.

The Good Food in Mind sessions covered cooking and dietary issues relating to weight control, diabetes and cooking for one, which is highly relevant for ageing single men. As Karen Martin from Leading Nutrition observed: *"Most older men have never had to cook for themselves. For most of their lives cooking was done by their mothers and wives or in the Mess.*

"We can give them easy, practical advice on how to prepare healthy, tasty meals."

The climax for Veterans Health Week at VRSLC came on the eve of the Caulfield Cup, when residents and staff at Vasey House, Bundoora, dressed up in race course finery to video messages that would form part of their entry in the Vasey RSL Care MasterChef competition.

As it turned out, the best tip for this year's Caulfield Cup came from 99 year old Mick Hayes, who advised his residence punters to *"back the favourite"*.

Assessing the outcome of VRSLC's participation in Veterans' Health Week, Janna Voloshin was upbeat. *"As an organisation we really appreciated the support we received from DVA and we will definitely participate again next year,"* Ms Voloshin said.

"We've been encouraged by the positive feedback we received from those ILU residents who attended activities and the providers. Next year, we will work to involve more of the ILUs and also schedule events in the Lifestyle programs of our residential care facilities." ■



Healthy tips for Spring and Summer

NJF Wellness Group is very pleased to offer bulk-billed Nutrition, Exercise Physiology and Physiotherapy Services to eligible ex-service men and women conducted by Qualified Health Practitioners! Accredited Practising Dietitian Emily Hartley shares her Healthy Eating and Lifestyle tips for Spring and summer:

Spring is a great time to put your goals into action. However Consistency is the key. To make a difference in your health and wellbeing you need to be consistent. Adopting healthy habits on-and-off will not yield the results you want to see. Being organised will help make following a healthy regime simple and easy. Create a weekly exercise plan to help structure physical activity around work and personal commitments. Look to also adopt a weekly meal planner to make meals easier and supermarket shops quick, economical and stress-free. Alternatively see your NJF exercise physiologist and/or dietitian who will work with you to develop a plan to suit your individual needs.

Look to boost you fruit and veggies to meet the Australian Guidelines. Aim for 2 serves of fruit and 5 serves of veggies per day. This will boost your daily fibre intake which will help keep you fuller for longer, assist general digestive health, weight loss and contribute to lowering cholesterol levels. Boost up your meals by adding veggies to your usual recipes or simply by adding salad veggies to your sandwich.

The warm weather and day light savings makes finding the time to exercise a lot easier! Aim for at least 30mins of physical activity per day. Look to try something new: join a sporting group, trial new exercises or simply make a habit of going for a walk after dinner.

Lastly, boost up your water intake. When the weather warms up you are more likely to lose fluid through sweat, especially when exercising. To prevent dehydration, aim for at least 8 glasses of water per day. Boosting up your daily water intake has been shown to prevent injury, improve mood, metabolism and even assist with weight loss.

For more tips and information on how to find your nearest NJF Dietitian, Exercise Physiologist or Physiotherapist, please contact NJF Wellness on 1300 890 507

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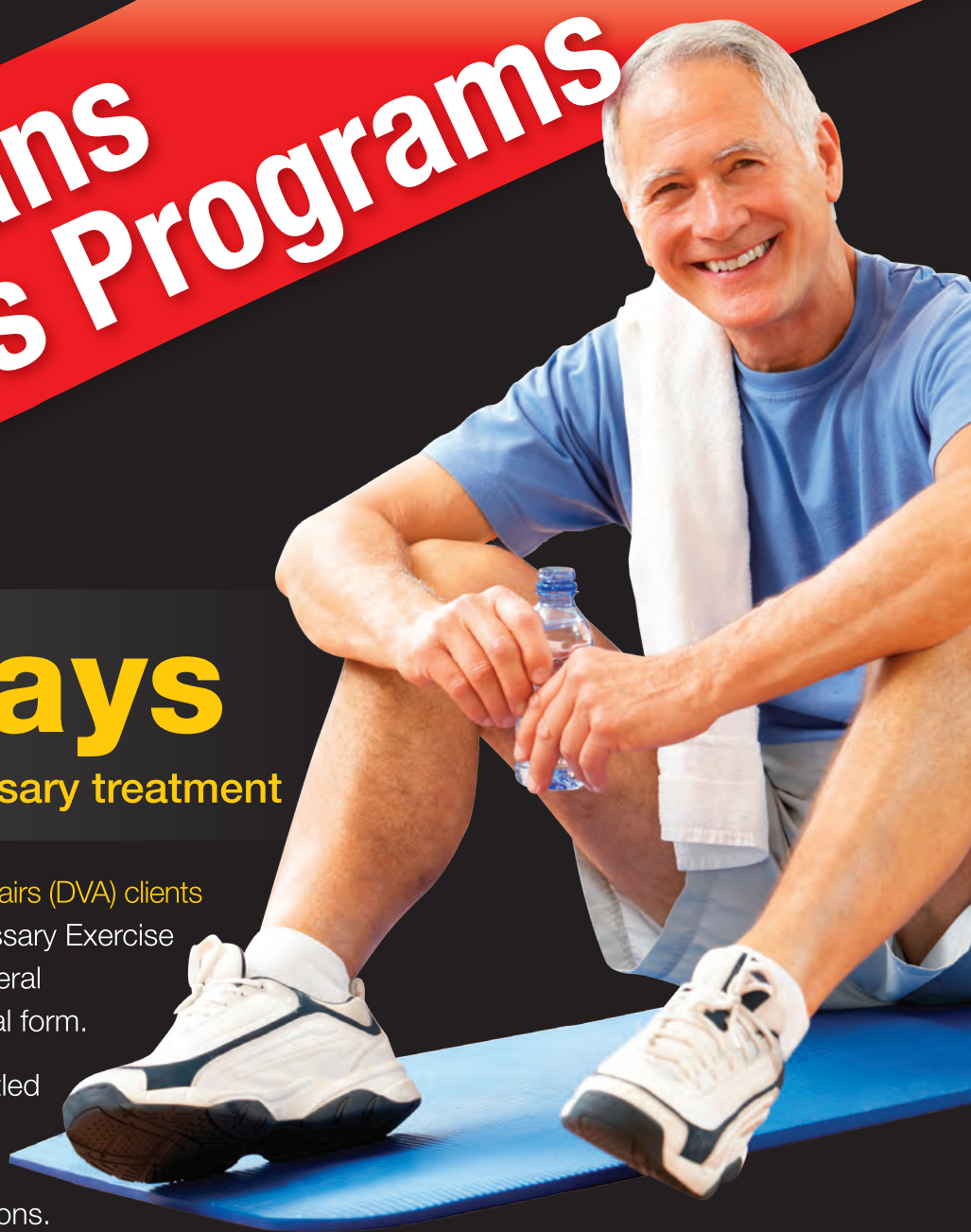
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Glenn Kolomeitz speaks with TLP

Glenn became the new RSL NSW CEO in August, 2015. He was born in Brisbane in 1967 and joined the military in 1986. He plans for the RSL to address a number of serious challenges it faces.

“Those challenges are a declining membership base, quite a disengaged younger veteran and defence community and a loss of market share in some areas that should be the league’s core business to veterans’ welfare organisations like Soldier On and Wounded Warriors.”

Mr Kolomeitz said he wanted to improve the community’s perception of the RSL and get the message out that the league was about much more than beer and pokies.

One of the key performance indicators he has set himself is to use social media to engage with younger veterans and serving defence personnel.

The Last Post travelled to Sydney earlier this year for a face-to-face with the energetic Kolomeitz, the man who wants to see the perception of the RSL become more closely aligned to the reality.

The Last Post: Your plan is to get the voice of the RSL out there.

Glenn Kolomeitz: Yes, broader marketing, we’re not BHP, the quiet achiever. Even though we are quietly achieving, we have to tell people about it so that the public and the service and ex-service people community know what we’re doing. We have to have a greater focus on marketing and using social media with all the platforms that exist. It’s about message and engagement.

TLP: Totally agree. What do you see as the perception of the RSL at this moment?

GK: I’ll tell you exactly what it is. If I walk out there, we’re in Castlereagh Street, in Anzac House – if I was to walk out into Castlereagh Street and ask passers-by “What does the RSL mean to you?”, everybody knows the RSL badge, it’s the most recognisable badge in the country but if I ask them what the RSL means they think of middle-aged men drinking beer and playing pokies and maybe something to do with Anzac Day. That’s not the RSL at all.

TLP: Yes and that perception probably hasn’t changed since we were kids and Dad, of course, was an RSL member. My brothers and I thought it was more of what you have just mentioned.

GK: They still do. If I’m trying to attract corporate partners, I know they would love to be seen as “proudly supporting RSL

NSW” but if they think that’s just beer and pokies, firstly they’re probably not going to be so proud to support it and then not get behind us, the way I’d like them to do. So we’re out there engaging with defence, the corporate sector and the wider community and in the presentation I give, it’s called ‘The League, it’s not beer and pokies’.

TLP: Yes, and it’s the same message from The Last Post. This is a contemporary take on veterans and the community that support them. There has been in the past the view of a conservative genre, not open to change and with very little female influence.

GK: I can tell you, that’s so wrong. I’ll go backwards from what you’ve said. The lack of women. We now have a fantastic female national CEO, Sam Jackman, a great lady and a great leader. We’ve got the CEO of South Australia is a lady as is the CEO in Tasmania, all ex-military. So the perception of a totally male dominated organisation is totally incorrect. As for being conservative, what I’m seeing in my (then) 29 days in the job is that the league is a progressive organisation that’s dying to bust out.

