



THE LAST POST TALKS
WITH COLONEL LUKE
FOSTER, HEAD OF
THE INTERNATIONAL
STABILISATION FORCE IN
TIMOR-LESTE

Interviews with
COLONEL LUKE FOSTER
DI MORRISSEY
JOHN NEWCOMBE
DAWN FRASER
WAR HISTORIAN DR RICHARD REID
JIM MAXWELL

WHATEVER HAPPENED TO MARTY RHONE REGIONAL MATTERS GERALDTON, WA

Issue 7

YOUR RSL AT WORK ALICE SPRINGS RSL

WORTH LISTENING TO MURRAY WALDING

LOOKS AT DISCS FROM YESTERYEAR

SCIENCE, MEDICINE & TECHNOLOGY AUSTRALIA'S FIRST MEDICAL RESEARCH INSTITUTE

+ GREAT SUIVINER READING: MICHAEL SHORT, THE BEATLES IN AUSTRALIA, JOHN BOIS - A TRIBUTE TO GREG QUILL, IAN CHAPPELL, DRYVONNE LUXFORD THE JOY BORLAND LITERARY AWARD, JACK P KELLERMANN, PETER GOERS



Everyone should have a Will. Do you?

Your Will is one of the most important documents you sign during your lifetime. It's the only way you can be sure that your possessions and assets will go to the people and charities you care about.

Making or updating your Will doesn't need to be a daunting task. Red Cross has arranged a special offer with local solicitors who will donate their time to prepare a simple Will from \$75.

After providing for your loved ones, we would be honoured if you would consider leaving a gift in your Will to Red Cross.

Every gift in every Will makes a difference and will continue to improve the lives of vulnerable people in communities across Australia and further afield for generations to come.

To receive a FREE information booklet on making or updating your Will please complete and return the form below, call 1800 649 685 or email bequests@redcross.org.au

Quote Ref:TLP

Call 1800 649 685 or email bequests@redcross.org.au





Please return this coupon to: Louise Turner, Australian Red Cross,	GPO Box 2957, Melbourne VIC 8060
Alternatively call 1800 649 685 or email bequests@redcross.org.	au. Quote ref: TLP

	Please send me	a FREE	information	booklet or	n makina d	r updating m	v Will
--	----------------	--------	-------------	------------	------------	--------------	--------

☐ I am interested in leaving a gift in my Will to Red Cross

☐ I have already included Red Cross in my Will

Title	First name	Last name	Telephone	
Address			Suburb	
State	Postcode	Email		



It is an honour to write to you through The Last Post as the Minister for Veterans' Affairs, and outline the plan the Government has to provide the services and support veterans and their families need and deserve.

Forewor

Minister for Veterans' Affairs, Senator the Hon. Michael Ronaldson

Over the past three years I have had the pleasure of engaging with the veteran community faceto-face at over 100 community forums, listening to your concerns. From your frank and honest feedback and advice we have developed a fourpillar plan for Veterans Affairs. Our plan includes;

- · recognition of the unique nature of military service;
- retention of a stand-alone Department of Veterans' Affairs;
- · tackling mental health challenges for veterans and their families; and
- · supporting veterans through adequate advocacy and welfare services.

The indexation of military superannuation has been a long standing issue for the veteran community and as a Government we recognise this and will see it addressed.

Recipients of Defence Forces Retirement Benefits (DFRB) and Defence Force Retirement and Death Benefits (DRFDB) will see their payments indexed in the same way as aged and service pensions.

We believe that through addressing this issue, some 57,000 military superannuants aged 55 and over, and their families will benefit, helping to ease the cost of living.

We are also entering what will be the most significant period of commemoration in our nation's history—the Centenary of the First World War and the Centenary of Anzac.

Australians have an enormous sense of pride in our veterans, and the recognition of their service and sacrifice of our servicemen and women is very strong.

2014-2018 will be an opportunity for all Australians, and New Zealanders, to reflect on and honour the service and sacrifice of all those who have contributed to our wartime history.

The Anzac Centenary Program has been established to build on the legacy of the Australia Remembers program and engage with our local communities, through initiatives such as the Anzac Centenary Local Grants Program.

We want Australians to commemorate this significant anniversary in their own way and the Australian Government is supporting these local initiatives through the Anzac Centenary Local Grants Program. We will provide local communities with up to \$125,000 to ensure community-based events are at the heart of the nation's commemorative activities during this

It gives me great pride to see the ever growing number of young Australians joining together with our veterans to pay their respects and remember the sacrifice of our servicemen and women, past and present, every year on Anzac Day and Remembrance

We must ensure that the Centenary of Anzac continues to teach the next generation of Australians about their responsibilities and keeping alive the legacy left behind by those who have gone before us.

Lastly, I want to wish our entire veteran community, their families and friends, a safe and joyous Christmas.

I would also like to remind our veterans, their families and eligible Defence Force personnel that if they need some help, support or simply someone to talk to over the holiday period, the Veterans and Veterans Families Counselling Service (VVCS) is available. It is a free and confidential Australia-wide service that may be contacted 24 hours a day on 1800 011 046.

Trom the Publisher Greg T Ross

elcome to this, the Remembrance Day edition of the national The Last Post magazine.
Remembrance Day marks the anniversary of the armistice which ended the First World War and each year Australians observe one minute silence at 11 am on 11 November, in memory of those who died or suffered in all wars and armed conflicts.

This year is not only the 95th anniversary of the armistice on 11 November which ended the First World War, but also the 20th anniversary of the internment of the Unknown Australian Soldier in the Australian War Memorial's Hall of Memory. To mark the significant occasion, this year's Remembrance Day Commemorative Address will be delivered by former Australian Prime Minister, the Hon Paul Keating, who delivered the poignant eulogy of the Unknown Australian Soldier in 1993.

At the end of the day at the Last Post ceremony, Ben Roberts-Smith VC will read that same eulogy to commemorate the unknown soldier and the 102,000 names listed on the AWM's Roll of Honour.

When Remembrance Day falls on a normal working day in Melbourne and other major cities, ADF buglers often play the "Last Post" at major street corners in the CBD. While this occurs, the majority of passers-by stop and observe a moment of silence while waiting for the bugler to finish the recital.

In honour of the legacy we continue to look at successful and positive minded

Australians who set a precedent for those to come. In this important edition, The Last Post magazine talks with historian Dr Richard Reid about the military and social significance of Australia's battles along the Western Front during World War 1. Being summer there is an emphasis also on sport so we went out and caught up with noted ABC cricket commentator Jim Maxwell and his observations on the state of Australian cricket. Dawn Fraser too, Australia's legendary swimming star talks with The Last Post about her achievements and her life today.

As well, The Last Post magazine catches up with best-selling author Di Morrissey about her latest release, The Winter Sea and chats with her about subjects as diverse as community awareness and parental control. Grand Slam tennis champion John Newcombe also chats with us about tennis today, his memories of the Davis Cup and the Australian Open and his friendship with his long serving doubles partner, Tony Roche

With a foreword from Regional Development Minister Truss, Regional Matters this edition visits Geraldton in WA and looks at what makes the regional centre so attractive to tourists. Lots more too including DVA Updates to keep Veterans in the mix as well as Your RSL at work and Whatever Happened To...?

In the 60's and beyond, Liverpool's 'Fab Four' aka The Beatles took the world

by storm, creating a musical and social revolution. With the 50th anniversary of The Beatles tour down under, The Last Post looks at the Melbourne Arts Centre's exhibition of the groups visit. We tried too, to get on to Sir Paul McCartney to gauge his feelings and memories of the 1964 Tour. To no avail. Ahead of his latest release, New album, we were told that Paul was only available for two Australian interviews and that that would be about his new album. We appreciate and respect this as the Hofner, left-handed bassist is, well, one of the greatest living composers. What we did though, was to ask Paul questions we feel you would've liked to ask and given answers we feel were on line with the group's history. The Last Post almost Interviews Paul McCartney is great reading.

Wherever you are at the eleventh hour of the eleventh month, The Last Post wishes you a very, merry Christmas and new year and summer and hope to catch up with you for the Anzac Day edition, 2014.

Greg T Ross
Publisher, 'The Last Post'
gtrpublishing@live.com.au



Thanks on this edition to – Ian Chappell, John Bois, Katie Issac, Ian Williamson, Christel Wilson, Bruce Wardley, Australian Red Cross, Dale Starr, Emma Collien, DVA, Veterans SA, Paul Sykes, Bill Denny, Peter Goers, News Ltd, Danielle Bayard, Hutt Street Centre, Tony Delduca, Marchese Partners, ANZ, John Stock, Tom Vasey, Australian War Memorial, Dr Richard Reid, Albatross Tours, Jace Armstrong, Di Morrissey, Pan Macmillan, Allen and Unwin, John Newcombe, Segue Financial Services, Jim Maxwell, The Salvation Army, Anne Bain, Accessability Travel, Roger Manning, Star of Sea College, Walter Eliza Hall of Institute of Medical Research, Karen Howlles, Susanna Bradshaw, Foundation for National Parks and Wildlife, St Vincent de Paul Society, Outward Bound, Tim Page, Marcus Today, David Hutchinson, The Surf Travel Company, Stuart Thompson, GTI Tourism, Murray Walding, Bridie Smith, Palliative Care Australia, Martin Flanagan, Michael Short, Fairfax, AVCAT, Parkinsons NSW, Made Easy Tours, Walford Anglican School for Girls, Prue Bowley, Legacy Australia, Chris Bennett, Geelong RSL, Petros Markou, Wild Fox Wines, Melanie Mansfield, Coopers, Dawn Fraser, Gus Olsen, ACTEGY Health, Jazz Tyrill-Smart, Blue Care, Dr Peter Binks, General Sir John Monash Foundation, Matt Grainger, Manly Surf School, Day of Difference, San Jose Smallgoods, Tony Amato, ACA, Nelson Park School, Department of Regional Development, Beaumont Bowling Club, Elise Ramsey, Aussiemite, Melbourne Arts Centre, City of Greater Geraldton



FEATURES

Wounds of the past are slowly healing for Vietnam Diggers – Peter Goers

41 Why fast bowling is a running game - Ian Chappel

49 The Joy Borland Literary Award

56 Adelaide Cemeteries Authority honouring our brave men and women

58 The story of Polish immigrant Jan - Hutt St Centre

67 Old letter reveals fresh insight on Ned Kelly's fabled capture – Carolyn Webb

78 A tribute to Greg Quill - John Bois

82 Remembering and honouring their legacy - Palliative Care

91 Kokoda veteran keeps legacy alive

92 Politicians moral deficit - The Zone's Michael Short

96 Clem's Place - Jack P Kellermann

99 The Beatles: Yeah, Yeah, Yeah It was 50 years ago... – Jack P Kellermann

101 The Last Post almost interviews Sir Paul McCartney

PEOPLE

12 Colonel Luke Foster, AM, CSM

21 John Newcombe

27 Dawn Fraser

30 War Historian Richard Reid

38 Jim Maxwell

50 Di Morrissey

SCIENCE, MEDICINE & TECHNOLOGY

8 The Walter and Eliza Hall Institute: improving our community's health

DVA UPDATES

24 Find out the latest here

REGIONAL MATTERS / TRAVEL

60 Foreword by Hon Warren Truss MP

Geraldton, WA 61

EDUCATION

44 **Nelson Park School**

46 Star of the Sea College

48 Walford Anglican School for Girls

FINANCE

84 Aged care reform – Segue Financial Services

YOUR RSL AT WORK

20 Alice Springs RSL

WHATEVER HAPPENED TO ...?

34 Marty Rhone

WORTH LISTENING TO...

36 Murray Walding looks at discs from yesteryear

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

Greg T Ross

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

www.thelastpostmagazine.com

www.thelastpostmagazine.com

Finsbury Green 1A South Road, Thebarton, South Australia 5031

GTR Publishing 6 Way Ave, Myrtle Bank 5064 08 8379 7919 www.thelastpostmagazine.com

Front Cover Image: Di Morrissey Thanks to Pan Macmillan Australia



Foreword from Her Excellency the Honourable Quentin Bryce AC CVO Governor-General of the Commonwealth of Australia for The Last Post Magazine's Remembrance Day edition

Remembrance Day marks the anniversary of the Armistice which ended the First World War. Each year we observe one minute's silence at 1lam on 11 November to honour the memory of those killed or injured in war and armed conflict.

On that hour of that day the guns fell silent in 1918. It was the end of four years of war fought in the trenches of Gallipoli, on the fields at Fromelles and across the Middle East.

Over 416,000 Australians enlisted to fight in the Great War. Sixty thousand died and 156,000 were wounded, gassed or taken prisoner. With a population fewer than five million, Australia had the highest percentage of casualties in the British Empire.

We are indebted to those servicemen and women who have made the ultimate sacrifice for our nation and our people. We remember their courage under fire, their strength and selfless actions in the defence of others. At 11 am on 11 November I join you in honouring them.

Lest we forget.

MINISTER ADVANCES CENTENARY OF ANZAC PLANNING

The Minister Assisting the Prime Minister for the Centenary of ANZAC, Senator the Hon. Michael Ronaldson, advanced First World War Centenary planning at a multi-lateral Ministerial meeting in Paris in October.

"The Anzac Centenary will be a significant time in our country's history – a period of national reflection, remembrance and commemoration of the service and sacrifice of so many Australians in defence of our way of life, our values and our freedoms," Minister Ronaldson said at the meeting.

"Today representatives from nations involved in the First World War have gathered to discuss plans for the Centenary period. These commemorations will mark 100 years since some of the bloodiest conflicts in human history.

"More than sixty thousand Australians made the supreme sacrifice in the First World

War, while some 18,000 remain buried on the Western Front with no known grave. Over this coming period of commemoration, it is important that their legacy of service and sacrifice, along with that of other allied nations, is appropriately honoured, remembered and commemorated."

While in Paris, Minister Ronaldson also met with Turkish and New Zealand counterparts to discuss progress on Anzac Day commemorations at Gallipoli in 2015, marking the 100th anniversary of Australian and New Zealand troops landing on the peninsula.

"Both the Australian and New Zealand

Governments' priority is to deliver solemn, dignified and well-managed Anzac Day commemorations, with the valued assistance of our Turkish hosts.

"There is already a great deal of interest from Australians and New Zealanders in attending Anzac Day commemorations at Gallipoli. A fair and transparent ballot will open soon for all Australians who would like the opportunity to be at Gallipoli in 2015."

The Minister also visited the Australian National Memorial and Victoria School at Villers-Bretonneux and other sites of significance along the Western Front.

"Australia made a significant contribution during the First World War on the Western Front in France and Belgium. Between 1916 and 1918, more than 295,000 Australians served on the Western Front and some 46,000 lost their lives. We must never forget their service and sacrifice," Minister Ronaldson concluded.













OCEANGROVE DEE WHY RSL - AN AWARD WINNING SUCCESS!

Marchese Partners Architects have delivered another outstanding Seniors Living Project for Dee Why RSL Club on Sydney's Northern beaches.

Developed alongside the existing Dee Why RSL Club, Oceangrove provided a great financial success for Dee Why RSL Club as well as winning the Australian Property Council Award for Best Retirement Living Development in 2013.





marchese partners Esprit le Vie

www.marchesepartners.com.au | +61 2 9922 4375 sydney | brisbane | canberra | melbourne | adelaide

A life well lived

During World War Two, when she was no more than ten years old, Marie Boyle recalls tagging along with her mother to the train station in Peterborough, South Australia. Marie's mother was in the local Red Cross Branch and they provided food to soldiers travelling through from Adelaide to New South Wales before they were sent off to battlefields abroad.



These first experiences with Red Cross went on to shape Marie's life, leading her to travel the world, live in a war zone, form lasting friendships and even find love.

At 80 years old, Marie, has dedicated her life to Red Cross, and was awarded life membership in 1998. In the lead up to the Australian Red Cross Centenary in 2014, the organisation is calling on people to share their Red Cross story. With over 70 years' experience with Red Cross, Marie certainly has a story to tell.

"It's just always been that way, you just carry on," she says of her involvement with the organisation. Growing up watching her mother support Red Cross, it seemed natural for Marie to be part of it too.

After those trips to the train station, Marie joined Junior Red Cross, an initiative in schools throughout the country that encouraged students to volunteer and fundraise for the organisation. When Marie finished school she went on to join the local branch with her mother.

She married at 21, saying it was "too young" and in her early thirties the marriage ended. Unmarried and with no children. Marie found herself at the Red Cross headquarters in Adelaide, being interviewed for a role to support the new war effort -

"They sent me to Malaysia first, to a hospital in Butterworth where injured soldiers would come before returning home." Marie's job was to buy goods and supplies

for soldiers that were incapacitated and couldn't do the errands themselves. As a result, many women are wearing engagement rings that Marie chose for them.

"I bought lots of engagement rings, I got to know all the jewellery shops!"

By the late 1960s Marie moved to Vung Tau, in the south of Vietnam.

"I met Mick as I was getting off the plane," she recalls with a smile, of her first sighting of Michael Boyle who she would eventually marry in 1972.

"He was the Commanding Officer of the hospital I worked at."

In 1968 the communist North Vietnamese Army and the Viet Cong launched one of their largest attacks on South Vietnam, known as the Tet Offensive. Marie and the hospital staff were ordered to stay in their quarters while Mick, as Commanding Officer, stayed at the hospital. They could hear explosions and gunfire around them.

"It was scary. We were separated and worried about each other," recalls Marie.

Thankfully the hospital was spared from the ambush, but more than 100 towns and cities were attacked, leading to tens of thousands of casualties of both soldiers and civilians.

The injuries that Marie witnessed from her years spent in war hospitals are embedded in her memory. For her to think that wars continue today makes her "go cold".

"It's horrible, so many young men's lives lost."

But amongst the suffering Marie managed to make life-long friends.

"After almost a year in Vietnam I was promoted and moved to Singapore." From there she oversaw the region and continued to visit war hospitals in Malaysia.

"The women at Singapore Red Cross were marvellous. I had some great friends there who I continued to visit years after the war. Sadly they've gone to heaven now."

Marie spent seven years in total in Asia assisting injured soldiers from the Vietnam War. She says if she hadn't married Mick she would have continued on working at Singapore Red Cross.

"I loved it there," says Marie, and adds that she went back many times after to not only visit her friends, but to go shopping!

No sooner had Marie returned to Australia with Mick to live in Canberra, she joined the local Red Cross Branch and trained to be an Emergency Services volunteer to assist during domestic disasters such as fires and

Marie and Mick had a long, happy marriage until Mick died in 2000 when they were living in Caloundra, Queensland. With Mick, Marie became a step-mother to his three children whom she adores.

"They're wonderful to me."

Now living in Adelaide, Marie continued to volunteer at Red Cross, assisting with archives in the lead up to the Centenary, until her health and limited mobility prevented her from coming in to the office. She remains a loyal Red Cross member of the Kensington Park Branch and cherishes the many decorations she has received from Red Cross and Australian and British Orders for her service.

But it is the memories of the people she met along the way that she treasures most.

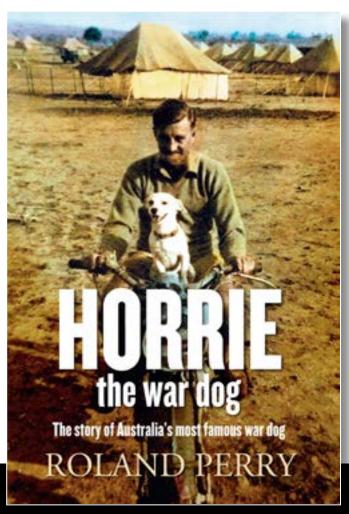
Do you have a Red Cross story to tell?

In preparation for their Centenary celebrations, Australian Red Cross is calling for people to share their experiences and memories of Australian Red Cross, including people who have stories related to the Korean War (1950-53) and the Vietnam War (1962-75).

To share your story, or that of someone you know, visit www.redcross.org.au/centenary

HORRIEthe Wardog by Roland Perry

THE GREATEST HOAX IN AUSTRALIA'S HISTORY



Friday, 9 March 1945 at Sydney's Quarantine Station, a little terrier was put down by order of the Government's Department of Hygiene. What ensued was months of national outrage over the 'murder' of a war hero. To explain why, we must go back four years to a remote North African desert during World War II ...

Two despatch riders of the First Australian Machine Gun Battalion, Private Jim Mo ody, 29, and Don Gill, 22, were blasting their bikes through the Libyan desert when they found a starving puppy on a sand dune. The boys took him back to camp where Horrie, as Jim called him, became the battalion's mascot.

Due to his exceptional hearing, which picked up the whine of enemy aircraft two minutes before any human, Horrie was soon known to everyone as a saviour. This little Egyptian Terrier's ritual of sitting, barking, and then dashing for the trenches had hundreds of gunners running for cover before their camp was bombed. This saved the lives of thousands of soldiers over the course of the war.

Against all the odds, Jim Moody never let down this four-legged hero, smuggling him from the Middle East to Greece, Crete, Palestine and finally to Australia, where to everyone's horror he died at the hands of the Government. Or did he?

The narrative of Horrie has lingered as part of the ANZAC legend, but now, Roland Perry offers us a complete account of this remarkable little dog's life ... hoax included.

about the author:

Roland Perry is one of Australia's best known authors. He has written 28 books, many of them going on to become bestsellers, including Bill the Bastard, Bradman's Invincibles, The Changi Brownlow, The Australian Light Horse and Monash: The Outsider Who Won a War.

ScienceMedicine&Technology

The Walter and Eliza Hall Institute: improving our community's health



Australia's first medical research institute,
Melbourne's Walter and
Eliza Hall Institute, has a long history of improving the health of people in our community. During times of war, the institute's scientists have turned their attention to health problems affecting our armed services, but war also deprived Australia of one of its most promising medical researchers.

A century ago, Australian medical research was in its infancy. In 1915, the Walter and Eliza Hall Institute of Medical Research was established with the goal of being "the birthplace of discoveries rendering signal service to mankind in the prevention and removal of disease and the mitigation of suffering". To lead such a bold initiative, a brilliant young Melbourne medical researcher, Captain Gordon Clunes Mackay Mathison was selected. Tragically, he never took up this position.

Mathison had left his position at the Melbourne Hospital in August 1914, to join the Australian Imperial Force's 2nd Field Ambulance at the outbreak of the First World War. On 23 April 1915, as Mathison was en route to the Gallipoli Peninsula for the 25 April landings, the Walter and Eliza Hall Institute's founding board nominated him to lead the nascent institute. Tragically, within a month, Mathison had been fatally injured in the field: war had deprived Australia of one of its brightest medical researchers.

A history of helping Australians at war Walter and Eliza Hall Institute researchers have always tackled health problems that are important to the Australian community. From the 1930s the institute led research programs on diseases such as scrub typhus and Q fever, which were substantial health concerns for Australians serving in Northern

Australia, New Guinea and South East Asia. In partnership with the Australian Red Cross, the Walter and Eliza Hall Institute established Australia's first blood bank in 1935. The institute's blood typing and blood storage facilities were used extensively during the Second World War, undoubtedly saving the lives of thousands of Australians. Continuing the fight against globally significant diseases

Today the Walter and Eliza Hall Institute is home to more than 750 scientists working to understand, prevent and treat diseases including cancer, immune disorders and infectious diseases.

In 1976, with support of the World Health Organisation, the institute embarked on a research program to combat malaria. Every year several hundred million people contract malaria from the bites of infected mosquitoes. More than 700,000 people, particularly children, die from malaria. Approximately half of the world's population is at risk of contracting malaria, yet there is no vaccine and antimalarial medications are ineffective in many parts of the world.

A team of more than 70 scientists at the Walter and Eliza Hall Institute are developing new ways to prevent and treat malaria. Development of much-needed vaccines to protect people in malaria-endemic regions is underway, with one vaccine now in trials at the Walter Reed Army Medical Centre in the United States.



LEFT:
During the Second World
War, Walter and Eliza Hall
Institute scientists worked
with the Australian Red
Cross to provide blood
bank services to Australian
troops.

Honour an Australian medical hero...

... and help our researchers to realise their potential



Captain Gordon Clunes Mathison was a field ambulance captain and doctor who lost his life in the Gallipoli landings.

He was also a brilliant young Australian medical researcher who was to have been the first director of Melbourne's Walter and Eliza Hall Institute, but was killed before he could take up his post.

We honour his memory with the Mathison Fellowship Fund, which supports talented young Australian scientists who are dedicated to improving health and saving lives; scientists like Professor Alan Cowman (pictured below) who is developing a vaccine for malaria.

By donating or leaving a gift in your will to the Mathison Fellowship Fund, you can honour Captain Mathison's memory and contribute to leading Australian medical research.

For a confidential discussion about how you can support the Mathison Fellowship Fund, call:

Susanne Williamson
Head of Fundraising
Walter and Eliza Hall Institute
T 03 9345 2962
E donationenquiries@wehi.edu.au
W www.wehi.edu.au



ScienceMedicine&Technology

"LOOK FOR THE SIGNS BEFORE THEY DISAPPEAR"— AUSTRALIANS ASKED TO LOOK OUT FOR THOSE AT RISK

This National Missing Person's Week, Minister for Mental Health and Ageing, Senator Jacinta Collins, is asking Australians to look out for the signs of those at risk of going missing, and to seek appropriate support.

Minister Collins said that of the 35,000 people who go missing in Australia every year, half of those people are young Australians. And in most cases that person is experiencing a mental health issue.

"Importantly, help is available for people who are going through a tough time, and need support to get their lives back on track", Minister Collins said.

The Labor Government has made mental health a priority, with a record \$2.2 billion investment in mental health over five years from 2011-12. As part of this investment, we have committed to develop 90 sustainable headspace sites around Australia by 2014-15, with more than half of these sites already operational.

"Thanks to Labor, headspacehas a particular focus on homelessness and those at risk of homelessness, as does our landmark \$550 million Partners in Recovery initiative for those with very serious mental illness." "Living with a mental illness can severely affect a person's ability to cope with everyday life. In some instances, this can lead them to leave without telling their loved ones. In other instances, a person may not even know they are missing," Senator Collins said.

Minister Collins said that people suffering from Alzheimer's disease and other dementias are also at an increased risk of going missing.

"When people living with dementia wander

from their homes or other safe environments, they are sometimes unable to remember why they left, where they are, and how they can contact carers or get home."

Through the Living Longer Living Better aged care reforms, the Government has committed \$268.4 million to tackle dementia. This funding aims to support people with dementia to access appropriate care and to remain in their homes and communities for longer.

If you are worried about a loved one who wanders due to dementia, you can call the National Dementia Helpline and referral service on 1800 100 500 for information and advice.

Anyone across Australia experiencing a personal crisis can contact Lifeline on 13 11 14.

For further information on National
 Missing Persons Week, what you can do to help someone at risk and how to recognise the signs, visit: www.missingpersons.gov.au

AUSTRALIA'S QUIETEST HOSPITAL

A team of CSIRO scientists have carried out sophisticated acoustic studies, in a quest to help create the quietest hospital in Australia.

The new Royal Adelaide Hospital, due to be completed in 2016, will have 800 beds and world class facilities including a helipad sitting atop its south west corner.

While the helipad will assist in patient transportation, it does present one problem. From 20 metres away, helicopters create over 100 decibels of noise (equivalent to being in the front row at a rock concert) which is not very conducive to patient rest.

Facade manufacturer Yuanda Australia has been contracted by builder HYLC Joint Venture to supply the hospital with its external windows (all 70,000 square metres of them). Yuanda's contract states that noise reduction must be considered when choosing glazing materials.

The team from CSIRO's acoustics lab in Melbourne has been working alongside Yuanda's engineers, measuring the performance of the windows to ensure that the South Australian Government's stringent sound-proofing requirements are met.

To undertake the measurements, the team custom-built a brick wall between two cavernous sound chambers to hold sample windows. A standardised sound source generated noise in one chamber, while sound intensity and pressure levels were measured on the other side of the glass.

According to CSIRO project leader Dr Christopher Preston, this allowed the CSIRO team to assess how well the glazing would perform when exposed to the noise of a helicopter.

"To ensure that all areas of the hospital meet the sound insulation requirements, a range of different window configurations had to be evaluated," Dr Preston said.

"This meant the brick wall had to be knocked down and rebuilt about a dozen times in order to hold different facade elements."

The results showed that Yuanda's glazing systems would effectively reduce the impact of helicopter noise on patients.

CSIRO's acoustic laboratory is one of the few facilities in Australia equipped to perform the low frequency measurements required for this type of assessment.



By working with companies like Yuanda, Dr Preston said CSIRO was helping better match building products to the needs of the Australian community.

According to Yuanda engineer Gareth Winstanley, with the testing phase now complete, the glazing is ready for production.

"When it is finished the new Royal Adelaide Hospital will be the quietest hospital in the country," Mr Winstanley said.

CSIRO's Infrastructure Technologies group is internationally renowned for its work in facade systems, having assessed some of the world's most iconic buildings including the Chanel Ginza building in Tokyo and the Lucas building in Singapore. Locally, the acoustics team has conducted testing for the Sydney Harbour Tunnel, as well as Sydney Airport.

Nicholas Lezard: Putting the case for professional critics

'What I want when I read a book review is to find out what someone cleverer and better read than me thinks'

It's an Amazon out there ... Nicholas Lezard. It happened a couple of years ago, during the chitchat that sometimes takes place among backgammon players in a tournament, that my opponent, who had learned that I was a book reviewer, asked a follow-up question: what was it about my opinion that made it more worthwhile than his?

At the immediate moment of its delivery, all I could register was the insolence. Had my opponent been a carpenter, or a physicist, or a hedge-fund manager, no one would have asked him what made his decisions in his line of work any more worthwhile than anyone else's. (Although I gather that once you know how to cheat, being a hedge-fund manager is in fact a doddle.)

But the question rankles, especially when you look below the line these days and see the invective that can boil beneath what you might have thought was a well-considered or graceful piece of writing. "Everyone's a critic," ran the old line the world-weary author could deliver when faced with some obtuse criticism; now it is, for all practical purposes, true. And it does leave the professional critic wondering, during those long, dark nights when sleep eludes her or him: what is the point of me?

It's a pretty sharp question for me, if I may speak personally. I've been writing about books professionally for 28 years, and it's been my main source of income for 23. There have been periods of my life when it's been my only source of income. (And they will not, should I ever write an autobiography, be recorded in a chapter with the title "The Years of Plenty".)

But now it appears that I am wasting my time and that of other readers, for who needs the opinion of a professional critic when all one has to do is read the opinion of the pseudonymous commenter or Amazon reviewer? "Dull, grim and inpenitrable. [sic] To me it came across a heartless tale [sic], I did not find myself empathising strongly with any of the characters or caring if they succeeded of [sic] failed," said one customer review of Ulysses. Well hats off to her for at least trying; and indeed, as she says later on, the book is not for everyone.

That was a cheap shot, I know, and one could delve into history and find plenty of contemporary professional critics making far more obtuse and malicious judgments about the same book; and there are other, more thoughtful reader reviews of the same book on Amazon I could have picked to suit my

purposes, only not as vividly.

It's a question of perceived authority. The whole point of leaving a comment below the line is to advertise the fact that you are not above it, or above yourself, so to speak; a cat may look at a king, and any reader with an internet connection can say what she likes in the space provided. But horses for courses, please. When I look on Tripadvisor to see whether I am going to be staying at Fawlty Towers or not, I consider most people are capable of spotting rats in the serving dishes. But I do not feel the same way about reactions to artistic endeavour. What I want when I read a book review is to find out what someone cleverer than me and better read than me thinks about whatever's being reviewed. There are plenty of such people about: it's why I read the literary pages of the daily and Sunday papers whenever I can. Except, of course, for the Sunday Times, because they gave my book a rotten review. Let it not be said that we critics are incapable of pettiness once we turn gamekeepers and find ourselves on the wrong end of an unfavourable opinion. For, as Martin Amis has pointed out many a time, and all critics have known instinctively from the moment they started out properly, the literary critic has to respond to the work in the same medium as the work being examined: language. You don't paint a review of a painting or express your opinion of a ballet in the international language of dance. But if you're going to say what's wrong with Amis's new novel then you're going to have to use the same tools he uses, and if yours are rusty or cheap or poorly made then you're not going to be in a fair fight.

Not that mine are necessarily the shiniest and sharpest in the box; but they're good enough to keep me in work, touch wood, for all that critics these days feel they're the canaries in the cultural coal-mine (although I think the first canaries started littering the floors of their cages when it became common practice to award stars out of five; the words beneath this little row became reduced to little more than the justification for the number given. Publications that resist this trend should be given some kind of award, really). The best critics are the ones who spot or coin the telling phrase, who have done enough research to know when writers are plagiarising either themselves or someone else (and what the difference is between a rip-off and a knowing reference), or who have reading and frame of vision

DRUG RAISES HOPES

Melbourne researchers say a promising new melanoma drug that Ron Walker credits with saving his life could treat other cancers, including advanced breast cancer.

Researchers from Peter MacCallum Cancer Centre reported in October that the combination of a new anti-PD-1 drug with an immune system therapy shrank and cleared tumours in mice with advanced breast cancer and advanced sarcoma – a type of cancer found throughout the body in structural tissues such as muscles and blood vessels.

Their research, published in the journal Clinical Cancer Research, found that the combination of the two treatments shrank tumours in about two-thirds of mice with sarcoma. In some cases, the cancer was eradicated.

The researchers, led by Associate Professor Phil Darcy, Associate Professor Michael Kershaw and Dr Liza John, said they hoped to replicate the results in mice with other cancers and establish human clinical trials within three years.

- Julie Medew (www.theage.com.au)

wide enough to compare like with like, intention with intention, across years or cultures if necessary, and who can either honourably salute or insert the stiletto as appropriate. Most importantly, they should be open to surprise or wonder in the face of the unexpected or new. Sadly, one suspects that someone who thinks "inpenitrable" is a word is not going to have these abilities in any abundance. Which is perhaps unfair, because the question of Ulysses's possible heartlessness that my mocked correspondent raises is one that is proper to raise (refutable, but still proper).

And so I attend, reluctantly, to the question of elitism, which I suspect will be a word cropping up beneath the online version of this article. (Those reading the newspaper version will have to content themselves with writing in ink after the final full stop.) It's what my backgammon opponent was basically accusing me of; but what he meant, I'm pretty sure, unless of course he was just simply being rude, was, "Why don't I get paid to review books, too?" To which the answer is: why don't you have a go? Only start like most do, by sending your stuff straight to the literary editors, instead of fighting for space beneath the line. While we still have literary editors. Nicholas Lezard's Bitter Experience Has Taught Me is published by Faber.

- The Guardian (www.guardian.co.uk) (www.theguardian.com.au)

COLONEL LUKE FOSTER, AM, CSM

Luke Foster joined the Australian Regular Army in 1979 and graduated from the Officer Cadet School Portsea into the Royal Australian Army Ordnance Corps in December of that year.

Whilst posted to the 8th / 9th Battalion The Royal Australian Regiment, in 1983, Luke transferred to the Royal Australian Infantry Corps. Since that time he has undertaken a variety of regimental appointments in infantry battalions including Rifle and Administration Company Second in Command, Mortar Platoon Commander, Intelligence Officer, Company Commander, Operations Officer and Battalion Second in Command.

Luke's regimental life has been interspersed with training and staff appointments at the First Recruit Training Battalion (Platoon Commander); School of Infantry (Officer in Charge Support Weapons Wing); Directorate of Infantry (Captain and Major levels) and Army Headquarters.

During 1994 to 1996 Luke was posted, as the Training Adviser, to the paramilitary branch of the Vanuatu Police Force, the Vanuatu Mobile Force. For his role in this appointment he was awarded a Conspicuous Service Medal (CSM) in the 1997 Australia Day Awards. After attendance at the Australian Army Command and Staff College, in 1997, Luke was posted to Army Headquarters in Canberra. The most enjoyable aspect of this posting was his tour to the Peace Monitoring Group in Bougainville, during the Christmas/New Year period 1998/1999, as the Operations Officer Monitoring Team Arawa. Following Army Headquarters he was posted, in December 1999, to the 2nd Battalion The Royal Australian Regiment as the Second in Command. Luke was promoted to Lieutenant Colonel in December 2000 and posted to Canberra in the Office of Defence Force Reserve Policy. In January 2002 he was appointed as the Defence Adviser Honiara (with non-residential accreditation to Vanuatu). For his role in this appointment he was appointed as a Member of the Order of Australia (AM) in the 2005Queen's Birthday Awards. On return from Solomon Islands Luke was appointed as the Deputy Director International Engagement -Army (Army Headquarters). Luke returned to Solomon Islands in April 2006 as member of an Australian and International Delegation to observe the Solomon Islands election.

Port Moresby in July 2006. He was promoted to Colonel and assumed the role of Head of Australian Defence Staff / Defence Adviser -Port Moresby on 15 January 2007. For his work in this appointment he received a Chief of Defence Force Commendation and was honoured in the PNG New Year's Honours List with a Distinguished Military Service Medal.

Luke assumed his appointment as Chief of Staff 1st Division on 16 December 2009. On 1 January 2011 he was appointed Commander Joint Task Force 637 (Operation Queensland Flood Assist) in

response to the Whole of Government support to the Queensland flood disaster.

Luke is married to Lorraine Morgan. He is a struggling golfer, enjoys scuba diving and has a Masters Degree in Defence Studies and a Masters Degree in Arts (International Relations).

The Last Post: Welcome to The Last Post magazine and thanks for taking the time Luke. How are things up there?

Col. Luke Foster: Things in Timor-Leste are fantastic, you know. Since the draw down of United Nations troops and personnel and also from the Australian and New Zealand personnel, the last of the international stabilization force. Everybody has moved on and continued to progress here in Timor-Leste. We, the Australian Defence Organization continues to support the military in Timor-Leste in developing it's capabilities.

TLP: How long have you been up there for

CLF: Well, this time around I've been here since January, 2013 and previously I was here as Commander of the International Stabilization Force for 15 months, commencing that job in June 2011 and finishing on the 1st October, 2012. I was also here in December, 1999 through to January,

TLP: Timor-Leste, Luke. What is it that draws you to this area?



CISF Message

"It is a privilege to be commanding the troops of the International Stabilisation Force in East Timor, representing the only ANZAC force currently deployed overseas.

East Timor is a thriving democracy that is making considerable strides and we are here at the invitation of the Government of Timor-Leste to support its security forces to maintain a stable and secure environment.

We are visitors to this beautiful country and we take great pride in being able to work alongside the East Timorese as the country continues to grow in peace and prosperity.

To every family in Australia and New Zealand who has a loved one serving here in East Timor, know that my primary job is to ensure everyone returns home safe and

To the people of East Timor, my responsibility is to ensure the ISF is constantly proactive in supporting the ongoing efforts for a stronger and stable community for all."

Luke Foster Colonel

Commander, International Stabilisation Force

CLF: Obviously in that first instance there was that significant work component to it, to assisting the Government of Timor-Leste to maintain it's security and support. Particularly when I was here as Commander of the ISF, we did a lot of work with the

Luke was appointed Deputy Head of Australian

Defence Staff / Assistant Defence Adviser -

Timor-Leste military and police and also the United Nations police in preparation for the elections that were held in 2012, both the Presidential elections and the Parliamentary elections, which I have to say was a great success and due, very much so, to the great work to the TLP security forces.

TLP: I guess too, on that level, there's many components to your work up there with the Timorese. What is some of the feedback you're getting and some of the observations you're noticing within that role of working with the locals?

CLF: It's an absolute joy. I have a small team of Australian Defence Force personnel. Two civilians and 25 uniformed personnel to provide support for the Timor-Leste Military Force in terms of trying to build their capacity and their development. We have a significant focus on English language training and a large program here with teaching the military English, with a view to their careers in the future. We also have a large component working with the local engineers, which is a great nation building capability. We have some work to do inside the maritime element and we're also working in the civilian component of the military defence organization's, trying to build that military capacity as well as having some people working in the military headquarters here trying to build the planning capabilities.

TLP: What's your understanding of the future of your role in Timor-Leste?

CLF: From a defence corporation perspective, we discuss formally with the Timor-Leste Government and with the head of the military and the civilian component and we discuss all these things through defence co-operation talks about how our support is best provided to continue into the years ahead. There is a recently released white-paper that support for the Government and military here will continue into the future and there are some exciting times there. We need to take one day, week, year at a time with the military personnel. They are great people to work with and are very grateful of our support and we will continue to work with them and the Portuguese and Kiwi's and American advisors who are in town as well.

TLP: Do you see this as being, if not the backbone, then a strong component of Australia's future relations with Timor? CLF: Yes it's a component and it's being built within that whole-of-Government framework for support for Timor-Leste. Obviously through a DFAT, whole-of-



Government led operation led by the Australian Ambassador here but also through the aid programs, specifically through AusAid programs. Also, there's a very strong component here with policing. The Australian Federal Police/Timor-Leste Police Development Program which means we're working with the TLP to strengthen their

TLP: You're right at the shopfront in terms of seeing the results of this co-operation. How does it feel to witness the changes, the progress that has happened since you first set foot on Timor, a while back now?

CLF: It's just magnificent. I go back to our relationship developing over time has been beneficial and has effected a lot of men and women within the force who have strong bonds with the Timorese people and those bonds continue. As a result of all of that good work that has gone on in the past, it's certainly helped my team and I continue the work into the future. When it comes down to it, we're here to help the people of Timor-Leste and the people of Timor-Leste are magnificent to work with.

TLP: How does a normal day start and finish for you up here?

CLF: It's a little different for me personally at the moment, apart from getting up before dawn, I go and do some exercises with a walk or run around the streets of Dili. At the moment I'm trying to learn the local language, so half my day is spent, in the morning at the Dili Institute of Technology in a class, trying to learn, struggling, the local language. That's good fun and that's great and it's an investment in the future. A lot of my team speak the language very well and I'm running to catch up with them.

TLP: Do you have many friendships that have been formed during your time in Timor? CLF: Very much so. In my classes and I have a tutor who has become a very good friend. I have friends, generally around town, whom we meet when we're out and about. Friendly and generous people.

TLP: How long are you liable to be here? CLF: My wife and I have volunteered to be here for 3 years. My wife is very keen to stay here for that 3 years and that's good, we've got a good couple of years ahead of us.

TLP: What have you got planned for Christmas?

CLF: My wife and I will be staying here in Dili over Christmas, which will allow



my Deputy and his wife to head back to Australia so they can have some time with their family. We expect for it to be quiet. A lot of the Timor-Leste people head back to their districts to be with their family for Christmas. We're expecting a quiet time and it'll be nice. I was here for Christmas, not last year but the year before with the ISF. Me and my team spent some time with the orphanages and helped to make sure some of the young and unfortunate children in the orphanages had a good time. I was never sure who were the kids, the children from the orphanages or some of my soldiers.

TLP: Who was Father Christmas? CLF: Funnily enough, I had a gentleman who fitted the bill perfectly!

TLP: Do you get out and about as much as vou'd like?

CLF: Not as much as I'd like. But, we're working on that as a team to try and get out and about more often and regularly. I did a bit of travelling as Commander of the Stabilization Force but not at the moment but we're working on it.

TLP: With the ADF role changing as Timorese become more familiar with independence, do you see an ongoing role for Australia here?

CLF: The Defence White Paper talked about an ongoing role and responsibility for us here, to work with the Timor-Leste military. I can only go on what's in the White Paper, that that will continue for some time with a series of talks and negotiations to take place over the years. We will certainly have our next lot of talks between our Defence Force and the Timor-Leste Defence Force and see what we need to change for the next 12 months for both sides. We have an interest in a secure and safe future n this region and that includes Timor-Leste. From an historical point of view, the people of Timor-Leste provided our troops with significant support during World War 2 and that strong bond continues today. Certainly, the men and women of the ADF remember the heritage of the ADF here in Timor-Leste in World War 2 and the support that was provided to Australian troops during that time. I think our time and money here is very well spent.

AIR FORCE'S LONGEST CONTINUOUSLY-SERVING OPERATIONAL FLYING SQUADRON MARKS 70TH ANNIVERSARY

With a remarkable unbroken record of service. Air Force's No. 38 Squadron in September marked the 70th anniversary of its formation.

No. 38 Squadron was formed at Royal Australian Air Force (RAAF) Base Richmond on 15 September 1943, and remains the longest continuously-serving operational flying squadron in the Air Force.

Chief of Air Force, Air Marshal Geoff Brown, congratulated all those who have served with No. 38 Squadron for their achievements.

"Over the last 70 years, No. 38 Squadron has worked continuously to support both peacetime and military operations, from supporting troops on the frontline to providing much-needed relief following disasters." Air Marshal Brown said in September.

"This anniversary is an opportunity to celebrate No. 38 Squadron's achievements, as well as remember those who paid the

ultimate price and lost their lives in the squadron's service."

To mark its 70th anniversary, No. 38 Squadron conducted a family day on September 14 at RAAF Base Townsville, and will host a reunion of past and present members in November.

Commanding Officer of No. 38 Squadron, Wing Commander Stewart Dowrie, explained the unit has come full circle since its establishment in 1943.

"On our formation, our role was to transport essential Defence personnel and light cargo across Australia and into New Guinea, and this is effectively the role we perform today," Wing Commander Dowrie said.

"No. 38 Squadron was initially equipped with the Lockheed Hudson as a light transport, and later replaced these with Douglas Dakotas that were flown until 1973.

"In 1964, the squadron began a 45-year legacy of flying the Caribou, an aircraft renowned for its short take off and landing capability."

No. 38 Squadron crews have supported Defence operations around the globe, including airdropping supplies to Australian Diggers in New Guinea and contributing crews during the Berlin Airlift.

It has flown pig bristles out of China during the civil war, supported British Special Forces in Malaya, and carried Her Majesty Queen Elizabeth II on a Royal Tour of Australia.

No. 38 Squadron has also supported peacekeeping operations in East Timor, the Solomon Islands, and along the Indian/ Pakistani border.

Today, No. 38 Squadron operates a fleet of eight King Air 350 aircraft from RAAF Base Townsville, using an integrated workforce of Air Force and contracted Hawker Pacific members. The King Air allows Air Force to provide efficient, reliable and effective airlift within Australia and the immediate region.

"We have a history of flying different aircraft in different environments, but our people continue to demonstrate the same spirit of getting the job done," Wing Commander Dowrie said.

"The No. 38 Squadron motto is 'Equal to the Task', which is an enduring theme of our 70 years of service."

- Information regarding the reunion will be available at: www.airforce.gov.au

CALLS FOR NATIONAL PEACEKEEPER RECOGNITION

For the fourth year a commemorative service will be held at the proposed site for a national memorial to Australia's contribution to international peacekeeping operations.

"With the recent recognition of the 48 Australian servicemen and women at the Australian War Memorial being a positive step forward, we are seeking public, corporate and government support to create this permanent memorial here in the nation's capital," said the Chair, Australian Peacekeeping Memorial Project Major General Tim Ford AO (ret'd).

"Additionally there are four Australian police officers who have died on peacekeeping operations, three in Cyprus and one in Solomon Islands, who are recognised on the National Police Memorial."

Major-General Ford said around major conflicts including Vietnam, Iraq and Afghanistan, peacekeeping operations form Australia's enduring international commitment since 1947.

"Peacekeeping, involving military, police and civilians, is an important part of the history of this nation, yet has been often overlooked as Australia's enduring mission over the past six decades.'

"As we approach the 70th anniversary of the first UN deployment to Indonesia, there must be stronger efforts undertaken to complete the national memorial and raise public awareness of Australia's proud peacekeeping history."

This year is the 20th anniversary of the withdrawal of the UN Force from UNTAC Cambodia and of UNITAF from Somalia.

Current peacekeeping operations:

- Twenty-five ADF members are serving in the Sinai on Op MAZURKA – a commitment Australia has undertaken since 1982;
- Op PALADIN is a commitment the ADF has undertaken under the United Nations Truce Supervision Organisation. Australia has provided observers in Egypt, Israel, Jordan, Lebanon and Syria since 1956;
- · ADF and Australian Federal Police (AFP) continue to contribute to the United Nations Mission in Sudan with the contribution consisting of police mentoring and specialist advisors; and
- For the AFP, the United Nations Peacekeeping Force in Cyprus (UNFICYP) remains one of the longest-running UN Peacekeeping missions. It was established in 1964 to prevent further fighting between the Greek Cypriot and Turkish Cypriot communities on the island with UNFICYP supervising the ceasefire lines; provided humanitarian assistance and maintaining a buffer zone.

- The full list of missions can be found at www.peacekeepingmemorial.org.au/missions.php

MADE EASY Tours

Easy Travelling From Australia

MADE EASY Tours are battlefield tour specialists.

We have extensive experience in taking travellers to Turkey, France & Belgium to follow in the footsteps of our ANZAC soldiers, with sightseeing tailored to those sites significant to Australians and New Zealanders.

We have been taking travellers to Gallipoli to commemorate ANZAC Day for 19 years, and to the Somme in France to remember "our other ANZAC Day" at Villers Bretonneux, and our soldiers who fought on the Western Front, for many years also – long before there was an official ANZAC Day service held here.

We have become well known for our Fully Escorted itineraries to Gallipoli, the Somme & Flanders. We also offer Personalised Tours of the Western Front and Normandy which are conducted by our Specialist Battlefields Guide (who lives in France). We understand that many travellers have a special connection to these places and as part of our service to travellers visiting this area, we offer the opportunity to request a "special visit" to a particular cemetery or other site during your tour.

Picture yourself at the Dawn Service at Gallipoli or on the Western Front and join one of our Fully Escorted Tours ANZAC Day 2014

MINI TURKEY WITH ANZAC DAY - 7 days

Highlights include visiting the Blue Mosque, Hippodrome, the amazing underground Yerebatan Cistern and a cruise on the Bosphorus. Full day tour of battlefields, cemeteries and memorials of the Gallipoli Peninsula ahead of the Dawn service at ANZAC Cove, following this we will walk to the special Australian ANZAC Day Service at Lone Pine.

After this tour finishes you can continue on and enjoy 'Splendours of Turkey'
OR fly to Belgium and do our 'Following our ANZAC's Tour'

SPLENDOURS OF TURKEY WITH ANZAC DAY - 20 days (Incl. Flights)

After following the Mini Turkey with ANZAC Day Tour Itinerary we continue on and visit, Ephesus, Bodrum, Antalya, Pamukkale and Cappadoicia.

ANZAC DAY IN THE SOMME

This tour commences in Arrars, an easy 50 minute train journey from Paris. We attend the ANZAC Day Dawn Service at Villers Bretonneux and the Bullecourt ANZAC Day Ceremony. On this tour you will visit Pozieres, Mouquet Farm, Le Hamel and Lochnager Crater. After this tour finishes there is the opportunity to continue on and join our "Following our ANZAC's" Tour.

FOLLOWING OUR ANZAC'S

Includes visits to Fromelles, Messines Ridge, Passchendaele, Polygon Wood, Landing Beaches of Normandy, Mont St Michel and attend the moving "Last Post Ceremony" under the Menin Gate in Ypres.

WESTERN FRONT BATTLEFIELDS PERSONALISED TOURS Departing any day

Somme & Normandy: 5 days / 4 nights Somme & Flanders: 4 days / 3 nights The Somme: 3 days / 2 nights

All Tours commence in Amiens where you will be met by our Expert Guide who specialises in Australian Battlefields of France and Belgium. Transport by Mini Bus (may be shared with other clients – maximum of 8 people per tour but usually less). Opportunity to request special visits to sites of interest. Add on to your European Holiday.

ANZAC CENTENARY 1915–2015 Service - Integrity - Experience - Professionalism

Register now with Made Easy Tours

Made Easy Tours is proud to announce its commitment to the Centenary commemorations at Gallipoli in 2015. Can you imagine us not being there? Or not taking you with us?

With more than 19 years of experience we know the ropes when it comes to visiting Gallipoli and in touring beautiful Turkey, working directly with our Local Turkish Operator. We are planning the most flexible range of tour packages to ensure your visit is as memorable and enjoyable as possible, as well as being suitably dignified on this major occasion of national commemoration. It is not the end of the world if you miss out through the ballot system, as we are planning to attend an alternative ANZAC Dawn Service on the Peninsular which is being planned.

MADE EASY Tours is the operator for the Victorian Premier's Spirit of ANZAC Prize – 2013, 2013 and 2014 Tours.

MADE EASY Tours are also your customised group specialists.

Are you a member of a school group, cadet unit, RSL branch, private club or other organisation organisation wanting to visit the battlefields of Turkey, France & Belgium, or Vietnam? We can arrange a simple itinerary or a detailed commemorative tour that is tailor made to suit your requirements. Contact one of our friendly, experienced consultants today.

For more information phone 07 3876 1122 or 1800 673 337 www.madeeasytours.com.au Celebrating 20 Years in Travel. Proudly 100% Australian Owned and Operated Lic. 3342118











Australians planning to attend Anzac Day commemorations at Gallipoli in 2015 can now access information on ballot arrangements ahead of registrations opening in November 2013.

The Anzac Commemorative Site at Gallipoli can safely, securely and comfortably accommodate 10,500 people. In 2015, this will comprise places for 8,000 Australians, 2,000 New Zealanders and up to 500 official representatives of all countries that served in the Gallipoli campaign.

Some of the places available to Australians will be reserved for special representatives including:

Widows of Australian First World War veterans – they do not need to participate in the ballot and will be included as part of Australia's official representatives, with a companion, if fit to travel.

Five per cent of places (400 double passes) allocated in the ballot will be reserved for



Australian direct descendants of veterans of the Gallipoli campaign – with preference being given to the sons and daughters of Gallipoli veterans.

Five per cent of places (400 double passes) allocated in the ballot will be reserved for veterans who have qualifying service or who have deployed on any operations outside Australia, whether they are warlike, nonwarlike or peacetime operations.

Five per cent of places (400 places) will be set aside outside the ballot process for representative secondary school children and their chaperones, to be allocated and managed through the states and territories.

Details on how to register for the ballot will be available later in the year.

- For more information on ballot arrangements including conditions for the ballot visit: www.gallipoli2015.dva.gov.au

FROMELLES FALLEN REMEMBERED FOR THEIR SACRIFICE

A Ceremony was held in Fromelles (Pheasant Wood) Military Cemetery in France in July to dedicate the headstones of five recently identified Australian First World War soldiers.

Minister for Veterans' Affairs and Minister for Defence Science and Personnel Warren Snowdon said Privates William Barber, Thomas Bills, Thomas Francis, William O'Donnell and John McKenzie were identified by the Joint Fromelles Project in 2013.

"Previously the headstones of these Australian soldiers were marked 'Known unto God,' now they include the names of these brave men," Mr Snowdon said.

Since 2008 the Joint Australian Army and UK Ministry of Defence Fromelles Project has resulted in the recovery and reburial of 250 Australian and British soldiers killed during the Battle of Fromelles on 19-20 July 1916.

"The joint project has resulted in the identification of 124 Australian soldiers to date, including the five identified this year.

"The identification project is a result of the great work and dedication of Greek-Australian Lambos Englezos AM, his research lead to the discovery of the burial site of these soldiers of the First World War. "The Battle of Fromelles remains to this day the worst 24 hours in Australia's war history: 5,533 Australians were killed, wounded, missing or taken prisoner of war in that one day."

Mr Snowdon said the story of the 1916 Battle of Fromelles, and the recovery of the 250 missing Australian and British soldiers from Pheasant Wood some 93 years later, will be told in a new museum, due to open in Fromelles early next year.

"The Australian Government has contributed more than €820,000 (approximately 1.15 million AUD) to the development of a new Battle of Fromelles Museum, adjacent to the Fromelles (Pheasant Wood) Military Cemetery," he said.

The Museum is one element of the Australian Remembrance Trail along the Western Front, a commemorative trail highlighting key sites along the Western Front that allow visitors to interpret the Australian experience of war.

 An overview of the Australian
 Remembrance Trail sites is available at www.ww1westernfront.gov.au.

A CRITICAL MOMENT IN THE FIGHT AGAINST WORLD POVFRTY



At the turn of the millennium, the world leaders of 189 nations, including Australia, gathered together and committed themselves to tackling global poverty. Their Declaration gave rise to eight Millennium Development Goals (MDGs) to be achieved by 2015. While great progress has been made over the past decade, many of these goals will not be fulfilled: Around the world, a quarter of a million women still die in childbirth each year and eight million children die annually from malnutrition and preventable diseases. One billion people remain in extreme poverty and 20 per cent of the poorest in the world live in countries near Australia.

The Bishops identify five groups that should be a focus of renewed efforts to eradicate poverty: those who are hungriest; disaster-affected communities; Indigenous peoples; those with disabilities; and those uprooted from their homelands by conflict or oppression.

But this year, the Government has announced major cuts to international aid. Indeed, both major parties reneged on promises they made in 2010 to lift

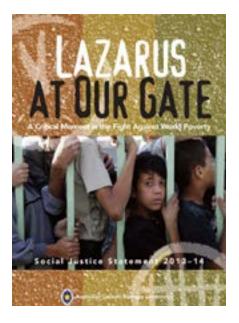
On 29 September, the major Christian denominations celebrated Social Justice Sunday - an annual event focused on gospel values of charity and justice. The Catholic Bishops of Australia issued a major statement on the occasion; Lazarus at Our Gate: A critical moment in the fight against world poverty. The Statement draws on the Gospel reading Luke 16: 19 - 31.

Australia's aid commitment closer to the international standard of 0.7 percent of Gross National Income (GNI).

Bishop Christopher Saunders, Chairman of the Australian Catholic Social Justice Council, said, "Australia has a new government. Australia has taken a seat on the United Nations Security Council. And next year, Australia will host the G-20 economic summit in Brisbane. Our nation has a historic opportunity to be a force for peace and generosity in the global response to poverty.

"As we approach the 2015 deadline for the MDGs, this is the time for a recommitment to eradicating extreme poverty. Australia is a rich country whose economy is healthy by comparison with most others in the world. The Government's proposal to cut \$4.5 billion from the forward estimates for the foreign aid program represents a serious departure from Australia's commitment to lift aid funding from 0.3 to 0.5 per cent of

"What are we to say to those in extreme



poverty who lie like Lazarus at our gate?" Bishop Saunders asked.

- The Statement and associated resources can be downloaded from the ACSJC website: www.socialjustice.catholic.org.au

AUSTRALIAN PERSONNEL COMPLETE TIMOR-LESTE OPERATION

The Australian Defence Force has formally concluded Operation ASTUTE in Timor-Leste and has redeployed all troops and equipment to Australia.

Chief of Joint Operations, Lieutenant General (LTGEN) Ash Power said a small number of Australian Defence Force personnel returned home to Australia on 27 March 2013 marking the end of the Australian-led International Stabilisation Force.

The last commander of Joint Task Force 631, Lieutenant Colonel Mick Sasse, flew into Australia after the final handover of Australian bases to the Government of Timor-Leste.

Lieutenant General Power said the latest mission in the fledgling nation started on 25 May 2006 in response to a request from the Government of Timor-Leste and had been a success in restoring public order and stability.

"Personnel from Australia and New Zealand are proud of the part they have played in assisting the Timor-Leste security forces efforts to restore stability to their nation," LTGEN Power said.

"Overall, the ADF is proud to have assisted the Timorese people in the quest for self determination and governance. We all look forward to continued strong relationships with Timor-Leste defence personnel into the future.

"Approximately 29,000 deployment orders have been issued to personnel, some multiple times, to Timor-Leste since operations in the young nation started with International Force East Timor (INTERFET) in 1999.

"Our personnel have done an outstanding job to build relationships based on mutual respect and have maintained a strong rapport with the people of Timor-Leste throughout our involvement since the first deployment to the country in 1999."

The end of the operation was declared after the Helicopter Point of Disembarkation became the final base to be handed over this year to the Government of Timor-Leste [25

Other bases to be handed over include the Aircraft Point of Disembarkation at Dili Airport on 18 March 2013 and the Forward Operating Base "Camp" Phoenix on 21 February 2013.

Australia's three Army Black Hawk helicopters, four infantry platoons, 102 vehicles and more than 50 shipping containers of equipment have been returned to Australia since November 2012.

Other items including infrastructure and some vehicles have been gifted to the Government of Timor-Leste following significant consultation.

Australia will continue its strong security relationship with Timor-Leste through the Defence Cooperation Program, which will continue its mission to support the development of the Timor-Leste Defence Force.

A team of 24 Australian military and civilian personnel will remain in TimorLeste to provide training and mentoring support to the Timor-Leste Defence Force and the Secretariat of Defence.



by Peter Goers www.adelaidenow.com.au

The Diggers return to remember, heal, laugh, cry, be together again and help. To understand. To relive pain, power, find poignancy and even pleasure in pilgrimages of born-again young men in baggy greens walking again into the light green.

They need to understand the change in the place and in themselves. Psychic. Physical. Emotional. Their time in Vietnam defines them.

I was honoured to be included in a party of vets, non-vets, proud, loving sons of vets. Some vets return frequently to do good things and some were returning for the first time in over 40 years.

Our group of 16 was led by Bill Denny, Director of Veterans SA (and the man I revere most in SA) and "Tich" Tyson, who has a heart as big as Texas and rounds up pilloried street vendors and takes them to lunch.

Bill organised our visit to a Catholic orphanage with mostly shockingly disabled orphans, many the hideous victims of napalm and Agent Orange.

Our group and South Austalia's Veterans' Affairs Minister, Jack Snelling, had a whip around and raised \$2000 (42 million dong) and bought a tonne of rice and a truck full of nappies, milk, supplies and toys.

Generous young fellows Will Denny and Geordie Mulhall had gathered three suitcases of pharmaceutical supplies from Adelaide. We came, we saw, we consoled. Every bit helps.

The Viet vets fought an unpopular, unnecessary war and they feel it deeply and privately. I have never known a more generous, forgiving, accepting, empathetic, humanitarian. loving group of men. I salute them.

They embrace old Viet Cong enemies and former South Vietnamese allies alike and hold each other in pain and the bittersweet joy of survival. Of the shared struggle. Smiles erase fear of the unseen. Of the horror. They are one again. Life and death, has endured in honour of remembrance.

Ho Chi Minh City is 12 million people in orderly chaos. It's a city of motorbikes, sophistication, style and economic vigour.

Here is capitalist communism in a nation of shopkeepers and restaurateurs. I sit outside the famous old Continental Hotel at the disarmingly named Cafe Bourgeois watching hundreds of proud students graduate from university at the Metropolitan Opera House, pondering that 40 years ago I'd have been behind a wire fence to deter grenades.

The Vietnamese are kind, polite, welcoming. persistent, honest and tough. Actually, we're all tough but get soft. The Vietnamese just got tougher to win two wars last century against all odds.

We travelled by hydrofoil to Vung Tau, the main town of the Australian forces from 1962-72. Vietnamese food is challenging to plain eaters such as me although I loved hot chilli frogs, braised ostrich, cuttlefish, snails and rabbit. I didn't venture into the many ways to wok a dog.

Beer is (read this and weep) 25c a glass. Some restaurants are flyblown and I saw rats running away from the kitchens. I soon settled for my beloved club sandwiches.

We ranged out everyday across the

The Viet vets were strangers in a strange land fighting a useless, hot Cold War proudly and with guts. Both the Diggers and Vietnam are much less strange now.

Australian province. We band of brothers commemorated the immortal Battle of Long Tan at its simple memorial in teeming rain in 30c ponchos and three little Vietnamese tykes joined us in our prayers for living and dead, service and sacrifice. Lest they forget, too. Tears ran into the rain.

At Nui Dat, we paused to remember our own entertainers at Luscombe Bowl. Engineer Roger Cooke was among us remembering roads he'd built, most still extant. He's so proud of the progress and development that emerged from devastation.

We walked up the perilous Long Hai Hills - the VC stronghold bombed, strafed, defoliated for a decade - past modern pagodas, an exquisite memorial hall and up the mountain to my epiphany. We emerged through jungle to stand on a large concrete stage of a 350-seat amphitheatre. Even in this jungle, even in this terrible place, the VC was entertained. Show business - no matter how difficult and dangerous - is eternal.

John Spencer recalled paying meagre reparations to the families of collateral damage and paying informants. Tough.

We swam in the South China Sea. Seeking former South Vietnamese amputees, we took the bus down a narrow street in a fishing village and gathered among Vietnamese who had never seen a westerner in the flesh. We were curiosities but welcome. Surreal.

We cried dry hot tears. We laughed. Bill Denny's snatch of Vietnamese "Put up your hands or I'll shoot" gets an odd reaction in a restaurant.

A visit by cable car in Vung Tau to a communist Disneyland - the Cloud Lake Cultural and Ecotourism contains an ostrich farm, stables, a fake waterfall, a very happy Buddha, a cinema (5D, it says) and an alpine bobcat ride.

Pain persists but the panacea is progress. A Digger sees a soldier with a rifle pointed at him. The Digger kills the combatant who is actually a 10-year-old girl. Try living with that.

An old Zippo lighter bears the adage "Peace is today. And tomorrow is yesterday". Nothing changes in war except locale. But our Diggers leave and learn to return and remembrance is help. But they also never leave a war and last week we were all only 19.

Peter Goers can be heard weeknights on 891 ABC Adelaide peter.goers@news.com.au

The Aboriginal and Torres Strait Islander War Memorial, Torrens Parade Ground, Adelaide, South Australia.

To be unveiled by the Governor-General at 11.00am on Sunday 10 November 2013.

Many Australians do not realise that Aboriginal and Torres Strait Islander men and women have volunteered to serve in every war in which Australia has been involved.

They have been involved in every conflict and most peace-keeping missions from the Boer War to the current day in Afghanistan. Regrettably it is not possible to accurately determine how many Australian Aboriginal people have served in the Australian Defence Force. That is because Government policy has varied over time. At various points Aboriginal people were discouraged or prohibited from enlisting – prompting those who wished to enlist to remain silent about their cultural heritage. While it is known that significant numbers of Aboriginal people served, identifying them in service records that did not record Aboriginality is difficult but is the subject of ongoing research.

Aboriginal and Torres Strait Islander soldiers have been decorated for gallantry, wounded in action and been taken as prisoners of war. Many lost their lives and, tragically, they lie forever in foreign lands away from their "country."

The Aboriginal and Torres Strait Islander War Memorial was first conceived in 2007. The task of fundraising was approached in earnest in 2012 and the required funds were raised.

The generosity of South Australians was a sure testament to the perceived merit of the Memorial.

The construction is well underway and it is expected to be concluded well before unveiling and dedication by the Governor-General on Sunday, 10 November, 2013. It is hoped that the memorial will, in due course, be afforded national status.



The Aboriginal and Torres Strait Islander War Memorial will truly recognise the significant contribution made by Aboriginal and Torres Strait Islander people towards the security of our nation in times of great peril. It will draw together the final threads of the rich tapestry of remembrance that is so much a part of the ANZAC spirit and, more broadly, what it means to be Australian.

The Memorial

The Memorial will comprise a Ceremonial Centre. Culturally significant elements will include a Coolamon, the Rainbow Serpent and a granite boulder.

The Coolamon will be the central artefact to hold the ritual fire that will be lit to honour and remember those who have served. The Rainbow Serpent is a national symbol that tells the story of the creation period. To Aboriginal and Torres Strait Islander people the creator spirit is presented in a variety of physical forms, most notably in the physical representation of the Rainbow Dreaming Serpent.

The memorial rock demonstrates the Aboriginal people's connection to land, stories, to each other and their close connection to the past. Inside the war memorial rock lives an ancestral being who safeguards and protects the memorial.

The Memorial Site

The site chosen for the war memorial has two significant, culturally diverse historical aspects. Before European settlement the area around the River Torrens was named Karrawirraparri by the local Aboriginal people, the Kaurna (literally Red Gum Forest River'). The Torrens was and still is important to the Kaurna because of the shelter afforded by the red gums and the food obtained from them. They fished, hunted and gathered, and held ceremonies there.

The Torrens Parade Ground is the memorial heartland of our State. It has a long-standing military association dating back to colonial days and has been used as an assembly point for troops departing on active service, and as a base for many army units.



Private Gordon Charles Naley

1st Australian Imperial Force World War One 1914-1918 Gorden Charles Naley was the son of William Naley, the station manager of Mundrabilla Station near Eucla WA, and an East Mirning woman whose name is not known. He was born at Mundrabilla Station on 20 January 1884, and was adopted by the wife of one of the station owners.

Gordon was working as a labourer when he enlisted in the Australian Imperial Force on 17 September 1914, less than seven weeks after the outbreak of war.

Posted to the 16th Battalion, Gordon took part in the Landing at ANZAC on 25 April 1915 and the fierce fighting on Pope's Hill at Quinn's Post in the following month. In late May 1915, he was evacuated with enteric fever, and due to hospitalisation in Malta and in England, could not rejoin his unit in France until August 1916. Gordon fought

in the Battle of Mouquet Farm a few days after rejoining the 16th Battalion, and after a bout of mumps over the winter, fought in the Battle of Bullecourt in April 1917 where he was wounded and taken prisoner by the

Gordon was repatriated to England in January 1919. Two weeks later he married Cecilia Karsh at the United Methodist Church, Fulham. He had met Cecilia whilst she was working as a nurse's assistant during his long recovery from enteric fever in 1915/16. The couple shipped back to Adelaide on 23 July 1919 and Gordon was discharged on 21 September 1919.

Cecilia and Gordon Settled in Barmera and had six children, Gordon died at Myrtle bank on 28 August 1928 aged 44 and was buried in the AIF Cemetery, West Terrace, Adelaide.

vour rslatvvork



Alice Springs

The Alice Springs RSL Club has undergone a transformation. After major renovations the Club has recently resumed full trading, under the management of Brad Carter. Brad has assembled a team who will ensure your visit is relaxing and enjoyable. The outdoor Long Tan Bar is available for functions and is a great place to enjoy a cold beer on a warm evening. And when the weather cools, fire pits keep the atmosphere toasty.

Head Chef Turei Harogan offers an exciting menu selection. Delicious platters, traditional Schnitzels, Roast Chicken and the Special Alice Springs RSL BLT Burger are just a few of the mouth-watering temptations to choose from.

Alice Springs, in the heart of Australia, has an interesting connection with the Military. During WW2 there were as many as 8000 troops stationed there. Currently the town is home to a NORFORCE Squadron and both RAAF and US Air Force personnel. The RSL Club boasts a unique collection of Military Memorabilia. The Museum is undergoing renovations, and pieces from the collection are being redisplayed in their new environment with accurate interpretation.

The Alice Springs RSL sits just beneath ANZAC Hill. It is a spectacular experience to watch the sun rise over Central Australia from the ANZAC Hill vantage point. ANZAC Day and commemorations, including the Dawn Service and March, are well attended by the local community and

visitors. Services are held on ANZAC Hill, a memorial from which the best views of Alice Springs are gained.

Entitlements and Welfare staff from RSL South Australia regularly visit Alice Springs. Assistance and guidance for current and ex-defence personnel ensure support is given through issues such as: transition from the military and negotiating the military entitlements system for those well into their retirement. Appointments can be made with an Entitlements Officer through the South Australian RSL State Branch on 08 8232 0322.

If you are a veteran travelling to the Red Centre make sure you call in and introduce yourself to the committee and club management who will be only too glad to make you feel at home and to help with their local knowledge.

There is room for your van around the back if need be and you will certainly get a great meal at a good price.







John Newcombe

The Last Post: Thanks very much for joining us here at The Last Post John. What have you been up to lately?

John Newcombe: Well, earlier in the year I'd been to Wimbledon, doing the telecast over there to Australia with Channel 7.

TLP: After all these years, Wimbledon, does it still hold that magical feeling for you?

JN: Yeah, absolutely. I first went over there in 1961 to play. I'd just turned 17 and I'd been dreaming of that opportunity since I was 9 years of age and that was a magic moment when I first arrived at Wimbledon to look at it, take it all in and go out and have a practice. I still have that same feeling today and that's quite a few years later.

TLP: Do you keep in contact with any of those people you met during those early days at Wimbledon?

JN: Yes, there's still some that are around. I've only missed one year since 1961 and that was 1975 when I had to have a cartilage operation over in the United States during that period and I couldn't make it, so that's the only year I've missed. Every year I go back there are lots of friends I get to meet and catch up with, friends that I've had for many, many years.

TLP: How different is the game now, from those early years?

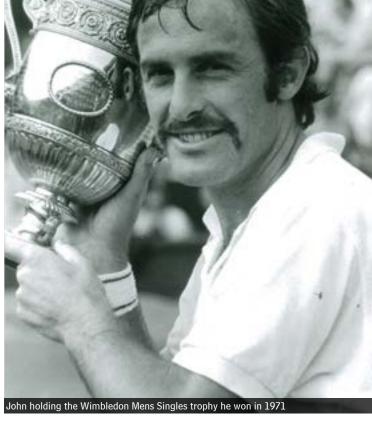
JN: Wimbledon itself is still Wimbledon. You can build new buildings and the old number one court isn't there now, it's been replaced on that site by a magnificent building which houses the players restaurant, lovely gardens there for them to sit and relax in. There's also the Members enclosure in that same building where the members all go for lunch and afternoon tea. The new number one court is on another site altogether. Some of the outside courts have changed, they have a lot more seating around them and the practice courts used to be pretty rough down at Orang Park which is part of the whole complex but that's been all done up now and those courts are in superb condition and there's even a building there where the players can go and have lunch while their practicing and there's change

rooms. All of that's been added but the history of Wimbledon, the smell of it is still the same as it was in 1961.

TLP: As a youngster you were involved in a number of sports. What was it that lead you to tennis in particular?

JN: During the 50's we had some of the best players in the world and

this is while I was growing up. I was born in 1944. So if you look at the mid-50's I was around 10 years of age in '54 and it's around that age that dreams can get planted in kid's minds. That was the year, around then that Frank Sedgman had been the number one player in the world and then along came Ken Rosewall and Lew Hoad followed by Ashley Cooper and Neale Fraser and Rod Laver. We had heroes in other sports but tennis had captured the public's imagination because we were doing well internationally and winning Wimbledon and championships and The French Open. A lot of talented young sportsman – some dreamed of becoming cricketers, footballers, whatever it may be, a certain amount of them would have had dreams of going over and playing Wimbledon and representing Australia in Davis Cup and that is what captured my imagination. Listening to the 1953 David Cup at Kooyong at home in Sydney, crouched by the radio, four days it lasted. Listening to Hoad and Rosewall beat the Americans and the next year, 1954, the same final against the US was played out at White City in Sydney and my Dad took me out to watch that. The dream was planted. That's what I decided I wanted to do. At 12 years of age I was very good at cricket, pretty good at Rugby but I couldn't do that and play all the tennis I was playing at that time and do my studies as well. My parents said that I couldn't continue with the tennis and play all the other sports as well so you need to make a decision if you want to play the other



sports and just play tennis socially or give up the rest and concentrate on tennis. It was left up to me but it really wasn't a hard decision. The dream was in my head.