TLP: Well, the modern The Last Post has reached out to the everyman and woman and people who might have previously not been seen as supporters of such a magazine. But things have changed and the community along with it.

GK: Yes, and we need to utilise publications like yours to get the message out there and to engage in a broader audience. Not everyone is going to read state RSL magazines. The younger veterans who we’re trying to encourage to join have to hear about us through other means.

TLP: I know how you envisage it but how successful is it at the moment, getting the younger veterans across?

GK: Right now, we’re not getting the younger veterans and we’re not getting Generation Y. We’re certainly not getting the serving members because there’s no real incentive. I’m bringing in a scheme, a members benefits program, where the membership card gives you more than the honour of being a member of the league and maybe some welfare support down the track if you need it. Instead, this scheme will bring tangible and immediate benefits like cheap merchandise, discounts, car programs,

restaurants, cinemas, all manner of stuff. We hope to have that in place by Christmas. That’ll be a nice Christmas present for our members.

TLP: How’s it all going to be done?

GK: We need to engage through social media and all the avenues that opens up for us. We’re using Facebook but we can use it better. Twitter. Generation Y is so “now” we have to get into the Twittersphere and start putting the RSL message out there. And, face to face. I was at Holsworthy Police Defence Centre, saying you guys are not in the league, this is what the league can do for you. The RSL has longevity and a member base that gives a voice, a better voice for serving and non-serving members through Parliament. Mates 4 Mates and Soldier On have great marketing skills but are a target for acquisition by the RSL. They have an unsustainable business model and I believe the RSL would absorb them with open arms into our fold and utilise their younger marketing focus with the benefit of our weight and influence.

TLP: Yes, so the bigger and more powerful the RSL becomes, the more benefits for the younger generation joining. The RSL is saying, I guess, “Come in, this will be your place one day”?

GK: Absolutely. That’s a fantastic message. A lot of the sub-branches have realised they need to get the younger veterans in and then to secede into the executive positions. The executive at, I think it’s Bondi Junction are saying just that. The older guys are mentoring and then moving aside. No suits and ties, just shorts and casual, dynamic group of young executives.

TLP: Yes, I’m meeting an increasing amount of younger people and older people too that share your views on transition within the RSL. It’s generational.

GK: Yes, we’re now establishing great connections with younger members through Government and political sources, the police for example, we’re getting younger members there, as affiliates. The corporate sector too, and this is where The Last Post comes into play, you have corporate sponsors. They can look at us and say, I want to be part of the league.



TLP: I guess it's about informing and educating and casting a light on how big the RSL can become.

GK: Yes, it's like a family now and we can make it an even bigger family. It's about advocating to Governments too that they can do better, in the veteran's space. The veteran's space is big. There's a lot of potential. A lot. The younger veterans face can be promoted a lot more. There are a lot of young, energetic ideas out there and that is the league of the future. It's a noble thing we're doing – looking after the health and well being of serving and ex-serving members. The troops here are happy to come to work, knowing that we're doing a good thing. I want members to know, we're working for them.

TLP: The Last Post is part of that awareness.

GK: Very much so. I'm engaged with corporate partners who have a military link. We want them onboard and then

we'll acknowledge them and their links through their parents, partners or grandparents, as they proudly support the RSL. There's more people that have an attachment to the RSL, than realise it.

TLP: Most Australians have a link to serving or ex-serving people so, on that count, most people would have an advantage by being linked to the RSL.

GK: Absolutely. They need us and we need them. The younger families of those just coming back from service need to say, "Look, let's get involved with the RSL. They'll be there for us in the future". There are no boundaries as to what we'll be able to achieve and the more members, the more support, the more we can achieve. Whether it's in East Timor, where we had a lot of our people go through there in '99. There was PTSD. We want to establish a link there with corporate support. Our relationship with East Timor goes back to WW2. We owe the Timorese a bit of a debt and they have a veteran's community too

and I'd like to take the lead with RSL NSW in helping there and getting our veterans back there too. I'm working on that now, getting a trade school etc but we need corporate support.

TLP: RSL NSW, as the largest RSL in the country, now has plans and how appropriate with you at the helm. We might even do a story on that East Timorese connection and get over there.

GK: We should. Get some veterans over there. It's an example of what we can do. For you, whatever we can do to help The Last Post, be it advertising or whatever, let us know. It's all about engaging the wider community and that's what we are doing. For all, Australians, whatever walk of life they may be in, there is a connection to the RSL and we are here to help young and old. We will continue to engage with the younger veterans and help them to live proactive, prosperous lives. We thank The Last Post in helping to get that message across. ■

“We will continue to engage with the younger veterans and help them to live proactive, prosperous lives.”

SHAKING UP THE RSL

A lawyer with experience in the army, air force and police force has stepped up to revitalise the Returned and Services League, writes Jane Southward.

On Glenn Kolomeitz's Desk There Is A Large Folder That He Calls "The Battle Book".

Yet while Kolomeitz has served in East Timor and Afghanistan and spent almost 20 years working in the army and air force, this book has nothing to do with strategy for armed conflict.

It contains a plan for a battle of a different kind – a plan for revitalising the Returned and Services League (RSL), which Kolomeitz, 48, started to lead as State Secretary and Chief Executive Officer on 1 September.

"I need to change the public perception of the RSL," Kolomeitz says from the NSW offices in Castlereagh Street, just a short walk from the Anzac Memorial in Hyde Park.

"People think it's about middle-aged men drinking beer, young men playing pokies, and maybe something to do with ANZAC Day. The league is actually about supporting defence and ex-defence personal and their families, providing services, and being there for the service and ex-service community."

Kolomeitz says a key issue is falling membership. At the end of World War II the RSL had 145,000 members. After Vietnam, there were 132,000. Now, there are 40,000 members – 2,000 fewer than in 2013.

"The question Gen Y asks is, 'Why should I join the league? What can you do for me now?'" he says. "They aren't thinking about down the track when they may be broken or mentally damaged, when the support system kicks in. We need to make

the membership card attractive and offer members benefits.

"We need the numbers to better advocate for people in the defence force. We will be embracing social media to get our message out there."

Kolomeitz grew up in Brisbane, the eldest son of a soldier who served in the army for six years, including three years in Malaysia from 1963. He left school after year 10 to get a trade in the military. "We were struggling a bit and I wanted to get out there and earn," he says. He worked on helicopters for 10 years, then as a commissioned air force officer in Richmond, NSW, for three.

He left the force to join the police and started studying law by distance via the University of New England while working in general duties and then as a police prosecutor.

"As a police prosecutor the caseload was enormous," he recalls. "Many a time I would get off a train and get a phone call saying I was needed at another court. I would get there, pick up a brief, and be running with it 10 minutes later. That's the way prosecutors roll. It's a great way to learn your trade."

His police career also took him to the Coroners Court when John Abernethy was the State Coroner. After September 11, 2001, and then the Bali bombings of 2002, Kolomeitz began advising on counter-terrorism operations and, in 2004, became the State's first full-time counter-terrorism legal adviser.

"It was a really dynamic time because we needed to establish procedures and policies for quite new legislation involving terrorism and police powers," says the father of two.

"I was advising police in the field, executing warrants, advising command on the application of the law, drafting police powers request, and I wrote the NSW Police Terrorism Law Handbook at that time."

He helped write the Australian Labor Party's defence platform for the 2007 Federal election before re-joining the Regular Army, serving as a legal officer in Wagga Wagga and deploying overseas to East Timor and Afghanistan.

On his return from Afghanistan, he served as a military prosecutor in Canberra before setting up a law firm in the NSW south coast town of Gerringong. His military background helped him attract many cases involving appeals to the Administrative Appeals Tribunal and pro bono criminal work for veterans with post-traumatic stress disorder (PTSD).

"The size of the problem of PTSD took the wind out of me," he says. "The crucial thing is diverting these people from the criminal justice system into treatment. Most are Section 32-type cases. It's a big issue and the crimes often involve drugs and alcohol, pub-related violence, and domestic violence. ■"

Law Society of NSW Journal



Impressive numbers:
300 members of the
800-strong congregation
were World War 2 veterans;
in uniform (right of frame)
is 'Bluey' Stevens, a survivor
of the Burma Railway and
forced labour in Japan.

RSL honours its WW2 veterans – and remembers in November

by Nigel Starck
(editor of RSL journal *The Signal*)

Victory in the Pacific – those four words inspired an outpouring of public celebration across Australia on August 15, 1945. “Fellow citizens, the war is over,” declared the prime minister of the time, Ben Chifley, in a nationwide radio broadcast. He then encouraged his listeners to “enjoy this glorious moment”.

those who endure it – physically, mentally, emotionally. Its only redeeming qualities are the bravery displayed and the devotion of comrades to each other.”

Exactly seventy years on, the mood was still very much alive as 300 veterans of World War 2 conflict gathered together for the RSL’s commemorative service in Adelaide. The event attracted a total attendance in excess of 800, testing the resources and capacity of the Torrens Parade Ground drill hall, yet ultimately triumphing in its ability to nurture reunion and remembrance. By way of example, RAAF veteran Dudley Mitchell, 93, found himself sitting next to Keith Fowler, 95, a survivor of the Burma Railway. They discovered they had both attended Mitcham public school in the 1920s.