TLP: When that dream was realized, when you became an international tennis player, were you prepared for what it was like? How did it feel, was it more than you thought it would be, was it less?

JN: By nature I'm an optimist so when I started to travel overseas I just assumed it was where I was supposed to be. I did well in a lot of tournaments but strangely enough, although I won the doubles at Wimbledon a couple of times at 19 and 20 years of age, I never reached the quarters of the singles at Wimbledon until my seventh trip and I was starting to just have little doubts if I could ever achieve my goal of winning Wimbledon. In my seventh trip I broke through and won and was in the final for four of the next five years. When I finally did win, the feeling was, well, I wasn't surprised, it was like, well, I've finally done it but gee, it took me a long time. Not a boastful feeling but it was like I had thought it was my destiny to win it.

TLP: Did things start steamrolling from then?

JN: Well, yes, I'd got to the final of the US, the year before but I think once you win a Grand Slam, in most cases you've now found the formula of how to work your way through two weeks involving seven matches and to be able to hold your form all the time. I'd give you the example of Roger Federer who was a brilliant young player

"THAT WAS A MAGIC MOMENT WHEN I FIRST ARRIVED AT

but couldn't break through in the Slam's. In 2003, I think he was 22 years of age and people were starting to question why can't he break through and he finally did and won Wimbledon and once he'd won Wimbledon and found the way to do that, he just kept winning them. You have to get that first one. TLP: How important is the Davis Cup and those memories for you?

JN: Oh, it's way up there. I have very vivid memories of the Davis Cup matches that I've played and very vivid memories of the David Cup team, when I was in charge in the 90's, with Tony Roche. I can remember all of the matches we played and what happened in them so the David Cup was always part of my dream, to not only play in teams that won the Davis Cup five times but to be captain of the team for seven years and win it in our sixth year and to help great young blokes like Pat Rafter and Lleyton Hewitt and Mark and the Woodies and Jason Stoltenberg and a host of others, to help them develop their potential and to become more mature young men and to have a good understanding of what it's all about.

TLP: Back in the 60's when Australia was so dominant in the Davis Cup, was it a forgone conclusion that you'd be playing in the final?

JN: In the 60's the Davis Cup was a different format which explains why we and the United States have won it so many times. If you won the Davis Cup you became the holder and you just waited to play the Final in your country while the rest of the countries played off for someone to become the challenger so, hah, we were always playing the Final if we were the holder, on our home turf in our conditions, our favourite surface was grass then. These days, you win the Davis Cup but you've got to go back in and beat other nations and half of those matches are away from home on their surfaces so it's a heck of a lot more difficult these days to win than it was in the 60's.

TLP: Your meeting and teaming up with Tony Roche. A match made in heaven? JN: Yeah, it was pretty interesting. That 1954 Davis Cup final at White City that I told you about, I was up there in the stands as a 10-year old with my Dad. My Dad was a dentist so we came from a middle-class family and I was going to a private school here in Sydney. There was a 9-year old kid sitting there with his Dad. Him and his Dad had driven up from Tarcutta and his Dad was the local butcher in Tarcutta, a town of 300 people back then, their phone number was Tarcutta – 1 and Tony Roche was having the same dream that I was. I only found that out years later. We were chatting over a beer

and when I found that out I thought it was unbelievable, having that same dream and becoming best friends and playing together and arguably one of the game's best doubles pairs ever.

TLP: Something seemed to draw you together.

JN: Yeah, we didn't start playing doubles immediately. My partner then, a few years older than me, Ken Fletcher, I played with for three years and had pretty good success but Ken got a chance to play with Roy Emerson so he dumped me and the selectors in their wisdom put me and Tony together and 12 months later we won the Australian championship, beating Roy Emerson and Fred Stolle in the final and then we won Wimbledon that year so, yeah. The first tournament we played was the NSW Hardcourt Championship down in Dubbo and we won that. So it was immediate success and our games sort of complimented each other well but our temperament are different and that helps to make you a stronger combination. I've got to say, in all that time, over all those years, we've never had an argument.

TLP: That's an achievement. Back in '73. You guys got together again for the Davis Cup against America, with Stan Smith and those guys.

JN: It's part of the history of tennis that when Open tennis came along in 1968 we were the dominant nation. We could've fielded three teams to win the Davis Cup. We had Rod Laver and Ken Rosewall, we had Fred Stolle and Roy Emerson, Tony Roche and myself and we had a number of other players who were pretty good. When the Open era came in we all signed 5 year contracts with Lamar Hunt and Championship Tennis out of Dallas. Although we were competing in all the Grand Slam tournaments, the National Tennis Federation said, 'anyone who has signed to be a professional with Championship Tennis cannot play Davis Cup. So, for 5 years none of us were allowed to play in the Davis Cup competition and of course America dominated the Davis Cup in those years and my suspicion is that the Americans engineered that move through the International Tennis Federation because they knew that we would've won it every year. When our contracts were over in 1973 Tennis Australia asked me if I'd play and I said yes. America were the holding nation so we went off with Mal Anderson and Geoff Masters and we played and beat Japan in Japan and India in India and then we were in a semi-final and Rod Laver and Ken Rosewall joined up with the team. We beat what was

then Czechoslovakia down at Kooyong and then we had to go to America to play them in Cleveland. The firs days play was pretty rugged. I beat Smith in 5 sets. Laver beat Gorman in 5 sets and then Neale Fraser put myself and Rod Laver in the doubles against Smith and Erik Van Dillen who had never lost a Davis Cup match, they felt pretty good about themselves but we gave them 5 games in 3 sets! Then we won the two singles on the final day. So we sort of proved our point. We beat them 5 zero and I have to tell you, we did go out and have a pretty good celebration.

TLP: What a team when you look at the names involved. My brothers and I were pretty excited to see Newcombe and Laver on the same team!

JN: Absolutely. Neale Fraser had the hardest decision any Davis Cup Captain's ever had. He dropped Ken Rosewall from the singles and doubles!

TLP: I spoke with Neale not so long back and he remembers it as one of his favourite times

JN: Oh yes, the whole campaign. We started off on a quest. Tennis Australia didn't have much money at that stage and from that campaign I think we made about \$120,000. I played for expenses only, I didn't take any money for playing. Then they asked me if I'd play the next year and I said that I would but only if they could show and prove to me that 25% of money we make will be spent on junior tennis. I forced them into making that agreement.

TLP: You were talking about Tennis Australia which leads me onto the Australian Open. How important is the Australian Open in the tennis calendar and also in the context of the Australian summer?

JN: Tennis Australia's done a great job with the Australian Open, first of all from moving from Kooyong to the new site at Melbourne Park and that then initiated a lot of moves. We're the first Grand Slam to have a roof over the Centre court. The first Grand Slam to have a roof over our Court Number one and now we're getting a roof over our Court Number two, the Margaret Court Arena and we're the first one to really create all our player facilities underground so players can walk around without being mobbed, great innovations that really put pressure on the other Slams to start improving their facilities.

TLP: How is Australia coping with the fact that we no longer have a handful of players in the top ten?

JN: We'll eventually come up with one or two in the top ten. When Tony and I took over the Davis Cup in '94 we had an objective to win but to do that we figured

WIMBLEDON AND I STILL HAVE THAT SAME FEELING TODAY."

we had to get three players who were in the top 20, preferably two of those in the top 10. We finished up with Rafter, Hewitt and Philippoussis but you've got to aim towards that goal. And you've got to be a bit of a shrewd judge to see who's got the potential to get there and then you've got to give them every bit of help you can for them to get there. Not by spoiling them but by getting to know them and their families and only then can you get to know what makes a person tick. From there you start to develop a trust between yourself and the player. That's important as a Davis Cup captain for the times when the going gets tough you're able to say the right things to guide through the crisis. I was pushing for Pat Rafter to take over the captaincy and he did that about two years ago. I think Pat's on the right path. He understands if you don't have the right culture, you won't be successful and that goes for any team sport. The stronger the culture, the better the results will be. We've got a couple of kids now with a lot of talent

but it's a long, hard road.

TLP: How are things in Texas, with the Tennis Ranch?

JN: Very good. The Tennis Ranch there has, over the years become an integral part of my life. Angie and I went there and started it when it was a run down dude ranch, with two friends from Texas. That was in 1968. We're talking 45 years. We've gone from strength to strength. One of my closest friends runs the ranch and over the years I've become the majority owner. Our programme is very successful and we have adventure camps there as well. We've acquired another 200 acres adjoining the ranch and we're about half way through developing that. I'm very proud of what we've achieved there and certainly the John Newcombe name has a long history and a very credible one in the town of New Braunfels, Texas.

TLP: With your history over all of what we've spoken about and the ranch going back to '68, you have a knack of making things happen. You had a dream, it happened.

JN: I sometimes think about those things Greg and I think the secret is to be ready to listen to good advice, heed the good advice and never think that you know everything and surround yourself with very good people. The friends I have have been friends for a very long time. I've got a Marketing Company in Sydney and my partner there, we went through school together and have known each other since we were 11 years of age. It's people like that I'm associated with that I like and trust and that's important. To have good people as your friends. Also to seek advice from those people and your chances of success are pretty good.

TLP: It's been a pleasure John and all the best for the rest of the summer.

JN: Thanks Greg. The same to you and readers of The Last Post magazine.

AUSTRALIA'S BRAD DREWETT DIES, AGED 54

We are all deeply saddened by the news of Brad's passing and our thoughts and prayers are with his family during this devastating time. Brad has always been a much loved friend and colleague to the Australian tennis family as well as an inspirational leader of our sport on the world stage. He will be sorely missed.

- Steve Healy (President), Steve Wood (CEO), Craig Tiley (Director of Tennis)

Brad Drewett, the president of the ATP, died in May at the age of 54 following a battle against motor neurone disease.

"The ATP is deeply saddened to announce that Brad Drewett passed away at his home in Sydney, Australia, earlier today," said an ATP statement.

"Brad, who served as ATP Executive Chairman and President since January 2012, had been suffering from Motor Neurone Disease.

"Our thoughts are with Brad's family on this extremely sad day for them, the ATP and the entire international tennis community. He will be sorely missed by all."

Spanish star Rafael Nadal was among the first to pay tribute to the Australian.

"A very sad day for the world of sports and tennis in particular. Our president Brad has passed away. Rest in peace," said Nadal on his Facebook page.

A period of silence was observed at the draw for the Madrid Masters which started on the Saturday following Drewett's death...

Drewett said in January that he was stepping down from his role with the ATP after being diagnosed with the incurable disease.

However, he added at the time that he would continue as executive chairman and president of the ATP until a replacement was

"It has been a privilege to serve as executive chairman and president of the ATP, an organisation that I've been a part of for more than 35 years since I became a professional tennis player," Drewett said.

"I hold the ATP very close to my heart and it's with sadness that I make the decision to enter this transition period due to my ill health."

Drewett won two singles titles in the early 1980s and rose to number 34 in the world

Since becoming ATP chief in 2012, he was instrumental in gaining increased prize money for players.

He was widely credited in helping to secure a larger share of prize money for the journeymen of the sport who more often than not fall at the first hurdle of the four

Stacey Allaster, the head of the WTA, described Drewett as a "great" administrator.

"Brad's contributions as a player and



visionary leader make him one of the greatest in making tennis the popular, worldwide sport it is today," she said.

"The recent prize money increases with the Grand Slams are perfect examples of Brad's brilliant strategic management, and another example of how much he cared about our athletes and the sport's long-term growth."

International Tennis Federation (ITF) president Francesco Ricci Bitti also praised the Australian: "His knowledge, experience and enthusiasm will be a great loss to the whole sport. We send our deepest sympathies to Brad's family and to everyone at the ATP during this very sad time."

Motor neurone disease, also known as Lou Gehrig's disease, is incurable. The life expectancy after diagnosis is usually three to five years.

DVA UPDATES

IMPROVED MILITARY COMPENSATION ARRANGEMENTS

The veteran and defence communities and their families are set to benefit from new military compensation arrangements passed through Parliament recently.

The changes include increased compensation, expanded eligibility criteria and improvements to existing military compensation arrangements

under the Military Rehabilitation and Compensation Act (2004) from 1 July 2013.

This follows recommendations accepted by the Government as part of the recent Review of Military Compensation Arrangements. The Government allocated \$17.4 million over four years to implement 96 of the 108 recommendations accepted in the Review.

A further \$14.6 million was allocated in the 2013-14 Budget in response to recommendation 25.1(a) regarding nonliability health care.

More than half of the recommendations will be implemented by 1 July 2013. Implementation of the remaining recommendations is ongoing.

 For information on the Review, including a full list of improvements applying from 1 July, visit the 'MRCA Review' tab on the DVA website www.dva.gov.au

REMEMBERING THE KOREAN WAR – 60 YEARS SINCE THE KOREAN WAR ARMISTICE

In July, the Deputy Chief of Air Force, Air Vice-Marshal Leo Davies CSC delivered the prologue and laid a wreath to commemorate fallen Australians during the Korean War.

AVM Davies was part of an Australian delegation with the Minister for Veterans' Affairs, Warren Snowdon and 15 Australian veterans of the Korean War, including a nurse, in Korea to recognise the 60th anniversary of the signing of the armistice which marked the end of fighting on the Korean Peninsula.

"It is an honour to recognise the commitment, courage and endurance of our fallen, and to meet veterans of the Korean War," AVM Davies said.

"Our veterans know the hardships, the horrors and the perils of the Korean War far better than I can possibly imagine. It was an honour to attend this commemoration with them today.

"In dark times, Australian and New Zealand service men and women on operations today, can look to your example and be inspired by those achievements. There were 18,000 Australians who served in Korea, of whom 340 made the ultimate sacrifice.

"The endurance and feats against tremendous odds will forever form a part of the Anzac story," AVM Davies said.

"This is our heritage. It is a humbling experience to meet the veterans and have the opportunity to share some of their reflections during the commemorative program."

AVM Davies represented the Australian Defence Force as part of an Australian Delegation. The Australian delegation was joined by Australia's Federation Guard to provide ceremonial support, supported by a Bugler from the Royal Military College Band and an Army Chaplain.

The Australian delegation later joined veterans from South Korea, and former allies from countries including the United States of America, the United Kingdom, Canada and New Zealand for several commemorative ceremonies.

GRANTS SUPPORT VETERAN AND DEFENCE COMMUNITIES

New avenues for social interaction and refurbishing facilities used by the veteran and defence communities are some of the important projects to receive funding in the latest round of Veteran & Community Grants, Minister for Veterans' Affairs Warren Snowdon announced in August

"This latest round of funding is supporting 21 projects across Australia, each one helping local organisations to provide invaluable social and support services to the veteran and defence communities and their families," Mr Snowdon said.

"I congratulate these organisations for their ongoing dedication and care for our veteran and defence communities. It gives me great pleasure to announce more than \$187,000 in funding to help these groups continue their important work."

Since 2008, some 1300 organisations have benefited from more than \$16 million in funding through the Veteran & Community Grants program.

Ex-service and community organisations, veteran representative groups, private organisations and support projects that promote improved independence and quality

of life for veterans are eligible for funding through the Veteran & Community Grants program.

"Australia's veterans, widows, widowers and their families and friends deserve a community that honours their service and sacrifice by continuing to support them and these grants help us do that," Mr Snowdon said.

"I encourage eligible groups to apply and help the veteran community in their local region. These men and women deserve our support in return for the service and sacrifices they, and their families, have made and continue to make today."

For further information on how to apply visit www.dva.gov.au/grants or contact your nearest DVA office on 133 254 or 1800 555 254 from regional Australia.

VVCS

SUPPORTING VETERANS, **SUPPORTING FAMILIES**

Supporting partners and children of veterans, as well as veterans themselves is a key focus of the Veterans and Veterans Families Counselling Service (VVCS).

VVCS recognises the unique issues military families can face and has developed specialised services to ensure families have access to tailored support.

When working with families, VVCS provides parents with a safe and supportive framework to work through issues that may be impacting on the family unit, and helps clients to enhance and strengthen their relationships.

Taking part in structured family counselling sessions is one way family members, including primary carers, can discuss the challenges they're facing and work towards strategies for more positive relationships.

VVCS also provides individual and couples counselling and group programs at 15 VVCS Centres around the country or through its national network of outreach counsellors.

VVCS counsellors can also link clients in with additional support or provide a referral to another service if more appropriate.

Services are free for veterans, their families and eligible Defence Force personnel. For more information, visit www.dva.gov.au/vvcs

VVCS can be reached 24 hours a day across Australia on 1800 011 046*.

*Free local call. Free call from Telstra and Vodafone mobiles. Calls from other mobile phones and pay phones may incur charges.

REMEMBERING AUSTRALIA'S SERVICE AND SACRIFICE IN **VIETNAM**

In August, The Minister for Veterans' Affairs, Warren Snowdon, urged all Australians to pause and reflect on the service and sacrifice of almost 60,000 men and women who served in the Vietnam War.

During the Vietnam War 521 Australians were killed and more than 3,000 were wounded over a decade of hostilities.

Ceremonies held around Australia on August 18th honoured the service and sacrifice of these brave men and women.

Mr Snowdon said Vietnam Veterans' Day marks the anniversary of one of Australia's most significant actions in the War, the Battle of

On 18 August 1966, while patrolling the Long Tan rubber plantation, Australian troops primarily from Delta Company, 6th Battalion, Royal Australian Regiment, and three New Zealand soldiers were attacked by a large and strong force of North Vietnamese and Viet Cong troops.

By the end of the Battle, 18 Australians had been killed and a further 24 were wounded. This was the greatest loss of Australian lives in a single battle during the war.

"Today we acknowledge the service of all those who fought and died in the Vietnam War, including the families of those killed and the veterans who still carry the physical and mental scars of their service today," Mr Snowdon said.

A national Vietnam Veterans' Day service was held in Canberra at 12 noon at the Australian National Vietnam Forces Memorial on Anzac Parade, Canberra.

Details of services that occurred in other states can be sourced from local RSLs or Vietnam veterans organisations. Please support the day in 2014.

For more information on the Vietnam War visit http://vietnam-war. commemoration.gov.au

- 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.

SUICIDE AWARENESS SUPPORT FOR VETERANS NOW ONLINE

The Minister for Veterans' Affairs, Warren Snowdon. announced in August that a new website, Operation Life Online. has been launched to assist veterans, Australian Defence Force (ADF) members and their families in learning about suicide prevention.

The website is the latest addition to Operation Life, the Department of Veterans' Affairs' (DVA) suicide prevention and mental health

Operation Life Online provides advice and resources for the veteran and defence awareness of suicide, from recognising warning signs and risk factors to learning ways to help in times of crisis.

Mr Snowdon said that Operation Life Online will offer advice to people in need of immediate assistance, regardless of the time of day or their location.

"It is a tool to build resilienc and to provide a direct channel to help when needed," he

Operation Life workshops are also available for people who are concerned about family, friends, mates or others in the veteran community. Attendance is free and people can register through the Veterans and Veterans Families Counselling Service

Tragically, suicide is the leading cause of death in Australia for men under 44 years

and women under 34, and current and former serving members of the ADF are not immune from this loss. However, support is available and awareness of suicide risk, could help save a life.

Mr Snowdon reminded the veteran community that free mental health treatment is available for eligible veterans without the need to lodge a DVA compensation claim, they just need to contact DVA on 133 254. Access to Operation Life Online is via

DVA's At Ease mental health portal www.at-ease.dva.gov.au

- Veterans and their families can access 24-hour counselling and support through the VVCS on 1800 011 046. In the event of an emergency, call 000.

FAMILIES IN FOCUS ON WORLD MENTAL HEALTH DAY

The Minister for Veterans' Affairs, Senator the Hon. Michael Ronaldson, encouraged members of the veteran and Defence communities to recognise the importance of family support in mental health recovery in the lead up to October's World Mental Health Day.

Minister Ronaldson said a new online video aims to raise awareness of the role of families in helping our current and ex-serving members of the Defence Force get the help they need.

"Families are often the first to notice that their loved one is not coping and there are signs of poor mental health that they can be aware of to encourage early support.

"Almost half of all Australians will suffer from a mental health condition at some point in their lifetime, but help is out there, and help can make a difference" said Minister Ronaldson.

The video is the latest addition to a series of mental health videos produced by the Department of Veterans' Affairs (DVA) and looks at how families cope

when their loved one returns home from deployment. The video is available for viewing online at the DVA YouTube channel at www.youtube.com/DVA Aus.

"The online video focuses on one of the key fears experienced by families when dealing with someone who is suffering from a mental health condition—how an overseas deployment can lead to a stranger returning home in place of the loved one who left.

"It explores how families, with the support of the wider veteran and Defence community, can face these challenges and be there to support and encourage their loved one to get the help they need.

"I encourage families to watch the videos (www.youtube.com/DVA Aus) and explore

the wide range of mental health information and self-help resources available on DVA's online mental health portal At Ease (www.at-ease.dva.gov.au)," said Minister Ronaldson.

Help is also available through the Veterans and Veterans Families Counselling Service (VVCS). VVCS provides counselling and group programs for veterans, their families and eligible Defence Force personnel. It is a free and confidential Australia-wide service that may be contacted 24 hours a day on 1800 011 046. Australian Defence Force personnel can also call the All Hours Support Line on 1800 628 036. In a crisis, call 000

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.

BUSH TUCKER MAN'S TRUCK ADDED TO MILITARY MUSEUM

One of the Australian Army's most famous vehicles, the Land Rover 110 4x4 used by former Major Les Hiddins, AM, in the first Bush Tucker Man television series in 1987, has retired after 26 years of service.

Minister for Defence Science and Personnel Warren Snowdon and the now retired Major Hiddins, presented the vehicle to the Darwin Military Museum, handing over the keys at a ceremony in Darwin in July.

Mr Snowdon said there were three co-stars in the Bush Tucker Man series – Les Hiddins, his hat and his Land Rover.

Les Hiddins was the Army's expert in survival techniques and had already spent several years researching bush tucker before starring in the ABC television series.

The Land Rover vehicle use in the first Bush Tucker Man series – Army Registration Number 48001 – made its first appearance



in Episode One of the first series, in which it was filled up with fuel at the Borroloola Inn before heading north to the Roper River.

"Les was supported in the Bush Tucker Man series by the North West Mobile Force (NORFORCE), the Darwin-based Army unit, which continued to use this particular Land Rover in the years following its brush with fame," Mr Snowdon said.

For much of that time, the Land Rover served as a basic reconnaissance vehicle for NORFORCE or has been used during exercises to transport stores or troops. It has also been put into service regularly as a range safety vehicle.

"As well as the vehicle's cultural significance, it also happens to be the very first of some 2,500 Land Rover 4WDs that were delivered to the Army between 1987 and 1990 as part of Project Perentie," Mr Snowdon said.

The Army is in the process of replacing its current fleet of Land Rovers with the Mercedes-Benz GWagons.



The Last Post: Thanks very much for your time Dawn and for joining us here at The Last Post magazine.

Dawn Fraser: It's my pleasure Greg, happy to be part of it.

TLP: What have you been up to lately? DF: I've been working as a Director on the Board of NRMA and I go to Sydney three times a month for board and committee meetings in that role and on top of that I continue to do various promotional work.

TLP: Where are you living now?

DF: I'm living on the Sunshine Coast.

TLP: Sounds absolutely fantastic. Do you get much time to swim?

DF: Yes, when the weather's fine. It's been a little bit cold here for the winter but the weather is better now so I'm happily swimming again.

TLP: You've always held a special place in the hearts of Australians, Dawn. You represented courage and talent in the pool. What's your take on our swimming situation at the moment?

DF: You know, we've been through a very bad time recently. Up to and including London. As for where it stands now, I think we're starting to get it sorted out. I think a lot of those involved, the younger generation swimmers, have had a good look at themselves and are starting to re-focus and to sort it out. There have been better results coming in, over the last few months from overseas and hopefully, a new beginning.

Dawn Fraser is Australia's greatest Olympian. In November 1999, Dawn was awarded "World Athlete of the Century" at the World Sport Awards in Vienna. In the same year was also awarded "Athlete of the Century" by the Australian Sports Hall of Fame. She was voted the person who best symbolises Australia and in 1998 was included as one of Australia's National Living Treasures. Dawn Fraser's sporting accomplishments are unlikely to be repeated - in swimming or any other sport. She is an international phenomenon: a multi-Olympic and Commonwealth Games Gold Medal winner whose success stretched over fifteen magnificent years. During her career she broke and held 41 World records and was undefeated over 100 metres freestyle. Dawn remains one of Australia's best-loved identities.

It had reached a stage where we weren't realising our potential.

TLP: Had we been going along too easily? With what happened, was it something we needed to happen?

DF: Sometimes that sort of thing does occur and especially in swimming, where it's been and remains a fundamentally team sport. If there's a few problems it can affect all and, yes, I think it's picking itself up now.

TLP: Swimming holds a special place in Australia's sporting history and you were and remain a strong part of that history with your achievements. How was that for you, to be suddenly thrust into the limelight? Was it a shock for such a young girl?

DF: From the beginning it was something I really wanted to do and it turned out well. I was very happy to do it and it meant a whole new chapter in my way of living. It was a period of my life that I really enjoyed.

TLP: It catapulted you to many things in your life to being hands-on examples of working with and within the community. You've been a publican too. In many ways that was community work too. Also a politician. What was your favourite time from all that?

DF: It became part of my education. It was part of learning for me and if we say that life is an education then I certainly lived it to the fullest back then.

TLP: Was being a politician something that came naturally for you or were you thrust

DF: It was a big learning curve for me, that's for sure. I didn't know very much about politics. I was asked to stand for Balmain because the then sitting member wasn't viewed as doing much for the older generation and they knew that I would do something for them. I had one term in parliament and it was learning 24 hours a

TLP: Your take on being Australian. What happens when you travel? Do you get treated in accordance to your history in swimming? Do people overseas still respect you on the back of that?

DF: There's no doubt that I get treated very well because of who I am and, also because I am Australian and my nationality and achievements are still, thankfully, recognised throughout the world.

TLP: Did you know from any early age that you were gifted in swimming?

DF: No, I mean it just all fell into place. I was an asthmatic and my first love was horses but that was a really expensive sport and, coming from a working-class family, we really couldn't afford to get too involved in the horses as a sport. Growing up with two brothers, I played lots of sports anyhow, cricket and rounders and football. Everything that my brothers did I did with them so it was a great love of sport, lots of different sports really, from a young age. A good childhood.

TLP: What's happening for Christmas, up there on the Sunshine Coast?

DW: We usually have Christmas Day as a family day with a few of our neighbours. As you know, it's mostly for the children so my grandson is the one that benefits from that! The wider family was involved when I lived in NSW but now it's mainly with my daughter and grandson. For Christmas, it's a lot of fun for us too, we go out jet-skiing and in the tinnies, spending time on the water, going down the river having picnics and things like that. It does get a little crowded on the beaches but we don't travel by land, we travel by water so that's the good part of it, and, while it's good to have tourists up here, we don't get too involved with the crowds.

TLP: Well Dawn, we here at The Last Post wish you and your family all the best for Christmas and thanks for joining us here.

DF: My pleasure Greg.

"FROM THE BEGINNING IT (SWIMMING) WAS SOMETHING I REALLY WANTED TO DO AND IT TURNED OUT WELL. I WAS VERY HAPPY TO DO IT AND IT MEANT A WHOLE NEW CHAPTER IN MY WAY OF LIVING. IT WAS A PERIOD OF MY LIFE THAT I REALLY ENJOYED."

REVITIVE

CIRCULATION BOOSTER®

Our most advanced circulation booster

Great health and an active lifestyle require good circulation. If you experience poor circulation due to age or a sedentary lifestyle, these symptoms can effect your wellbeing and prevent you from doing the things you love.

The circulation system delivers oxygenated blood and nutrients to the body, whilst at the same time removing de-oxygenated blood and waste substances. Symptoms of poor circulation may include: swollen feet and ankles, numbness, cramps or simply tired and aching legs.

The Revitive IX has been developed with leading UK universities, and is a clinically tested and drug-free solution to improve

REVITIVE

circulation in the lower legs and feet.

The device is simple and easy to use and incorporate into your daily routine, just 20-30 minutes a day whilst watching the TV or sitting at your desk.

The award winning design of the Revitive IX is our most innovative product yet and has been designed and developed with you in mind

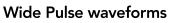
New developments

The new Revitive IX is our most advanced model, it includes:

The IsoRocker® System

Revitive IX allows you to operate the device in a fixed incline mode or utilising the new IsoRocker® System. In the IsoRocker® mode, as the contractions reach a high enough level, the unit will start to move. This system gently and involuntarily rocks the foot, allowing natural ankle joint movement to replicate heel toe raises, increasing circulation and reducing swelling.





Electrical muscle stimulation, using our new patent-pending Wide Pulse Waveforms, are our latest breakthrough in circulation technology. These optimised waveforms maximise the effect of stimulation, working the muscles in the feet and lower legs to help improve leg circulation.





For more information visit www..revitive.com.au

How the Revitive IX Circulation Booster can help

The Revitive IX Circulation Booster has been available in leading pharmacies since 2005 as a drug-free and non-invasive solution to improve leg circulation. If you are sitting or standing for long periods, even just a 20-30 minute session of the Revitive IX Circulation Booster is designed to help alleviate the symptoms associated with your legs being inactive.

What does it feel like?

Utilising electrical muscle stimulation, the Revitive IX activates the foot and calf pump to help improve circulation in the lower legs and feet. After placing both bare feet on the footpads of the device, increase the intensity level (from 1-99) until you start to feel the stimulation in your feet or can see the calf muscles contract.

Designed to:

Improve leg circulation

Reduce swollen feet and ankles

Alleviate tired and aching legs

Ask for a **FREE** In-Store trial

You may be eligible for a Healthcare rebate of up to 80%

Contact your HealthCare Provider to find out about TENS Machine rebates



Look out for these great REVITIVE® accessories:

- Gloves
- TENS Electrode Pads
- Cooling Foot & Leg Gel
- Carry Bag

Revive your day with REVITIVE

Dr Richard Reid has worked in the field of Australian history, and especially in the history of Australians at war, for over 36 years.

From 1983 to 1994, Richard was employed at the Australian War Memorial, first as an Education Officer, and then as a historian. As an educator, he helped produce a large number of resource kits for schools right around Australia on topics ranging from women at war to photography on the Western Front, using the Memorial's large archival collections. Richard was the Memorial's Executive Officer on the project which returned an Australian Unknown Soldier to the Memorial for reinterment in the Memorial's Hall of Memory on 11 November 1993. On that occasion, he also accompanied the Memorial's Director to France to bring home the Unknown Soldier. Between 1997 and 2013, Richard worked as Senior Historian for the Commemorations Branch of the Department of Veterans' Affairs. His numerous publications, aimed at a general readership, included works on the Australian experience at Gallipoli and on the Western Front in World War I. He was also responsible for the bulk of the research and writing for the Department's two premier websites on World War I - anzacsite.com. au and ww1westernfront.gov.au. These sites contain a wealth of information and story on the actual locations of especial significance to Australian visitors.

Richard has had extensive experience in leading tours to historical locations. He has brought many groups to Gallipoli and the Western Front, as well as having toured Ireland with people anxious to reconnect with their Irish-Australian ancestors

The Last Post: Welcome to The Last Post magazine Richard.

Dr Richard Reid: Very happy to be here Greg.

TLP: Richard, you've worked on Australian history and about wars that Australia has been involved in now for over 36 years. What have you learnt in that time?

RR: It's obviously an ongoing thing Greg, you learn and are learning all the time. I am involved in a Government project at Gallipoli which is surveying the surviving battlefield and trenches and things of that nature. I feel really privileged to have done that project and I'm still doing that and will go on doing that even when I've retired. I've also worked a lot in the field of education and Australia at war and I've also done a lot of work for material for Gallipoli and the Western Front in terms of the big website that the Government has called

Dr Richard Reid – War Historian



www.onewesternfront.gov.au and we have a lot of material there to help Australians who visit the Western Front and want to know in France and Belgium, you know, where should they go over a period of one, three, five days, things like that. So the basic answer is I've been doing this for a long, long time for the Australian War Memorial and the Department of Veterans Affairs, the Australian Government so I've had a fair bit of experience in thinking about the importance of those places.

TLP: Another thing that appears pretty important in your work is your link with education. How important is it for the history to be learnt and observed and passed down accurately?

RR: I think it's very important Greg. I originally came to Australia from Ireland in 1972 and was a history teacher for 11 years in NSW in Wollongong. What I would say as a response to all of that is, helping kids in schools learn about Australian history in total, not just about one aspect, is extremely important. The aspect of Australia at war in the 20th century, particularly if we're looking at World War 1, was a huge cataclysmic event for Australians at the time and it's one of those things that young Australians should experience, as to what was it all about, not just in military terms although that's extremely important - you can't understand the war without understanding that – but also in terms of the

social impact on Australians throughout the war, on families and communities, on our society as a whole. It was a major event and it should be studied like that.

TLP: With the Gallipoli and World War 1 centenary's approaching it seems to have added significance for the everyday Australian. Is that a busy time for you, coming up?

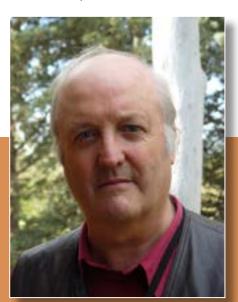
RR: It will be to a certain extent. As you know, I'm retiring from the Department of Veterans Affairs on November 7th but I will have an ongoing interest in doing things related to Australians at war, particularly with Gallipoli and the Western Front. I do conduct tours there, every year, taking Australians around the key sites. I think it's important for Australia, 100 years on to get a perspective on those events and to think, how did this effect our country? This would be for Australians on all levels, from old Anglo-Celtic Australians, like the original settlers who came here and obviously their families were hugely involved in the First World War but also for migrants who came here since 1945 and their families, who are now part of our culture. I think it's important for all of us to ask what was the significance of an event like that? How could you be an American citizen for example and not know what the Civil War did to America? These are big national questions that I think we should all ponder. We should take an interest in what has happened to the country in that

"I'VE BEEN WORKING WITH ALBATROSS SINCE 2000, ACTUALLY. I WAS HIRED FROM THE DEPARTMENT OF VETERANS AFFAIRS TO TAKE THEIR TOURS FOR THEM. I'M TRYING TO GIVE PEOPLE ON THOSE TOURS SOME SORT OF CONTEXT AND WHY THESE SMALL VILLAGES THERE HAVE BECOME SO IMPORTANT TO AUSTRALIA AND OUR HISTORY AND TO WHAT ACTUALLY HAPPENED DURING THAT PERIOD".

period of time and what has brought us to where we are now? World War 1 was a big event, certainly as World War 2 was and that has helped to shape the way Australia is.

TLP: Yes, and as you said before, it goes outside the military level and effects on a social scale as well.

RR: Hugely, hugely. If you think, I mean we started this by talking about the Western Front, I mean, Australia lost something like 45,000 men on the Western Front, In World War 2 we lost, across all the services, 39,000 roughly. That gives you an idea of what happened in the dimension of those 3 years, so far away from Australia in France and Belgium. There wouldn't have been a family in the country back then who wasn't effected by a man that was killed or wounded or came back so it penetrated society as a whole. It's also forgotten sometimes because it was not a pleasant aspect of it, but it was a hugely divisive war in this country. By the time you get around to the conscription debate in 1916 and 1917 between members of the Government and Government parties and Opposition, it was hugely divisive. It wasn't simple, it was very complex and just about everyone was involved in one way or another as to what happened in that war. Again, to understand how we are today, we need to understand that. Let me give you a nice quote on that, Malcolm Fraser, who was obviously Leader of the Liberal Party back in the 70's and early 80's and our Prime Minister, who you would think would be on the right of politics, said the worst thing a Prime Minister of this country ever did was when Billy Hughes, as Prime Minister, criticised Catholics for not



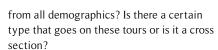
supporting the war. That's how divisive it was here.

TLP: Yes, maybe modern day Australians, or a fair swag of them, don't have a real idea of how divisive the Catholic-Protestant argument was. RR: That's right. And isn't it so good that it's gone. It's

something that needed to evaporate and it has but it explains a lot about how we were then and how we got to where we are now. It was a very bad bitterness that occurred and tells us a lot about what shaped Australia from then-on in. I think it's very interesting that that should be noted by Malcolm Fraser. TLP: Your role now with Albatross Richard. How's that panning out for you?

RR: Well, I've been working with Albatross since 2000, actually. I was hired from the Department of Veterans Affairs to take their tours for them, basically one tour a year, Gallipoli and the Western Front and now just the Western Front. I'm trying to give people on those tours some sort of context and why these small villages there have become so important to Australia and our history and to what actually happened during that period. Basically to help people understand what they're looking at when they go there and see the Australian 1st Division Memorial or the Windmill site. It provides some sort of sense of the place and how horrific it was at the time. It's picking out key places to give a sense of importance to what occurred on the Western Front with the AIF and Australia as a whole.

TLP: Is there an ongoing eagerness to learn



RR: That's a very interesting question. My first observation would be that it would tend to be the 50+ age group, they have the time and money to travel. Another group who are prominent are those who have some sort of connection with the battlefield, whether it be someone in the family who fought there or who is buried there. We will visit graves if they are on the tour route or relatively easy to access and it is there that people will often tell us the story, saying this is my mother's brother's grave, he died here in 1917. Things like that. The effect it had on the family. They can be devastating stories to hear and emotional to listen to but it can provide a type of healing for those involved. Having said that, the tours are specifically about visiting the sites and we have to visit them. These groups and others are always there and will continue to be so during the 100 year anniversary period.