The RSL has fostered further reflection on service and sacrifice through a wide-ranging 2015 Remembrance Day schedule. In addition to the traditional

service at the South Australian National War Memorial, the RSL has revived this year the practice of positioning buglers at key locations around the city, stopping traffic and pedestrians for the sounding of Last Post.

Another former POW, Jack Thomas, 94, recited the Ode of Remembrance; chaplain Carl Aiken delivered a requiem; the SA Public Primary Schools Choir led the hymn-singing; the RAN (SA detachment) band, under the baton of CPO Kara Williams, supplied the music; and bugler Sergiy Grynychuk sounded Last Post and Rouse.

In the build up to Remembrance Day the RSL Poppy Appeal will be recognised at high-profile sporting events including soccer at Hindmarsh Stadium, state cricket at Adelaide Oval, horse racing at Morphettville Racecourse and baseball at Norwood Oval.

Underlying the sense of occasion, though, was a constant reminder of what had been lost, what had been endured. As master of ceremonies Major Ian Smith, who chairs the RSL ANZAC Day Committee, told the assembly:

In addition, young South Australians are playing a prominent part in public recognition of the remembrance mood. The annual ceremony at West Terrace Cemetery will include readings by Rostrevor College students, choral contributions by Brighton Secondary School choir, and attendance by delegations from Le Fevre High School, Christian Brothers College, St Aloysius College, Gilles Street Primary School, St Peter’s College, Adelaide High School, and Sturt Street Primary.

“Just over 40,000 Australians died in World War 2, and of the 22,000 Australians taken prisoner, over 8,000 died in captivity, almost all of these as prisoners of the Japanese. War is brutish, inglorious and a terrible waste. It leaves an indelible mark on

Their presence will echo the spirit that the president of the RSL (SA/NT), Brigadier Tim Hanna, identified in his address to those World War 2 veterans commemorating Victory in the Pacific. “Generations of Australians are in awe of the courage you displayed at sea, in the air or on the land, and here at home,” he said. “That many of you have forgiven your former enemies and captors, and embraced the future, is also something we deeply respect.” ■

Support the RSL Poppy Appeal
this Remembrance Day as we
remember those who served.

Donations, poppies and service details
available at www.rslsa.org.au



WEARY'S LEGACY THIRTY YEARS ON

When Sir Edward 'Weary' Dunlop returned home from World War 2, his concern for his fellow servicemen, for which he had become renowned as a prisoner of war, did not end there.

His heroic instinct to protect those who served found expression in other ways. He was especially concerned about the impact of service on the physical and mental health of veterans as they grew older. He saw this as a vital area of research, with potential benefits for the whole community. He resolved to do something about it.

In 1985, with a seeding grant from the Department of Veterans' Affairs and ex-service support, the Sir Edward 'Weary' Dunlop Medical Research Foundation was established. Weary was its inaugural patron. Its purpose was simple - to promote research that would improve the health and wellbeing of veterans and their families.

Now, after 30 years, Weary's vision is alive and very well in the work of the Foundation that he helped to create. A Board composed of Veterans, medical professionals and government representatives administers the Foundation.

This year the Foundation awarded six grants of \$20,000 each to Victorian researchers whose projects were selected by a panel of notable medical researchers and academics. They reflect the diversity of interest in conditions affecting our Veteran community, ranging across a new approach to depression treatment, the effects of salt in type 2 diabetes, the effects of traumatic brain injury and PTSD on Alzheimer's disease, and obesity issues.

The Foundation also supports the Melbourne University Sir Edward Dunlop Senior Research Fellow in Metabolic Medicine based at Heidelberg Repatriation Hospital (Austin Health).

The Foundation does not claim to be the largest source of research funds, but it is distinguished by the fact that its primary focus is on research that directly benefits the Veteran community, and that it supports emerging Victorian researchers to get their projects off the ground, hopefully with a view to gaining major grants later on as they advance their professional careers.

As well as promoting medical research, the Board promotes Weary Dunlop's achievements and values among current and

Sir Edward 'Weary' Dunlop Medical Research Foundation



**WEARY
NEEDS
YOUR HELP**

**Please donate to the
WEARY DUNLOP APPEAL**

*Continuing Weary's work caring for
Veterans and their families by
supporting Medical Research*

**Now in its 30th year, the Dunlop Foundation
has launched a \$5m Fundraising Campaign
to ensure that Weary's legacy lives on.**

Please give generously

***Enquiries: Tel (03) 9496 2598 or
email: info@siredwarddunlop.org.au***

future generations of Australians through on-line study modules for primary and secondary level students, and the significant commemorative service at the Weary Dunlop statue in St Kilda Road Melbourne each year on his birthday, 12th July.

Raising funds to channel into research grants is high on the Board's agenda. It achieves this by appealing for donations and bequests from the public, the ex-service community, and the government and corporate sectors. The annual Weary Dunlop Badge Appeal is held annually between 12th and 26th July. ■

**If you would like to support Weary's cause in any way,
please contact Siobhan on (03) 9496 2598, or visit the
Foundation's website at www.siredwarddunlop.org.au**

**Soldier On:
WW1 Soldier Settler Stories**

OLD TREASURY BUILDING MUSEUM

FREE EXHIBITION

Old Treasury Building, 20 Spring Street Melbourne 3000 | oldtreasurybuilding.org.au
Open Sunday to Friday (closed Saturdays) 10am to 4pm
9651 2233 | info@oldtreasurybuilding.org.au

The advertisement features a black and white photograph of a horse-drawn wagon in a field. The text is overlaid on the image, with the title in large, bold letters. The Old Treasury Building Museum logo is in the top right, and the 'FREE EXHIBITION' text is in a white box at the bottom right. Contact information is at the bottom left.

Soldier On: WW1 Soldier Settler Stories

A new exhibition about the Victorian soldier settler experience opens at Old Treasury Building in November.

Soldier On: WW1 Soldier Settler Stories features records from the state archives of Public Record Office Victoria revealing previously untold stories of the Victorian soldier settler experience.

The exhibition will take viewers through the establishment of the World War 1 Soldier Settlement Scheme and the harsh realities of life on a soldier settlement farm, through to the 1925 Royal Commission and beyond. ■

See more at www.oldtreasurybuilding.org.au/future

RSL Care supporting Veterans – mind, body and soul

RSL Care has a long, dedicated history of working with Veterans and their families.

For over 75 years we have been working with the Veteran community towards positive health and wellbeing outcomes including their mental health.

RSL Care staff are trained in the social, cultural and health issues the Veteran community experiences, which may affect younger and older Veterans both physically and psychologically.

Mr Stephen Muggleton, RSL Care's Chief Executive Officer believes that people working with older Veterans need to recognise the specific needs of this community.

"We understand that war-related memories may have a negative effect on those with dementia and this issue should be considered in care planning for older Veterans."

"We have developed Veteran specific dementia, posttraumatic stress disorder, and mental health focussed training for our staff to ensure they understand the very real and very specific needs of our Veteran customers," Mr Muggleton said.


In March 2013, the Department of Veteran Affairs*, was supporting over 148,000 Veterans with one or more service related disabilities. Of these, about 46,400 have an accepted mental health disability, the most common of which were generalised anxiety disorder, depression, and stress disorders such as posttraumatic stress disorder and alcohol dependence.

"To further support the broader Veteran community, younger and older vets, RSL Care proudly supports programs such as 'Trojan's Trek'," Mr Muggleton said.

"The Trek is an annual physical and emotional challenge designed to support serving and ex-serving military personnel who are suffering from military induced stress illness or posttraumatic stress disorder."

"RSL Care is also sponsoring another group, the 'Veteran Care Association', to support its program of pastoral work supporting Veteran's mental wellbeing," Mr Muggleton said.

*Department of Veteran Affairs, 'Veteran Mental Health Strategy' ten-year framework 2013-2023.



Remembering
and honouring
our servicemen
and women.

rslcare.com.au



The Last Post interviews Nathan Klinge, new CEO of RSL Care SA/RSL Living.

Nathan Klinge is a former officer in the Australian army, having graduated from Duntroon in 1995. Queensland-born Nathan brings a fresh and relatively youthful presence to the role that was recently vacated by the respected and successful Geoff Tattersall. The Last Post sat down with Nathan recently and got his views on where the organisation is heading, plus a look back at its proud history.

The Last Post: We welcome you Nathan and thanks for agreeing to a chat.

Nathan: It's my pleasure, mate.

TLP: Nathan, your role here, effectively you're the new CEO here at RSL Care in South Australia. What is your background and how did it lead you here?

NK: My background is 23 years in the regular army, having started serving as a soldier and then graduating at Duntroon, '95 and spending the rest of my regular career in the army with the health services. Through that process I came into contact with Geoff Tattersall when I was the 2 IC of the 3rd Health Support Battalion at Keswick Barracks and Geoff was the Operations officer in the Reserves. That was the beginning of a friendship and professional relationship that started 10 years ago. Then, it was a couple of years ago that Geoff introduced me to RSL Care SA. I commenced involvement with RSL Care SA in a voluntary capacity, assisting with the Board and finance and governance committee and through that process evolved an opportunity for succession planning for Geoff who was heading towards retirement as the CEO.

TLP: I suppose, importantly, a new broom, a younger face...Geoff Tattersall did such a fantastic job here, what is your main aim in this new role?

NK: It's an interesting question because it's a really intriguing time for the industry at the moment. There's a lot of change in the industry, there's new legislation, an ageing population – the baby boomers are coming through with retirement living in the residential space so conceptually you'd think there's almost a need to turn the place upside down and start again but fortunately for us it's actually not the case. We have, over the last 12-18 months established a very robust strategic plan and, having worked with the organisation previously, prior to becoming CEO and, effectively being Geoff's understudy, I was able to get a strong sense of the direction of the organisation and to understand the goals that we were aiming to achieve and to see what needs to happen to get us to that point. So, whilst with the transaction of CEO's, you'd expect there to be some changes, it's not a case of having to radically revitalise the organisation. So it's been a good opportunity for me to understand the direction...and part of Geoff's exit was his acknowledgement that he'd taken the organisation to a point, he'd merged when we merged Villas and War Vets and the organisation is now at the point of moving to the next step. That was part of Geoff's exit strategy, to find the next breed to come along and take us to the next point.

TLP: Do you see this as a natural progression in your career?

NK: I feel very humbled by the opportunity that I've been given here. It's actually quite a comfortable fit for me. The health service background in the military works well. There's a vernacular there that's of relevance. Growing up in Queensland, my mother was a Director of Care at The Lutheran Aged Care facility so, as a teenager, right through my high school years, my weekends and time was spent at 'The Home', volunteering at fetes and crawling 'round the roof doing insulation and those sorts of things so I've always been very comfortable in the residential care space. As I was, visiting residents, just hanging out and waiting for Mum after school so I'm very comfortable with it.

TLP: And where was school, for you?

NK: Well, bit of a mixed bag, really. Born in Mt Isa, the family spent a bit of time in the Darling Downs, outside of Dalby and the family's now in the Lockyer Valley.

TLP: I believe you guys have reached a decision on the future modelling of RSL Care SA and are changing the brand to RSL Living, what's that all about?

NK: Yes, there's an opportunity we've looked at as an organisation in regard to, there's a number of RSL Care's around the country. We are very much kindred spirits but we are separate corporate entities. Looking at what RSL Care in Queensland and WA are doing, in South Australia we thought we had an opportunity to position ourselves more across the living spectrum. We see it as very much our responsibility as enabling people to live the best life for them and the best life that they want. It's what we and our residents want and with the spectrum of accommodation and services we provide for the ex-services community, the way we...well, we have our 97-year old Tobruk veteran and that's a very proud part of what we do but at the other end of the spectrum is the 25-year old, homeless contemporary veteran who is equally a part of our community as are the people in-between. We've got housing and living solutions that are quite affordable and some that are more expensive, so we've got a very broad community that we service and the name of RSL Care implies a focus on one small aspect of what we do. The reason we exist is, not to "care", that is what we do but the reason we exist is to help people enjoy their lives the best they can. That's where we got on to this living scope and the term 'RSL Living' better covers what we do. It doesn't exclude any part of our community and it covers the entire community and the services they might need.

TLP: There is an historical connection too, connected to this site, here in Myrtle Bank. Can you explain to readers a bit of that background?

NK: This is a marvellous site and a very important site for the veteran community in South Australia. In August, 1915 a league was formed to fundraise. At that time, the community was starting to receive soldiers back from Gallipoli. Broken, wounded and damaged soldiers and they were coming back in number because the 10th Battalion was the first to land at Gallipoli and the 27th Battalion from Unley. The history link with South Australia, in terms of density in relation to the South Australian population at the time, in the Gallipoli campaign, is

"THE FUTURE IS INSPIRING. THE OPPORTUNITY FOR US TO DO GOOD THINGS IN THE EX-SERVICE SPACE, TO DO GOOD THINGS FOR THE PART OF OUR COMMUNITY THAT IS OLDER".



“I FEEL VERY HUMBLED BY THE OPPORTUNITY THAT I’VE BEEN GIVEN HERE... THE HISTORY LINK WITH SOUTH AUSTRALIA, IN TERMS OF DENSITY IN RELATION TO THE SOUTH AUSTRALIAN POPULATION AT THE TIME, IN THE GALLIPOLI CAMPAIGN, IS JUST AN INCREDIBLE PIECE OF HISTORY”.

just an incredible piece of history. So as these numbers started to come back, this group formed to raise some money with the thinking that they needed to do something to help. They raised some funds but struggled to get enough money and they then partnered up, funnily enough, with the Germans through the Lutheran community of South Australia. The Germans had raised this money but had experienced a bit of trouble donating it because, at that stage, a lot of people didn’t think the Germans were people you should be dealing with. Fortunately the soldiers came back and thought better of the Germans, whom they considered to have put up a good fight under the circumstance of war. In other words, they were happy to partner up with the Germans who actually donated half the money that was required in 1917 between the Germans and what was then the Soldiers League. For five thousand odd pounds they purchased this site in Myrtle Bank, which was the Myrtle Bank homestead, so we’ve been on this site since 1917. We started as a hostel for young men. They slept four to a room and a couple of blokes on the verandah with a grumpy old matron in the front room to keep them all off the grog and out in the shed working and in the garden and tending to the chooks. World War Two happened and so the need spiked again. And that population gradually got old so

literally we found ourselves in aged care. Up until 2000, this site was exclusively male and veterans. As things changed, so we evolved into what we have become now.

TLP: This site, one of the first in Australia?

NK: Yes, very much so. Our 100th anniversary tells the tale of how swiftly the South Australian community responded to the need. There were other organisations that followed shortly thereafter but this really was at the forward edge. Back then there weren’t the network of services that are available now to support, in this case, the men that were coming back and a lot of them were genuinely homeless, so without this service was a way of realising we needed to support these guys. It was cutting edge stuff and for us to be here on site 100 years later is really testament to what they enabled. Even now, we’ve had 64,000 deployed through the Iraq and Afghanistan campaigns...we sent 60,000 to Vietnam so there’s been more troops deployed recently than we sent to Vietnam.

TLP: It’s unreal.

NK: Yes. We’ve got work to do for the next 80 years. Even if we don’t fire another shot in anger, as a country, which is unlikely, we’ve got work to do supporting

that population as they move through their life.

TLP: Finally Nathan, what do you see the as the future for RSL Care SA, soon to become RSL Living?

NK: The future is inspiring. The opportunity for us to do good things in the ex-service space, to do good things for the part of our community that is older. 70% of our residents here are DVA entitled so there’s a large population here that we support 365 days a year. It’s a privilege to come to work and support those that are here. With our contemporary population coming through and the growing need for the homeless here in South Australia, there are all sorts of services we can look to provide. From bricks and mortar, engagement with the RSL around welfare support, employment opportunities. And for younger troops leaving the services, they just need a little mentoring. They have a lot of skills but they can be rounded for civilian life. We’re a strong organisation with great opportunities to do good things. This is an important job.

TLP: Thanks for your time Nathan. It’s been a pleasure.

NK: Thanks Greg, it’s good work that you do, too. ■

“WE HAVE, OVER THE LAST 12-18 MONTHS ESTABLISHED A VERY ROBUST STRATEGIC PLAN”.

Finance advice from Marcus Padley

Because 99 per cent of well-known market strategists and economists are working for financial institutions that have a vested interest in the markets going up forever, there is an overwhelming bias to financial optimism in the research and media.

The reason? Ninety-nine per cent of the strategic and economic commentary you hear, read or watch comes with a commercial agenda, one of “customer pacification”. What big bank or big fund manager’s strategist would ever dare to say the market is going down when he or she has hundreds if not thousands of sales people relying on their customers believing the market is always going up.

Consequently, almost all financial opinion globally is tainted with a long term, commercially based optimism. And because these commentators are not unintelligent about their ability to predict the future, you will also notice that 99 per cent of strategic and economic commentary is hedged against any direct responsibility for what actually happens over any time period by the use of expressions like maybe, perhaps, if on the one hand, on the whole, generally speaking and my favourite, “unless of course anything comes out of left field”. Standard fare.

Because of this almost universal cloning and droning of a positive message, there is a small niche left open for other independent economists and strategists to make a name for themselves by passing unbiased opinions, but the problem here is that the only way they can build that profile, it seems, is to be just as biased in the opposite direction by being perpetually negative. Examples would include people we consider to be “truth tellers”, like Nouriel Roubini and Marc Faber (author of the Gloom Boom & Doom Report), Robert Shiller, and Peter Schiff. A small but high profile band of brothers.

Another example would be a chap called David Stockman, whose website is actually called “Contra Corner”, which he describes as “the place where mainstream delusions and cant (his word) about the Warfare State, the Bailout State, Bubble Finance and Beltway Banditry are ripped, refuted and rebuked”. His preconceived bias to cynicism is dangerous, but in the face of such bland optimism everywhere else is understandably somewhat more refreshing.

He put up two charts in a recent article which suggest that the US equity market is in a bubble. The first one is interestingly sourced from another doom and gloom

merchant in Shiller. It shows the CAPE of the S&P 500. This is the “cyclically adjusted price to earnings ratio”, which is like a PE ratio but was developed by Shiller as a more accurate indicator of stock market prices than the average conventional PE.

The CAPE hit 27x this year and is currently sitting at 26x, with the suggestion that the only time it has ever hit this level before has been ahead of stock market bubbles. The median is 16 times stop.

The second chart he published is another measure of stock values called the “Buffett indicator”, so called because Warren Buffett quotes it. This is the ratio of market capitalisation of the S&P 500 to US GDP.