TLP: It's been a pleasure speaking with you Richard and look forward to catching up again in 2014.

RR: It's been a pleasure to do it Greg. Thanks.

ANZAC Commemorative Tours

Western Front and Gallipoli



ANZAC Day on the Western Front Tours

ANZAC Day on the Somme - 6 days

Led by a specialist Battlefield Tour Manager this tour focuses specifically on the commemorative sites of the Somme battlefields. Staying four nights in the very heart of Amiens, close to Villers-Bretonneux allows for comprehensive sightseeing, quality touring and easy access to the moving ANZAC Day Dawn Service.

ANZAC Day on the Western Front -10 days

Starting in Paris we stay four nights in Ypres, where we enjoy visits to picture perfect Bruges, the cemeteries and fields of Flanders, and attend the moving 'Last Post' under the Menin Gate. In the Somme we stay three nights in Amiens and attend the ANZAC Day services and commemorations at Villers-Bretonneux. Includes the services of an expert War Historian.

Unforgettable commemorative touring experiences designed by expert War Historians

Gallipoli & Western Front Tours

The Spirit of ANZAC - 7 days

Following 2 nights in Istanbul, we stay 3 nights in the Gallipoli region to enable our highly experienced Battlefield Guides to unfold in detail the compelling stories on the very sites where the ANZAC Legend was born.

Turkey, Gallipoli and the Ottomans - 15 days

Perfect for those wishing to combine all the in depth commemorative sightseeing across the Gallipoli peninsula with extended touring south to Pergamum, Ephesus and Kusadasi, and inland to the limestone cascades and spas of Pammukale and the fairy tale chimneys and caves of Cappadocia.

All Quiet on the Western Front - 8 days

These summer departures are specifically designed for those wanting to experience a fascinating Western Front Commemorative tour later in the year. They follow exactly the same special in depth itinerary as the ANZAC Day Commemoration programme.

The Complete ANZAC Experience - 15 days

Why not follow the complete ANZAC story. Join us as we take you from the water's edge at ANZAC Cove, up the barren Gallipoli escarpments to the Nek and Lone Pine, and then across the haunting landscape and emotive sites of Flanders and the 'Bloody Somme' on the infamous Western Front.



For information on our 2014 ANZAC Tours call us on 1300 135 015 or visit www.albatrosstours.com.au

Lic No TAG 1374_ATG0571



The phone rings...

You are told there's been an accident and your child, critically injured has been rushed to hospital.

What will you do?

A critical accident can happen to anyone's child. It is unexpected and in an instant your life is irreversibly and dramatically changed. Your beloved child is suddenly in an unfamiliar hospital, connected to a dizzying array of mysterious equipment, surrounded by confident doctors and assertive nurses. Who are you? What is your role? Will your child survive? What about your job, your other children? How will you cope? Why did this happen to you? These questions and the vital support of these children and their families are our inspiration, motivation and absolute reason for being.

Are you aware that...?

Injury is the leading cause of death for children aged between I and I4 in Australia? Approximately 1000 children are hospitalised each week in Australia; more than twice the number of children hospitalised with cancer, diabetes and asthma combined.



Do you remember Sophie Delezio?

Sophie was critically injured ten years ago this December following a highly publicised accident while she was attending kindergarten.

Have you heard of the Day of Difference Foundation?

The Foundation was established in 2004 by Sophie's parents. Its purpose is to permanently reduce the incidence and impact of critical injury in Australia.

How does Day of Difference make a difference?

We must better understand the breadth and depths of the challenges faced by these children and their families throughout the trauma journey, and assess the health system's efficacy in addressing these challenges. Our six year Paediatric Critical Injury Research Program in partnership with the University of Sydney will gather the evidence to effect change.

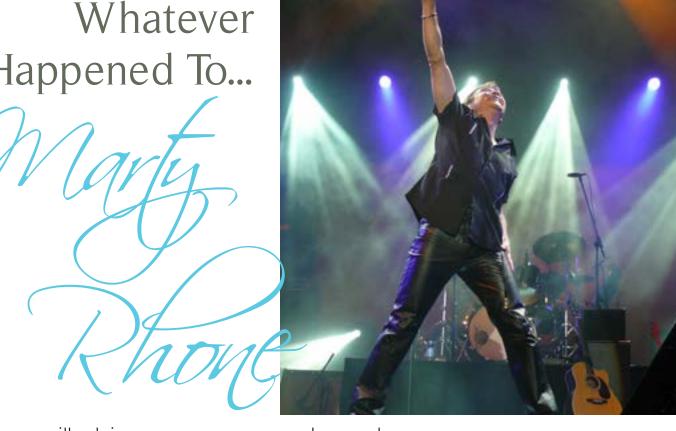
Where can I read about the Foundation and the Program?

Visit www.dayofdifference.org.au

How can I help the Foundation?

By sending a donation to:
Day of Difference Foundation
Suite 2, 38-46 Albany Street, St Leonards, NSW 2065
Call Julie Englefield on (02) 8920 9000 or email
julie@dayofdifference.org.au for more information.

Happened To...



During an illustrious career as an actor and singer Martin (Marty) Rhone has performed with and in front of some of the biggest names in entertainment. From the Rolling Stones to Yul Brynner; the Bee Gees, John Denver, Peter Allen and performed on stage in front of De Niro, Hoffman, Burt Reynolds, Sally Field, the late Princess Grace of Monaco, the late King Hussein of Jordon and the British Royal family.

He has played roles as diverse as 'God' (with a British accent), a Chinese shopkeeper, an overseer (with American accent). His mixed parentage enables him to be considered for many nationalities from European to Asian to American. He is in demand as a character actor because he can play many different ethnic roles with accent.

On consistency of performance there are few to match him, nor done or achieved as much as he has over such a long period theatre, television series, film, concert stage, No1 hit records 'Denim & Lace' and 'A Mean Pair of Jeans'. There are few that have a CV to match.

In recent times Rhone has moved into the film genre and is compiling an impressive catalogue of performances; the latest being his portrayal of the fugitive assassin Henry in the short film Snowmen and Master Long in the award winning 'Marble' by Chinese

director Realm Choong.

Performances as diverse as 'The King & I' with the late Yul Brynner at the London Palladium, Godspell, Machiavelli's La Mandragola, Jack the Ripper, winner of the 'Outstanding Performance Award at the World Popular Song Festival in Tokyo. Tours with Randy Crawford, Petula Clark, KC & the Sunshine Band and MC for Pope John II Youth Rally in front of 40,000. Whether it's acting, or singing, this guy has done it all and with great panache.

Marty recently took time out to speak with The Last Post.

The Last Post: Thanks Marty for joining us here at The Last Post. How are you? Marty Rhone: I'm good.

TLP: What've you been up to lately? MR: Lots of things. Firstly I've relocated from Sydney to Melbourne after having spent most of my life, apart from

being overseas, in Sydney. I'm enjoying it immensely down here in Melbourne. From a professional point of view, we've got the new music video that came out in August. That's exciting. On the acting front, the short film that was also released in August. The first screening was at The Dendy in Newtown and was well received and I'm doing some educational films for Universities in which I play a fictional character who is a clinical psychologist. That's exciting too.

TLP: You've done, and continue to work in a lot of areas. Stage, screen, singing. What gives you the most pleasure?

MR: I'd say music theatre. It covers the full gambit of talent and emotions. You're acting, you're singing, you could be dancing and you're engaging with a live audience. If you're lucky enough you're playing with an orchestra too. At the London Palladium in the late 70's and early 80's, I did The King and I with the late Yul Brynner. The highlight of my career.

TLP: Performing with those acts, John Denver, Bee Gees and Yul, was it a sense of stardom for you or was there something aside from that that you got out of it?

MR: We're all artists and every time you perform with these people, you learn. Every time I worked with Yul Brynner, for example, I got to watch a supreme artist at work. To watch a Hollywood superstar at work, only feet away, was a great thrill.

TLP: Back at the beginning, back at the very beginning, when Australia first got to know you as an artist, what was it, around '66 with 'Nature Boy'?



"HOW GOOD WERE THE 70'S FOR YOU? ... IT WAS THE DECADE FROM HEAVEN."

MR: That's right. 'Nature Boy' was my first ever single. Ironically, the B-Side of that single which was written by a band around at the time called Steve and the Board is a song that's gained more notoriety overseas was a song called 'Every Minute of You' which ended up on a couple of compilation albums overseas. The B-side was written by Carl Keats and Steve Kipner, the son of my record producer, Matt. Of course Steve was in Tin Tin and went on to write hits for Olivia Newton-John, Christine Aquilera, Chicago. To be around him in his early days was another great thrill.

TLP: How good were the 70's for you? MR: To date, my most successful decade. I was appearing in successful television shows like Number 96. Class of 75, Certain Women. I was appearing on stage in Godspell, The King and I, a song festival in Toyko in '76 where I won two awards. It was the 'Decade from heaven" and one that will be difficult to emulate. My feet were very rarely on the ground in that sense because I always seemed to be in the air, flying from one place to another. It was a time when things were happening for me but I had two nonshowbiz type parents who were always there to bring me back to earth if I ever looked like getting carried away. My father, though was a very well known musician up in Darwin at the time I made my first appearance as an eleven year old. He was a very accomplished jazz pianist and I used to sing with him on the piano as a child. He had been invited to play at the Boy Scouts Jamboree and asked if I'd like to come along and sing at the Darwin Town Hall. That was my first taste of a live audience, of applause and there was something very enticing about it. "This isn't half bad", I thought. That's where the seed was planted. Working in front of a live audience is the ultimate.

TLP: Full of dreams as a youngster? MR: Well, that happened on one occasion, when I fist heard The Beatles singing 'From Me To You' on the radio. It was like nothing I'd ever heard before. That reaction was the same for a lot of us, growing up at that time. The Beatles were a huge inspiration for me and others. They came along when music was fairly tired. There was nothing new on the scene. The surfing sound had come and gone and there was nothing inspirational happening and then The Beatles came around with a totally different sound and appearance and they changed our lives. Mine and millions of other people. They galvanized my interest in music and in pursuing a career in the industry. I have a lot to thank The Beatles for. I was in the front row at Sydney Stadium when they performed there in '64. I camped out at 3.30am to get tickets from a music store in George Street. I was out at Sydney Airport to see them arrive in pouring rain and a gale. I remember that time very clearly and yes, as we were talking about before, 2014 is the 50th anniversary of the Beatles Australian Tour.

TLP: Yes, and we were talking earlier about your song, 'So You Want To Be A Pop Singer'. So under rated, what inspired it, who wrote it and what on earth happened to it?

MR: I wrote the song, not long after I'd been called up for national service. I wasn't thrilled at being called up. I'd moved to Melbourne, I was forging a reasonably successful career for myself. I had a recording contract with Spin Records and, yes, so when I was called up for National Service I felt some bitterness. I asked myself

"I'VE BEEN WORKING WITH AN AMERICAN ACTING TEACHER CALLED HOWARD FINE WHO'S WORKED WITH BRAD PITT AND BRADI FY COOPER"

questions about how a Government can come along and pull me out of an industry I'd worked hard in and enjoyed working in and just whisk me off. I had no problems with it if it had of been one in-all in but the fact that it was done by a lottery system, I thought at the time it was extremely unfair. It penalized a number of people which I thought was very unfair. I became part of that. So I sat down and wrote what some saw as a comical but cynical view of the world and entertainment at the time in which I made reference to a lot of people who were around and were going to go on and continue their career. I wasn't feeling too flash at the time. Although the song is very much tongue in cheek, it's still a dig at what was going on. I was having lunch with Jeff Joseph the other day and having a laugh about it. Jeff was managing Ronnie Burns at the time and we've remained friends for all these years so, I guess, I couldn't have been too tough on them. The record was produced by the great John Farrar.

TLP: Another great Australian. We were talking about Steve before and John too, did very well in America.

MR: Yes, he went on to write those songs in Grease, worked with Olivia and so many things.

TLP: What's the future hold for you? MR: As I mentioned earlier, very much looking at my acting career. I've neglected it for too long. It's one of my great loves and, yes, things are going well. I've been working with an American acting teacher called Howard Fine who's worked with Brad Pitt and Bradley Cooper. A fine acting coach, highly regarded. To spend some time with him one on one was an exhilarating experience and one, I hope that will make me a better actor.

TLP: Age takes a back seat for a lot of Baby Boomers, with the philosophy that there's always room for honing your craft and to learn. You're a living example of 'keeping the ball rolling'. Thanks for being here.

MR: It's been my pleasure, Greg.

"...WHEN I FIRST HEARD THE BEATLES SINGING 'FROM ME TO YOU' ON THE RADIO. IT WAS LIKE NOTHING I'D EVER HEARD BEFORE."

Worth Listening, to.



I stood in the import shop and flipped through the rack of albums, looking for inspiration. Choosing a new album in 1974 was an inexact science and inspiration was what I needed because there was nothing much else to rely on. Countdown had yet to start broadcasting its flickering pop reality. Rolling Stone was one of the few music magazines available but had no feel for our antipodean music market. Mainstream radio stations fed us wishy washy pop fodder so, apart from the odd late-night music shows on television there weren't a lot of ways to reduce the guesswork when it came to buying an album.

I flicked through the rack of albums under 'A' and was half way through the B section when my ears pricked up- some kind of weird rocking guitar was wailing through the shop.

'Hey mate,' I called out to the bushy faced guy behind the counter in a cheese cloth top and denims. 'What's this you're playing?'

He looked up and his beard parted neatly in the middle as he spoke.

'Hey man, it's the new album by Roxy Music.'

I raised an eyebrow and moved on to the

next section of rock albums marked with a C. I checked the album cover art, and the liner notes of the section marked with H looking for information as much as inspiration, when I heard the sound of strange unearthly keyboards, or was it violins, or was it perhaps, a clarinet.

'Hey mate,' I called out to him over the noise of a jagged guitar. 'What's this you're playing now?'

He gave me a tired look. His beard twitched as he mumbled.

by Murray Walding

Roxy Music

'Man...it's Roxy music.' He sighed.
Both my eyebrows rose. Roxy Music? I'd heard of them. They were supposed to be big in the U.K. but like lots of overseas artists in the early seventies, their music never made it to our shores but whatever was pouring out of the import shop's battered Pioneer sound system, sounded great. By the time I'd got to the O section of the racks I was entranced and there seemed little point flipping through the rest of the racks.

'Hey, can I have a look at that album mate?' 'Sure man.' His beard twitched as he fished through the shelves and handed me the L.P. sleeve. I looked at the jacket and swallowed-hard.

'Wow. Okay, mate. I'll take it.'
His beard stretched as he smiled at me.
I showed it to the princess when I got back home and she raised her eyebrows at the two semi-naked Germanic ladies gracing the cover, in what I later found was a typical Roxy Music jacket design. This album was Country Life- their fourth, and first without electronic dilettante Brian Eno, who had been replaced by violinist Eddie Jobson.

Gone too, was Roxy Music's twisted glam-pop. This album saw the band delving into angst-fuelled art-rock; dark music that rocked, with white lightning flashes of brilliant musicianship from the band's driving forces of guitarist Phil Manzanera, sax player Andy McKay and keyboard player, crooner, and lyricist Brian Ferry. By the time their album had started to climb the charts, the original cover had been replaced by something more sedate, although the music was far from it...a blend of tough guitar hooks, jazzy sax flourishes and ethereal echoes of violin. It made for music unlike anything I've ever heard. And in doing so Roxy Music had captured that feeling you have after a big night. You've spent the night in your best three piece suit partying with a glamorous stranger. You've visited too many smoky crowded bars and you've stayed too late. You wake up with a strange feeling. Did something happen the night before that you regret, or is the regret because of something you didn't do? That bitter sweet feeling is something Roxy Music creates with Country Life. It still entrances me.



For people with a disability, travel can still be one of life's greatest experiences.

If in the past you have not travelled because it has all been too hard to organise, now you can leave it all up to AccessAbility Travel. You, your family and friends will be well looked after, everything will be organised for you right down to the very last detail which means that everyone can look forward to a wonderful holiday be it in Australia or overseas.

We have found three areas in particular which offer great accessible holiday opportunities these are cruising, travel within the USA, and travel within Australia and New Zealand.

Cruising is an amazing way to see the world and spacious accessible cabins and wide

open plan decks and facilities are ideal for everyone – wheelchairs, slow walkers, hearing impaired and sight impaired. Unpack once and do a lot, or do nothing, it's entirely up to you. We are accredited advocates for Special Needs At Sea and are accredited members of Cruise Lines International Australasia (CLIA)

The USA is perhaps one of the most accessible countries on the planet. It is a country we know very well having travelled extensively both on the mainland and in Hawaii, so we really look forward to being able to help you explore this very diverse nation.

We have some great contacts here in Australia and New Zealand if you wish to

stay closer to home and getaway, whether it is for a day or a month – accessible accommodation, cars, train travel, equipment hire and flights can be all arranged for you.

So it doesn't matter where you wish to go, we sincerely hope that you will let AccessAbility Travel help you, your family and friends to create your own memorable travel experiences.



Creating accessible travel experiences...whatever your ability



Maxwell has also edited the must-have publication for cricket tragics, the ABC Cricket magazine, since the 1987-88 season, and one of his most treasured pieces of memorabilia at his Woollahra apartment is a copy of the first ABC cricket publication, produced in 1934.

In the kitchen, he sometimes whips up a curry inspired by his many visits to India, and in the lounge room there's an imposing bookcase packed almost exclusively with books about cricket - a few of them written by Maxwell.

Maxwell grew up a cricket tragic in Bellevue Hill and has lived in the eastern suburbs all his life.

He has two sons: Oliver, 18 and Hamish, 22.

Maxwell started taking an interest in cricket aged about 10, when his father started taking him to the SCG.

At first he spent most of his time running around the Members' Stand picking up discarded soft-drink bottles to make a few bob. Later he and a mate would go to Sheffield Shield games filling in their scorebooks.

Maxwell's father was a lawyer and actor who loved the classics, while his mother was a gifted linguist who spoke Spanish, French, Russian and Italian and did a lot of work with Sydney's South American migrant community.

Away from his job, Maxwell loves playing golf now that he's too old for cricket. He also likes catching up with mates for a morning coffee and doing charity work through his role as president of the Primary Club of Australia.

And then there's punting. Even when he was at school, Maxwell operated as a bookie to his classmates.

At the ABC, Maxwell learnt his art from the intimidating Alan McGilvray, a chain-smoking, hard-drinking character who would head straight to the bar after each 20-minute stint in the commentary box. He copied McGilvray's exquisite technique, but has developed his own style, which is

far more conversational than the ''serious broadcasting'' of his early years at the ABC.

- Daniel Lewis www.smh.com.au

The Last Post: First of all, Jim, thank you very much for joining us here at The Last Post. What have you been up to lately? Jim Maxwell: The last two or three weeks I've been getting my head around being back in Sydney after having been spending summer in England.

TLP: What was that like for you, the Ashes series?

JM: Well, it was a wonderful summer and weather, which is something you always concern yourself with in England because it can be damp and a bit miserable at times but it was a one-in-ten year English summer so that was good but our cricket was a bit mediocre which is a little disappointing that we didn't turn up more strongly during the course of the series but most of us had forecast that this may be an issue and that we may struggle to win the series. We were competitive but 3-0 doesn't look like it.

TLP: No, it doesn't. What's at the base of the current problem? Is it something that can be fixed short term or are there bigger issues?

JM: It's a combination of experience, talent, leadership, getting more runs out of the top six. Who is our top six? We don't really know. Michael Clarke's back's a worry so I think we're going to be inconsistent for a while. We've got England at home and South Africa away so we'll do well to win either or both of those series. We're looking at a little bit of starvation as we go.

TLP: Sports wise, I believe you were at Sydney's Cranbrook School....

JM: Yes, that's where I was for thirteen years or something, yeah.

TLP: A good experience for you?

JM: A wonderful school in terms of encouraging individualism, not perhaps

like some of the other mainstream schools that get into what we used to describe as "military madness". We were very independent and were able to forge our lives accordingly. It's a school that's produced some remarkable people. You think of swimmers like Murray Rose, I don't know, business leaders like James and Kerry Packer. Diverse people like Gary McDonald who was so celebrated as an actor of various guises as well as being Norman Gunston. So there's been a variety of people across the sporting and academic and the arts....Martin Sharp's another that comes to mind, so I was lucky to have been at school with some good people which gives you a sense of direction because you get a social network through strong independent school's such as Cranbrook that can give you a little bit of the green light in life. Not that that really had anything to do with where I ended up other than the fact that I just loved playing cricket. I used to write a cricket magazine at school called 'The Cricket Chronicle". I was also the bookmaker at school, not quite as successful at that as I was as a publisher. It was one of those experiences that, as I look back, probably had some influence on where I am now.

TLP: Yes, Cranbrook may have been responsible there because you played cricket and played fairly well.

JM: Yes I played there in the A sides and ended up captaining the First 11 in my last year and we had a lot of fun. We had some good players, Jeremy Peterdon who had come from Ceylon as we knew it then, Sri Lanka of course. He ended up playing in the NSW Schoolboys side with Jeff Thomson, he was a very good all-rounder, we were lucky enough to have some very good players. None of them really went on and played cricket of any great significance because there wasn't the encouragement I suppose because you always had doors opening in

"... I JUST LOVED PLAYING CRICKET. I USED TO WRITE A CRICKET MAGAZINE AT SCHOOL CALLED 'THE CRICKET CHRONICLE". I WAS ALSO THE BOOKMAKER AT SCHOOL, NOT QUITE AS SUCCESSFUL AT THAT AS I WAS AS A PUBLISHER."

other areas and in Jeremy's case, he ended up being a stockbroker and most of them went into business of some sort and pursue their sporting interest beyond the occasional Saturday game or something. It was a good group of people to be around and a wonderfully relaxed sporting life at school. TLP: Happy memories and of course, you

toured with the Old Collegians back in '72? JM: Yes, 1972. I'd had a year in Uni and didn't like that so I worked for National Mutual Life as a clerk in Superannuation, all the time trying to get in as a trainee with the ABC, there were a couple of good cricketers there including Tom Spencer who played for Manly and he said to me one day, you've played a bit of cricket, why don't you come on the Collegians Tour and so I joined up with these guys and went on this extraordinary tour. It was the last world tour of the Australian Old Collegians which had been set up in the 1950's by Graeme Wallace Smith for those amateur cricketers who wanted to go and enjoyed playing cricket. We had a lot of good, first grade cricketers. Mick Hill was captain of the side and he played for New South Wales at that time. He was from Newcastle, there were a lot of Newcastle cricketers in the team and quite a few first graders from Sydney. We played Honolulu, San Francisco, in Canada at Victoria, Vancouver, Calgary, London Ontario. We played in New York, Washington, Bermuda and then ended up in England. There were 90 games played in about four and a half months on the tour. It was a fantastic experience and I ended up staying in England and playing down at Hampstead at the end of the tour. Ended up coming home at the end of September and my mother had cut out the advertisement in the paper for job in the ABC as a trainee which was the third time I'd applied for that job but I ended up getting it and started at the ABC in April the following year, April 1973.

TLP: So, you came home at the right time and your mother was good enough to cut that ad out for you.

JM: She always looked after my interests, that's for sure! So, yes, right place at the right time, all of those things. The other, previous jobs I's had a crack at, one when I was still at school. Peter Meares actually got that job and the next one, Gordon Bray got the job and, around it came again. Someone had actually taken the job but decided they didn't want to press on with it and went back into study and so they advertised it again and, after an audition at the SCG, sitting

in the back of the Noble Stand doing some commentary on the Pakistan-Australia Test Match. That was when Bob Massie and John Watkins put on a remarkable partnership, more off the edge than off the middle, that turned the game. I can still remember it because, later on, it came back to me when I ended up staying with Bob Massie in Perth. He said, "No point staying in a motel, come and stay out here". He was working with the ABC at that time and it was a wonderful little relationship that was going over those years where I stayed at Bob's place every time there was a Test match in Perth. All these connections you develop through cricket, it's extraordinary.

TLP: Bob Massie of course Jim, with those freakish figures of six for something over in England in the early 70's?

JM: Sixteen wickets at Lords, I was actually there during the Collegians Tour. Another extraordinary thing about that tour is we were all made honorary members of Lords which meant we could go into the Pavilion any old time and I was able to see quite a few of those wickets in that match in 1972 when he swung the ball late, both ways and England were mesmerized, they had no idea which way it was going to go so he had an extraordinary test match and his performance over-shadowed a very good century made by Greg Chappell which put Australia in a position where they could win the game. Yes, remember it like yesterday.

TLP: Gary Gilmour was another who swung the ball. Was there much difference in

JM: Well, he was left-arm, Gary. He was just a natural. I can remember at school, we used to play the combined northern districts High schools and in my last year we played against Gary and he blasted the ball everywhere, he made 80 and fortunately the game got washed out so we didn't have to face him. I reckon he might've been a handful. He was just a naturally gifted all-rounder. He probably didn't look after himself as well as they might today with all the wrap-around and ancillary staff that they have to make sure you're in good shape. He was just a brilliant, natural all-round cricketer.

TLP: I wonder if it's done us any good with all the looking after we do for players now.....I mean, Len Pascoe was another but back-up if you like to Lillee and Thomson, as was Max Walker.

JM: We were fortunate to have some depth with bowlers, as we do today, if you could get them on the park more often

that would help, in the case of the younger fellas. There's some good talent around today but we'll never see a Thomson/ Lillee combination again. I think Thommo's undoubtedly the fastest bowler the games ever seen and with his extraordinary catapult action he was almost impossible to pick up. So, he had those two brilliant years before he did his shoulder, 74/5 and 75/6. Still a fantastic athlete. If you ask him to touch his toes with his wrist he can still do it today so he's a very subtle, rubbery man.

TLP: I remember the '75 World Cup in England, some rasta's had come to see Australia play and the guy with the microphone asked them why and they replied, "We've come to see Thomson, man, because he's the fastest".

JM: Yes, and that's something Clive Lloyd and the rest of the Windies didn't forget after being beaten 5-1 in Australia, they returned fire with interest for the next fifteen years.

TLP: Yes, and what a great series Jim, that 75/76 series. Your tour of Honolulu and Canada etc, did it surprise you there was such interest in the game or did you already know that?

JM: Well, it was mainly ex-patriots. We played on synthetic pitches around the place. We'd heard there'd been quite a thing around Los Angeles where there'd been quite a bit of cricket played by the English actors in Hollywood but it was a bit marginalised. There's still quite a bit of it around now with Indian, West Indian and probably some English influence but it's certainly not an American game although it had the chance to be 130-140 years ago before baseball came along but the Americans wanted to do their own thing so they've ended up with sports like baseball and basketball.

TLP: I remember going for a walk around Toronto in Canada and stumbling across a cricket club there Jim so it was a bit of a friendly shock.

JM: Oh yes, the Toronto Curling, Cricket and Skating Club. That's quite a landmark. We went there on our tour. We didn't actually play there, we played somewhere else but, yes, that's a real landmark. They've played that Sahara Cup or whatever they call it and that's been going on for quite a few years so it's a bit stronger in Canada, being part of the Commonwealth, so it's a bit stronger there than it is in the United States.

TLP: Your job Jim, for those that follow cricket, it's very romantic sounding and an ideal job for many, travelling around the world and commentating on cricket?

JM: I suppose so, yes but, yes, there's a lot of people that would love to be doing it and I feel very privileged to be doing it, to have that opportunity. To be the conduit between the game and the fans. And to try and respect that fact when you're sitting there talking about it. It's a game that's blessed with great character and extraordinary theatre and it's a bit like storytelling, I guess when you're sitting there talking about a game of cricket because it can go over 4 or 5 days with six or seven hours a day and there's lots of fluctuations and that's one of the attractions of it and the fact that so many people love following it, listening to it, regardless of what patriotism they may have, you're just absorbed by the contest and cricket offers something unique in that regard. There's no other game that exists that can be played over such a broad landscape with 4 or 5 days of drama. It's lovely to be able to sit there and chat away about it. Unlike many fast moving sports, you do get the chance to sit there and talk with the person next to you and to indulge in a few other items that might be on the agenda out of left field and that's what radio allows you

TLP: I have watched suburban matches between teams I know nothing about and enjoyed the relaxation. It's so summer, the game. On a summer afternoon in Australia, it's the beach or cricket, and sometimes both. It seems to fit perfectly.

JM: Yes, it does and if you go along to those suburban ground wherever you'll see people there just sitting down enjoying the game. They might have a magazine, might be listening to the radio, reading a book and yes, there are plenty of people that do that down the beach too, over summer with the radio going in the background. It's an enjoyable and soothing pastime for a spectator at a game of cricket and it offers something special in that regard in terms of the relationships you can build up with the person alongside of you, talking about and watching what's going on out in the middle, so yes, it is unique.

TLP: A physical game of chess. Someone once said that if more countries played cricket, there'd be less wars. A big call?

JM: Well, certainly India and Pakistan seem to have a closer relationship when they're playing cricket while the rest of the time it seems to be an exercise in hubris between their leaders so if you could ever get the two Prime Minister's from those countries together around a cricket match you might have the chance of bringing things together. Sport does offer that but unfortunately it tends to be more spasmodic than long term.

TLP: The way you feed and bounce off

the other commentators is a special part of broadcasting. There's the special one's like the late Alan McGilvray, the late Peter Roebuck and the very much alive Kerry O'Keefe. Do you tend to hang around those people that you work well with?

JM: You've mentioned a few of the best voices there. I was brought up with McGilvray, a person I could sit next to in the box while he was talking about the game and get some handle on the technique of broadcasting as well as enjoying his knowledge of what he was talking about and the way he managed to describe it. Kerry O'Keefe has brought another dimension to it with his left-field observations and extraordinary humour. I think he's been responsible for bringing a lot of people to the game because of his wit, his sharp wit. Peter Roebuck who I became very friendly with and we'd spent quite a lot of time together talking about all sorts of things other than cricket. That was the joy with having him onboard, he could take us to many places and he had a lot of conviction about other things as well in life that were more important than cricket. We miss the power of his intelligence, his intellect. That has resulted in there being a real gap, for me, in telling the game over the last couple of years and yes, he's still very much on my mind.

TLP: His articles were always a good read Jim and, through that medium too, he would take you places.

JM: Yes, and he'd take people on too. There had been criticism about "lack of support for the product" or something like that and I had said that, from where I sit, you develop some scepticism as you go so that you're not just there as a cheerleader, you are offering some balanced view of the game and I like to think that is where everyone that works on the game comes from. You're not there just as a PR machine for cricket. That's part of it, obviously because you love the game and you want people to watch and listen but you've got to be a bit objective about it. I resile from those in high places who say you have to be more positive about it, the game and the rest of it. But life's not like that. You can be positive about it but you have to be realistic too and that's where we are at the moment with the Australian team so, I think the line is, when they're playing well you run with it but when they're playing ordinarily, they will come in for a bit of sharp analysis as it were.

TLP: Well, it's just the truth, isn't it Jim? JM: Well, I suppose, this is it. We always search for perfection.

TLP: Yes, you can't just smile foolishly and say, "Well done".

JM: It's like golf. Justice and injustice co-

inhabit the same course.

TLP: Your mother when she cut that ad for the ABC job, out, she obviously played a big role. Your father, what was he like?

JM: Well, he introduced me to the game, I suppose. Going all the way back to playing in the backyard. He used to play a bit of club cricket in Sydney without any great distinction. He loved the game and would take me out to the SCG to watch cricket when I was very young so there was an introductory influence in the game. He was a lawyer and had been an actor in his earlier days and he had a great interest and passion in the game. As I got older he would take me down to Alan Kippax's store to buy a new cricket bat every couple of years. There was a lovely chap there, Alan Crawford who was the brother of the tennis player Jack Crawford and he worked with Alan Kippax in that shop in Martin Place in those days. He used to go through the whole business of being told how much oil you had to put on the bat and breaking it in, all the things that don't happen anymore, you just buy one of these toothpicks and go out and use it straightaway so, yeah, my father had a big influence on me being in the game of cricket, that's for sure.

TLP: A couple of the best players, from your view, in the last twenty-five odd years and maybe a couple you see as being part of the future for Australian cricket?

JM: Oh, I don't think there's any doubt that Warne's our greatest player since Bradman in terms of his influence on the game. He's been a phenomenon in his own way because of his skill as a wrist-spin bowler so he stands out. Around him, well, we can go back to the Chappell's, Lillee and Thomson, Glenn McGrath, Ricky Ponting in recent years as an extraordinary force in the game and we miss the quality of his batting. Michael Clarke, to an extent, has taken off where Ponting left off. From here on it's hard to identify the next superstars, we seem to be in a bit of a limbo at the moment in terms of great players coming through. It's a game that offers the opportunity for nostalgia a lot of the time and that's where we are at the moment.

TLP: Yes, and I hear Ricky Ponting's got a book coming out, At the close of play.

JM: Oh yes, I've heard about this book.

Mmmm. I think the editors have been having some consuming moments with some of his, well, reflections that concern some contemporary players so we'll see what comes out of the wash. Should be some very interesting reading for Christmas.

TLP: Thanks Jim for what you've already achieved and for the future, it's been a pleasure.

JM: Been very nice talking with you too Greg.

WHY FAST BOWLING IS A RUNNING GAME

The depth in Australia's fast bowling resembles the ocean deep and it's just as well, because it will be sorely tested during the Ashes series.

The recurring injuries to Australia's best young fast bowlers, James Pattinson, Mitchell Starc and Pat Cummins, will diminish the quality of attack available to tackle England. Their setbacks also pose questions about the way young fast bowlers are nurtured.

Pattinson, Starc and Cummins have the pace, movement and bounce that worries all top order batsmen and as we've recently seen, England's willow wielders are every bit as susceptible as Australia's.

Australia is fortunate to have the experienced and big-hearted pair of Peter Siddle and Ryan Harris available to torment England's batsmen.

Siddle has proved himself to be not only the leader of the attack over the past 18 months but also the most durable.

Like Siddle, Harris is lion-hearted and gives everything he's got, the only difference

being his body is ageing fast. Harris survived four Tests in a row in England but he may find that more difficult on Australia's harder

If they can complete the series, Australia will still have a formidable pace attack. But if one is missing for the bulk of the Ashes, that will provide a serious test for Australia's fast bowling depth. This is where Mitchell Johnson's resurgence will be crucial. If he really is rehabilitated, then a line-up of Siddle, Harris and Johnson can adequately cover for the loss of the younger trio.

There are other reinforcements in James Faulkner and Jackson Bird but they are of the steadier variety, designed to winkle batsmen out gradually rather than deliver a few thunderbolts designed to blow apart an innings. Another possible replacement is Josh Hazelwood, a young fast bowler whose progress has also been retarded by injury.

Most of the serious injuries seem to occur to the younger and faster bowlers.

Former Australian fast bowling champion

Dennis Lillee is one who believes back injuries are part of the job description of younger quickies, "Hot spots and stress fractures are pretty normal for young fast bowlers," says Lillee, "but they tend to become less prevalent after age 24."

Lillee, like former England speed merchant Frank "Typhoon" Tyson, believes one of the important ingredients is athleticism. As such, Lillee advocates more running for the faster bowlers, "including occasional longer distances and challenges against the clock to build up endurance".

Cricket is awash with job justification and theories, so it's refreshing to hear commonsense advice from a man who has successfully constructed a career from bowling fast and coaching young hopefuls. As Lillee says: "The more a young fast bowler knows about himself and his body, the better off he'll be."

- Ian Chappell www.news.com.au

THE LAST POST LOOKS AT SUBURBAN CRICKET CLUBS AROUND AUSTRALIA

Recently celebrating their 75th Anniversary with a dinner for members, past players and friends, the Boroondara Cricket Club is situated on Victoria Road, in the leafy Melbourne suburb of Hawthorn.

The club was formed on the 26 July 1938. One of only four ESCA matting clubs to continue to play throughout the war years,

Its home ground was at Highfield Park, where the club played up until 1999, then moving to its present ground at Victoria Road Reserve, Auburn.

In 1980 the club merged with ESCA club, Riversdale (founded 1966), to form Riversdale-Boroondara. In 1999 the club changed its name and once again became Boroondara when the junior department of Boroondara Cricket club was launched with two sides. Now a central part of the club's proud history is providing opportunity for young cricketers to learn and enjoy the game. This participation and development of young cricketers is central to the club's activities as it continues its association with local schools such as Auburn Primary School, Glenferrie Primary School, St Joseph's, Carey Grammar, Trinity Grammar and Xavier College and many of the junior players

are recruited from these schools and the surrounding communities that helps to ensure the club's future.

The Boroondara Cricket Club has its home at Victoria Road Reserve, nestled in behind Victoria Street and Auburn Road.

The Junior Club has now grown to be the largest junior club in the Eastern Cricket Association (ECA), with 17 sides.

The number of senior sides has also risen from 3 to 5 in the last 10 years as a direct result of our Junior Program. In 2005,



Boroondara Cricket Club broke association records with all 5 senior sides play in their respective Grand Finals, with the top 3 sides winning. The club has roughly 250 members, with at least 60 more participating in the MILO cricket program. These figures continue to rise each season.

The new club rooms at Victoria Road were completed in 2006, and in 2008, a new pitch and perimeter fence were installed. In the 2011-12 season, new practice nets were also installed.

TOP CHILDREN'S SCIENCE PROGRAM RETURNS ONLINE

After being off air for twenty three years, the acclaimed children's science program Curiosity Show has returned on its own YouTube Channel, with Facebook and Twitter links. Curiosity Show was a nationally broadcast science and technology television program for young people, including segments on natural history, astronomy, music, technology and puzzles. It is remembered for its emphasis on how to make working machines and models from everyday materials around the home..

Written and presented by Dr Deane Hutton and Dr Rob Morrison, Curiosity Show ran on national Australian television for eighteen years from 1972 until 1990. Around 5000 segments were produced, and Deane and Rob have selected hundreds of them for the new Channel. Curiosity Show won many national and international awards, including the Prix Jeunesse, the world's top children's television award. Many pirated segments have been placed on YouTube by others, and a Facebook page "Bring Back the Curiosity Show" has campaigned for years for the Show's return.

The Curiosity Show YouTube Channel is expected to be a valuable resource for science teachers, especially now that greater emphasis is being placed on developing the science curriculum in all states.

"That's the beauty of science," said Deane, "It outlasts other trends and fashions, constantly offers something new and surprising and is always fascinating."

Curiosity Show Home Page: www.curiosityshow.com.au

Youtube Channel: www.youtube.com/CuriosityShow

Twitter:

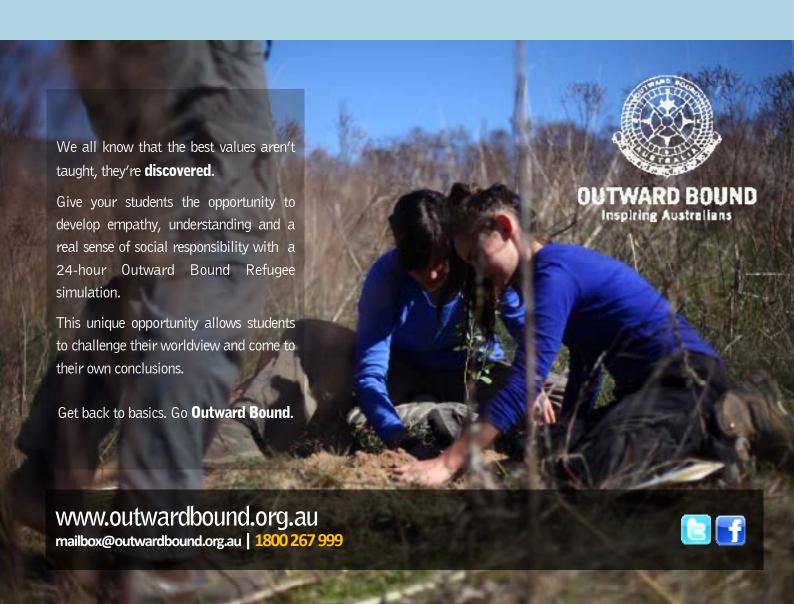
www.twitter.com/CuriosityShow

Facebook:

www.facebook.com/CuriosityShow

Email:

info@curiosityshow.com.au



Outward Bound Australia Helping our wounded soldiers recover



In the midst of World War II, Lawrence Holt of the Blue Funnel Shipping Line found that young sailors lacked the tenacity and fortitude necessary to survive the rigours of war and shipwreck, while their older counterparts had seemingly gained these from formative experiences on sailing ships.

Armed with this information, it was with German educator Kurt Hahn that Holt developed a 28-day course which allowed young merchant seaman to build self-confidence, resilience and grace under pressure before assuming their duties in the war. This was the beginning of Outward Bound's rich legacy of teaching people to thrive in spite of the difficulties they faced.

Outward Bound Australia has been committed to helping Australians discover, develop and achieve their potential for over 50 years, be it through outdoor education school programs, corporate leadership courses or journeys of self-discovery for all walks of life.

Driven by the legacy of Outward Bound and the success of similar courses run by Outward Bound schools in the United States and Canada, Outward Bound Australia partnered with Soldier On to deliver its first outdoor personal development course exclusively for Australian veterans in April of this year.

The inaugural Outward Bound Veterans program was devised to provide returning service men and women with the opportunity to re-connect with their peers and themselves in their post-service lives. The program focused on positive aspects of military service, such as responsibility, perseverance and camaraderie while guiding a team of 6 participants through a series of adventure, expedition and values activities in a challenging wilderness setting.

Using the wilderness of Namadgi National Park in the ACT as a metaphor for everyday life, the Outward Bound Australia Veterans program successfully brought the group together through their shared positive achievements in the field before returning to their civilian lives.

During the program, veterans took part in trekking, abseiling and high ropes adventure activities, as well as team-building exercises and facilitated discussions regarding their long-term outlook and goals. Though physically, mentally and emotionally challenging, participants noted improvements in self-confidence, trust and communication skills.

The program also allowed participants an opportunity for introspection through a solo experience, where they reflected on their own experiences during the program in the natural beauty afforded by the vistas of the Australian Capital

Territory. Participants, Outward Bound Instructors and Program Coordinators all agreed that the camaraderie and reaffirmed sense of brotherhood visible within the group had re-ignited the group's confidence in their own abilities, deeming the first incarnation of the Outward Bound Veterans program a rousing success.





Program Partnerships How Outward Bound Australia helps those who need it most

Program partners like Soldier On are vital to ensuring that Outward Bound Australia continues to deliver innovative and effective programs to those who need it most. Along with the Veterans program, Outward Bound devises and facilitates programs for community youth leaders, members of disadvantaged communities and youth at risk, to name but a few.

Outward Bound Australia would like to invite all organisations with a shared interest in targeting areas of need within society and allowing others to develop their potential in the great outdoors to join in the discussion and make a difference.

If your organisation is interested in helping Outward Bound develop community programs, call Karen Howells on (02) 6235 5700, or send an enquiry to mailbox@outwardbound.org.au

NELSON PARK SCHOOL

Nelson Park is a dynamic specialist setting which embraces educational excellence.

Beliefs and Understandings:

- Each student can achieve individual higher standards given time and support.
- Teachers plan and implement challenging programs that are student appropriate.
- We promote quality partnerships with home and community.

Nelson Park was established in 1967 and caters for students between the ages of 5–18 years in the Geelong region with mild intellectual disabilities. Current enrolment at the school is 340, with a number of students on part-time placement. The main campus is situated in Bell Park, with an annexe in Corio.

Students travel by contracted school buses from Geelong and district. Older students are encouraged to travel to school independently by public transport.

`Education for Life' reflects the school's commitment to optimising the independence of each student. The Nelson Park school community is committed to:

- · Improving student learning.
- Developing the full potential of each student.
- Providing support to parents and caregivers.
- Promoting programs that will develop knowledge, attitudes and skills that will enhance quality of life

Working as a highly effective team. Students are supported within a multi-disciplinary framework that includes parents, caregivers, special trained teachers and assistants, a therapy team, student well being officer, welfare workers and guidance officers. The home/school partnership is a very important feature of the school and a solid basis for

establishing, monitoring and celebrating individual student learning goals and progress.

The curriculum at Nelson Park School provides appropriate, challenging and engaging learning opportunities within a safe and supportive environment. It develops in each student the essential skills and knowledge for life and prepares them to function as responsible, productive citizens. Through the principles of teaching and learning we endeavour to equip students with a vitality for living

Nelson Park has a strong partnership with Jobs Pathways, Geelong Adult Training and Education (GATE) and The Gordon TAFE. These agencies provide enrichment programs that broaden the future options for students.

An extensive range of programs reflects the school's focus on maximum growth and development for students. These include Health and Human Relations, Library, Environmental programs, Sunsmart Education, Outdoor Education, Swimming, Performing Arts, Student Representative Council, Speech Therapy, Transition To Futures for Young Adults programs, Work Experience and Self Esteem and Enrichment programs.

Specialist facilities include Computer networking across the school, Library, Art/Craft, Canteen, Home Economics, Woodwork, Gymnasium and richly resourced Health and Human Relations, Bike Education and Outdoor Education programs. In addition, the school has four buses.

Nelson Park provides attractive and safe

Principal's Welcome

Welcome to Nelson Park School.

On behalf of the school community I take great pleasure in welcoming you to the schools. Our school provides educational, therapy and life skills programs to young people aged 5-18 years with mild intellectual disabilities.

Partnerships are a very



important element of our community. We work with school families and other partners to ensure the very best learning outcomes for every student.

Nelson Park students develop and learn in an exciting, safe and structured environment that stimulates, challenges and supports their achievements in academic, social and personal goals. The strong core curriculum is based on the AusVELS & ABLES and is provided within 3 mini schools.

Within the school there are learning teams of Prep-Grade 2, Grade 3 & 4, Grade 5 & 6, Years 7-9 and Years 10-12. Nelson Park School is a vibrant, happy and inclusive learning community, and I feel very privileged to be the Principal of such a fantastic school.

Sincerely,
Mrs Dianne Leverett
Nelson Park School Principal

buildings, grounds and equipment that stimulate and enhance a positive working atmosphere for students and staff. A unique feature of the school playgrounds is the Engaged Play Program. Students choose 2 activities in the morning, one for recess and one for lunch. A matching wrist band is allocated and the students go to their chosen activity during recess or lunch where a staff member is rostered on to join in the activity and assist students to learn the game, social skills and to manage their

NELSON PARK SCHOOL RULES

In building a learning community at Nelson Park we engage with families and community partners to develop strong core values in every student. Students, staff and families each have a critical role in achieving this.

We know that students with intellectual disability often have associated challenges in social, emotional and behavioural self-management. We expect to actively work towards independence throughout every student's time at Nelson Park.

Staff commitments:

- \bullet Provide a structured and stimulating learning environment.
- Provide inclusive and supportive teaching for individual learning styles and needs.
- Explicitly teach and model rules and expectations.
- Know and follow the agreed school protocols.
- · Make learning visible
- Adhere to the Professional Code of Practice
- Seek and act upon feedback from students and parents to continually improve

Parent/Carer Commitments:

- Work openly, effectively and positively in partnership with the school
- Ensure that students have and wear school uniform and support the implementation of uniform policy
- Be role models at home and school for the core values of: RESPECT, COOPERATION, LEARNING & EFFORT, COMMUNITY
- Celebrate, support and encourage student learning at school and at home



www.nelsonpark.vic.edu.au

friendships and interpersonal interactions. Engaged Play has the enormous benefit that students are happy, safe and learning while having fun during breaks and are then quickly and fluidly returned to class for their formal learning programs.

A vibrant Outdoor Education program ensures that all students have access to a yearly camping experience, progressing from overnight to interstate/overseas trips. Groups of students participate in the Blackwood Super Ride and the Great Victorian Bike Ride. Students also have the opportunity to participate in canoeing, sailing and horse riding. Nelson Park and Northern Bay P-12 School have developed an exciting Outdoor Education Centre at Staughton Vale. The ongoing success and further development of this centre is an important commitment of this school, the rebuilding process following the bushfire is complete and accreditation has been achieved. Schools and private users make use of the camp site for school camps and for family

Nelson Park also offers consultancy services in the areas of Autism, Health and Human Relations, Teacher Aides, Challenging Behaviours, Curriculum/Special Needs and Life Skills.



CAL PROGRAM – COMMUNITY AND APPLIED **LEARNING**

The CAL program is a new 3 year learning program developed to support students who learn best while being ACTIVE & HANDS-ON. Applied learning gives students opportunities to be empowered and motivated to learn while assisting them to develop key skills ad knowledge needed for employment, further education and active participation in their communities.

Program learning modules include:

- 1 day work experience per week
- Work Crew- hands-on skill development in gardening,
- · Volunteering working within community contributing time and
- Advance program Landscaping, Horticulture, Building Skills
- · Applied Literacy & Numeracy (forms, contracts, timetable, money,)
- Career Education job preparation, resume, interview skills
- · Travel Training & Driver Education
- Outdoor Education Camping Program
- Health & Human Relations Sex education, anger management,
- Drug Education
- Certificate Short Courses U Turn, Car Detailing etc
- VET Automotive/Hospitality
- · Physical education/Sport
- Home Economics Cooking Nutrition, Hygiene, Managing Money, Cleaning, Family Relationships
- Project Based Learning- using skills, working together to create!
 - problem solving
 - critical thinking
 - initiative and enterprise
 - communication
 - planning and organising information
 - lifelong learning

Star of the Sea College: Commemorating the ANZAC Tradition

Star of the Sea College, Gardenvale, in Victoria is proud of its seventeen-year relationship between Year 9 students and the men and women who live in the ANZAC Hostel and visit its Day Therapy Centre.

As part of a cross-generational community for a year at the ANZAC Campus, each Star student has an invaluable opportunity to develop greater awareness and appreciation of those who have served their country through friendship, care and collaboration.

Significant moments are woven into the total fabric of the ANZAC experience. They peak in the beautiful ceremonies shared on ANZAC Day and Remembrance Day where students prepare and organise commemorative ceremonies at which the veterans are the heart.

Star's formal ANZAC curriculum looks at the contribution and sacrifices made by Australian men and women in war. Its special focus is on the students' research of the personal stories of veterans.

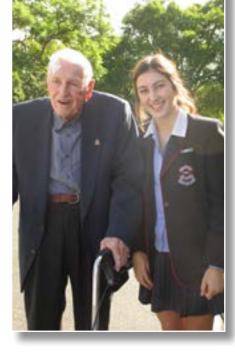
Each fortnight, sixty students participate in the Companions Program. Companions is a highly prized opportunity where students are paired with veterans to share conversation and recreational interests. Each day, two students lead the afternoon activities with the veterans – activities like Master Chef, computer literacy, book club, camera club, balloon tennis, bingo and music.

Among other activities anticipated each term are the morning or afternoon teas prepared and served by the Star students for the veterans. Sometimes students are needed as companions for outings and excursions with veterans; at other times, serving the Hostel Kiosk is a need to which the Year 9 students respond.

In 2007, as part of the 'Adopt an Ex-Service Organisation Program' offered through the Shrine of Remembrance Education Centre, Star developed an affiliation with the Royal Australian Navy Corvettes Association. The Corvettes Association has disbanded since 2007 but the College is committed to carry on the tradition and raise the flag for these sailors at a Commemorative Service held at the Shrine on December 1st each year. ANZAC students also visit Gem Pier in the Williamstown home of the HMAS Castlemaine to learn from surviving veterans about their work on the Minesweepers.

The Rats of Tobruk hold a special place in Australia's collective memory. Over the past three years, ANZAC students have developed a strong relationship with many of the Rats. The friendship and trust developed through this partnership culminated in the filming and recording of some of their stories. In 2012 the students and veterans who collaborated in the making of this oral history had the privilege of sharing afternoon tea with the Governor General, Quentin Bryce AC CVO, at the Rats of Tobruk Hall in Albert Park.

Star's educational philosophy encourages every student to learn from the experiences of others. The ANZAC program offers Year 9 students many opportunities to engage with Australia's treasured veterans in both



friendships forged during each girl's own ANZAC experience shapes her respect and admiration for the men and women with whom they share this special year of their secondary education.



Proud recipients of the ANZAC School's Award 2013

Principal's message ...

The Star of the Sea Community is both delighted and honoured to receive such a prestigious prize as the ANZAC Schools' Award 2013.

This award acknowledges the importance of the multi-generational connections that Star has with two veteran



organisations, The Rats of Tobruk and ANZAC Hostel and Therapy Centre. We greatly value our relationship with both groups and they have become an integral part of the Year 9 experience at our ANZAC campus.

Through our Companions program, students and veterans have forged meaningful friendships. Year 9 students have learnt from their companions the impact of war on individuals and society and they have come to a deeper understanding of the sacrifices made by those who fought for our country. To hear their stories first hand is, indeed, a privilege. Companions have also enjoyed a glimpse into the world of teenagers today. Both groups look forward to their regular visits and have jointly celebrated being the recipients of this award.

- Ms Sandra Diafas, Principal













Literary works from our students, inspired by the Anzac Day story

ONE SMALL LIE

I limp my way down the rocky path, Spying a crumpled enlistment poster stuck to the wall, I remember the day I registered with Joseph McGrath. We were sure as mates that the war would be a ball.

"We've just turned eighteen!" I said to the man. Why would I lie about my age to go to war? It seemed such a simple and terrific plan. So unaware of the horrors I signed up for.

The war was the worst thing I would ever do. Guns would blaze and there was no end. Sleep was impossible with bombs exploding too. I was not eighteen, why did I pretend?

The stench of death was thick and foul Dead bodies all around me, The injured men would cry and howl A living nightmare it would be

I close my eyes but still see the blood As red as a poppy flower Coursing from their veins like a flood. My life was draining by the hour

- Casey Augustynski, Year 9 Student

THREE LETTERS (extract)

An Australian nurse writing to her mother. Thursday 21st June, 1915 Dearest mother

I wish to inform you that I am sound and well and still managing. I am currently serving my duty in one of the most cramped and insufficient hospitals constructed under tents with no floors amongst hundreds of incapable and injured soldiers. The amount of casualties I have witnessed these past few months have been resolutely frightening and utterly overwhelming. It seems as though these endless and tiresome days continue forever, as the days leisurely forge ahead, I have notice that my physical capability and efficiency is dispersing.

As you must expect, I must remain cheerful when attending to patients despite often experiencing the same hardships and trauma as the soldiers... I find myself often to be overwhelmingly...

- Victoria Fyssounas, Year 9 Student

HELPLESS (extract)

I could see nothing; hear nothing, besides the sound of bullets and shells. I wasn't even sure they were there; the sound was just constantly ringing in my ears. You'd think it would stop, but no.

Nothing stopped. You would wish it would but everything just continued. The death. The disease.

The helpless cries of the wounded. I want that day to come; you know the one where they call the end of war. I've been dreaming about it ever since I came to this living hell. But one can only wish because from what I hear, that day's far from near and I'll probably be one of these dead bodies lining the trench floors by then.

My mate Danny says to stay positive, to think about the victory we'll have and how proud we'll be defeating the enemy. I want to believe him, I really do but it all sound a bit farfetched to me. I'm not...

- Maddison Graffeo. Year 9 Student

A Name Remembered...

Virtute et Veritate - Courage and Truth. The Walford Anglican School for Girls motto, created in 1914 by a student of the school, Jean Murray, speaks to us today as much as it did in

the year building up to the First World War when it first came into use.

When the motto was adopted, I believe that it was the intention of the school to highlight the moral courage that comes from being true to one's self, in times of trial and doubt. The school magazine, in 1917, gave the definition of the motto as, 'by moral courage and truthfulness; it is the spirit in which all Walford girls are called upon to tackle the problems and difficulties of life, both at school and in the after days.'

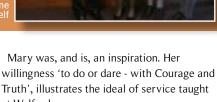
In term one each year Year 6 students at Walford have the opportunity of researching women who have played a significant role in our community. In 2013, being the 120 birthday anniversary for the school, the Year 6 girls were encouraged to research a woman who contributed to the school and to the wider community.

Mary Hamilton McFarlane, a boarder at the school who became a nurse in World War Two, only to have her life snatched away from her by a Japanese torpedo while she was on a hospital ship, off the coast of Brisbane, was one such person.

Mary Hamilton McFarlane was born on 10 April 1915 in the town of Cowell, South Australia. John Clyde and Mabel Mary McFarlane, the parents of Mary, decided to send her to board at Walford House School, when Mabel Jewel Baker was Principal. Mary enjoyed her studies, particularly literature and music and after Mary had finished school she was determined to become a nurse and studied at Cowell District Hospital. She completed her studies at the Royal Adelaide Hospital.

In 1939, World War II was declared. Mary returned to Australia from a trip to London where she was being presented at Court and completed her studies, in which she was placed first. She also gained her midwifery certificate at Paddington, again achieving first place. While she was there she applied for the Australian Army Nursing Service.

Sue Chase (niece of Mary Hamilton McFarlane) and Rebecca Clarke (Principal) standing beside the photograph of Mary in uniform (donated by



Mary Hamilton McFarlane

presentation at Court in London

In 1941 Mary served at the Wayville and Woodside Hospitals and then joined an all-Dutch crew on the Oranje where she served throughout the East Indies. She then joined the crew of the Centuar and her second voyage saw her, along with other nurses and doctors, heading for New Guinea carrying medical supplies. At around 4am on 14 May 1943, just off the coast of Brisbane, Queensland, the Centuar was torpedoed by a Japanese submarine. Three hundred and eighty-six people aboard the ship were killed including 11 out of 12 nurses. The attack left sixty-four survivors, waiting in shark-infested waters, for thirty-six hours before they were found. Unfortunately, Mary Hamilton McFarlane was not found amongst the survivors and was reported drowned.

Mary was a very brave woman who was not afraid to sacrifice her life. Mary Gibson, a school friend, wrote, "Mary McFarlane is a lovely girl and a very good nurse". While a member of the boarding house, her peers considered Mary as a 'peacemaker' who had the wonderful ability to calm situations and smooth over people's differences. Only days after Mary's death, Brigadier Bundock wrote in the Advertiser, "Sister McFarlane had a most charming personality and had many friends in the military and nursing services. Her death has been a great shock to all who knew her at Keswick, and who held her in the highest esteem."

Truth', illustrates the ideal of service taught at Walford.

Mary is remembered on Panel 96 in the Commemorative Hall, in the Australian War Memorial, Canberra. Each year, Year 6 students tour Canberra and visit the War Memorial. This year, they will visit Panel 96 and place a poppy next to Mary's name on behalf of the whole Walford community.

Mary will always be remembered. The school has a picture of Mary in her nurses uniform that was donated by a teacher of the school, Mrs B E Crase. A bookcase, donated anonymously by a friend from Sydney and carved by Lawrence Howie, a woodcarver, teacher of the school and father of two former Walford girls, stands in Mabel Jewel Baker House. As students walk into assembly they can see a hand-carved chair that was donated to the school by old scholars, as a tribute to Mary.

Mary Hamilton McFarlane, a South Australian, a boarder, a nurse, a Walford Old Scholar, a peacemaker, an inspiration, and a woman - gave up her life for her country. This is the most selfless and courageous act that anyone could possibly be asked to do.

As a school, we admire, we remember and we thank her.

- Mark de Garis 2013 (Yr 6 Walford Teacher)



Students Attend Memorial Service in Canberra Walford Year 6 students and their teachers have just returned from their trip to Canberra where they held a commemorative service at the Australian Services Nurses National Memorial in honour of Ms McFarlane. Following the service, a wreath was laid. According to Mark de Garis, Walford Year 6 teacher and coordinator of the memorial service, "The trip to Canberra was an excellent way to bring together the culmination of many hours of research about an amazing Walford Old Scholar, particularly as we are celebrating our 120th year. It was most poignant that the teachers and the girls could visit the Nurses Memorial and leave a wreath to all Australian women who gave their lives in service through honouring Ms McFarlane, who had been a member of our school. This gave what we were doing a realness and depth that went beyond being a tourist activity".





THE JOY BORLAND LITERARY AWARD

Joy Borland was The Last Post's first subscriber.

The 88 year-old died suddenly last year and left behind a small but impressive work of poetry and short stories.

That collection was bequeathed to The Last Post. In honour of Ms Borland's generosity and as a tribute to her work and life, The Last Post will now feature The Joy Borland Literary Award for Australian Primary and Secondary students.

Schools participating in the regular The Last Post feature, Education and the Anzac spirit will be invited to send in three works from students from each school. A winner will be announced and feature in the magazine with a cash prize of \$500 and a trophy. A secondary prize of \$250 and a trophy will also be awarded. The winning students will also receive a collection of books from Australia's top publishers.





Di Morrissey

Di Morrissey is one of the most successful and prolific authors Australia has ever produced. She trained as a journalist, working in newspapers, magazines, television, film, theatre and advertising around the world. It was her fascination with different countries; their landscape, their cultural, political and environmental issues that has been the catalyst for her novels which are all inspired by a particular landscape.

Di has been a tireless and passionate advocate and activist for many causes from being Patron of the Southern Cross University
Whale Research Centre, opposing large scale development and commercial food chains into Byron Bay NSW, to fighting to save the Kimberley from gas and mining intrusion into sacred lands, and to stopping massive and unnecessary power lines intruding into the Manning Valley NSW. Di has also established The Golden Land Education Foundation (see details on her website) to raise funds to help build and develop Pyin Nya Yeik Mon Monastic Primary school, Saigaing in Myanmar.

Di has two children, Dr Gabrielle Hansen and Dr Nicolas Morrissey, and three grandchildren who reside in the USA. Di lives with her partner, Boris Janjic, in the Manning Valley, NSW. You can find out more about her at www.dimorrissey.com and www.facebook.com/DiMorrissey and follow her at @di morrissey on Twitter.

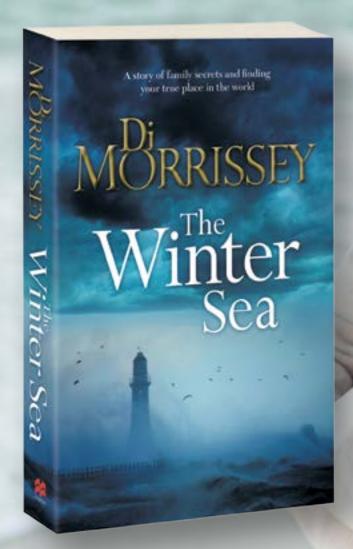
The Last Post: Thanks for joining us here at The Last Post Di.

Di Morrissey: It's my pleasure.

TLP: The Winter Sea, your latest release through Pan Macmillan has just been released. It sounds like some book, a great read. What's a brief outline, for Last Post readers?

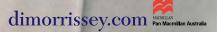
DM: It covers the same things that I do in all of my books, that readers seem to like,

A magnificent story of sea change, secrets and homecoming from Australia's favourite writer.



Engaging, absorbing and immensely enjoyable.
This is a joy to read.

Also available as an ebook



"I DO THINK EVERYBODY HAS A STORY IN THEM, THAT OLD CLICHÉ EVEN AMONGST YOUR FAMILIES AND FRIENDS THERE'S ALWAYS RICH MATERIAL, YOU THINK, MY GOD, I COULD TURN THIS INTO A NOVEL."

that is, it's set in a very specific location and landscape is what influences where each book is set and so, what it's going to be about. It covers everything from relationships, family secrets, a love story and environment issues and factual history. So, to weave all of those elements into a book, it all hangs on the place and in this case it's set down the south coast of NSW where tuna fishing first started with the Italian migrants who came out to Australia escaping fascism in the 1920's and 30's. In this I have a back story of the young man who comes out at that stage and entwine that story with a very contemporary story of a young Australian girl living in Sydney. She's divorced, a lawyer, she hates her job. So she leaves her job and her husband and in the winter goes down to the south coast and discovers the history and families of old Italy and discovers there's a secret and a link that touches on her own

TLP: Is it something you've been wanting to write about for a while, about Italy and Italians?

DM: I've always had a great love affair with Italy and when I was quite young and still in my teens and had just started work as a journalist, training with Australian Consolidated Press and I met a wonderful Italian film director who was quite well known here, he was working with the ABC. He was doing a documentary on the Italian community living on the fringes of Sydney. He took me around and introduced me to this other world of the Italian community in Sydney in the late 60's, early 70's and I've never forgotten it. That inspired me. I learnt Italian, I went to Italy and I continued to go back as often as I can. I feel half Italian or maybe was Italian in another life. Their great love of life and of course I love Italian food. My editor at Pan Macmillan said, "My god, I keep going home every night and cooking pasta".

TLP: It's all about education then and

DM: Yes, it's understanding the culture of the times and understanding how far we've come when you look back to when coffee was virtually unknown until the Italian community introduced it. And of course, the problems the Italians had with being called 'Wogs' and 'Dagos' and viewed as outsiders which continues. We've been through the Vietnamese and it seems to be an ongoing process and I can only hope that the refugees that are coming here today will grow up and be accepted as much as the Italians were back in the 50's and 60's. Mind you, it was not easy for them with

the cultural conflict at the time. Some of it comes as a surprise. A lot of people didn't know that the Italians were also interned during the war here and that was very difficult.

TLP: Back then it seemed like a tough induction process for those we called 'Wogs' and 'Dagos' and I hope there is some sense on the horizon with latter day refugees and their treatment.

DM: I suppose we're so isolated and there was a wave of immigrants that came after the war and those that were fleeing from war-torn European countries. For many of them that arrived it was hard going, many of the men went up and worked on the Snowy River and similar projects. But back then we didn't travel the way we do now and foreigners were very foreign. Compared to some of the agro and passion that surrounds refugees today, it was all very benign.

TLP: Any ideas on what may be causing that agro and passion?

DM: I think the era of my growing up and my parents and grandparents I now realise was an era of great civility and morals and values and manners and people behaved differently. When you look at what's happening in politics now and the problems we seem to have today, much of stems from no discipline. Spoilt brats.

TLP: On some of those issues we may be seeing previous actions or lack of actions come to fruition and as it unravels it reveals something that's not altogether attractive.

DM: I think it's quite interesting when they talk about the "entitled" generation that we have around us at the moment. We were always polite to visitors, that is something that we just did. I think the bottom line is the adage of treating people the way you wish to be treated yourself was adhered to much more than it is now. My kids hate it when I go on about how it used to be but I do think a lot of the changes are not for the best and I'm hoping, well I think the scales have tipped too far and everyone is so appalled at how our parliamentarians are behaving. They're representing our country and it's embarrassing.

TLP: It is embarrassing and the simple message you reminded us about of how to treat others the way you would wish to be treated is seems so simple as to be incredible.

DM: Yes.

TLP: Your writing from a young age Di, you were blessed, correct me if I'm wrong, knowing and having some guidance from Chips Rafferty and Dorothea Mackellar? DM: Yes, they were big influences on me

as a young girl. Chips taught me to love and respect everything Australian and not to be too overly impressed with everything that may lay across the great ocean. He had fought to try and get an Australian film industry up, you know, he could have stayed in Hollywood and made a lot of money but he was an early advocate of telling our own stories. And Dorothea Mackellar who wrote about Australia so well with her famous poem, 'My Country', was also an inspiration in that, when I was 7 she invited me in to her house because she lived down the bottom of the bay, near where we lived. She had all these books. I've never seen so many books in my life. I'd ended up writing my own stories to entertain myself and she looked at me very seriously and said, "My dear, that's a very, very good thing to do and when you grow up you must put your stories down in a book so other people can enjoy them". That was just a revelation to me and I thought, oh, that's what I'll do!

TLP: Yes, it's so important to have dreams when you're young and to write things down and with your ability to do that, you're truly luck v.

DM: I acknowledge that I've been given a gift. I would love to be able to sing and paint. I suppose you can always learn skills but you can either do it or you can't, I think. I think God gives us gifts in one way or another and the trick is then to find out what those gifts are but I've been lucky in knowing from a very early age that this is what I wanted to do. Often dreams can get put on hold and you wonder how you're going to get there but I never gave up on it but life has a habit of getting in the way and I discovered you don't need school to become a novelist. I had a wonderful Uncle who said I should go and learn to be a journalist. He was an ABC foreign correspondent and so he marched me into Australian Consolidated Press and I became a copy girl and then a cadet on the good old Australian Women's Weekly and it was the best thing I ever could have done. In those days you didn't do creative writing courses at University and I would still recommend that to anybody who wants

TLP: There is a chance for everybody to write, I guess but also there is a gift in knowing how to tell a story?

DM: Yes, and understanding what it is you wish to say. I do think everybody has a story in them, that old cliché even amongst your families and friends there's always rich material, you think, my god, I could turn this into a novel but doing it is another matter and equally, getting published can be hurdle of all, particularly now, I quite often not aware of it until much later and at the moment. We

the biggest hurdle of all, particularly now, I would hate to be starting out now.

TLP: Part of what makes you such a great writer is your ability to observe and to record what you observe in a readable way.

DM: I think as a journalist that is what you do. You become a bit of a detective. Sometimes I think I was just born with blotting paper under my skin because stuff goes in that you're actually not aware of and years later a little mannerism or description comes out when it's needed so it must be filed away.

TLP: Things seem to have happened to lead you down that path, even the trip to L.A. when you were a youngster. How did that come to influence your mother and yourself?

DM: It was under very tragic circumstances, having lost my father and baby brother and it was Chips who took up, I mean we were a very modest family, my father didn't have much money to splash around. He'd started up a water-taxi service down at Pittwater but he didn't really have any money so when he and my brother drowned, Chips took up a fund and with that money Mum was able to go to her sister who was living in Los Angeles. It was there my Mum did a television course, because television was still quite new in Australia, they were beginning to build the film and TV studios in Sydney and other places. She went from having just been a housewife, she'd never really worked, into this new field of film and television in what then was still a very male chauvinist world she fought her way up to become our first female film director. That set an example to me that you can do anything if you put your mind to it, even in those times. She was a wonderful role model in that respect.

TLP: With our observations we're taught not to make judgements but you've obviously come to some decisions regarding causes that you support. What is important to you and what sort of mantra do you carry in regard to what you support and oppose?

DM: Mainly by doing the right thing. Like most people, I want to see justice prevail and we know that it doesn't always. If you don't...I mean, it's too easy to sit back and say there's nothing we can do when actually it's worth having a shot to see if you can do something and to realise you can make great changes and inspire other people. Communities can stand up and have a voice so I encourage people to do that. I try also, to show by example. I'm particularly strong about the environment because the landscapes, the places around where you live are an extraordinary influence and we're

quite often not aware of it until much later in life. Having been married to an American diplomat and lived in lots of third-world countries then I have realised how special Australia is and what we have and how easy it is to lose it. Looking around at this stage of my life, I'm depressed at some of the things I see. I see corporate greed for the almighty dollar and I feel choices are being taken away from us, we're being dictated to by people with dubious moral ethics.

TLP: Your experience in the Manning Valley with the power company showed us your commitment.

DM: It was very inspiring story where we, as a small country town - it's actually where I was born – to question after being told...the way it was all handled was all very underhand and particularly that we had no consultation and told that these great, massive power lines are going to be plonked on our prime agricultural land with no explanation, no discussion. During the course of time our community came together to prove there were reasons we didn't need them and so stopped a \$250 million project. Once that story went around the country on ABC's Australian Story, we had hundreds of other communities who feel just as frustrated and concerned, particularly now about the issue of coal seam gas and the fact that a man's domain is not his own and this has inspired a lot of other people to think, hang on, maybe we can do something. That's been very encouraging.

TLP: My take on that story was that the average Joe can fight and win and in the process discover the truth.

DM: Yes, that's right. We've been dictated to and are disillusioned as communities by the force of corruption and some of the actions of the people we've elected who are supposed to be our leaders but are not there for the good of the country but for their own interests and to make hay while the sun shines. There are wonderful people doing wonderful things and you ask, why aren't they in parliament? Generally because they're too disillusioned and don't want to be part of it and that's a terrible reflection on the leadership in our country and where the moral compass is. Even in our local high schools, the school captains are the most wonderful people, shining examples of great kids who should be part of the future in leading our country. It's shocking to see

them feel like they don't want to be part of it because what is going on at the moment. We try to encourage them by saying we do need them but they don't have an example to live up to. When you look at Burma and North Korea and realise what we have, let's not let that go. Even the recent business with the Tea Party in America where their selfishness was overriding what's good for everybody. These short term money-grabs will have our great grandchildren thinking, what were they doing? The Tea Party's objection to Obama care would deprive 3/4 of the nation of health care.

TLP: What does writing do for you? DM: It's my passion. I have always been scribbling stories all my life, even as a kid, without thinking that one day these might be published. I suppose it's like acting, or a runner, if I don't do it, I don't feel right, it gives you adrenaline. I mean, I find it very difficult to take a holiday. I've always got the notebook, I'm always looking around or reading a book about something I may write about. My children say, I see the world through the prism of 'could it be a book?' One of the great advantages of being a writer is I get the opportunity to travel to places I'm going to be writing about. In Burma I met an amazing young monk, he's a visionary and a leader who wanted to build a school. I have now helped him. We now have a little school up and running, I went back there a couple of weeks ago. In the period of 18 months we now have a school that is growing and blossoming, and it's an ongoing project. We're training monks and nuns to be future leaders of their Buddist society plus we have all these young children who had no opportunity to read and write and the kids are just gobbling it up and they're so grateful. It's been very rewarding for me to be able to play a role in opening a door for these kids. It's wonderful. I go back there each year now.

TLP: A philosophy of wanting to share our good fortune rather than keeping it to ourselves.

DM: It goes back to the old adage of whatever you give comes back three fold. It's enriching. You live your life more peacefully if you treat others well.

TLP: What are your plans for Christmas? DM: it's going to be very quiet as my kids live in America. We're getting together in March but Christmas will be me sitting by the pool, writing my next book.

"MY KIDS HATE IT WHEN I GO ON ABOUT HOW IT USED TO BE BUT I DO THINK A LOT OF THE CHANGES ARE NOT FOR THE BEST."



Lawn Bowls

Beaumont Bowling Club 71 Linden Road, Linden Park, SA

Have you ever considered playing lawn bowls? It is a great game.

- * You will meet a lot of great people.
- * We will train you to play the game.
- * First year players get special rates.

Register by calling Napier Turner: 0419 033 059 or email napier.turner@bigpond.com



www.beaumontbowlingclub.org.au

A Letter From Fairfax

Dear Readers.

There has been much reported recently about Fairfax Media's past with varying levels of accuracy and insight. This editorial published in The Sydney Morning Herald on July 27, 2013 puts things into perspective.

The greatest compliment a fiercely independent media organisation can receive is condemnation from those who fear free speech and unfailing scrutiny of the rich and powerful.

So the Herald humbly welcomes the hubris and triumphalism of James Packer and Lachlan Murdoch this week at the launch of the book Killing Fairfax: Packer, Murdoch and the Ultimate Revenge.

In doing so we do not accept their false premises that the company which has funded the Herald's quality journalism for so long is dying, nor that this pair of moguls' sons can claim credit for any problems Fairfax has faced.