The logical message is that when the valuation of stocks rises relative to the size of the overall economy, they are getting more overvalued. The chart shows this indicator sitting at 126.8 per cent against an average of 69 per cent going back to 1950.

The implication is that the market would have to fall 40 per cent or GDP growth by 40 per cent to get back to the historical average. At 126.8 per cent, the ratio is also notably higher now than it was in 2007 when it peaked at around 112 per cent and was followed by the GFC.

His conclusion is that US stocks are “terrible” value. Now the problem with believing the doom and gloom merchants is that while their advice may be interesting and even sound, they are, by their own admission, about as useless as everybody else when it comes to one thing, the Achilles heel of all good advice: timing. And timing, as we all know, is everything.

All strategy and economics can be right but it is no good to us if it is wrong for a long, long time. That makes the fearmongering of the doom and gloom merchants about as useless as the long-term optimism of their counterparts. Unless they can tell us “when” it doesn’t help the equation and the answer to that question is always the same.

Don’t try and predict it, just wait for it and hope that you will be vigilant enough to spot it when it happens and smart enough to react to it when you should. And that, ladies and gentlemen, is the eternal problem with everything to do with investment. At some point you have to have an opinion and make a decision, and that’s just a little bit of a game rather than a science. ■

Marcus Padley is a stockbroker and the author of the stock market newsletter Marcus Today.

For a free trial go to marcustoday.com.au

www.moneymanager.com.au

“AT SOME POINT YOU HAVE TO HAVE AN OPINION AND MAKE A DECISION, AND THAT’S JUST A LITTLE BIT OF A GAME RATHER THAN A SCIENCE.”

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Was conscription a scam? Tim Fischer thinks so

by Tony Wright, National affairs editor of The Age

A demonstration against national service call-up.

One hot night in 1970 I went to Townsville's airport and farewelled a swarm of young men around my age, their hair shorn, their bodies garbed in jungle green, as they marched out to board a plane for a place that soured the attitudes of my generation: Vietnam.

The next day, I dragged myself off to a post office and dropped a form into the slot.

It was my registration for national service.

Vietnam war protesters burning their national service registration cards at an anti-conscription rally.

Conscription, they called it. The lottery that no one wanted to win.

A few months later the lottery was drawn on TV. Marbles out of a barrel. I was born on the 22nd of my month. The numbers came out for the 21st and the 23rd. I'd missed the call-up, but the celebration felt hollow.

I was opposed to conscription, though I wasn't a conscientious objector. My objection was political. The call-up was for men aged 20. You didn't get a vote until you were 21. You had no say.

The courageous thing might have been to refuse to register. Let the police come for you like a few of my mates had done. Risk jail.

Still, we all had the same chance of being called up. Didn't we?

The first "nashos", as the lottery winners were known, were marched into camp 50 years ago.

All these years later, we're still arguing about it.

It's hardly surprising: 200 national servicemen, pressed into service by their government, died in Vietnam.

This was way out of proportion to their numbers. Nashos made up just 30 per cent of the near 62,000 Australians who served in Vietnam. But they made up almost 40 per cent of the 520 who died.

And they accounted for about 60 per cent of those wounded.

But what if the ballot itself had been a fraud?

One of those whose number came up and who was sent to Vietnam, no less than the former deputy prime minister Tim Fischer, is about to air his suspicion that the call-up ballot - or parts of it - was rigged.

Fischer, who concedes his concerns are no more than a hunch, has earned his voice in this matter. As a platoon commander based at Nui Dat, he almost died in Operation Fire Support Base Coral near the southern exit to the Ho Chi Minh Trail in 1968.

About midnight, North Vietnamese regulars attacked, and the then Lieutenant Fischer was hit by shrapnel from a rocket. It tore a piece out of his shoulder, but his newly-issued flak jacket saved his life when other shrapnel hit him in the chest. He floated on Cloud Nine, pumped with morphine, until he was evacuated by helicopter next morning.

Today Mr Fischer will address "The Great Debate - Conscription and National Service 1912-1972", a conference in Melbourne hosted by Military History and Heritage Victoria.

He will argue that the selective conscription that sent young men to Vietnam should never be repeated. If circumstances ever again required conscription, he believes, it must be "all in or none in", and it should include both men and women.

He says he once believed that "the same number of balls or marbles marked with a particular date for the six monthly ballots were placed in the barrel for each day of the relevant six month period."

"I no longer think this is the case, at least not the exact true random outcome," says Fischer.

"It appears that after the Department of Labour and National Service and the Army reviewed the trades and experience and education of each

registrant, the number of days to be drawn was decided but not all were then called up for the actual dates drawn."

Six months ago, he asked Attorney-General George Brandis to investigate a simple question: Was the National Service ballot stacked in favour of certain pre-determined dates [and] were all fit enough taken for each birthdate drawn?

It was a reasonable question. The majority of ballots were conducted in secret, and it wasn't until 1970 that the process was turned into a public hoopla for TV.

The answer came back from National Archives, giving all birthdates drawn from 1965 until the Whitlam Government ended conscription in 1972.

Fischer discovered that 13 marbles had been drawn for his month of May (he was born in 1946), but only four had appeared in February in that same year.

"This is almost beyond random possibilities," he declares.

More to the point, it became clear large numbers of young men whose birthdays had been drawn from the lottery were not called up at all, even allowing for those exempted because they were deemed unfit, received deferment because they were at university, were members of the clergy, joined the Citizens Military Forces instead or were judged to have a conscientious objection.

Of the 804,286 twenty-year-olds registered for national service between 1964 and 1972, only 63,735 ended up in the Army.

"It seems the National Service Ballot was not formally stacked," concludes Fischer, "But it may have been stacked on the margins as - in short - not all were taken that had registered for a particular birth date drawn out in the twice yearly ballot," says Fischer.

"... It appears some person within the system played God big time."

If Tim Fischer, former deputy prime minister, is right, none of us should have bothered registering. It was a government-run scam that ruined a lot of lives. ■

IT APPEARS SOME PERSON WITHIN THE SYSTEM PLAYED GOD BIG TIME."

Good Morning,

So we start four years of Commemorations marking the Centenary of World War One. World War One, what an obscene waste of life; 61,720 young Australian lives lost; slaughtered on the altar of Empire

And then again in World War 2, Prime Minister Menzies said "Great Britain has declared war upon... (Germany) and as a result, Australia is also at war". Politicians again sent our young men and women off to war. Why were we, of course, involved in some-one else's war on the other side of the world? We sent away troops we would desperately need here at home in 1942.

Politicians again sent our young men and women into harm's way in Korea, Malaya, Borneo, Vietnam, Rwanda, Namibia, the Gulf Wars and Pakistan. These are the same politicians who now say "Disabled Veterans don't need that much money to live on, let's not index their pensions fairly. Let's not fairly index their pension so that it retains its purchasing power".

How dare they! They like to be seen at all the victory parades but they don't want to pay the band. Well that is not good enough. They have broken the contract they had with us. When we were young they pledged "Don't worry, if you are injured we will look after you" and now when push comes to shove; they don't honour that pledge. I do not accept the statement that the injustices of the Harmer Review happened under the previous Government and that we now have a new Government. The fact is that this Government is now responsible and this Minister of Veterans' Affairs should fix the problem. Don't tell me that there is no money; the Minister's top priority should be to the people who were injured during their service to Australia. If you can't look after the people who are injured doing your bidding; then don't send them into harm's way.

Now there's an idea! Let's not send them into harm's way. Let's no longer fight Britain's and America's battles all over the world. Let's have a DEFENCE force. Our defence force should be used in the defence of Australia, not as an offensive force in other peoples' countries. We have a huge need to keep illegal drugs, illegal foodstuff, illegal plants and non-genuine refugees out of Australia. We need a very strong anti-terrorist force and anti-terrorist awareness here in Australia. Use our Defence Force to do all those defensive roles and to have a national Emergency force.

Most countries use their defence forces only for defence. Since the Swiss Guard were slaughtered protecting the French king during the revolution; Switzerland has only sent its troops outside their country to the Vatican. The only Japanese troops to serve overseas since World War 2 were a humanitarian Engineer troop in Iraq; they were not an offensive force. Most other countries have a defence only force; so should Australia.

We need youth training, how about this; introduce universal National Service of one year. There would be 3 months basic training, 3 months specialist training say in Army, Coast Guard, Quarantine, Immigration, Fire-fighting, and Emergency Services etc. There would then be 6 months on the job defending Australia and a period after as a reserve to be called back if needed. You would retain enough people after National Service to staff the permanent forces and you would raise the awareness of National Defence of the population. But you would not be sending our young people to fight some-one else's war. Thank you. ■

“If you can't look after the people who are injured doing your bidding; then don't send them into harm's way.”



FELTON TURNS PROFESSIONAL

Perth prodigy Jarryd Felton has turned professional. Felton, 20, will play for money for the first time in next week's Fiji International, joining fellow former Golf Australia national squad member Antonio Murdaca as pro debutants. The Gosnells Golf Club member has enjoyed a stellar amateur career, winning seven rankings events nationally and representing Australia on several occasions, including twice finishing runner-up in Argentina earlier this year while wearing the green and gold.

He has also enjoyed success when he has played in professional events in the past couple of summers, working his world amateur ranking up as high as No.28 at one point. Golf Australia high performance director Brad James said Felton had the potential to become a successful international athlete.