Rather, we see the premature exaltation of Packer and Murdoch as proof certain that the Herald and its stablemates are doing just as they always have. And that is fulfilling a crucial democratic duty, without fear or favour, without regard to commercial selfinterest. With respect, what an affront it surely is to all Australians for Packer and Murdoch to rejoice over threats to quality iournalism.

For 182 years the Herald has exposed corruption, protected the vulnerable, pursued growth for all and embraced an optimistic vision for the nation based on a contest of ideas. That Packer and Murdoch can gloat over any potential reduction in media diversity reflects poorly on them, thereby highlighting the importance of ensuring Fairfax's journalism survives.

And it will survive, funded by a new, sustainable business model to replace what were once, indeed, rivers of gold. Technological advances in the past two decades have forced Fairfax and other newspaper companies to change as those lucrative classified advertising revenues slowed sharply and shifted to online outfits.

Packer and Murdoch rode by chance with some of them, gambling that they could cash in and wreak delicious revenge against Fairfax for daring to expose their families' power and behaviour to unwanted scrutiny. "You'd have to say they've got thin skins," was the conclusion of Killing Fairfax author Pam Williams - tellingly, a Fairfax employee.

With glasses raised in toast this week, Packer said: "Fairfax didn't see any of this coming. They thought it was all beneath them. They thought we were idiots. You know, I think we killed Fairfax." Murdoch responded: "I think so".

For the sake of those who value democracy and a proudly Australian voice, let's hope not. Fairfax made mistakes along the way. No one in the myriad media organisations that have vanished or struggled can deny that. But Fairfax survives.

With respect, Packer left the media because the power his

family sought through it was evaporating and money mattered too much. With respect, the Murdoch empire has relied on global film revenue to fund its news media, will rely on TV revenue in future and has used phone-hacking to seek a commercial advantage.

By contrast Fairfax is developing a business model that can ensure the Herald serves the Australian public with independent journalism for another 182 years. That Williams can write a book which exposes her employer to cheap shots from rivals says a lot about editorial independence.

Contrast this to the Murdoch empire's rejection of internal dissent and insistence on groupthink; to Kerry Packer's intolerance of criticism and his son's "hatred, hatred, hatred, hatred" outburst in describing his motivations against Fairfax. Contrast it to the Herald's ability to give credit where it is due and play every issue on its merits.

To the chagrin of Packer and Murdoch, the Herald's team of fearless journalists remains a thorn in the side; a check and balance on the extremes of power; a challenge to the cosy status quo; a rival that cannot be paid off; in essence that most dangerous of ideas, free speech in pursuit of the public interest.

Kate McClymont, Adele Ferguson, Linton Besser, Peter Hartcher and so many more - let no businessman or politician say their work and that of countless other Fairfax journalists has not made this country a better and more civilised place.

The Herald believes Australians will always value quality journalism and keep supporting a business that has a long record of delivering it. While you can now access the Herald's journalism in many ways, the core promise has not changed.

And you still have a choice about what sort of country Australia should be. It can be one where the commercial interests of Packer and Murdoch prevail, self-satisfied and free of scrutiny. The other is one where, as the first Herald editorial said in 1831, editorial management of newspapers is conducted upon principles of candour, honesty and honour. Where respect and deference are paid to all classes. Freedom of thinking. No wish to mislead. No interests to gratify. Dissent with respect, to establish a principle.

By these sentiments we shall be guided, and, whether friends or foes, by these we shall judge others; we have a right, therefore, to expect that by these we shall be judged.

We will not let negative judgements of the past distort our view of a future which, with the collective efforts of everyone at Fairfax on behalf of our loyal readers and shareholders, is destined to be a bright one.

- Greg Hywood **CEO & Managing Director** Fairfax Media (www.smh.com.au) (www.theage.com.au)



As the nation readies to commemorate the ANZAC centenary – 100 years since the Nation's involvement during the First World War – it is important to reflect upon the service and sacrifice made by members of our Defence Forces, past and present.

Adelaide Cemeteries Authority honouring our brave men and women

Let those that come after him see to it that his name be not forgotten.

While the major theatres of war may have been overseas, the lives of thousands of exservicemen and women who fought during the First World War ended in South Australia. These brave souls, weakened from battle, returned home with the physical and emotional scars of warfare.

The mortality rate among repatriated soldiers was high. By 1920 there were scattered beneath the soil of the cemetery, with no mark to proclaim their identity, some 150 soldiers who had served abroad.

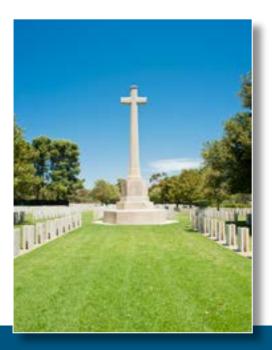
These brave souls would not remain so dishonoured forever. Distressed by the neglect of soldier's graves, members of the League of Loyal Women sought to remedy the situation. With the support of all patriotic organisations and the State Government, the "Garden of Memory" was established at West Terrace Cemetery in May 1920. "The site became the first soldier's burial ground in the Commonwealth – the first of its kind in the world" (Kendrew, G. W., The Garden of Memory, p.2).

Since the burial of Private James Hannam on 23 May 1920, more than 4,000 returned servicemen and women who freely served in the First World War have been laid to rest. Among them are four Victoria Cross recipients.

Collectively, these skilfully crafted and lovingly tended graves tell a compelling story of courage, determination and mateship in the face of unprecedented carnage and human destruction.

Each year the community gathers at the Australian Imperial Forces section and West Terrace Cemetery on Remembrance Day to remember not only the original ANZACS, but to commemorate more than a century of service by Australian men and women.

This year, the ceremony will acknowledge the almost unthinkable savagery and torture suffered by Australian Prisoners of War.



Should you wish to attend the service on Monday 11 November at 10.25am, contact the Adelaide Cemeteries Authority on 8139 7438 or eventsWTC@aca.sa.gov.au. For more information visit www.aca.sa.gov.au.





Jan was a Polish immigrant who migrated to Australia after World War II. He began working on the railways and soon found himself living in Adelaide. He continued working with the railways until he became unwell in the late 1980s.

Jan had been living in a men's boarding house in the inner city. Initially, he came to Hutt St Centre just for the meals. As time went by, Jan's mental health deteriorated. He lost his job, his accommodation, and with no family, friends or income, he started to sleep 'rough' in the streets and parklands.

Hutt St Centre became a safe and familiar place for Jan and he began to visit on a more frequent basis. Over time, he grew to trust the staff and eventually he talked to a social worker about his life. This was a challenge, as his accent was difficult to understand at times and, with his general health deteriorating due to sleeping 'rough', he was struggling even to remember his Polish language and ancestry.

Workers at Hutt St Centre were eventually able to assist Jan to access the Aged Care Pension. This took some time as Jan was without any locally-known personal history or identification. With further aid from a Polish interpreter, we set about looking for a safe place in an aged care facility to accommodate him, that fitted within his very small budget.

After quite an exhaustive time, Jan was able to move into a wonderful place where he resided for quite some time before we were informed of his death in the early 2000s.

The photo of Jan, which forms the most recognisable part of Hutt St Centre's logo, appeared in the City Messenger in 1995, alongside a story which highlighted the plight of Adelaide's 'forgotten men'. At the time, many of our city's frail aged homeless men were struggling to access quality caring services and housing. In the photograph, Jan was carrying his self-made bag which contained all

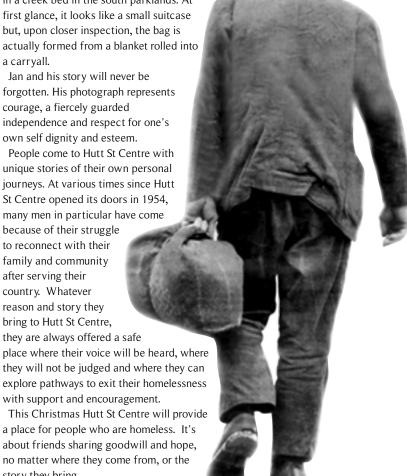
of his worldly possessions, as he was sleeping in a creek bed in the south parklands. At first glance, it looks like a small suitcase but, upon closer inspection, the bag is actually formed from a blanket rolled into a carryall.

Jan and his story will never be forgotten. His photograph represents courage, a fiercely guarded independence and respect for one's own self dignity and esteem.

People come to Hutt St Centre with unique stories of their own personal journeys. At various times since Hutt St Centre opened its doors in 1954, many men in particular have come

to reconnect with their family and community after serving their country. Whatever reason and story they bring to Hutt St Centre, they are always offered a safe place where their voice will be heard, where they will not be judged and where they can explore pathways to exit their homelessness

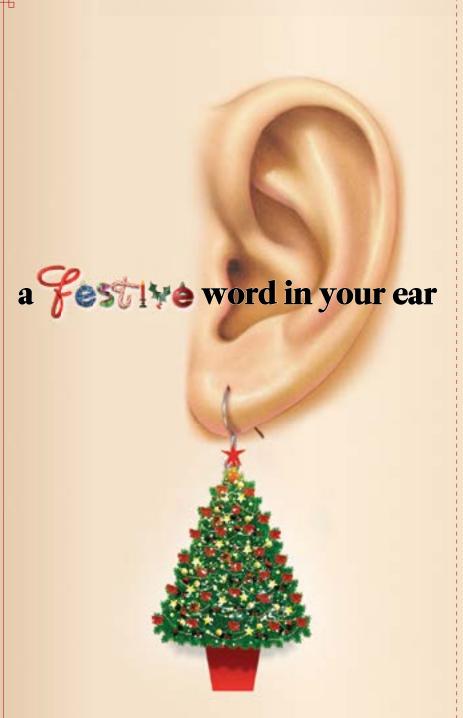
This Christmas Hutt St Centre will provide a place for people who are homeless. It's about friends sharing goodwill and hope, no matter where they come from, or the story they bring.



- Ian Cox, Hutt St Centre CEO

CHRISTMAS CARDS FROM HUTT ST CENTRE





...about friends sharing goodwill and hope.

Christmas is coming and once again Hutt St Centre will be providing good food, good cheer and good company for people who are homeless in Adelaide.

Please donate online at huttstcentre.org.au or call the Hutt St Centre on 8418 2500.



Please Accept My Christmas Gift To Hutt St Centre

				
\$25	\$50	\$100	\$250	\$ My choice of gift
Name				
Address				
Postcode				
Email				
on beha	alf of so	omeone	e I know	the Hutt St Centre who would rather at a thankyou to:
Address				
Postcode				

YOUR CHRISTMAS GIFT OF:				
	provides a homeless couple with a safe place to celebrate Christmas			
	provides a starter pack for those moving from a park to a home			
	provides emergency weekend accommodation for a homeless family			
PAYMENT METHOD				
PAYME	IN I IVII	ETHOD		
☐ Visa ☐ Mastercard ☐ Bankcard ☐ Amex				
Card No.				
Name of	Cardho	lder		
Expiry				
Signature				
		enclosed Hutt St C		money order
Please return the completed cut-off slip to: Hutt St Centre 258 Hutt St Adelaide SA 5000				
		_		istmas special for

It also contributes to Hutt St Centre's work

throughout the year. THANKYOU





Hon Warren Truss MP

Welcome to the Remembrance Day issue of The Last Post. Anzac Day and Remembrance Day, November 11, are special times when Australians reflect on the continuing meaning of the sacrifices that generations of Australians have made to keep our country safe.

These dates underline to me our obligations to the memory of our forebears to build a better and more secure future for our nation.

It is core business of the Government to ensure Australia's national security. As a member of the National Security Committee, I take very seriously the responsibility to provide our defence forces with what they need to achieve very demanding tasks. Many still serve in dangerous places and we honour their commitment.

Australians ask much of our servicemen and women, and an important part of a healthy national security culture involves equipping them to undertake their roles and support them during and after their service.

Like those in uniform who have come before them, it is entirely fitting that the Government supports the needs of ex-service people, especially in providing for their physical and psychological health.

This support is the business of every Australian. I greatly appreciate the work of The Last Post and the many organisations and individuals in keeping the Anzac legacy alive within the community and close to the hearts of new generations of Australians.

The resurgence in the community's consciousness and affection for our service men and women on these milestone occasions is a credit to all involved and ensures enduring remembrance for generations to come.

In its broadest sense, honouring this legacy also involves a commitment to building a better and more prosperous Australia in which to live. The fighting men and women

in the world wars came mainly from regional

The regions are still vital to our defence effort but they also produce most of our nation's export income and drive our national growth. Yet, many parts of regional Australia are facing significant problems and are falling behind standards taken for granted in our cities.

I have lived the challenges and opportunities of regional Australia. I grew up in regional Queensland, on farm, and became active in the representation of regional Australia's interests in the 1970s.

I am determined to be a leader in a government that understands that when our regions are strong, so is our nation. Through my responsibilities for infrastructure and regional development, I will ensure that regional Australia is at the heart of any discussion about our national economy and has a fair share of the infrastructure, services and benefits that a stronger economy creates.

Our National Stronger Regions Fund will deliver social and community infrastructure that is missing in our regions and is so important for modern life. The Fund will deliver an initial allocation of \$200 million each year that will build to at least \$1 billion over five years. It will target regions with low-socio-economic circumstances and higher unemployment levels. The Fund will generate investment and make regional communities a place where more people and their families choose to live.

Raising the profile of regional Australia involves efforts from many quarters. The Government recognises that councils and community groups are the foundations of regional areas. We will work closely with them to build stronger cohesive communities and give our regions the recognition they deserve.

I applaud the focus that The Last Post places on the unique character of Australia's regions.

Improving transport infrastructure is a key to the competitiveness of Australia and its regions. The Government's policy to 'deliver the infrastructure for the 21st century' provides a clear plan to build the nationally significant infrastructure our cities and regions need.

The Government has committed funding to several major highway projects around the country. These include a \$10 billion commitment, which along with the Queensland Government, will fix the Bruce Highway, and \$5.64 billion to complete the duplication of the Pacific Highway between Newcastle and the Queensland border.

Our commitments also include the construction of the 42 kilometre Toowoomba Second Range Crossing. Crucially, the new crossing will bypass Toowoomba, reducing heavy vehicle traffic in the city and improving the safety and quality of life of its residents.

In Western Australia, the Government's commitments to the Gateway WA project and Swan Valley Bypass projects will improve connectivity with regional communities and support the state's vast resource and agricultural industries. And we will continue the upgrade of the Midland Highway in Tasmania.

These projects will provide important social and economic benefits, and help build an efficient and reliable integrated transport network across our nation. I am confident that this will create some truly great opportunities for Australia and our regions, and provide a platform for a more prosperous and secure nation.

"I AM DETERMINED TO BE A LEADER IN A GOVERNMENT THAT UNDERSTANDS THAT WHEN OUR REGIONS ARE STRONG, SO IS OUR NATION.... I WILL ENSURE THAT REGIONAL AUSTRALIA IS AT THE HEART OF ANY DISCUSSION ABOUT OUR NATIONAL ECONOMY AND HAS A FAIR SHARE OF THE INFRASTRUCTURE. SERVICES AND BENEFITS THAT A STRONGER ECONOMY CREATES."

REGIONAL MATTERS: Geraldton, destination of choice



Sitting on the edge of the sparkling Indian Ocean, about 400km north of Perth, Western Australia, and enjoying a year-round almost Mediterranean climate, the city of Geraldton is a destination of choice for many tourists, and indeed, those seeking a sea change on a more permanent basis.

With strong civic leadership and a vibrant vision for the future, the city – the capital of the Mid West of WA – is a truly perfect place to visit and live.

More than 40,000 people enjoy an enviable lifestyle complete with all the amenities of a big city but with a relaxed country feel wrapped in historic and cultural heritage.

Lined with beautiful beaches, the Chapman and Greenough Rivers to the north and south, and breakaway ranges in the picturesque Chapman Valley there is much to discover.

The City boasts a fabulous family- and tourist-friendly foreshore resplendent with a children's playground and water park the envy of many other regional centres.

One of the jewels in Geraldton's crown is undoubtedly HMAS Sydney II Memorial. Recognised as a Memorial of National Significance, set high on the hill on Mt Scott overlooking Champion Bay and the City centre, it is a fitting reminder to the 645 servicemen who lost their lives when

they went down with the vessel after the fateful battle with the German Raider HSK Kormoran, on 19 November 1941.

Sculpted by the same West Australian artists who contributed to the Australian War Memorial in Canberra, Charles Smith and his wife Joan Walsh-Smith, the magnificent memorial dome is made up of 645 stainless steel seagulls – one for each crew member lost, with a bronze statue of a waiting woman, hand out, looking forlornly

out to sea for her lost loved one.

The waiting woman strikes such a chord with tourists that when she was temporarily removed for a spruce up a few years ago, it was discovered her hand had developed a smooth, shiny patina from all the people

who had so touchingly held it over the years.

The final element, the Pool of Remembrance, symbolically displays the position on the seafloor of HMAS Sydney II and her men – allowing closure from the sense of emptiness that plagued so many until the discovery of her watery grave on 17 March 2008. Geraldton Voluntary Tour Guides Association conducts daily tours of the memorial at 10.30am and a memorial service is held on 19 November each year.

Geraldton is also the final resting place of the unknown serviceman whose remains were repatriated from Christmas Island to the Commonwealth War Graves section in Geraldton Cemetery on 19 November 2008 buried with full military honours.

But there is so much more to this seaside city; apart from being steeped in history, it is one of the world's top five windsurfing and kitesurfing spots, with visitors returning year after year dotting the ocean landscape with brightly coloured sails that soar and dip, dramatically skimming the water around Geraldton's iconic Point Moore Lighthouse. Proudly standing 34 metres tall since 1878, the lighthouse has been a beacon of safety for ships navigating the treacherous offshore reefs.

Take a guided tour of the spectacular St Francis Xavier Cathedral, designed by architect and priest, Monsignor John Hawes, built of stone from nearby Chapman Valley and completed in 1938. A leisurely drive to Mullewa, about 100km east of Geraldton will reveal more of this priest's amazing architecture, there you can enjoy a stroll along the Monsignor Hawes Heritage Trail.

There are many historic attractions; take a trip back in time with a visit to the Central





LEFT & FAR LEFT: The Waiting Woman at HMAS Sydney II Memorial stands gazing out to sea for a sign of her lost loved one. Pic: Samantha Walton $\,$

Greenough Historic Settlement, where you can stroll through a collection of beautifully restored stone character buildings dating back to the 19th century pioneers.

Scenic flights with up-to-date commentary are available to the beautiful Houtman Abrolhos Islands, where the horrific Batavia mutiny and massacre took place in 1692, or fishing charter tours for those who like to reel in the big one. Visit the WA Museum-Geraldton at the marina to get an idea of the history before you go.

Shopping in Geraldton is diverse and plentiful and the City has a reputation for its pearl farming and beautiful pearl jewellery designs. Black pearls are a speciality.

There is a vast range of holiday accommodation choices with six well-equipped caravan parks for those lucky enough to be travelling the country.





For more tourist information visit the Geraldton Visitor Centre website at www.geraldtonvisitorcentre.com.au or contact the friendly staff at the centre on (08) 9921 3999, Freecall 1800 818 881, or email info@geraldtonvisitorcentre.com.au



Mayor's Message

I am pleased to have the opportunity to write this message, and I hope it will encourage many people to visit our beautiful City of Greater Geraldton.

We are extremely lucky to live in such a vibrant community that has the best of all worlds, including no traffic hassles!

We are proud of our heritage and culture and do our best to preserve and celebrate it making it available for tourists and visitors to enjoy.

Popular holiday and travel review website, Trip Advisor, ranks the magnificent HMAS Sydney II Memorial as the number one attraction in Geraldton, and we are privileged to have this Memorial of National Significance in our care.

Geraldton has become a favourite port of call with cruise ship passengers, and has earned a reputation as 'a clean, tidy town with friendly people' and that is testament to the friendliness our community has extended them when they come ashore. Cruise liner Radiance of the Seas will pay a second visit this year, her first visit in March saw more than 1800 passengers and crew come ashore to be welcomed by Geraldton's amazing Meet and Greet volunteers.

Many cruise ship passengers have been so impressed with Geraldton and its warm welcome that they have returned to spend more time exploring the region.

Since I'm on a 'maritime' theme, a flight to the amazing Houtman Abrolhos Islands some 60km off the coast is well worth the time, the pilots do a great running commentary on the islands' history and the tragic story of the Batavia mutiny and the multiple murders in 1629.

There is so much to see and do and combined with the friendly towns of Walkaway, Greenough and Mullewa, a visit to Geraldton makes for a truly memorable experience, and I sincerely hope to see you here one day soon.

– Ian Carpenter,Mayor, City of Greater Geraldton

Take a fresh look at Geraldton



GERALDTON at the heart of the Coral Coast, boasts an enviable life style and plenty of attractions for the visitor.

Choose your activity along miles of pristine beaches – swimming, snorkelling wind or kite surfing, fishing, walking or watch the sunset behind the stunning Aboriginal Ilgarijiri art installation on the foreshore.

Soak up the abundant history and culture, visit the Yamaji Art Centre and the Regional Art Gallery – and the Central Greenough Historic Settlement for a glimpse of pioneering days gone by.

Fly to the Houtman Abrolhos Islands and learn the history of these unspoilt island groups, shop for pearls, and be tempted by the much sought after black pearl.

Visit the magnificant HMAS *Sydney* II Memorial, and the WA Museum - Geraldton.

Sail on the replica

Batavia Longboat, stroll

Monsignor Hawes Walk

Trail at Mullewa and visit
the majestic

Monsignor Hawes

St Francis Xavier

Cathedral in Geraldton.

The list is endless and
there for you to

experience and explore!



Replica Batavia Longboat



Ilgarijiri art installation

For information about Geraldton and surrounds, or to take advantage of their accommodation, tour and scenic flight booking service contact the friendly staff at the **Geraldton Visitor Centre** on (08) 9921 3999

Email: info@geraldtonvisitorcentre.com.au www.geraldtonvisitorcentre.com.au

or the Mullewa Community Resource Centre

(08) 9961 1500

Email: mullewa@crc.net.au www.mullewatourism.com.au





HMAS Sydney II Memorial

Pic: Frank Apostoli





"The Long Tan Bursary will be forever a part of my university time and without it, none of what I have achieved would have been possible."

Courtney Brooks graduating with a Bachelor of Food Science and Nutrition from Deakin University. Courtney is currently working with Nestle Australia as a Food Advisor and intends to further enhance her knowledge within the Food Industry before returning to University in the future.



In its original form as the Vietnam Veterans' Trust, its purpose was to distribute the Australian share of the funds received from the Agent Orange legal settlement from the USA to Vietnam veterans and their

studies for almost 30 years.

AVCAT, in one form or another, has been helping children and grandchildren of veterans further their

AVCAT now administers scholarships for the children, grandchildren and widows of those who have served our country in peace and war. Scholarship selection is on a need and merit basis.

Since AVCAT's inception in 2003, 523 Long Tan Bursaries and numerous scholarships from other donors such as Legacy and the RSL have been awarded with a success rate of 83% to date. AVCAT is proud to have the support of the Governor General of the Commonwealth of Australia, Her Excellency Mrs Quentin Bryce AC CVO, as Patron.

Recipients come from all over Australia and study an enormous variety of courses. The years have seen doctors, psychiatrists and engineers, teachers, scientists, meteorologists, ballet dancers, circus performers, creative writers, film makers – the list goes on.

"There is nothing more rewarding than seeing children of veterans flourish when they are given a pathway through tertiary study to new horizons of opportunity" says outgoing CEO Nick Helyer. "I am immensely proud of my work with AVCAT and know that the organization is under great leadership with [new CEO] Karen Blackwell.

"AVCAT has a strong legacy and an important message. Without AVCAT many of the recipients would not be able to further their careers and lives through tertiary study. We are committed to being the respected, credible and independent organisation in the charity sector to ensure children and grandchildren of Australian ex-service community have the same opportunities as their peers."

On her appointment as CEO, Karen says "I am delighted to accept the position. AVCAT has been close to my heart for many years as I believe strongly in what they stand for. I look forward to taking AVCAT to the next level and looking for further opportunities for funding. I thank Nick and look forward to continuing the strong legacy he has left behind."

Karen is well versed with the organisation, having worked for AVCAT as a volunteer for some years as an expert in education.

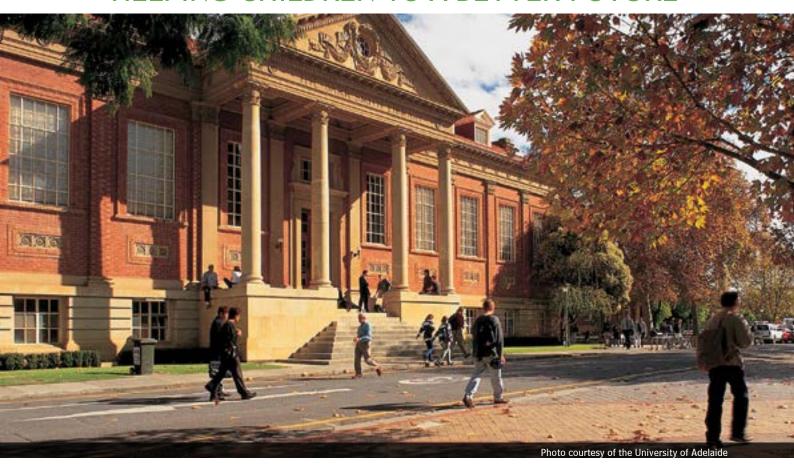
AVCAT is a registered charity. Donations to AVCAT are gift deductible for tax purposes.

"My message to [scholarship] winners is this: make them count. You all have a great opportunity to excel in your chosen areas...they are a sign of belief from AVCAT that you all can do great things."

Scholarship recipient David Ludlow graduated with distinction with a Bachelor of Communication (Media) from RMIT in 2011. He is currently developing his second feature film Justice in a Smoking Gun, which will shoot in 2014. An Australian-Western, the film will star Julian McMahon (Nip/Tuck, Fantastic Four) and be released in 2015.

SCHOLARSHIPS

HELPING CHILDREN TO A BETTER FUTURE



AVCAT is a charity administering scholarships to help children and in some cases grandchildren of the Australian ex-service community with the costs of full-time tertiary education. The most deserving candidates are selected on merit and who, without our help, would be unable to start or complete studies without financial difficulty.

AVCAT relies on the generosity of the ex-service community and private donors. If you would like to find out more about supporting AVCAT, please contact us:

T: 02 9213 7999 E: avcat@dva.gov.au www.avcat.org.au

"THE LONG TAN
BURSARY WAS
INVALUABLE HELP,
IT ALLOWED ME TO
CONCENTRATE
FULLY ON
BECOMING THE
BEST DOCTOR I
COULD BE"

Helping children to a better future



QUEENSLAND STUDENTS AWARDED STUDY BOOST

In June this year, the Minister for Veterans Affairs announced that fifteen Queensland students have received up to \$9,000 each to help meet the costs of their post-secondary education.

Mr Snowdon said the Long Tan Bursary Scheme provides children of Vietnam veterans with financial assistance to help them pursue their chosen studies and careers.

The selected students are studying diverse fields including nursing, music, engineering, business administration, law and arts.

"I commend each of these recipients on their determination and hard work which has seen them selected to receive a Long Tan Bursary," Mr Snowdon said at the time.

"The Australian Government is committed

to ensuring the ongoing support of our veteran community, with more than 450 sons and daughters of Vietnam veterans receiving a bursary since the Scheme was first introduced in 2000."

Fifty students across Australia will be presented with Long Tan Bursaries worth up to a total of \$450,000 annually.

The Bursary is named after the Battle of Long Tan during the Vietnam War. It acknowledges the hardships children of Vietnam veterans may face in undertaking continued study and helps to relieve financial pressures.

Applications for each academic year open on Vietnam Veterans' Day, 18 August, and close on 31 October. To be eligible, applicants must be a child of an Australian Vietnam veteran who has Australian residency status and is enrolled, or planning to enrol, in post-secondary education in

The Long Tan Bursary is administered by the Australian Veterans' Children Assistance Trust on behalf of the Department of Veterans' Affairs.

- For more information on the Long Tan Bursary visit www.dva.gov.au/grants.

KIETH DUNSTAN DIES

Keith Dunstan, droll master of words, the Don Bradman of Australian newspaper columnists, died of cancer in September at 88 - but, true to his craft, he left a whimsical obituary ready to hit the presses. "Yes, he wrote it a couple of years ago," said son David Dunstan.

So herewith, the late Keith Dunstan according to Dunstan: "Born in East Malvern in 1925 and started at Wadhurst, junior school of Melbourne Grammar, in 1932. A worried parent then decided to change course and put him in boarding school, Geelong Grammar.

"He served with the RAAF during World War II in Morotai and North Borneo. He was one of the RAAF's least successful pilots. In 1946 he started with the Sun News-Pictorial and worked as a correspondent in New York, London and Los Angeles. He had a long career as a columnist working with the Courier Mail, the Sun News-Pictorial, The Age and The Bulletin.

"In 1967, he started the Anti-Football League, which, although it failed to suppress football, ran for 30 years. In 1972, he was founding president of Bicycle Victoria. He and wife Marie rode bicycles across the US in 1976. He has written 30 books, some of them readable, including The Paddock That Grew, Knockers, and No Brains At All. Occasionally they sold."

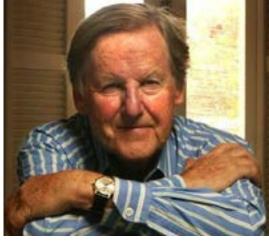
Dunstan, a self-effacing man with a unique talent, called his autobiographical book No Brains At All after a comment on his academic skills by a science teacher

years before. But as a journalist he was outstanding. For many years he wrote a column a day - his famous A Place In The Sun (APITS, as he called it) Monday to Friday, a humorous feature illustrated by Jeff Hook on Saturdays and his Batman's Melbourne column in The Bulletin. He was gentle, polite and generously encouraging to those (including this writer) who aspired to the columnist's treadmill.

Through APITS, Dunstan became the voice of Melbourne, casting a laconic eye on the Yarra village's feats and foibles. It was an irony that did not escape him when the Victorian Football League went national and pinched the acronym of his own countermovement AFL. In 1992 he was crowned King of Moomba and in 2003 he was inducted into the Melbourne Cricket Club Media Hall of Fame. He was awarded an Order of Australia medal in 2002.

Perhaps the best measure of his giant status as a Melbourne columnist was apparent several months after he finally departed APITS. Successor Wayne Gregson, bravely filling those giant shoes, was sitting at the APITS desk in the old Herald building when a school group toured through. "Over there," said the commissionaire, "is the





reporters area. And over there, the subeditors who check the copy. And in here," said the commissionnaire, gesturing towards columnist Gregson at his computer terminal, "this is where Keith Dunstan used to sit." Keith Dunstan is survived by wife Marie, four children and 13 grandchildren.

- Read more: www.theage.com.au

Old letter reveals fresh insight on Ned Kelly's fabled capture

by Carolyn Webb

A historian says it's astonishing that a letter has emerged giving an eyewitness account on the Kelly Gang's 1880 siege of Glenrowan.

In the letter, Scottish immigrant Donald Sutherland tells of seeing a calm Ned Kelly being comforted by sobbing sisters after being shot and captured.

Sutherland writes of later viewing the charred bodies of two other gang members, Ned's brother Dan Kelly and Steve Hart.

Sutherland sent the dramatic letter to his parents, innkeepers in the tiny Scottish Highlands village of Mybster. He included hair from the tail of Ned Kelly's horse, which hasn't survived. The letter was handed down to relatives in Scotland, England, then Canada.

The family transcribed it earlier this year and after researching Kelly memorabilia institutions, they donated the letter to the State Library of Victoria, where it will go on display from Monday.

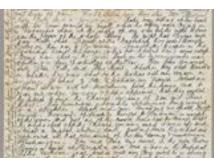
On June 28, 1880, the last day of the siege, Sutherland, a bank teller, rushed the 17 kilometres from Glenrowan to Oxley "to have a look at the desperados who caused me so many dreams and sleepless nights".

The letter tells of seeing Ned Kelly, after his famous armour-clad shootout with police and subsequent capture, "lying on a stretcher quite calm and collected" despite being badly wounded in the legs and arms.

"Ned does not at all look like a murderer and bushranger – he is a very powerful man aged about 27, black hair and beard with a soft mild looking face and eyes - his mouth being the only wicked portion of the face," Sutherland writes.

Two of Ned's sisters are "crying in a mournful strain at his side", with a third, Kate, "sitting at his head with her arms around his neck".

Sutherland says he had feared the gang while they were on the run, but reveals a customer of the Oxley bank had convinced them not to rob it. It's not clear whether Sutherland read about, or was there, when police set fire to the Glenrowan Inn where remaining gang members held out.



Mr Sutherland tells of the scene after Ned Kelly's hanging Photo: Supplied/State Library

But Sutherland says that that night he struck a match and lifted sheets to show a crowd the remains of Dan Kelly and Steve Hart: "They presented a horrible appearance being roasted to a skeleton, black and grim reminding me of old Knick himself".

State librarian Sue Roberts said it was "a very personal account of events that have become part of Australian folklore". The donation of the letter was "extremely generous". It would join Ned Kelly's armour and the Jerilderie Letter in the library's Changing Face of Victoria exhibition.

Sutherland's great-great niece Marina Eaton, of Woburn Sands, north of London, said she and her cousins felt "the letter should go to where it was most appreciated, rather than be in someone's drawer at home".

Kelly scholar Alex McDermott said he was "astonished" to see a new account of the siege 133 years later. "It's one of the most studied and scrutinised and iconic events in Australian history, and to have a new account emerge is staggering," said Mr McDermott.

He said Sutherland gives an unbiased, "everyman" view.

The letter describes Sergeant Steele - who shot down Kelly and has been demonised by Kelly sympathisers – as "a very nice fellow".

- Read more: www.theage.com.au

The General Sir John Monash Scholarships: Ten Years of Supporting Young Australian Leaders

Launched in 2003, the General Sir John Monash Scholarships are now Australia's most prestigious postgraduate scholarship program. The Scholarships celebrate Australia's finest military leader: the man increasingly acknowledged as one of our greatest civic leaders. The Scholarships provide postgraduate students with assistance to complete their Masters or Doctoral degrees at the world's elite universities. Eighty-three Scholars have been elected by the Foundation over the past decade. Each was recognised for their leadership skills, academic excellence and their commitment to the Australian community. The Foundation and Scholarships are proudly supported by the Australian Government, private sector organisations, universities and individuals.



The 2013 Scholars were a particularly notable group, directly addressing current major challenges for Australia. Two are studying areas relating to Australia's engagement with China, two with aspects of indigenous culture, and two in issues of public infrastructure and productivity. Technology, development, health law, and social justice in Australia and overseas will also be studied. The 10th year of Scholars also saw the Foundation's first finance graduate and first linguist. In the past four years, two indigenous women have been elected, and five Scholars have focussed on indigenous development. These Scholars join a family of Scholars at prestigious universities around the world, and back in Australia. Two of the 2013 recipients were Air Force officers. The officers, who graduated from ADFA in 2009, will spend the next two to three years at Oxford and Cambridge Universities in the UK. Flight Lieutenant Cavin Wilson, a logistics officer will complete a Masters in Economics focusing on "game theory". And Flight Lieutenant Alex Barbaro, a RAAF Communications Squadron, will study for a PhD in Engineering. Alex will research ultra wideband technologies that improve communication capacity and provide detection capability. In celebrating its first decade, the Foundation is proud to have established its alumni of 83 extraordinary Scholars. Over half of these Scholars have finished their post-graduate studies, with a third of all Scholars already returned and residing in Australia. Scholars are now working in the following fields: 11 in business; 7 in the public sector; 9 in clinical medicine and medical research; 14 in Universities; and 6 in International NGOs.



Three Scholar success stories include:

2005 John Monash Scholar Dr Matthew Baker recently returned to Australia to take on a new role with the world-class heart research facility, the Victor Chang Cardiac Research Institute (VCCRI). Matthew, who completed his DPhil at Oxford University in 2010, will join the structural and computational biology division at VCCRI as a postdoctoral



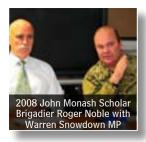
researcher. Working with a new team, Matthew will be researching molecular motors using structural biology and single molecule techniques.

2007 John Monash Scholar Dr Joseph Suttle also completed a PhD at Oxford University in medicine, where he used cardiac imaging for the detection of ischaemia and cardiac failure. Joseph returned to Australia in December 2011, and took up a position as an Associate Professor at the University of NSW. He teaches at the UNSW and Notre Dame Medical



schools, and runs a research group addressing aspects of heart failure. He is also the director of the Royal Agricultural Society Public Health Unit, and works to promote rural access to specialist care and expanding medical research capacity in rural and remote centres.

2008 John Monash Scholar Brigadier Roger Noble was the first active serviceman to receive a John Monash Scholarship. Roger received his Scholarship to study for a Masters of Strategy at Johns Hopkins University in the USA. He completed his course with distinction, returned to Australia, and was promoted to Brigadier and



a senior role in the ADF. Roger was deployed to Afghanistan in 2012 as Deputy Chief of Operations in the International Security Assistance Force. He is now Director General Land Development.

As awareness of the Foundation grows, election of the John Monash Scholars is becoming an increasingly challenging task. There has been significant growth in Applications with 312 received for the 2013 selection process (up 40% on the previous year). Through bequests and donations the John Monash Foundation aims to double the number of Scholarships offered by the end of this decade; our aim is to make the John Monash Scholarship the Scholarship of choice amongst future, young Australian leaders.



RESTORE SIGHT FOR JUST \$25

4 OUT OF 5 PEOPLE WHO ARE BLIND DON'T NEED TO BE



DONATE NOW 1800 352 352 HOLLOWS.ORG.AU

TROOPS FACE HIGH STRESS RISK

Australian soldiers exposed repeatedly to combat and trauma in Afghanistan or Iraq face a 15-fold increase in the risk of mental health problems such as post-traumatic stress disorder, a major study has found.

The survey of about 14,000 military personnel who had served in the Middle East Area of Operations found cumulative exposure to trauma such as being fired upon or handling dead bodies was particularly likely to cause mental health problems.

"Significant increases in mental health problems were found with increasing traumatic and combat exposure, with the adjusted risk for some problems increasing five to 15-fold," the report stated. "These findings covered PTSD symptoms, major depressive syndrome, panic and other anxiety syndromes, and alcohol misuse."

The risk was 'most pronounced for a cumulative number of exposures' - raising concerns about Australia's special forces soldiers, many of whom have served multiple

deployments, sometimes five or more.

A separate report that surveyed about 3000 military personnel both before and after they deployed to the MEAO - which includes Afghanistan - found most were physically and psychologically healthy on their return.

But nearly one in 50 reported PTSD symptoms after their deployment - a 19-fold increase on those who already had symptoms before they went to war.

Launching the report, Chief of the Australian Defence Force General David Hurley said people should remember the force was ''ordinary Australians ... who are asked to deal with extraordinary events. We need to recognise that some form of anguish is a normal human reaction to abnormal events.''

But he added that not everyone experienced trauma and pointedly warned against overblown forecasts of a flood of PTSD sufferers among the tens of thousands of Australians who had served in the Middle East.

"The term a tidal wave, or a tsunami, of PTSD has been used to predict our state as operations draw down to a reduced level in Afghanistan," he said. "This language is provocative and emotive and points to a simplistic view of military mental health."

Given Australia had been involved in the Middle East and difficult border protection operations for 12 years, a flood of cases could be expected already, but "our data does not support this view".

Retired army major-general John Cantwell, a PTSD sufferer himself, has been prominent in warning of a ''tidal wave'' of cases among Afghanistan veterans.

General Hurley said he was not attacking General Cantwell, whom he admired for his ''compassionate and heartfelt'' discussion of the issue.:

– David WroeRead more www.smh.com.au



Veterans and Veterans Families Counselling Service A service founded by Vietnam veterans

Help is available 1800 011 046

Free 24 hour support for veterans, their families and eligible Defence Force personnel.



Australian Government

VVCS – Veterans and Veterans Families Counselling Service





Veterans Health & Fitness Program

Looking to Improve Your Energy, Vitality and Overall Health and Wellbeing?

If you want to get back in shape, feel great, and see improvements in your physical and mental health then you can now make it happen with the Heart Health Program

The 12 month Health and Fitness Program includes:

- Individual fitness programs and flexible gym access
- Ongoing support from a team of health and fitness specialists
- Nutrition and healthy lifestyle education
- Weekly group exercise sessions (at nominated locations)



The Heart Health program is free and open to all returned veterans and peacekeepers of any age and in any location around Australia

Call CHM on 1300 246 262

to discover how the program can assist you and details of group training locations in your state

To enroll or discuss eligibility for Heart Health call VVCS on 1800 011 046





Celebrating



years

of making a real difference, every day.

On August 24 1953, one woman boarded a tram, to visit her first patient in West End. That woman was Olive Crombie.

Backed by a passionate congregation who recognised a need in a local community, Sr. Olive's visit was the first of over 25 million visits offered by the Blue Nurses, and subsequently Blue Care, since 1953.

In this, our 60th year we carry this proud tradition into a new era. Our tailor made approach, our focus on working with people, their families and loved ones, to enable them to live the best life possible, means we are one of the leading not-for-profit care organisations in Australia.

With over 2,000 volunteers, 8,000 team members, 60,000 clients in 80 communities across Queensland and Northern News South Wales, we continue to make a lasting difference in people's lives. Chances are our services are offered to someone you know.

We are proud of our outstanding team who, over the past 60 years, have offered services through some of the most trying circumstances, both man-made and natural.

On this, our 60th Anniversary, we say thank you to all those who have worked with us, received our services, lived with us, volunteered with us, supported us, prayed for us and above all, made it possible for us to continue to assist those in need.

We look forward to the future, where, with your support, we can continue to make a real difference every day.



1800 001 953

donations@bluecare.org.au www.bluecare.org.au/donatenow



BY LEAVING A GIFT IN YOUR WILL to the Foundation for National Parks & Wildlife

We live in the lucky country.

Australia has some of the most diverse and beautiful landscapes of any country on earth, many of which are imbued with powerful cultural significance. It is also a treasure trove of unique species found nowhere else.

Over the course of our lives, we create many happy memories enjoying Australia's white sandy beaches, lush tropical rainforests, mysterious whispering bushlands, and expansive ancient deserts.

Kissed by sunlight, and attuned to the cyclical rythyms of bushfires and floods, Australia's environment is something else.

Australia gives freely of its gifts to us.

You can give back by protecting what's great about Australia—its wild, living landscapes, and its precious but vulnerable animals and plants.

You can ensure that the Australia you leave to your children and grandchildren is as beautiful, and better protected, than the Australia you inherited and enjoyed.

You can ensure a brighter future for all.

"Sow the seeds today for a better tomorrow for those you will leave behind."



The Murray River breathes life into all it touches. Photo: Peter Nydegger.

Help Protect Australian Wildlife & Habitats



In May 2012, this baby Eastern Pygmy-possum was found in the veggie patch of Janet Mayer while she was watering her tomatoes. The little possum got a bit wet but was otherwise unharmed, and after a quick check and a few photos, it was released back from whence it came.

Janet received a grant from the Foundation for National Parks & Wildlife in 2011. The grant enabled Janet to undertake conservation works, including the removal of invasive weeds, on her own property. This helped to ensure that the land remained a healthy and thriving habitat for Australian native animals, such as this gorgeous little one. Photo: Janet Mayer.

A Gift that Keeps on Giving

After they have provided for their loved ones and settled debts, many people make provisions in their Wills to help the charities they have supported or the causes they have admired over the years. Is this something you would like to consider?

Leaving a gift in your will, also called a bequest, is one of the most effective ways of that you can support a cause you believe in. A solicitor can help you create a valid Will, which ensures that your wishes are respected and leaves less stress and uncertainty for your loved ones.

You should visit your solicitor to update your Will every five years or as circumstances change. If you'd like to include a gift in your Will to a charity, your solicitor can add a short legal amendment to your existing Will (called a Codicil), or help you draft a new Will (which is preferable to ensure clarity), typically for about the same cost.



Who Leaves a Gift in Their Will?

You don't need to be wealthy to leave a gift in your Will to a cause that you care about. Your gift could be large or small, but you're guaranteed that it will be gratefully received and faithfully spent as per your wishes.

By leaving a gift in your Will, you'll enjoy your lifestyle today without making any sacrifices. You will also enjoy knowing that your contribution to a brighter future is already taken care of.

What Future do You Want to Create?

"I love my kids and grandkids, and I want there to be beautiful natural places for them to enjoy, just as I have during my lifetime."

If this sounds like you—perhaps you're a keen camper or bushwalker, or you absolutely love to spend time enjoying our stunning national parks—please consider leaving a gift in your Will to the Foundation for National Parks & Wildlife.

Please Contact & Ask Any Questions

We understand that including a charitable gift in your Will is a very personal decision. Thank you for thinking of the Foundation for National Parks & Wildlife and its important work.

For more information visit **www.fnpw.org.au**. If you have any questions, or would like your gift to be used for a specific purpose, please contact:

Susanna Bradshaw, CEO on (02) 9221 1949 or sbradshaw@fnpw.org.au



Bottlebrush is just one of Australia's unique plants. Photo: Peter Nydegger.



The Point Peron Cormorant colony at Shark Bay, WA. Photo: Peter Nydegger.

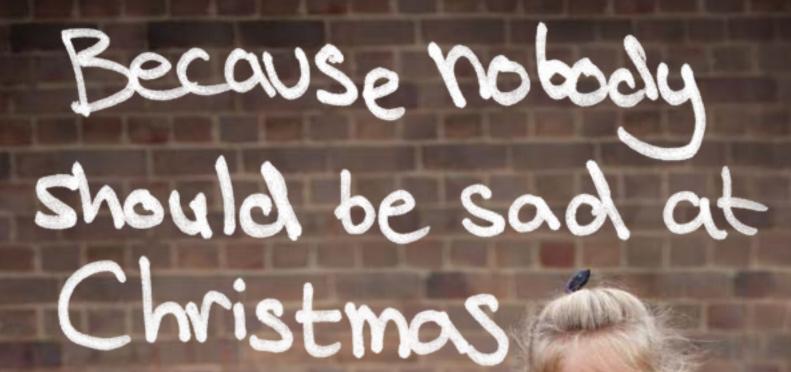
Past Bequests & What Was Achieved

Thanks to gifts left in the Wills of kind supporters, and in accordance with the wishes of each, the Foundation for National Parks & Wildlife:

- purchased 20,000 hectares of bushland and natural areas.
 This land was gifted to the NSW National Parks & Wildlife Service for conservation and to create the Lachlan Valley State Conservation Area (Hunthawang Precinct);
- contributed to the conservation of the Superb Parrot, Major Mitchell's Cockatoo, Brown Treecreeper, and Painted Honeyeater—all of which are listed as vulnerable to extinction—and the endangered Mallefowl, through the protection of their habitats;
- restored Kiandra's heritage buildings in the Kosciuszko National Park, and put the local community back into the picture by establishing an annual exhibition and events program so that this amazing site continues to be enjoyed;
- revegetated degraded habitats with local native plants, upgraded tracks, installed directional and management signs, and constructed a bird-viewing platform with seating and bird identification information in Cecil Hoskins Nature Reserve. This reserve is an important habitat for resident and migratory birds, as well as endangered species;
- purchased 2086 hectares of bushland for Morton National Park, for future generations to enjoy;
- funded important wetland preservation research in the Mother of Ducks Lagoon Nature Reserve, which is a haven for more than 80 species of birds plus two species of endangered frogs; and more. But there's so much more to do.

All gifts, no matter large or small, make a difference.







OF REASONS TO HELP.

YOU ONLY NEED ONE.



Do Something About It. Call **13 18 12** or visit vinnies.org.au/dosomething

ST VINCENT DE PAUL SOCIETY CHRISTMAS APPEAL 2013

The St Vincent de Paul Society has launched its annual Christmas Appeal, asking people to make a generous donation. The campaign states that 'there are hundreds of reasons to donate, you only need one', highlighting the many varied motivators behind people's reasons for giving back.

At what is a time of joy and celebration for many of us, far too many Australians face the prospect of a bleak Christmas as they struggle to pay their bills and provide the extra costs associated with Christmas.

Like so many people that Vinnies helps, Jean is struggling to keep her head above water. At 72 years of age, on a pension that's barely enough for her, Jean is taking care of her 14year old grandson, Jake. Some days she skips

a meal, so her growing grandson can eat.

Vinnies volunteers see Jean every week without fail, providing not only financial and practical assistance, but friendship and understanding. With every weekly visit, Jean sees a brighter future for her and her

St Vincent de Paul Society NSW President, Ray Reynolds says that every day the St Vincent de Paul Society sees the harsh reality

experienced by the 2.2million Australians living in poverty.

"It is unacceptable that so many Australians are living in poverty each and every day. As our members and services go about their work in cities and towns across the State, they witness first-hand the devastating impact of poverty on men, women and children," said Mr Reynolds.

Your donation will help Vinnies provide people experiencing disadvantage with financial assistance, clothing, utilities, food hampers and gifts for children.

INDIGENOUS CHAMPION EARNS HERSELF MARATHON GLORY

Indigenous Marathon Project runner Emma Cameron experienced the low point of her running career in April this year, after organisers took her off the Boston Marathon course at the 41km mark following the Boston bombings.

In October, almost six months to the day, the devastation turned to joy as she entered the MCG to finally claim the coveted title of marathon runner, and the 21st IMP athlete to finish a marathon.

The Darwin based athlete began her marathon journey in March 2012 when she was selected as a member of the IMP squad to train for the New York Marathon.

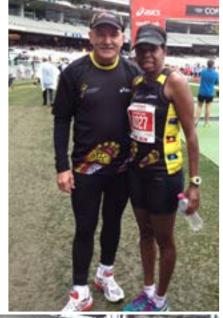
She faced a number of challenges over the past 18 months, but no one could wipe the smile off her face when she finally crossed the finish line in yesterday's Melbourne Marathon, alongside a sea of IMP

Despite tough conditions that included wind and rain, Emma crossed the finish line in 4 hours 51 minutes, around 23 minutes faster than her predicted Boston Marathon finish time.

Emma said she felt a huge sense of relief crossing the finish line, and was thankful for all the support that she had received from family and friends over the past 18 months. "It hasn't been an easy journey, but it was something that I had to do, and something

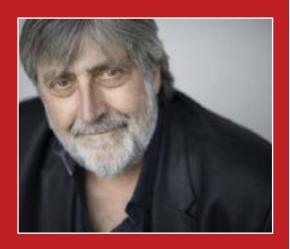
that I will always be proud of," she said. "Knowing that my actions have inspired other people to be fit and healthy is a pretty good feeling, and something that has made the long journey easier."

During her involvement with IMP, Emma also earned herself a Certificate IV in Health and Leisure, and has inspire many family,





A tribute to Greg Quill



"BEFORE GREG WE HAD FOLKSINGERS:
AFTER GREG WE HAD SINGERSONGWRITERS. HE SET THE BALL ROLLING
FOR ME AND COUNTLESS OTHERS TO
VENTURE INTO THOSE MURKY WATERS
WHERE DEMONS DWELL AND WHERE
SOMETIMES THE MAGIC WINS."

"North wind 's rollin' down; my friends are leavin' town. I know they're waitin' just for me."

Greg and his friends left town, Sydney, Australia, to play at the Sunbury Rock Festival. I was in the crowd--a seething mass of newly-minted hippies and unrepentant social alcoholics, whose chanted motto was "Suck More Piss". The bands on stage were of two general categories: cover bands (one performed a set list of Santana Songs), and blues/boogie bands. Billed as an event of transporting inspiration, it was actually an event of unending sameness. That is, until a band called Greg Quill and Country Radio came on. Everything was different: instrumentation, dynamics, style-style that paid homage to a broad range of root music...and it included notes that were actually about Australia...and Greg. These were real songs from a real song-writer. Kerryn recently wrote:

"Before Greg we had Folksingers: after Greg we had Singer-songwriters. He set the ball rolling for me and countless others to venture into those murky waters where demons dwell and where sometimes the magic wins."

"I've been a few times, Around the sun. Back here again, not so brave and young as I was back then...Miles Ago."

"Miles Ago" is a web site talking about Australian Music of the 60's and 70's In the early 70's, I caught a train from Melbourne to Sydney and auditioned for this magical band, with this inspired singersongwriter. Greg was an imposing but benevolent leader and I was a couple of years younger. I believe I viewed him somewhat like Moses at the time. He was the only member who had a university education... but he was only rarely appalled at my lack of couth. And even in later years enjoyed telling tales of our excess. And he often had to arbitrate. Drummer Tony Bolton and I would sometimes get into it...semantic arguments mainly. But one day we were waiting to go on stage at Newcastle. Tony put his rum and coke on the carpet...but it was close to a seam...I tripped over the seam at the other

by John Bois

end of the room, causing Tony's drink to spill. He approached me saying: "Well you're going to get me another one, right?" I immediately ran to Greg for help. Greg passed down his ruling: "If you build a house on a fault line, you can't get insurance." In my eyes this was a ruling worthy of Moses!

"I'm singin' for the dark and lonely highway; I'm singin' for the rivers and the streams. I'm singing for the country roads and byways.

And I wonder as I go, is there anyone alone, to sing for me."

Too much! The song we recorded, Gypsy Queen, brushed the top of the charts. We were suddenly in demand...touring in a Ford transit van...I remember in Queensland, lying on top of the equipment on a 110 degree day...no A/C...with only a foot clearance above me. It was a great time...but a high that was hard to come down from...but come down he must. We exhausted the venues of that small market and although he eventually made it overseas, the band Country Radio broke up and, I think, broke Greg's heart.

"I'm singin' for the dark and lonely highway; I'm singin' for the rivers and the streams. I'm singing for the country roads and byways.

And I wonder as I go, is there anyone alone, to sing for me."

I am singing for him...but I could never do him justice. And I am only talking about his musical side. Of course he established a whole new career at the Toronto Star...he established a family with Ellen...but I lost touch with him. Then somewhere in the 90's I sent him a manuscript, since published in Australia, of a memoir of The Dingoes. He had all the reason in the world to ignore it...but he spoke for me. If he believed in something he would speak loudly and clearly for it. And to me, Greg's approbation was like praise from Moses. His love of art, music, ideas...where does it go? I want it back. And yet somewhere along the way he got lost. I wasn't a part of his life then. I was only around to see his resurrection. First came his personal recovery; then his musical resurrection.

"I never thought I'd be back this way again. Sure I was lost and gone. I never thought I would see this day again. I never thought I'd sing this song."

Greg told me it happened like this: He was visiting Australia and someone threw

a party for him. At some designated hour the guests pulled out perfectly tuned guitars from closets and cupboards, gave one to Greg...and they all played the Greg Quill songbook together. He came back to Canada rejuvenated and ready to play out again. Kerryn did a CD with him: So Rudely Interrupted (speaking to the long gap between their very fruitful collaboration). Greg was a brilliant essayist, journalist and

critic. But I felt that music was the true coin of his realm...that of all the things he could create, songs gave him the most satisfaction. You can hear the great care with which each line is crafted, the economy of expression, the emotional depth expressed within that economy:

"Big old moon, warms the night.

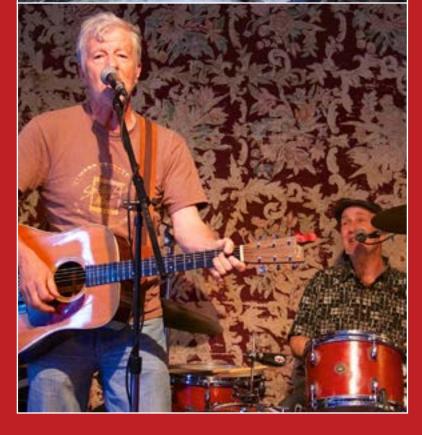
Troubles fading with the light. Your loving smile is all I see."

We must all meet with infinity. But Greg had so much more he wanted to do...and he would have been just as shocked as we all were to know his final day was here. I don't know what all loose ends he must have left. But at the very least he had recovered his personality, his muse, his soul if you will. We remember him with joy for the man he was at the moment he left us. Perhaps we should all be so lucky.









Greg Quill's musical memorial was at the Gladstone Hotel in Toronto.

There was mix of people that reflected Greg's life: journalists from the Toronto Star; musos from Toronto with introductions by the MC, Greg's good friend and spoke of Greg's positive influence and remarkable skill in conversation: "When you were with Greg you found yourself quoting people you had never read...and you walked away feeling you were smarter than you thought you were." He also praised Greg's cooking. Then some of Greg's family came up. Kaya Quill (his daughter), and Angela Vink (his stepdaughter) wept as they told the assembled that Greg "wrote the book" on how to be a wonderful spouse and stepfather. Greg's wife, Ellen was there but did not speak...she was suffering great pain at Greg's passing. Then the music began. I sang Back This Way Again and Gypsy Queen. Terry Wilkins, Australian bass player (Flying Circus) resident in Toronto and played with Greg, organized the music for the evening. We did about six of Greg's songs, and two more solo artists did several more. Greg would have enjoyed it, I think.

He really started off the singer/songwriter movement in Australia. The Dingoes are given credit for inspiring many more successful bands, Greg was an inspiration for The Dingoes. Kerryn Tolhurst and myself were greatly influenced by our time with Country Radio...Kerryn actually got started as a songwriter co-writing Gypsy Queen with Greg. In later years he was a true friend to me. Greg and Ellen hosted my family for three summers in a row on Niagara-On-the Lake. He was always available for the best advice you could ask for on any range of subjects, from what year a guitar was made to how to save a failing marriage. He encouraged me to write. He eventually wrote the foreword of The Dingoes writing community in Toronto and the seeming absence of any commentary from Australian media. I am grateful for your enthusiasm for Greg...I know you were wanting to do a piece on him well before this sad news. I believe he is underappreciated in Australia for his contributions. I personally felt he should have been inducted into the ARIA Music Hall of Fame. I know there is renewed interest in his musical legacy. However, I fear that even in death he will never receive the appreciation he is due.

 John Bois, friend and former member of Country Radio, Dingoes, Author – 'Dingoes Lament'

SUPPORT THE FAMILIES OF OUR FALLEN AND WOUNDED HEROES

Since 1923 we have kept our promise to Australian veterans and taken care of the families of those who have died or become incapacitated as a result of their active service.

Legacy offers more than just financial aid. We give the widows and families of our deceased veterans hope.

Young families and children don't just receive pension advocacy and financial hardship relief, but also education and development support.

Disabled dependents receive enduring care, social inclusion, independence skills, and the support they need to make the transition to residential care.

Ageing widows who have been left behind receive trusted advice, protection from social isolation, and financial support so they can live at home with pride and dignity.

Currently we support the families of over 100,000 deceased and incapacitated veterans. But this number continues to grow, with many Australian servicemen and women participating in active service in the Middle East and on peacekeeping missions around the world.

For nearly a century Legacy has supported Australian Defence Force families in times of great need, but to continue we need your help.

Support the organisation that supports you, and help us keep a promise to our mates who have made the ultimate sacrifice.

Please give generously.

To find out how to make a donation or to fundraise for Legacy call 1800 534 229 or visit legacy.com.au



TO DONATE, CALL 1800 534 229 OR VISIT LEGACY.COM.AU



Not a day goes by

The inspiring 19-year-old lost her "hero" suddenly in December 2011, leaving her family heartbroken, vulnerable and alone - until an unexpected hand reached out.

Caitlin has made it her mission to help Legacy, the organisation who helped her get through such a devastating event, by raising not only funds but much-needed awareness for one of Australia's oldest and most respected charities.

She said she wants to give back to the organisation who helped "gather up her broken family and put them back together".

"My dad was my hero, he was a natural leader, he could walk into a room and make eye contact with everybody individually and make them feel special," she said.

"He had this air of authority about him, he was so cool, there are not enough words to describe what he was to me. I would love to just have enough time with him once more to just say I love you.

"So now it's my turn to make my mark, and make him proud and show the world what an amazing person, dad, husband, friend and soldier he really was. For me raising money for Legacy is as much about helping them as well as honouring my amazing dad."

It was during a posting in Indonesia in 2011 with the Royal Australian Air Force, that Caitlin's mum Tina, was diagnosed with an aggressive form of breast cancer. After several trips to consult doctors in Singapore, the family decided to move back to Australia so Tina could get the specialist medical treatment she so badly needed.

After several relocations during his 24-year military career, the family settled back to Newcastle, NSW, and a relatively normal lifestyle when tragedy struck again.

In December that year, Wing Commander Stuchbury died suddenly of a heart attack in his sleep, he was just 53.

After a distinguished military career and tours of both Iraq and Afghanistan, this was to be the one battle Grant could not win.

With no family nearby, Caitlin said Legacy quickly became not so much a welfare organisation but their surrogate family.

She said they were like angels always there whenever they needed help.

that Caitlin Stuchbury doesn't think about her dad and smile to herself knowing he would be beaming with pride.

"On the morning dad died Legacy was there, they just knew what we needed and got on with it and did it," she said.

"I woke up to find a man sitting on our lounge, quietly ready to do whatever we needed, and he was from Legacy.

"They organised dad's funeral, all the paperwork, everything just magically happened, we really didn't have to worry about anything.

"John, our Legatee, (who is a volunteer and our go-to person whenever we needed anything), became that male influence we really needed. My younger brother Nathan found it all very difficult to deal with, he was very angry about dad dying and being left without that male role model.

"That's where our Legatee was also so valuable, he has kind of become a surrogate dad for Nathan and for me as well, a calming influence we can talk to whenever we need it.

"We went from being a broken family unit to what we are today, happy and excited about our future. We still have our moments and sad times but we also have so much to look forward to knowing Legacy will always be there if we need them."

Caitlin, now studying a Bachelor of Nursing at the University of Newcastle, has not only raised around \$4000 but also produced a very moving film clip in memory of her dad. Initially aiming to raise about \$500, she now intends to keep fundraising and give back where she can.

"A few hundred was my goal at the start and now that I've raised \$4000 I just want to keep going," she said.

"At first it was my family donating, then my dad's friends and work mates and now it is people who have seen my video, read about my story or who just want to support Legacy.

"Now more than ever I hope everybody will get behind Legacy and show them just a small portion of the amount of support they have shown thousands of Australian's during their 90 year history."

Born out of a promise of mateship in World War 1 after a digger told his dying mate he would look after his wife and kids. Legacy looks after the widows, partners and children of Australian Defence Force personnel who have died or been incapacitated as a result of their service.

Today, as Australia confronts the challenges of modern conflict, more and more service personnel are returning home afflicted by not only physical conditions but psychological ones, including post-traumatic stress disorder (PTSD), which can leave them incapable of carrying out a normal, productive life, finding employment or just stepping back in to the family unit.

Legacy is dedicated to supporting the families of deceased or incapacitated Australian Defence Force (ADF) personnel, peacekeepers and humanitarian officers.

Every day, Legacy provides caring and compassionate support for these families through pension advocacy, counselling, special housing, medical and social support. They're also committed to nurturing children's education by contributing towards school fees, books, uniforms and recreational activities to aid their self-development and confidence.

The contemporary need for Legacy is very real. The tens of thousands of ADF personnel deployed over recent years, and Australia's various peace-keeping operations, continues to see a growing demand for Legacy's services today and well in to the future.

To date, throughout Austalia Legacy assists over 100,000 widows and 2000 children and people with a disability.

For more information about Legacy go to www.legacy.com.au or to see Caitlin's amazing video tribute to her dad or donate to her appeal go to www.legacyfundraising.com.au/stuchs_legacy

Remembering and honouring their legacy

Dr Yvonne Luxford, CEO Palliative Care Australia

Against the backdrop of the glorious Australian War Memorial we gathered to remember and honour past and present Australian Service nurses who have cared for the sick and wounded during conflict. It was an incredibly moving and poignant way to bring to a close the biggest event in the Australian palliative care calendar.

Over 800 palliative care professionals, volunteers and advocates gathered in Canberra for the 12th Australian Palliative Care Conference. We were there united under the theme Palliative Care: Everyone's Business which sought to ensure that palliative care becomes something we all take responsibility for, right from the community level through to health professionals and policy makers.

During the conference, we were approached by a delegate from New Zealand who had visited the Australian War Memorial during the week and had been incredibly moved by the Last Post Ceremony which takes place there every evening. She was amazed to see the number of different ways nurses are honoured and remembered at the War Memorial on the same level as members of the Defence Force.

We knew then we had to do something. In her words 'we're here as a group of nurses, we've got a nurses memorial here, it's about honouring and not forgetting the dead.'

And so following the conference closing ceremony, a group of palliative care nurses and delegates made their way to the Australian Service Nurses National Memorial. Here, the President of Palliative Care Nurses Australia Mr John Haberecht laid a wreath at the striking glass memorial which has extracts from diaries, letters and historical photographs paying tribute to service nurses etched into its walls.

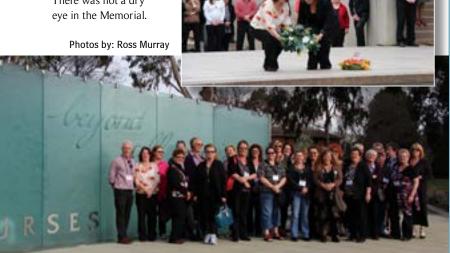
We then made our way up Anzac Parade to the War Memorial for the Last Post Ceremony. Two nurses, one from New Zealand and one from Australia, laid a wreath by the Pool of Reflection during the ceremony, a tribute to those who had given their lives in conflict.

On leaving, we were all presented with a card depicting Sister Vivian Bullwinkel, one of the nursing heroines of the Second World War. She is legendary in the nursing community for her courage and known to us in the palliative care community as there is a research position in Victoria named in her honour.

The Vivian Bullwinkel Chair in Palliative Care Nursing was established to honour her efforts during wartime and work that continued for many years afterward. It also represents her spirit of survival against all odds – qualities that are also reflected in the health professionals who work in palliative care.

As the Last Post sounded, echoing around the Cloisters, we knew there was no better way to bring a close to our conference. We had spent the past four days together as a palliative care community with a tremendous atmosphere of collegiality and collaboration, and this was a reminder of the importance of care

for the dying as a result of conflict but also our returning veterans. There was not a dry eye in the Memorial.



Captain Vivian Bullwinkel,

AO, MBE, ARRC

Vivian Bullwinkel, sole survivor of the 1942 Banka Island massacre, was born on 18 December 1915 at Kapunda, South Australia. She trained as a nurse and midwife at Broken Hill, New South Wales, and began her nursing career in Hamilton, Victoria, before moving to the Jessie McPherson Hospital in Melbourne in 1940.



In 1941, wanting to enlist,

Bullwinkel volunteered as a nurse with the RAAF but was rejected for having flat feet. She was, however, able to join the Australian Army Nursing Service; assigned to the 2/13th Australian General Hospital (2/13th AGH), in September 1941 she sailed for Singapore. After a few weeks with the 2/10th AGH, Bullwinkel rejoined the 13th AGH in Johor Baharu.

Japanese troops invaded Malaya in December 1941 and began to advance southwards, winning a series of victories and, in late January 1942, forcing the 13th AGH to evacuate to Singapore. But the short-lived defence of the island ended in defeat, and, on 12 February, Bullwinkel and 65 other nurses boarded the SS Vyner Brooke to escape the island.

Two days later, the ship was sunk by Japanese aircraft. Bullwinkel, 21 other nurses and a large group of men, women, and children made it ashore at Radji Beach on Banka Island; they were joined the next day by about 100 British soldiers. The group elected to surrender to the Japanese, and while the civilian women and children left in search of someone to whom they might surrender, the nurses, soldiers, and wounded waited.

Some Japanese soldiers came and killed the men, then motioned the nurses to wade into the sea. They then machine-gunned the nurses from behind. Bullwinkel was struck by a bullet and pretended to be dead until the Japanese left. She hid with a wounded British private for 12 days before deciding once again to surrender. They were taken into captivity, but the private died soon after. Bullwinkel was reunited with survivors of the Vyner Brooke. She told them of the massacre, but none spoke of it again until after the war lest it put Bullwinkel, as witness to the massacre, in danger. Bullwinkel spent three and half years in captivity; she was one of just 24 of the 65 nurses who had been on the Vyner Brooke to survive the war

Bullwinkel retired from the army in 1947 and became Director of Nursing at Melbourne's Fairfield Hospital. She devoted herself to the nursing profession and to honouring those killed on Banka Island, raising funds for a nurses' memorial and serving on numerous committees, including a period as a member of the Council of the Australian War Memorial, and later president of the Australian College of Nursing.

In the decades following the war, Bullwinkel received many honours and awards, including the Florence Nightingale Medal, an MBE and the AM. She married in 1977 and returned to Banka Island in 1992 to unveil a shrine to the nurses who had not survived the war. Vivian Bullwinkel died on 3 July 2000.

Source: Australian War memorial Website https://www.awm.gov.au/people/1906.asp

Palliative care: Myth busting

It's estimated that 70% of all Australians who die would benefit from palliative care services, yet only about 50% are able to access them. The picture is much worse if we look to our neighbours in the Pacific – some of whom have absolutely no service provision whatsoever.

One of the reasons preventing more rapid progress in achieving universal coverage of palliative care is a misunderstanding of what palliative care really is. This was reflected in the theme of World Hospice and Palliative Care Day on 12 October 'dispelling the myths'.

MYTH: "Palliative care means I will die soon"

FACT: Palliative care is not just for the last days or hours of life. It is a holistic approach that includes caregiver support, spiritual care, bereavement and much more, which seeks to help people live as well as possible. Studies have shown that early access to palliative care can actually prolong life.

MYTH: "Palliative care is just for people with cancer"

FACT: All those who are diagnosed with a chronic life limiting illness can benefit from hospice and palliative care. The latest international research shows

that approximately 70% of all people who die would benefit from access to palliative care services.

MYTH: "I can only get palliative care in hospital"

FACT: Services are offered in many places, including hospices, aged care facilities and in your own home. In fact, surveys show that about 70% of people would prefer to die at home.

MYTH: "Palliative care is just for old people"

FACT: We may not like to think about it, but people of all ages die. Palliative care services care for patients of any age

and there are special hospices devoted to the care of children, such as Bear Cottage in Sydney and Very Special Kids in Melbourne.

MYTH: "I'll become addicted to morphine used to treat my pain"

FACT: Opioid medications are not addictive when used properly for pain management. Palliative care is a holistic approach which recognises a person's physical, social, emotional and spiritual needs. Pain relievers like morphine are essential to good palliative care to relieve pain and other symptoms and can be safely used.

Want more information about palliative care? Visit www.palliativecare.org.au

Palliative Care Australia also publishes ehospice – a news service dedicated to palliative and end of life care:

www.ehospice.com/australia



AGED CARE REFORM

By Joy Smith, Senior Adviser, Segue Financial Services www.segue.com.au

When we were children, our parents spent a good deal of time taking care of us – and reminded some of us that one day, we would return the favour. It's not something many people enjoy talking about, but Aged Care is becoming a more prevalent issue that we need to be thinking about – both from a financial and societal point of view.

Although advances in medical technology are helping people live longer and in general having a more fulfilling retirement, more people are making it into their senior years and need some form of living assistance. The type of assistance required is also changing, as retirees are showing a growing preference for remaining in their own homes. Part of this desire to stay may also be due to a relatively complex Residential Aged Care system. How you pay your fees and what fees you actually pay depends on not only your assets, but what level of care you require.

Given the number of people over age 85 is expected to triple over the next 30 years, a simplification of the Aged Care system is needed. In response, the Government announced a review into the Aged Care system and in mid March 2013 introduced legislation to help simplify both Home Care services and residential aged care. The legislation passed through Parliament at the end of June, and the main changes come into effect for persons entering residential aged care from 1 July 2014.

The changes to the Home Care rules are also effective from 1 July 2014.

WHAT'S CHANGED? – RESIDENTIAL AGED CARE

Aligning the Charges for High Level and Low Level Care

Entering a residential care facility has historically been complicated by the fact that Low Level care (also referred to as Hostels) required an Accommodation Bond, whilst High Level care (Nursing Homes) worked on a daily Accommodation Charge. Persons who moved between Low and High level care would have their Accommodation Bond repaid then be required to fund a regular expense. This could have Age Pension implications as the Accommodation Bond is not assessed by Centrelink in determining an Age Pension entitlement, but this concession is lost when

moving to High Care (as the bond is no longer applicable).

The new rules simplify funding aged care costs by bringing in one charging system across all care needs. This system consists of four costs:

- Basic Daily Care Fee: as per the existing arrangements.
- A means-tested Fee: replacing the existing income tested fee.
 The new fee will assess both assets and income.
- $\boldsymbol{\cdot}$ A Residential Payment:

replacing the Accommodation Bond and Accommodation charge. All residential care facilities will be required to quote both an up-front lump sum, and a daily fee. The person entering care can then choose which option they would prefer, or even a combination of both.

· Extra Services Fee:

as per the existing arrangements, an optional fee for additional services such as access to cable television, wine with meals etc.

Under the new legislation, if a Residential Payment is made with a lump sum, retention amounts will no longer be applicable. Previously a retention amount was a limited deduction the Aged Care provider was able to make from an Accommodation Bond which would then reduce the value of your bond once it was paid back.

Other changes introduced ensure that all lump sum bond amounts are now being guaranteed by the Government, should the care provider become bankrupt.

Annual and Lifetime Caps to Fees

A concession for residents who are required to pay a means tested fee is that an annual cap of \$25,000 applies to this cost. Further, a lifetime limit of \$60,000 applies where once residents have paid means-tested fees beyond this limit, no means tested fee is payable.

Changes to Extra-Service Arrangements

Extra Services were only available through approved facilities. The new reforms allow more providers to offer Extra Services packages, to which all residents will have the ability to "opt in" to these costed benefits. It is also possible to negotiate the provision of additional services outside any packages with a Aged Care provider, however there is no requirement for the provider to agree to any conditions outside the norm.

WHAT'S CHANGED? – AT HOME CARE

Restructuring of Assistance Packages

The existing Community Aged Care Packages and Extended Aged Care at Home Packages will be brought under the single banner of "Home Care", which will offer four levels of care, based on the person's needs.

Changes to Fees

Those who receive Home Care will be required to pay a basic daily fee, of 17.5% of the basic Age Pension rate. There is also an income tested fee (where assets are ignored) which reduces the Care Subsidy (increasing the cost of care through a fee). There is an annual limit of \$5,000 where annual income is below \$43,186, or \$10,000 where income is greater. There is also a lifetime cap on income tested fees of \$60,000.

SUMMARY

Whilst the changes may provide some short term confusion and impact current strategies for reducing the cost of residential Aged Care, the introduction of caps on means tested fees, simplifying the payment of residential care fees and streamlining the Home Care services should provide for a simpler system going forward. However, to ensure you optimise your situation when entering Aged Care, make sure you seek personal, professional advice.