"He's a proven winner at national level events and has already had some success at tier two professional events," James said. "His work ethic and desire to improve every day will hold him in good stead as he makes the transition from amateur golf." Felton showed his growing maturity and composure this year in going unbeaten playing as No.1 for Western Australia throughout the Interstate Series in Melbourne. ■

GOLF CALENDER 2015 / 2016

NOVEMBER 2015

11th Nov	Australian Men's & Women's Mid Amateur	Arundel Hills Country Club, QLD
15th Nov	Women's Tasmanian Senior Amateur	Llanherne Golf Club, TAS
21st Nov	Men's & Women's Tasmanian Amateur	Ulverstone Golf Club, TAS
24th Nov	Men's & Women's Dunes Medal	The Dunes Golf Links, VIC
26th Nov	EMIRATES AUSTRALIAN OPEN	The Australian Golf Club, NSW

DECEMBER 2015

7th Dec	Boys' & Girls' Qld Amateur	Indooroopilly Golf Club, QLD
11th Dec	Men's & Women's Vic Amateur	Commonwealth Golf Club, VIC & Kingston Heath Golf Club, VIC
13th Dec	Greg Norman Junior Masters	Palmer Gold Coast, QLD & Palmer Colonial Golf Course, QLD

JANUARY 2016

4th Jan	Boys' & Girls' Vic Junior Masters	Waverley Golf Club, VIC
6th Jan	Australian Master of the Amateurs	Royal Melbourne Golf Club, VIC
7th Jan	Boys' & Girls' SA Junior Masters	Royal Adelaide Golf Club, SA
11th Jan	Boys' & Girls' SA Amateur	Kooyonga Golf Club, SA & West Lakes Golf Club, SA
12th Jan	Australian Amateur Championship	The Metropolitan Golf Club, VIC & Kingswood Golf Club, VIC
12th Jan	Australian Men's Amateur	The Metropolitan Golf Club, VIC & Kingswood Golf Club, VIC
12th Jan	Australian Women's Amateur	The Metropolitan Golf Club, VIC & Kingswood Golf Club, VIC
12th Jan	Trans Tasman Cup	The Metropolitan Golf Club, VIC & Kingswood Golf Club, VIC
13th Jan	Alice Springs Junior Open (Paul Pearson Cup)	Alice Springs Golf Club, NT
18th Jan	Royal Melbourne Senior Classic	Royal Melbourne Golf Club, VIC
21st Jan	Men's & Women's Lake Macquarie Amateur	Belmont Golf Club, NSW
24th Jan	Boys' & Girls' Tamar Valley Cup	Greens Beach Golf Club, TAS
27th Jan	Men's & Women's NSW Amateur	Riverside Oaks Golf Club, NSW & Lynwood Country Club, NSW
28th Jan	Boys' & Girls' Tas Junior Masters	Devonport Golf Club, TAS
31st Jan	Women's Tasmanian Senior Amateur	Riverside Golf Club, TAS

FEBRUARY 2016

11th Feb	Men's & Women's Oates Vic Open	Thirteenth Beach Golf Club, VIC
16th Feb	Sanctuary Cove Trophy	Royal Wellington Golf Club, Wellington, NZL

MARCH 2016

1st Mar	Men's NSW Senior Amateur	Narooma Golf Club, NSW & Bermagui Country Club, NSW
10th Mar	Men's & Women's Riversdale Cup	Riversdale Golf Club, VIC
10th Mar	Men's & Women's WA Amateur (TBC)	TBA
14th Mar	Men's Lake Karrinyup Senior Classic (TBC)	Lake Karrinyup Country Club, WA
14th Mar	Bonallack Trophy	TBA
16th Mar	Men's WA Senior Amateur (TBC)	TBA
17th Mar	Women's WA Senior Amateur (TBC)	TBA
21st Mar	Men's Golf SA Classic & Women's Rene Erichsen	Royal Adelaide Golf Club, SA
21st Mar	Women's WA 72-Hole Stroke Play (TBC)	TBA
21st Mar	Women's NSW Senior Amateur	Newcastle Golf Club, NSW
31st Mar	ANA Inspiration Championship	Mission Hills Country Club, California, USA

APRIL 2016

7th Apr	US Masters	Augusta National Golf Club, Georgia, USA
12th Apr	The National Senior Masters	The National Golf Club, VIC
13th Apr	Australian Girls' Amateur	Devonport Golf Club, TAS
13th Apr	Australian Boys' Amateur	Ulverstone Golf Club, TAS
17th Apr	Australian Girls' Interstate Teams	Devonport Golf Club, TAS
17th Apr	Australian Boys' Interstate Teams	Ulverstone Golf Club, TAS

**“THE ONLY
THING A
GOLFER
NEEDS IS
MORE
DAYLIGHT.”**

Ben Hogan



CHAMPIONS OF MY GAME

**The
House
of Golf.**



The 2015 INAS Global Games, held for athletes with an intellectual disability, will be held in Ecuador from September 20 in a week-long event with basketball one of eight sports eligible for competition.

The Australian men's team, the Boomerangs, and the women's team, the Pearls, made the tough 30-hour journey, travelling from Sydney to Guayaquil via Los Angeles, Atlanta and Quito.

Once arriving, the sides packed in four days of training before their Games schedule began on September 21. This year, the women played in a 3x3 competition while the men remained in a 5x5 format.

A veteran of the Pearls, Molly Urquhart-Morgan competed in her fourth international competition this year and her third Global Games.

"I'm excited and nervous all at the same time," she said. "We're a very young team so I guess I have to look after the new girls but a couple of the newest additions have come in from nationals so there is some great talent coming through the ranks."

The Pearls, with their ten-player squad split over two teams named Australia Green and Australia Gold, clashed with each other in their opening game. They then confronted Japan White, Japan

Black and France before going through the cycle again to conclude the round robin group stage.

The Boomerangs kicked off their campaign against France before facing Venezuela, Portugal, Japan and Poland in the group stage.

This year, the Semi-Finals started on September 26 with the medal games conducted on the final day of competition, September 27.

The 2015 Australia Boomerangs: Joshua Cleary (TAS), Frazer Dawber (VIC), Jake De La Motte (VIC), Jordan East (VIC), Bradley Kinross (SA), Wayne Kinross (SA), Justin Koenig (ACT), Harrison Mallard (SA), Jarrod Thomson (VIC), Matthew Skerman (QLD)

The 2015 Australian Pearls: Brittany Anderson (ACT), Taylor Anderson (ACT), Jessica Duncan (NSW), Amy J Howard (SA), Kate Leckenby (VIC), Jessica McCulloch (VIC), Eliza Mills (WA), Lois Shea (VIC), Molly Urquhart-Morgan (VIC), Katlin Zonneveld (VIC). ■

For further information visit www.basketball.net.au

AUSTRALIAN PEARLS:

- Day 1: Aus Gold (16) def. Aus Green (10)
- Aus Gold (21) def France (6)
- Aus Green (14) def. by Japan White (16)
- Day 2: Aus Gold (17) def. Japan Black (3)
- Aus Green (9) def. France (5)
- Day 3: Aus Gold def. France on forfeit
- Aus Green (9) def. by Japan White (13)
- Day 4: Aus Green (14) def. Japan Black (11)
- Day 5: Aus Gold (19) def. Japan Black (6)
- Day 6: Aus Gold (15) def. Japan White (5) for Gold
- Aus Green (8) def. Japan Black (6) for Bronze

AUSTRALIAN BOOMERANGS:

- Day 1: Aus (43) def. by France (78)
- Day 2: Aus (26) def. by Venezuela (56)
- Day 3: Aus lost to Poland (no scores available)
- Day 4: Aus defeated Japan (no scores available)
- Day 6: Aus lost to Portugal by 12 points in Bronze medal (No scores available).



The 2015 INAS Global Games for athletes with an intellectual disability was held in Ecuador earlier this year in the fourth iteration of the tournament.

Basketball Australia sent over a men's and women's team on the 30-hour flight, with basketball one of nine sports available for competition.

The entire tournament was lucky to go ahead initially as volcano eruptions in Ecuador threatened to suspend the Global Games but the eruptions subsided in just enough time prior to all overseas countries arriving.

The Australian women's team (the Pearls) were involved in a 3x3 tournament, the newest form of basketball that sees shorter games, smaller teams and intense play.

The team, consisting of Brittany and Taylor Anderson, Danni Burden, Jessica Duncan,

Kate Leckenby, Jessica McCulloch, Eliza Mills, Lois Shea, Molly Urquhart-Morgan and Katlin Zonneveld were split into two sides, Australia Green and Australia Gold and in a dominant display, the Australian women took away the gold and bronze medals to sweep the competition.

The men's team, the Boomerangs, were looking to build on a fourth-placed finish at the 2011 Global Games as well as a bronze medal at the 2013 World Championships.

Playing a normal 5x5 tournament, Joshua Cleary, Frazer Dawber, Jake De La Motte, Jordan East, Bradley Kinross, Wayne Kinross, Justin Koenig, Harrison Mallard, Jarrod Thomson and Matthew Skerman faced tough competition with group pool games against France, Venezuela, Japan and Poland.

A victory over Japan that occurred in between three losses was enough for

them to progress to a playoff for bronze against Portugal but the 2011 Global Games Champions proved too strong, winning by 12 points in a physical contest.

The overall tournament was positive for the Boomerangs though, with several players proving themselves on the international stage.

Kinross showed a deadly three-point shot throughout the week, Thomson's hawk-like vision around the court allowed him to make the difficult pass time and again, Cleary was a beast under the rim while 18-year old rookie point guard Mallard has a deft touch around the rim that saw him hit a surprising amount of tough shots close to the rim to defy his height.

The next Global Games, to be held in 2019, will take place in Brisbane and will give the Boomerangs and the Pearls the chance to showcase their talents in front of a home crowd. ■



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History of Geebung Bowls Club Inc

*"It was somewhere in the northern suburbs,
In the land of rock and scrub,
That they formed an institution,
Called the Geebung Bowling Club"*

Adapted from Banjo Pattersons
'The Geebung Polo Club'

During 1962-63 a group of local people played indoor bowls in a church hall in Innes St, Geebung, and it was here that the idea of Geebung Bowls Club originated.



This group of foundation members included K. Apps, G. Boyd, I. Burgess, G. Codwell, H. Cross, A. Eddiehausen, D. Green, M. Lane *(see note), J. Leith, V. Meyers, E. Munroe, N. Nelson, N. Pedrazzini, K. Skinner, P. Skinner, P. Smith, J. Tierney, J. Twigg, N. Ward, R. Williams and L. Wilson.

After numerous meetings and much discussion with the assistance of local Alderman Frank Sleeman, land was made available and an application was submitted to the R.Q.B.A for the necessary affiliation.

The inaugural meeting of the Geebung Bowls Club was held in the Geebung-Zillmere RSL hall on June 24th 1964. Although membership was small, the members were finally able to begin planning their new club. Our handful of members appreciated the kindness of Aspley Bowling Club when we were able to start playing at their club. Geebung members commenced at their club in November 1964.

bowls colours

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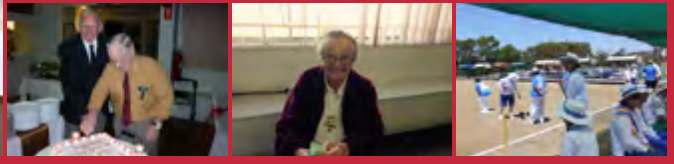
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"IT IS VERY IMPORTANT TO US TO BE A PART OF OUR LOCAL COMMUNITY AND WE ARE FOREVER TRYING NEW WAYS TO ENGAGE PEOPLE THAT LIVE AND WORK IN THE AREA."



In the first year they managed to clear the land and design the bowling green. They raised a total of £1200.00. Tenders were called for the first green.

Membership in the first year reached 33 and they sought instruction from players at Hendra Bowls Club as many were new players.

In 1965 President Harry Cross organised a loan so that the green could be constructed. The green was at a cost of approximately £4,300 and was built strictly in accordance with R.Q.B.A specifications. Supervision of the construction was entrusted to Verge Meyers and as a result the first green is so named "Verge Meyers Green"

The R.Q.B.A granted affiliation in 1965. A Ladies club was then founded, having their initial meeting in the residence of Mrs Whittaker, Bayview Terrace, Geebung. The first Madam President was Edna Wilson.

1966 was a big year for Geebung. Kalinga made a green available for mixed play. Wavell Heights donated a kitchen which had been used by the army then moved from Newmarket Club to Wavell Heights to us. The new green was levelled and we employed our first greenkeeper – Barry Harvey.

On December 10 1966 the members were able to play on their own green for the very first time. Although there was no clubhouse, so Harry Cross arranged a marquee under which they could have their morning tea. At that time there was no liquor licence, as the liquor laws were very strict but Eric Munroe did a wonderful job arranging "Cool drinks" to satisfy the members needs. The honour system was used and the bowlers appreciated this situation.

Again President Harry Cross arranged finance so that a clubhouse could be erected and was ready for operation by May 1967. As satisfactory facilities were now available a Liquor licence was granted much to the delight of members and guests. The Ladies had become a very active part of the club over the following few years and were assisting both physically and financially. It was becoming obvious that a second green was essential but as the land required was private property a lot of negotiations and frustrations were encountered. Eventually the land became available at the end of 1973. The second green cost approximately \$18,000.

The official opening of the second green occurred in 1974 and was aptly named the Harry Cross green in honour our Past President who did so much for the club in its initial stages.

Many additions have been made to the clubhouse in ensuing years as finances became available and demand rose.

In 2014 we celebrated our 50th year with a range of different events and activities with the most popular of these being the FREE Family fun day we put on for the local families in the area. Rides, face painting, fairy floss, and much more were put on all free of charge to the kids with the help of a small grant from the Brisbane City Council.

Current day Geebung Bowls Club is a very active and engaged part of the local and wider community. We host the local Geebung-Zillmere R.S.L Social Bowls Club once a month with numerous visitors also on these days. Ex-navy bowls and Veterans visit us twice a year which always prove to be a great days.

Barefoot bowls is also a big part of the Club holding numerous fundraisers for charities such as Ride to Conquer Cancer, Koalas Inc, Peace of Mind Foundation. We also held a Footy night recently with Nathan Hindmarsh and Bryan Fletcher as guests of which we donated a \$1000.00 to the Men of League Foundation.

Quite a number of our Members are ex-servicemen and women with our eldest Lady member Joan Nott at the ripe old age of 95 serving as an ambulance officer in London during the Second World War (1939-1942) leaving only to have her first child in 1943. She is still a very active bowler and well worth a chat too.

It is very important to us to be a part of our local community and we are forever trying new ways to engage people that live and work in the area. ■

The City Club brand was established in 1946, from humble beginnings,

City Club has grown and expanded throughout the years and has specialized in manufacturing, wholesaling and distributing men's tailored pants and shorts. Hallmarks of the brand are classic styling, quality, value and service. City Club carries an extensive range of styles and sizes, including specialist fittings, on a stock service basis.

City Club prides itself on offering quality men's pants and shorts crafted from premium fabrics. Offering fits for all lifestyle requirements, from workday to weekend and beyond. For maximum comfort, City Club offers a unique flexi waist system and, for easy care, many City Club garments machine washable. Whether it is the quick dry polyester, premium 100% Cotton or the superior quality of Australian wool, City Club has a pant or short for every occasion.

City Club has brought years of tailoring experience into designing the Bowls Colours range which first launched in 2006. These tailored garments feature all the advantages of City Club's quality combined with the benefits of easy care and quick dry fabrics. City Club's unique 'flexi waist' ensures comfort, freedom of movement and a perfect fit every time. ■

Now in three new colours, City Club Bowls Colours range are available Australia wide. To find your nearest stockist email our friendly customer service team at office@ccaust.com.au or call on 02 66212365.



CRICKET AUSTRALIA TO HONOUR ANZACS IN FIRST TEST OF THE SUMMER

Australia and New Zealand will commemorate the 100th anniversary of the ANZAC landing at Gallipoli during this summer's first Test.

Held at Brisbane's GABBA on the eve of Remembrance Day, the Test will take place a hundred years on from the Australia and New Zealand Army Corps landing in Turkey, which signified the beginning of the two nations' involvement in the First World War.

The Test – beginning on November 5 – will involve Australia Defence Force (ADF) and Returned and Services League (RSL) personnel in the official anthem ceremony with fundraising efforts to be conducted throughout day one.

Team captains Steven Smith and Brendan McCullum will also pay their respects to those who have served prior to the match at a special ceremony at the Brisbane War Memorial.

Cricket Australia Chief Executive James Sutherland said the Test match between the two nations provided a fitting platform to commemorate the 100th anniversary of the legendary ANZAC alliance.

"It's been a special year for cricket in Australia and New Zealand, having co-hosted a successful World Cup event where both sides performed so well during the course of that tournament and played off in the final at the MCG," Mr Sutherland said.

"But it is clear that there is even greater significance for our two countries this year when you consider that 2015 marks the commemoration of the centenary of ANZAC. "Australia and New Zealand have long been sporting rivals, but the two nations also share an unbreakable bond, and this has been epitomised no more so than by the sacrifice and camaraderie of so many men and women from the Australian and New Zealand defence forces over more than a century.

"The ANZAC legend has become part of the cultural fabric of our two nations and we are very proud to be partnering with the RSL to honour it during the Brisbane Test."

Cricket and the war have a strong history, including the famous Shell Green match contested by the ANZACs while gunfire reigned above – a message to the Central powers that things were to go on as usual for the Allies while troops discreetly retreated to safety.

In 2002, the first Test match against England also included the 'Spirit of Anzac' medal, awarded to Jason Gillespie who showed mateship and camaraderie after carrying England fast bowler Simon Jones off after Jones ruptured his knee on the ground.

More than 450,000 Australians and New Zealanders served in the Great War, including Test cricketer Albert 'Tibby' Cotter who had played 21 Tests and took 89 wickets before being enlisted to the Army.

Cotter, along with first class cricketers Norman Callaway (Australia) and Rupert Hickmott and George Wilson (New Zealand) perished during the war, all under the age of 30.

Callaway still holds the highest first-class average on record, batting once for New South Wales and scoring 207 against Queensland in a six-and-a-half hour innings.

The Australia-New Zealand GABBA Test will signify the beginning of a five-year deal which will see the two nations play Tests and one-day fixtures for the Chappell-Hadlee trophy each year. ■

"THE ANZAC
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DURING THE
BRISBANE TEST."



CRICKET AUSTRALIA

IS PROUD TO PARTNER WITH THE RETURNED &
SERVICES LEAGUE OF AUSTRALIA TO COMMEMORATE
THE CENTENARY OF ANZAC ON DAY 1 OF THE
COMMONWEALTH BANK TEST IN BRISBANE.