Provided by Segue Financial Services 'Knowledge Centre'. Go to www.segue.com.au to learn more.

DO YOU HAVE A PARENT IN NEED OF AGED CARE?

Are you time poor? Running ragged?

- Who is there to help?
- Do we keep or sell the family home?
- What will happen to the Centrelink pension?
- What are our options?



Rather than renovate and rent, Margaret's family preferred to sell her rather dilapidated home when she was assessed as needing full time care. An Aged Care specialist helped the family achieve a higher Centrelink Pension for Margaret as well as cut almost \$15,000 from the accommodation costs.

MARGARET'S STORY -

Margaret was 83 when she was assessed as needing and eligible for full time care. She owned her home valued at \$800,000 and a \$50,000 bank account along with a CSS Pension paying \$20,000 per year. The proceeds from the sale of Margaret's home was \$789,000 after costs. The Aged Care facility wanted a \$350,000 Bond. Careful planning by Segue's Aged Care Specialist came up with strategies and a structure to optimise Margaret's Centrelink Pension entitlement and save almost \$15,000 p.a. accommodation costs. Importantly for the family, Margaret has made a lot of friends, participates in many of the activities and outings, and absolutely loves her new 'home' – a critical part of all Aged Care decision making.

* Name changed to protect privacy

Specialist help for Ralph's family to move him into full time care enabled them to achieve his wish to keep his home, retain his Centrelink benefits and reduce the cost of his ongoing care.

RALPH'S STORY -

Ralph was 88 and single. He had \$300,000 in various bank accounts. He owned his own home valued at \$900,000. The accommodation facility the family chose required a \$400,000 Bond. A combination of lump sum on entry and ongoing instalments paid for from the rent received on Ralph's home enabled the family to meet the Bond requirements. With specialist advice the cost of accommodation was reduced and Ralph retained his full Centrelink pension with all the fringe benefits. After all accommodation costs and personal needs were met Ralph had enough income to enjoy some luxuries as well as save.

* Name changed to protect privacy



TIME POOR? WHEN YOUR LOVED ONE NEEDS ONGOING CARE LEAVE THE WORK TO SPECIALISTS WHO WILL SAVE YOU TIME AND MONEY

Call Joy or Lucy on 03 9509 1599 to schedule an obligation free consultation to assess the benefits available for you



WHO CAN YOU TRUST? Segue Financial Services is a group of leading investment advisers and self-managed super fund specialists committed to improving people's lives through a living financial plan... From one generation to the next Segue focuses on continued education and up to date knowledge, looking for and finding possibilities and opportunities to enhance your lifetime goals. A unique combination of strategies, structures, investment returns and services that provide long-term financial benefits and satisfaction not readily available elsewhere.

Financial Planning Active Investing Portfolio Services

Segue Financial Services Pty Ltd. AFS Licence 255257.

General Advice only. Recommendations and figures quoted are examples only. You should seek advice before taking action



Multi award winning Wild Fox Organic Wine PRESERVATIVE FREE range...

SHIRAZ MERLOT CABERNET SAUVIGNON ROSÈ

- 90% approval rating from consumers
- Ideal for the sensitive wine drinker
- Enjoy quality wine without the headaches















'wild in taste, mild on nature'

...also available our convenient PICCOLO BOTTLE range



SAUVIGNON BLANC
CHARDONNAY
ROSÈ RAW WINE
SHIRAZ ORGANIC & RAW WINE

MERLOT ORGANIC & RAW WINE CABERNET SAUVIGNON ORGANIC & RAW WINE SPARKLING WINE/RED

- Cost effective way to trial our many different varieties
 Nice addition to any Christmas gift
- Order a dozen online for only \$60 plus GST & receive your Last Post discount



SPECIAL OFFER for Last Post Readers...

For every order of Wild Fox Organic Wine (750mL or 187mL piccolo) receive 10% DISCOUNT.

Enter online wildfoxwines.com or phone 08 8342 532 & quote the code 'last post'



'for fox sake'...wildfoxwines.com

Wild Fox Wines are proud supporters of Last Post Magazine and the RSL



wetcome at Geelong RSL.

The club also have bands every Saturday night and holds jazz nights every Sunday where you can purchase a two-course meal is just \$18. Regular meal and show nights started off on October 28, with Iconic Australian rock star Ronnie Charles in 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!





To my granddaughter, I leave my service medals. To the Salvos, I leave hope.

Include a bequest to The Salvation Army in your Will and leave behind a better future for people in need. To find out more please call 1800 337 082 or visit us online at salvationarmy.org.au/wills

Please send to: Director, Wills & Bequests, The Salvation Army, PO Box 9888 in your capital ci	ty.	PDOCTOR
Yes, I'm interested in: (Tick one) ☐ Leaving a bequest to The Salvation Army ☐	Information to assist with preparing a Will	E P
Name	State	
Address	P/C	THE ON
Tel Time to call AM/PM	Email	SALVATION
☐ I have already included The Salvation Army in my Will		AK!



"We have tour groups from schools and explain to them the different images. One shows The Salvation Army representative handing out a cup of tea to the soldiers. We've been telling (students) about The Salvation Army for years; how they were always near the frontline to look after us." - Norm Ensor

As a volunteer guide and supporter of the Kokoda Track Memorial Walkway at Concord in Sydney, World War II veteran Norm Ensor (and team) show around 3,000 schoolchildren through the memorial each year.

One aspect of the tour, Norm says, is pointing young visitors to one of five images at the memorial centrepiece that celebrates the work of the "Sallymen" who offered support and refreshments to troops during World War Two.

"We had a great respect for the Salvos," Norm says.

Norm enlisted just after he turned 17. With two brothers already in the armed forces, he says he was keen to join up to "do his bit". In November 1942, Norm was posted to Papua New Guinea.

"We were responsible for laying and maintaining a series of telephone lines around the battle front. It was dangerous, because the [Japanese troops] used to cut all the lines and then we'd come back to repair them," he says.

With his "303 rifle, tools and a telephone over his arm," signalman Norm Ensor served in the battles of Sanananda and Buna-Gona. After a short return to Australia, Norm then served at the battle of Balikpapan, Borneo.

Norm married his fiancée Betty after the war, and today has a daughter, three grandsons and a number of great grandchildren.

As well as volunteering at Concord to keep history alive for the next generation, and at the age of 90, Norm also serves as senior vice-president of the 7th Division AIF Association. He was recently guest of honour on behalf of the division at a celebration at Situm School, Morobe in PNG, which was built by, and supported by the 7th Infantry Division since 1964. The school today also has a cottage hospital and birthing centre.

One of the great comforts of his war years, he still fondly recalls today, was having the Salvation Army hop-in tents and canteens on the field where he could get a cup of tea and paper to write home to his parents and later

to his fiancée Betty. He says: "The fact that "someone was there to look after us, meant a lot at the time.

"If it wasn't for The Salvation Army blokes during the war, I reckon we would have had a very poor time. They certainly did a lot of good work up there. Wonderful!"

A glorious sight

A military lieutenant in New Guinea recalled the following meeting with a Sallyman, (most probably John McCabe, during World War Two).

"I and 40 men, of whom I had charge, were toiling for two days along a jungle track. "Torrential tropical rain was falling, we were plunging knee-deep in the mud and... feeling ever so homesick and discouraged when, rounding a bend in the track, we saw a glorious sight.

"Besides a lovely stream was a Salvation Army officer with containers of boiling coffee, waiting for us. He was miles from anywhere, sacrificing all comforts, but happy because he was with the boys..."

- Extract from Salvos with the Forces by Walter Hull.

POLITICIANS MORAL DEFICIT

The Zone By Michael Short

Politics and public policy are supposed to be about making the world better and fairer. Decency, justice, compassion and community ought to be primary concerns. It is disappointing, then, that our politicians, most of whom are well-motivated, caring people, spend so much time appealing to voters' short-term financial self-interest.

It reflects poorly on them - and, perhaps, on us. Clearly, politicians perceive pork-barrelling and naked financial inducements to be the surest route to success at the ballot box.

In September, in the final days of the federal election campaign, The Zone's guest was Tony Coady, an internationally respected professor of philosophy who specialises in applied ethics in politics and policy. He is here to argue that our politicians are selling voters - and themselves - short.

"A culture has been promoted over the years in this country and elsewhere in which citizens are taken as basically having only self-interested motives. This culture has been influenced by an impoverished picture of citizens as simply narrowly economic agents."

He argues that we have far wider community concerns, and points to the way people unselfishly respond to the needs of others in disasters.

"Politicians should appeal much more to our altruism. Even self-interest is understood too narrowly; there is more-enlightened self-interest, where you are not just thinking about what am I going to get out of this in the next three years, but what is going to happen to my family and the country in the next 30 years or more, what is going to happen to my descendants."

Coady believes politicians think selfinterested motives are the only ones that are going to bring electoral success, and so appeal to them almost ceaselessly. "We are certainly flawed creatures, but our leaders shouldn't pander to those flaws. They ought to be appealing to what Abraham Lincoln called the better angels of our nature, because those angels are there."

Coady contends politicians have a responsibility to communicate clearly and honestly, and to appeal to people's moral sense and compassion. He argues politicians fail to understand we care about more than affluence. He cites the Labor government's disability insurance scheme as a rare exception.

Coady, who long held a chair at the University of Melbourne, where he is now professorial fellow in the Centre for Applied Philosophy and Public Ethics, acknowledges people have legitimate self-interest, but believes it has been overemphasised by politicians.

This is evident, he argues, in the way two prominent issues in this election, asylum seekers and climate change, have been treated by the major political parties. "It says a lot of rather unpleasant things about the politicians and us - that is, to the extent that the politicians have correctly understood us, which is debatable.

"The refugee thing is a terrible blot on Australia's standing in the world. I was in Oxford last year for six months and concerning Australia one of the things that often came up was 'what about all your dreadful attitudes to those poor boat people'. When you look at the situation, it is absolutely amazing that this is such an issue in the culture and in politics. Although the numbers are increasing, they are amazingly small by international standards."

Coady argues that the widely accepted scientific evidence that human activity - primarily the burning of fossil fuels - is driving dangerous global warming morally compels action by governments.

He believes this generation has a moral duty to future generations, but that politicians are advancing too slowly amid self-interested resistance from some businesses and ideologically motivated individuals and lobby groups. He links the two issues in a practical sense. "Australia will be dramatically affected by climate change, and not only by changes in Australia but by changes elsewhere. If people think refugees pose a problem now, once you get dramatic climate change in the Pacific islands, not to mention Bangladesh and so on, you are going to have enormous refugee flows."

[WHO]

Philosophy professor Tony Coady, internationally respected specialist in political ethics.

[WHAT]

Politicians pitch too much to voters' short-term self-interest and make unrealistic promises.

[HOW]

They should instead appeal to 'the better angels of our nature'.

He is concerned, too, that while politicians are making trust a central theme, they actually undermine trust by making unrealistic promises. He has been encouraged recently by Coalition leader Tony Abbott's retreat from his commitment to deliver a budget surplus within three years should he be elected.

"That is a more sensible thing to do, and that is in a way a more honest thing to do than relying on some trick later on about a black hole."

Coady argues that the Coalition's attempt to paint former prime minister Julia Gillard as untrustworthy and a liar for introducing a carbon tax was an unfair attempt to undermine voters' trust in her.

"Abbott and his followers said this is lying, which it palpably wasn't. Tony Abbott, particularly with his seminary training, should realise that there is a strong distinction between breaking a promise for whatever reasons, good or bad, and lying.

"Lying is saying something that you believe to be false with the intention of deceiving an audience. I don't think there is any real question that Julia Gillard was doing that. At the time she really did believe it. On no account was it a lie. Unfortunately, reckless accusations of lying are poisoning political debate." He does not believe, though, that she is necessarily beyond criticism for making the decision, for there may have been other ways than a carbon tax to get the Greens' support in the circumstances of a hung parliament.

Coady believes voters are sufficiently smart to understand that when circumstances genuinely change, politicians have a responsibility to respond. Voters can distinguish between expediency and necessary flexibility.

He does not see all politicians as bad people; he acknowledges their job involves an unusually large amount of pressure and the need to juggle competing demands.

But he believes they bring trouble upon themselves, and that there is a widespread and reasonable view that we do not get the politicians we deserve.

"One way that we can be helped to decide on [who to vote for] is if the politicians themselves first of all are more careful about what they promise. There has been a tendency to promise the earth and then say 'oh, good heavens, we found a black hole and can't do it'.

"That tendency can be criticised from a moral point of view; raising people's expectations, giving them to understand that something will be done, and you haven't sufficient reason to do that at the time. It also feeds voter cynicism when the promises are inevitably dumped, or broken as 'noncore'."

Coady believes the media are part of the problem. The 24-hour news cycle, he says, adds to the burden on politicians by requiring them ''to give instant solutions along the way, but ones that might be unconsidered and damaging''.

He is critical of polls: they focus on simplistic questions and are of little help to voters. And he is particularly critical of what used to be called the ''gutter press'' but is now more politely known as the ''popular press''.

"An enormous amount of the stuff that goes on there, with some exceptions, is not contributing to people's awareness and understanding at all."

He is also critical of the media's "extraordinary" stress on so-called gaffes by politicians. He cites the example of the attack on Abbott for his line in a televised debate with Prime Minister Kevin Rudd: "does this guy ever shut up?"

"[It] was magnified beyond all proportion. It was no doubt disrespectful, but government people were then asking what would he say to the president of China. That was an absolutely ludicrous jump. Similarly, with lots of other things like that, they become headlines and usually don't last very long but for a short while they are, ridiculously, the big issue instead of what really matters."

Coady is, though, upbeat about the impact technology is having on media. "In the current election, one of the most impressive developments has been the emergence of these various fact-checking units that are associated with a range of media.

"They are very different in kind, but all of them are either doing fact checking or trying to get some kind of deliberative process going about the policies."

He is also pleased to see so many blogs contributing to the political debate, augmenting the already abundant policy information in the better mainstream media outlets.

The most important public deficit, his analysis suggests, is not fiscal, but moral. Politicians, perhaps unavoidably given their combative environment and precarious tenure, are no angels - but they are failing to recognise adequately those ''better angels of our nature'' in us and in themselves.

Read more:

www.theage.com.au/opinion/the-zone

SURF TRAVEL COMPANY



"It's not the end of the world...

it's the beginning of paradise"

Treat yourself to the experience of a lifetime. Spend your next getaway in the pristine waters and tropical islands of New Ireland Province. Transported to Clems Place in a luxury speed boat you will enjoy some of the best fishing, diving, snorkeling in the world. And every day you will feast on the sumptuous seafood that the region has to offer.

Contact your beach travel specialists today

Clem's Place Papua New Guinea



CALL US TODAY

THE SURF TRAVEL COMPANY

Email: enquiries@surftravel.com.au

Phone: +61 (2) 9222 8870

Facebook: Surf Travel Company

SURFTRAVEL.COM.AU



by Jack P Kellermann

...each day he went for a walk around the village and beyond. Happy for the sail up and for Clem to be home but happy too to stretch his legs and too immerse himself in the local culture. He had turned 50 on the trip up but felt young here and recognised and understood why the locals didn't acknowledge birthdays. Every day he met people and greeted those he knew. Every day, snorkelling, surfing or fishing. He could stay here forever, he thought.....

To those that know him, David Hutchinson is "Hutch", adventurous with a taste for doing the unusual. His love of travel, countries and cultures, along with the knowledge transfer that he gets along the way, is icing on the cake for the Surf Travel Company Product Manager. A surfer since he was a young boy, Hutch has travelled the South Pacific, the Indian Ocean and to Indonesia and beyond and lived for eight years in Bali. He still runs surf charter vessels in the Mentawai Islands to this day and it is this passion for the sport that is also a lifestyle that has helped him in his role organising Surf Travel Company tours and working on partnerships with local land and reef owners in places like Papua New Guinea.

In 2007 David helped to establish a resort in the northern islands on the outskirts of Papua New Guinea. Fast forward to 2013 and his time up there recently was to fine tune the business and transfers from the island of Tunnung which had struck some difficulties with the failings of the banana boats during the three hours journey from the mainland and issues with the previous owner and his boat. Surf Travel Company stepped in and with another new partner, the decision was made to purchase a reliable boat to ensure the future of "Clem's Place" on the island in the New Ireland Province. just off the north-west mainland of New Hanover.

Clem from Clem's Place is Clement Anton, a classic rough diamond. Not exactly your average person living on a remote island two degrees below the equator. Clem spent 10 years working on western charter vessels around PNG and realised two things, he didn't want to work under a boss anymore and that he wanted to start his own his business in tourism. Clem enjoys the social exchange with guests to his island and is highly regarded amongst his peers. He is a dive master, fantastic boat driver and loves his fishing, with surfing being his latest quest. Clem is the incumbent island chef of Tunnung and the Eagle Clan, his family are the landowners and Clem and his wife Sophie manage the resort and hosting guests.

First of all, buying the right boat was down to Hutch and based on his previous experience, he knew what to look for. Something that could stay the course, for starters. A bit of an all-rounder too for ecotourists, fishing and of course, surfing. They needed something large, not cumbersomely so but something that would carry fifteen people without complaining. Mod cons that Hutch could turn into a mini ship. Banana boats had done in the past but they hadn't cut the mustard, carrying five and lurching when the wind blew up. Soon enough, the reliable boat that was needed, was found but the price of shipping the vessel up to Tunnung meant a more affordable and adventurous option was to sail up. The money saved on shipping was spent on upgrading the boat with all the mod cons and safety features put on new boats today and a mini ship was created.

They needed a crew too and having worked with a lot of boat captains, Hutch knew what he needed. Alun Beck, a New Zealandborn yacht master who has lived in PNG for 30 years and Clem were locked in and the three figured that was enough. Together, they sailed out of Botany Bay on the 15th February not knowing that the planned five week trip would turn into a five month experience.

18 hours after leaving Sydney, the boat and her crew pulled into Port Macquarie on the back of finding out they needed major work to be done on the outboards. They were there for 17 days, finally taking off amid a big swell and conditions that had

been effected by a couple of cyclones up north. 30 hours later they reached the Gold Coast, filling up at Southport. On to North Stradbroke Island. After a night there, it was across Moreton Bay to Mooloolabah where again they needed to shelter from increasingly big seas and high winds. After a couple of days there, waiting for the coast to clear, it was off to Cairns. But the magic was beginning to work and the chance to see some of the many beautiful ports along the way were too much to ignore and provided some welcome relief from the constant pounding that they were getting on the water. They stopped at the Whitsundays, staying at Hamilton Island for three days. Still hiding from cyclone activity they then went on to Magnetic Island for a few more days. On again to Cairns and the last chance to do any need chages to the boat before heading off to PNG, including more electrical work and replacing the entire dash switchboard. It was here that Alun left the ship for engagements back in PNG. After finally getting everything prepared to cross the Coral Sea the wait was on. Several small windows came and went but in mid-May a four day weather window opened up but an accident involving Customs meant that window was shrinking and about to get even smaller.

Customs in Cairns wanted to have a closer look at this boat and its two inhabitants. Complete with sniffer dogs, the Customs staff went about their job and it wasn't long before the dogs were on the roof of the boat. Along with surfboards, a tender, the VHS aerial was also up there and the dogs leash got wrapped around the aerial, snapping it off. After being cleared by Customs, but now minus a working aerial, Hutch had to organise with Custom's, an aerial and an auto-electrician to come down and fix it before they could leave. Having already sat out two or three squalls, they were keen to get going and put the hassles with Customs behind them. After clearing Custom's at 10.30am, they finally leave Cairns at 3.30pm bound for Cooktown which was made at 11.30 that night. Early next day, after refuelling, it was off to Lizard Island. Reaching

"CLEM FROM CLEM'S PLACE IS CLEMENT ANTON, A CLASSIC ROUGH DIAMOND. NOT EXACTLY YOUR AVERAGE PERSON LIVING ON A REMOTE ISLAND TWO DEGREES BELOW THE EQUATOR."



The underwater life has to be seen to believed

the gap, Hutch and Clem transferred 400 hundred litres of fuel by hand into the tank and headed off around 5 that evening, entering the Coral Sea on the 18th May. The weather window had closed dramatically but there was no turning back as the seas slowly began to rise hour by hour as they faced their first night in International waters.

At 10.30 that night they noticed a bird circling the boat before landing on the port side of the forward deck. It was not a small bird, a wing span, Hutch guesses of 5-6 foot. Clem claimed it was a sea-eagle as his middle name, Malaunga, means just that. Hutch joking with him, told him it was a sign, knowing their "Chief" was on-board. For the time the bird stayed there, rocking from one foot to the other as the swells rode the boat up and down, the feathered mascot remained, its steely face pointing forward to the wind.

Despite strapping every loose thing firmly down at the onset of bigger and rougher swells from the south-east, the rough seas took their toll. After a rough day, again that night the swell and winds increased. Now coming from the E and SE directions, the winds increased and the swell jumped to 3-4m. The following morning daylight reveals

their mascot had taken leave, they had snapped a radar cable and lost surfboards. The engines too, had taken water and one was firing sporadically. They couldn't navigate properly at night and their rear and stern lights had come off when the radar cable snapped. They used the floodlights and tried to fix the engine as best they could but not wanting to expose it to the rough seas. They were starting to run out of fuel too. Not aided by the rough seas, the boats course was altered 60 degrees off course to avoid the pounding the boat and crew were getting. Three hours off the main course and four and a half hours to get back, meant they were now short on fuel.

Purposefully edging closer to 'Clem's Place' and praying to the weather gods, the two entered PNG waters, only to break down 6 kilometres from their destination. After managing to get one of the engines started, they headed off to a nearby island where they anchored overnight and met the local chief, Henry. It was a beautiful island with a wonderful righthander with an idyllic set up. Here was another surf spot, Hutch thought, to come back to later.

The boat and crew were towed from Henry's village to Samarai by the local



Early morning 19th May leaving Cooktown after refueling and our last port in Australia before heading out into the Coral Sea at 5pm later that day..





officials from Samarai Island. This is the island where yachts in the past first cleared Custom's. After organising some fuel in Alotau our first official place of entry, Clem headed off for what ended up being a 18 hour turn around trip to get the fuel, while David, unable to clear Customs remained on the boat for another two days before leaving for Alotau and officially clearing Customs on the 22nd May. Whilst in Alotau they stayed at the Driftwood Hotel which enabled the guy's to moor the boat directly at the hotel. It was here that they got the necessary repairs done on the vessel before heading off towards Lae, PNG second largest city.

After staying at Lae marina for two days and eating at the yacht club and Kai Bars they left for West New Britain region.

Crossing from the mainland from Lae over to the islands, across the strait where recently the Rabaul Queen sank, killing over 300 people just 18 months ago they battled whirlpools and high seas and winds, boating for 18 hours. After reaching West New Britain they overnighted before boating on. Now with a couple of guys they'd picked up for the journey from the local village, they

headed to Walinidi Plantation Resort, just near Kimbe. Clem used to work on their dive vessel M.V.Febrina some years back and the after rekindling past friendships, the staff kindly helped the guys refuel, saving the need to actually go to Kimbe.

Another 18 hours of boating and they got to the Rabaul Yacht Club on Mango Avenue. Rabaul, on the northern tip of New Britain, was once dubbed the pearl of the pacific but due to recent volcanic activity, is a shadow of its former self. The Yacht Club though, remains something of a lasting relic amongst the ashes of the volcano and definitely worth visiting. It is known for its friendly and welcoming patronage. And, according to Hutch, they do the best scotch fillet steak he's ever had.

Finally arriving at Clem's Place was a multi-tiered experience for David. To the scepticism of some, and after such a long journey, he had delivered. It was also only the half-way mark for Hutch, whereas for Clem, it was home. Home to his wife, Sophie and family and friends. Home to Sophie's exceptional cooking that puts a tasty twist to the usual taro, fish and lobster diet. And they

were happy to have him back too. Coming through the islands, as Australians might do by beeping their neighbours in the street, islanders were waving and greeting Clem. Hundreds of people, clapping and cheering. An emotional and magical time for the two man crew and it gave Hutch an insight into the popularity and importance of his New Guinean friend.

For a month Hutch had the "job" of fishing, snorkelling, spear fishing and surfing and of meeting the locals and designing the new tour packages for the Surf Travel Company and Clem's Place. As his time in the islands was drawing to a close, Hutch knew most who lived on Tunnung and nearby islands. There were local elections on at the time and Hutch meeting a candidate with an Obama t-shirt on and his supporters, joked with the ensemble that they should "Make me the first white President of New Hanover" taking a twist on the Obama t-shirt which said 'the first black president'. "These island people are such warm and inviting humans, you feel at home, although I don't know if I would've made much of a President", Hutch commented.



A surfing wonderland right on your neighbours doorstep!

Surfing destinations don't come much more relaxed than Papua New Guinea – uncrowded breaks, pristine reefs with friendly locals to show you all the spots.

.. But you won't want to share it.

www.papuanewguinea.travel









The Beatles in Australia

A euphoric madness reigned during the twenty-one days of The Beatles' one-time visit to Australia in the winter of 1964. Australians had never before witnessed the intense and fervent adulation that teenagers demonstrated en masse for the four musicians from Liverpool. Many now regard the experience as an historical turning point in Australian music and society.

The Beatles in Australia exhibition presents the sights and sounds of Beatlemania in June 1964 - the arrivals, the receptions, the press conferences, the TV interviews, the concerts and of course, the screaming fans.

8 March to 1 July 2014 FREE EXHIBITION

Arts Centre Melbourne 100 St Kilda Rd, Melbourne VIC 3000



Photo: The Beatles during their Melbourne press conference at the Southern Cross Hotel, Melbourne, June 1964.
Photograph by Laurie Richards. Arts Centre Melbourne, Performing Arts Collection.







Sir Paul McCartney is a musical and cultural legend of the 20th and 21st century by Jack P Kellermann

As songwriter, singer, musician in The Beatles, Paul formed one-half of the famous Lennon-McCartney songwriting team that produced some of pop music's most popular and memorable and recorded tunes.

The Last Post rang Paul McCartney's management in New York who put us on to Universal Music who are handling and promoting Paul's new album, New.

In the end we were told Sir Paul was only doing two Australian interviews to talk about his New album. The Last Post was not one of those two. We had the questions ready for Sir Paul, so here's how an interview with the living legend may have gone if we'd got the

The Last Post: Hello Sir Paul McCartney and welcome to The Last Post magazine. Your time is much appreciated.

Paul McCartney: It's my pleasure Jack. By the way, you can call me Paul.

TLP: Oh, okay. 2014 marks the 50th anniversary of The Beatles 1964 Tour of Australia. Do you remember much of your time here during that tour?

PM: Bits and pieces, you know. I do remember we'd only recently finished doing 'A Hard Day's Night' and were still in like, the afterglow of that but, gee, the weather was shocking when we landed. It was belting down rain and they put us on the back of this truck with umbrellas and said, "there you go boys, keep the fans happy". John kept telling the truck driver to drive faster, ha, but the driver reminded us how long the fans had been waiting. There was this strange behaviour from this woman who was holding her disabled child and she, well, she threw the child at me and asked me to hold it. The truck had to stop and I handed her baby back to her. We were pretty much through with flying though because we'd come in from Hong Kong and made a refuelling stop at Darwin, I think. Yes, it was like, two am or something and there were fans there. Wow! In Sydney though there was this University lecturer amongst the crowd, we heard, who was there solely to observe teenage female behaviour. Hah. A lot of it was a blur of hotels and press conferences and waving from town halls with brief memories of onstage. We weren't allowed to leave the hotels although Jimmy (Nicol) who was there to fill in for Ringo until he got back, Jimmy snuck out and ended up playing drums at a nightclub. Kings Cross or somewhere. I tell you, I do remember the crowd in Adelaide which didn't have much of a population back then and they worked out that one-in-maybe two or three people, or something like that, had come

to welcome us. We played at a place called Centennial Hall. But yes, that was the world tour that we'd started off in Denmark in June and ended up back home, well in Blackpool in August '64. I do know that, back then we'd usually finish the shows with me doing 'Long Tall Sally' which was great because my voice was usually straining and it sounded so, perfect, you know. Actually, that gave me the idea years later to sing myself hoarse before I recorded vocals on our Abbey Road song, "Oh Darling".

TLP: When my twin brother and I saved our pocket money to buy Abbey Road, I just loved the guttural sound of Oh Darling. You nailed it on side one Paul. As far as the record turnout in Adelaide goes, back then people in Adelaide didn't have much to do. But no, seriously, it was I guess, a reflection of your popularity.

PM: Well, yes, maybe but we really had no idea what to expect. Brian had stitched the deal up for next to nothing when we were still trying to make a name for ourselves, so we didn't get much money for it, I know that much. In fact, I think we did that at a loss. By the time we got down under we'd had some pretty solid chart success and the asking price had gone up but, well, a deal's a deal. Huh. It was I think, our first world tour because it came off the back of a tour of England we did. I do recall, you know, after the success of Adelaide we flew to Melbourne and had, I don't know, something like 20,000 there, at one concert. Jimmy was gone by then as Ringo had arrived back. That's right, in Melbourne, somehow George gets hold of a sports car. It was an MG, I think. He asked us if we wanted to go out but, no, no way. He goes out and drives this sports car around the hills for the afternoon while John and I had a haircut. That was very brave of us!

TLP: In Sydney?

PM: Well, I had my birthday party in Sydney, I remember that. Ringo got drunk, I remember that. Yes, and Colin Hamilton gave us a call from England and we had a chat.

TLP: George. Did he have more trouble than the rest of you in accepting Beatlemaina?

PM: Maybe. Yeah, maybe he did. I know that he told me it was, like, "part of the job" going through the hassles and being stuck in hotel rooms. And I guess it was, you know, part of the job. We all tired of it at different times but we had, you know, an extraordinary life as The Beatles. A bit freakish really but when we came back to Australia from New Zealand, this guy threw eggs at us and we ended up having a discussion with him. This guy said he was

sick of Beatlemania and John said, so are we, why don't you throw eggs at the fans instead.

TLP: Do you recall the names Ernie Sigley, Bob Francis or Bob Rodgers?

PM: No, not really....no wait, I think Ernie was famous for something like, that's right, he's made a name for himself over in Europe as a DJ on Radio Luxemberg and had actually been the first radio guy to play our stuff there. The other two, the two Bob's, I think they had played a role in getting our music played on Australian radio. I may be wrong. I liked Australia though, I came back eleven years later with Wings.

TLP: The Beatles are forever compacted in the Sixties as far as people are concerned. Towards the end there, were you relieved when it was all over? I mean your final studio album, Abbey Road, was a classic.....

PM: Well, yes, we sort of knew things were coming to an end and you can hear that frenzy on side two of Abbey Road. But there were still great moments of togetherness for us all both recording wise and otherwise. It was funny, doing the Abbey Road cover shot. We had a lot of photos from that session. John, Ringo and I were ready to walk over the crossing and George was hanging back, sitting on the fence.

TLP: Er, yeah, right. Was it all madness back then? It all happened so quickly, did you have time to take it all in.

TLP: A lot of it was a blur. But of course, we had been going for a few years before Brian came along. Trips to Hamburg, the German experience, Klaus, Astrid, the Kaiserkeller, a lot of friendships during that early time. I remember a funny experience when we were touring Wales a couple of years later, backing up Helen Shapiro. Brian was managing us by then. We got to Abergavenny and we were due to play in the Scouts Hall or something like that. The guy who had the key to the hall wasn't in town. He'd gone away for the weekend or something. Anyhow, we were stuck outside this hall with no way to get in. One of us had an idea and said to George that, seeing as he was the slightest of us, he should try and get through one of these small windows. Ha. Yes, well he somehow managed it although he almost got stuck. So we played the Scout Hall.

TLP: Well, we're glad you came here Paul and gave some credence to our Beatle wigs and feeling we were part of history just by being around at the same time as you guys. Thanks again, for everything and good luck with your new album, New.

PM: My pleasure Jack and Merry Christmas, as John might say, to all your readers.



The Parkinson's NSW Unity Walk & Run was held on Sunday 25 August and was a huge success.

Total attendance was at a record 2030 participants, with more runners and walkers participating than in previous years.

The 8km run attracted some of Australia's elite athletes. The men's winner, Thomas Do Canto, is an accomplished runner. As a junior he has won various NSW and Australian titles in long distance track events and out of stadia events. The women's winner, Jenny Blundell, has represented Australia at World Youth & World Junior level (she is only 19) and represented Australia at the U/21 tour of Germany.

This was also the first year that we introduced the wheelchair division which was won by Australian Paralympic athlete Rosemary Little. Rosemary won a bronze medal in wheelchair racing at the 2012 Summer Paralympics.

We were also very happy on a number of other fronts. We had a fantastic showcase of services available to people living with Parkinson's and some wonderful entertainment on the day.

On behalf of Parkinson's NSW, we thank all of those who supported this great event that has now seen well in excess of \$500,000 go to research into Parkinson's disease and to support people with Parkinson's and their families.

Promising projects seeded by our funds have embraced diverse topics, ranging from the role of iron in the brain, through to a correlation of Brain Bank data with the symptoms of patients; all aimed at developing better understanding and therapies and, the holy grail, a possible cure for PD.



www.parkinsonsnsw.org.au

www.facebook.com/parkinsonsnsw

www.twitter.com/ParkinsonsNSW

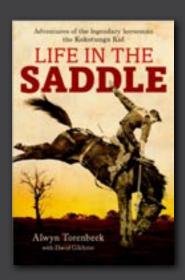
SUNDAY 25 AUGUST 2013 UNITY WALK & RUN







2 New Publications from Penguin Australia



THE RISE OF THE MARTIN BLAKE

Life in the Saddle

by Alwyn Torenbeek and David Gilchrist Published by Michael Joseph RRP \$29.99

the Kokotunga Kid

Life in the Saddle is the amazing life story of bush legend Alwyn Torenbeek: rodeo champion, stockman and endurance rider. A non-stop adventure and an amazing insight into a bygone era, this is one man's view of life, from the back of a horse. Now in his mid-70s, Alwyn is a triple hall of fame winner as an inductee in the Stockman's, Equine and Rodeo halls of fame. He is one of the oldest competitors of gruelling endurance equestrian rides in the country. Alywn's boyhood in outback Queensland in the 1940s was spent chasing wild horses, catching death adders and dreaming of becoming a rodeo champion. At the age of 14, he left Kokotunga, taking with him a bushman's spirit, an uncanny natural riding ability and a determination to succeed. By 21 he was an international rodeo champion. Travelling far and wide, he became great friends with R.M. Williams and Queensland legendary cowboy Wally Mailman (father of actor Deborah Mailman). After a horrific near death accident, Alwyn worked as a drover and eventually established stockman's schools to teach underprivileged teens to become jackaroos and jillaroos. Throughout his life, he has faced personal tragedies and triumphs with stoicism and his own get-on-with-it philosophy. Brisbane based freelance journalist David Gilchrist has teamed up with Alwyn Torenbeek to write his truly inspiring biography. David has written for a variety of publications including The Independent in London, Australian Geographic, Outthere and The Australian, The West Australian and The New Zealand Herald. He writes regularly for Caravan World Magazine.

The Rise of the Swans

by Martin Blake Published by Michael Joseph RRP \$49.99

football world by winning the 2012 premiership

At the start of 2005, the Sydney Swans had not won a premiership for 72 years. Now, in the Paul Roos-John Longmire era, they have become an understated, efficient footballing machine with two more flags. The Rise of the Swans goes right inside the heart of the club to see how they changed direction, establishing their own blueprint for winning: spirited team performance, a never-saydie attitude and a refusal to deviate from the plan. But success is not easily won at this level. Smart drafting and trading - turning so-called strays into role-playing premiership players - and incredible injury management have been critical to the story. Names such as Richard Colless, Andrew Ireland, Paul Roos and John Longmire sit alongside Adam Goodes, Brett Kirk, Jarrad McVeigh, Jude Bolton, Ryan O'Keefe, Barry Hall, Leo Barry, Nick Malceski and Dan Hannebery. The legend of the Bloods has been passed on. No longer merely a bunch of blue-collar workers who pinched a premiership in 2005, the Sydney Swans who hoisted the cup again in 2012 are a fine tribute to their South Melbourne forebears. With direct access to players, coaches and officials, respected ex-Fairfax journalist Martin Blake tells the story of how Paul Roos got the Swans into a winning habit. Premiership player profiles and season stats back up a compelling narrative. Martin Blake has written on sport for more than 25 years, most of it with The Age in Melbourne. He has covered every AFL season since 1986, and several Olympic Games, Commonwealth Games, US Masters golf tournaments, the British Open Championship and various Australian cricket tours. He has won numerous awards for writing on Australian football, cricket and golf, and is a member of the MCG Media Hall of Fame. He also broadcasts on sport for the ABC. Martin plays far too much golf, and lives in Melbourne.



THE ESSENCE OF AUSTRALIA.
A RICHER, MELLOWER TASTE, CREATED FOR THE MODERN PALATE.



AUSTRALIAN MADE AND OWNED.

Made from the finest GM free ingredients.
Rich in vitamin B12 and folic acid.
Gluten Free and Vegetarian.





AussieMite redefines the traditional staple for the 21st century.







BRUCE SPRINGSTEEN AND THE E STREET BAND

ON TOUR FEBRUARY/MARCH 2014

WITH SPECIAL GUESTS HUNTERS & COLLECTORS AND DAN SULTAN

Tickets:

www.frontiertouring.com/brucespringsteen