THE KEEPERS

AUSTRALIA'S WICKETKEEPERS AND
THE HEART OF AUSTRALIAN CRICKET

MALCOLM KNOX



'EVERYONE IS WELCOME AT THE GEELONG RSL!

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

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Everyone is welcome at GEEELONG RSL

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

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

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

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

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

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

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

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

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

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

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

...COME DOWN AND TRY US OUT!





"It's time for our scientists, who are the brightest and best there are, to breakout and really push the importance of the work they do, the effect their work has on all Australians every day, and also the importance of innovation," CSIRO General Manager of Communication, Oona Nielsen said.

Known as the CSIROseven, the group comes from different areas of the organisation's science and also from across its 54 sites around Australia.

"There is an imperative for change in the way innovation and the research world is viewed and as this is Science Week, we thought it was time to bust a few of our scientists out of their labs and get the message out," Ms Nielsen said.

"I think CSIRO and Australia needs to have a sharper approach, in that we need to act and we need to be bold and we need to make sure we have the best people working on big problems and big ideas.

"CSIROseven is about taking that message and attitude and busting a few perceptions, both externally and

internally, about what CSIRO does and how we go about it."

Jane Bowen, one of the CSIROseven, said a key part of our future will be taking care of people.

"Our population is aging and obesity is on the rise, our health system will be swamped. We're working on sensors for remote patient care and diets that are individually tailored to your unique DNA," Jane said.

Energy emissions and our finite resources will also be critical challenges for Australia and the world, CSIRO's Dr Matthew Hill is working on the answer.

"We're working on crystals that act like super sponges, soaking up carbon emissions.

We can then turn the pollution into something useful, like plastic or more energy," Matthew said.

The CSIROseven work across a vast portfolio of research areas from advanced materials, computational linguistics, wearable technology, nutrition, ecology and oceanography.

"We hope that by sharing our stories and our research we will inspire others to start thinking about working in science and technology; these careers are growing 1.5 times faster than any other," Jane said.

"There is no better feeling in the world than getting up in the morning knowing you're helping to make life better, and easier for people." ■

ABOUT THE CSIROseven

What will make your life better in the future?

What about a diet tailored to your genetic profile, clothes that can tell you when you're sick, or super crystals that soak up carbon emissions?

We're working on it.

The CSIROseven work across a vast range of research areas from advanced materials, computational linguistics, wearable technology, nutrition, ecology and oceanography.

We hope that by sharing their stories we can inspire the next generation of innovators to start thinking about working in science and technology; careers that are growing 1.5 times faster than any other.

THE NEW FACES OF SCIENCE

CSIRO has pulled seven of its brightest young scientists out of their labs and enlisted them in a campaign to recruit future thinkers, innovators, scientists and entrepreneurs.



MIBU FISCHER
Fisheries,
Brisbane

"I grew up with a strong cultural connection to the land and ocean."

Mibu is working to ensure the long-term sustainability of recreational fisheries, educating Australians on the importance of keeping Australia's ocean ecosystem thriving for future generations. Her childhood affinity with the sea has developed into scientific endeavours in her adulthood, where she now hopes to educate people on both a community and institutional level.



MATTHEW HILL
Advanced materials,
Melbourne

"At the heart of it for me, it's about doing something that can possibly help people."

Shaping an energy efficient future, Matthew is working on crystals that clean gas, water and air - and sponges that soak up pollution. With the potential to completely transform the way we dispose of gases like carbon dioxide, Matthew's studies are also focused on designing more cost effective solutions when it comes to energy.



JANE BOWEN
Nutrition,
Adelaide

"It's so rewarding to work on things that really can make a difference to people's lives."

Jane's unique holistic approach to how we eat allows her to design solutions that succeeded where many diets have failed. From approaching the language around dieting, to drawing on her own parenting experiences, Jane and her team have shown that getting different results requires different thinking. Jane believes that in the future, diets could be tailored to people's DNA, providing unique and tailored programs for every individual.



STEPHEN WAN
Digital, Sydney

"Looking beyond the videos of cats and celebrity Twitter battles, public social media can tell us so much about who we are as a community."

With over 100 million tweets posted every 24 hours, Stephen can take the pulse of Australia to learn about public opinion on the topics of the day. He creates algorithms that can turn the bottomless sea of social media data into something that is useful, developing programs that are sensitive to the subtle nuances of language.



NICK RODEN
Oceans, Hobart

"Some think it's just trees that give us the air we breathe, but the oceans also generate oxygen. So even if you live in the middle of the desert, you still have a connection to the ocean." From the greens of the golf course to the bright white of Antarctica's snow fields, Nick has traded in life as a pro-golfer to research one of the most misunderstood environments known to man - the ocean. Nick is investigating how the ocean can supply oxygen and absorb carbon dioxide and the impact this has on the earth's environment.



SAMANEH MOVASSAGHI
Wearables, Sydney

"I believe there is infinite potential in using technology to connect people to each other." Every second counts in an emergency. Samaneh is working on new life-saving body sensor technology that could one day transmit your heart rate, temperature and blood pressure through to your doctor in real-time. Samaneh hopes the technology will relieve financial, resource and accessibility barriers in healthcare.



VIVEK SRINIVASAN
Futures, Melbourne

"Knowing just a few different future scenarios can help us all better prepare, and understand the role innovation will play." Tapping into the knowledge of 5,000 CSIRO experts, Vivek is helping to forecast how Australia, our industries and our economy will change over the next 20 years. With a background in engineering and deep interest in technology, management consultant, Vivek, spends his days asking the big question, 'What is coming next and what can we do about it?'

Newington College and the Great War

by Mr David Roberts, Newington College Archivist

Australia's schools were profoundly affected by the First World War. Many young men enlisted directly from school, while close-knit school communities were acutely conscious of their past students who joined up, often only a short time since their school careers had finished.

Most students had brothers, fathers, uncles, cousins or friends on active service. Many teachers enlisted, resulting in disruption to students' education, and were increasingly difficult to replace. When the news of large scale casualties started to reach schools back home, the early mood of enthusiasm changed. At Newington College, a Methodist (now Uniting Church) boys' school in Sydney's inner west, it was said that students could tell when news of a death had arrived by the look on the Headmaster's face when he came in to Assembly.

Newington's Great War Honour Roll bears the names of over 630 men who served in the War. Most were 'Old Newingtonians' (past students), but the names also include teachers and theological students, who had trained as Methodist ministers in a small seminary in the midst of the College. 111 of these names appear in panels of the Honour Roll recording those who gave their lives. The impact of these numbers may be understood when one considers that the total school enrolment in 1914 was less than two hundred.

Newington's first student to enlist directly from school was Clive Julius Kaepfel. While training in Egypt with the AIF, he wrote the first letter from an Old Boy on service to be published in the school magazine, *The Newingtonian*. Temporarily commissioned in the Imperial forces in Egypt, he missed the fighting at Gallipoli. After re-enlisting in the AIF, he served on the Western Front and was wounded at Polygon Wood in September 1917, dying of his wounds a month later.

The first Newingtonian to see active service in the War was a young civil engineer, James Stokes Millner, who took part in the capture of Rabaul in September 1914. He was, in a sense, Newington's first casualty in the War, too: he contracted malaria there and was eventually discharged as medically unfit in 1916. He died back home in 1919. Millner was one of many who returned, physically broken by wounds or disease. *The Newingtonian* in the 1920s contains reports of deaths of men who 'never really recovered' from the effects of their service. Sadly, their names appear on the Honour Roll, erected in 1922, but not among the Fallen.

Another melancholy 'first' for Newington was Donald Neil MacGregor, a teacher at the College before the War. He and a past student, Norman Roberts, were the first two Newingtonians to die in action, on the first day at Gallipoli. MacGregor's death brought the start of memorialisation at Newington, with his memorial service on 21 June 1915 being the first of many at the school, and his brass memorial tablet the first to be erected in the School Hall.

Newington's Memorial to the Dead, also dedicated in 1922, bears the words: 'Time Dims Not Their Sacrifice'. Each Anzac Day, but especially during the First World War centenaries of this and coming years, the College strives to ensure that this is so. ■



Message from the Headmaster of Newington College

When the troops landed at Gallipoli on 25 April 1915, the personal toll was keenly felt in small and close communities such as rural towns, local suburbs, churches and schools. For Newington College, 111 men lost their life in World War I.

Our Memorial to the Dead, Great War Honour Roll, Memorial Drive, Chapel Walkway Memorial Tablets and Lone Pine that were the physical focus of the College's Anzac Centenary commemorations reveal another obvious reality—of more than 60,000 who died, none of their remains were brought home. Memorials like ours were the substitute graves for loved ones whose bodies lay in far off lands.

The most important participants in our commemorations this year have been our current students. At our Centenary of Anzac Parade and Service, our boys paraded as Cadets (along with the girls of the PLC Sydney Pipe Band) and served in the Catafalque Party; performed music, read the Roll of the Fallen and took part in the Service; and served as ushers for our many guests. Our Year 9 students researched and wrote about the school careers and war service of our Fallen. Our Year 7 students made the 111 crosses that, planted around our Lone Pine, made such a visual impact on the day of the Parade and Service.

This year in particular, Newington College and its community honour and remember those Newington men who fell, all known and named, with the families who bore their loss and grieved. At the same time we honour and remember all those who served in all wars.

Lest we forget.

Dr David Mulford, Headmaster



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