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The Last Post

Keeping the Anzac Spirit Alive

Interviews with

ITA BUTTROSE

MORNING OF THE EARTH'S ALBY FALZON

COMEDIAN CARL BARRON

POINT ZERO 5'S PETER YEO

ABC RADIO ANZAC DAY DEVOTEE PETER GOERS

EDUCATION & THE ANZAC SPIRIT

BRISBANE'S ANGLICAN CHURCH

GRAMMAR SCHOOL

LORETO COLLEGE

ADELAIDE HIGH.

SCHOOLS ACROSS
THE NATION

WHATEVER HAPPENED TO
6PR'S GENTLE ON
YOUR MIND?

THE LAST POST LOOKS AT
THE FAIRHAVEN SURF
LIFESAVING CLUB



THE LAST POST
INTERVIEWS
POINT ZERO 5'S
PETER YEO

+ STORIES & ARTICLES FROM, BRIDIE SMITH,
MALCOLM FRASER, CARA JENKIN, GEOFF STRONG, MICHAEL SHORT,
MARTIN FLANAGAN, MURRAY WALDING, ANNIE WADDINGTON-FEATHER



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Foreword

By The Hon. Julia Gillard
Prime Minister of Australia

“Today not a single Gallipoli veteran remains. Those who survived the Turkish guns have been claimed by time, and this epic wartime story now belongs to the ages. But Anzac is no myth. It is not a story to be relegated to the library shelves... we will remember them. Because we will never forget.”

Rupert Brooke’s famous poem speaks movingly of the “corner of a foreign field that is forever England.” These words evoke the sense that wherever a nation’s soldiers shed their blood, that land becomes a precious part of its identity. For Australians, Gallipoli is such a place. The place.

If there is anywhere sacred to Australians beyond our own shores, it is this dry, scrubby peninsula at the ancient crossroads where Europe and Asia meet.

Today not a single Gallipoli veteran remains. Those who survived the Turkish guns have been claimed by time, and this epic wartime story now belongs to the ages. But Anzac is no myth. It is not a story to be relegated to the library shelves.

It is a living tradition, as witnessed by the thousands of young people who travel at great cost and inconvenience to be there at the very place and time when ordinary Australian young people like them faced – and passed – our nation’s sternest test.

It is no secret why they are drawn. They are not impelled by stories of military victory or the glorification of war. Far from it. It is a quiet contemplation among the beaches, the hillsides and the gravestones. It is a pilgrimage.

I think they are drawn to Gallipoli, as we are all drawn to the observation of Anzac Day in our suburbs and towns, in search of our better selves.

For a moment, we are taken away from the stresses of modern living and into the minds of these young men as they approached the Dardanelles, tinged with fear and a perhaps touch of naiveté, which quickly matured into incredible courage and professionalism under fire, tempered with Aussie larrikinism that made the burden easier to bear.

They made no pretention to be statesmen or heroes. Others made the claim for them and it often embarrassed them. Indeed many hated the idea of war all their days.

We see ourselves in them precisely because of their humanity and modesty. And we wonder if it had been us, would we have been as brave and resourceful as them?

We’ve had hints in recent years from the battlefields of Iraq and Afghanistan that the answer is still yes. In fact, I am certain – thanks to the sustaining power of the Anzacs’ deeds, and our enduring ability to learn the right lessons from their example.

So on Anzac Day 2012, our nation can say – with full gratitude and unyielding conviction – we will remember them. Because we will never forget.

From the Publisher

Greg T Ross

Anzac Day, the words and associated deeds and ceremonies is a strong part of the hearts and minds of Australians and New Zealanders in 2012. After a near death experience in the 70's and early 80's the day has transformed itself into something that we can all feel a part of. It serves not only as a reminder of the past but a hope too, of what we can do in the future. Australians from all walks of life and all ages take part in the day and it is my honour to be able to bring you this, the third and special Autumn/Anzac Day edition of The Last Post, featuring forewords/messages from the Prime Minister's of Australia and New Zealand and their Governor's-General. There is also forewords/messages from the Federal Department of Veterans Affairs and Education Department.

Apart from an in-depth look at Anzac Day, The Last Post also gives readers a look at what's going on at a couple of RSL clubs around the country. We have great articles and stories from some of Australia's best writers, including Martin Flanagan, Geoff Strong, Michael Short, Bridie Smith, Cara Jenkin and Murray Walding. We have interviews with Point Zero 5 founder Peter Yeo, Alzheimer Australia's Ita Buttrose, surfing legend and creator of surfing movie Morning of the Earth, Alby Falzon, comedian Carl Barron, ABC radio's Peter Goers along with former Prime Minister Malcolm Fraser's recent speech on the constitution.

We have also our regular Education and the Anzac Spirit feature that this edition highlights Brisbane's Churchies Grammar School along with Loreto College and Adelaide High. Subscribers have become a very important part of what we do and as a 'thank you', The Last Post has selected subscriber giveaways for our readers. Each edition subscribers names will be drawn to win a prize. This edition, Bruce Amos from Moree will receive the Wild Fox Organic Wine pack, David Dare from Caulfield will receive The Wild Fox Organic Wine Pack, Bruce Amos from Moree will receive a copy of Ron Barassi's Allen and Unwin book 'Wisdom' and Lenny Tems from Whittlesea receives a Carl Barron DVD. Thanks to all subscribers and there will be more giveaways next edition. It's only \$40 a year so if you want to become part of it all (and even maybe write a Letter to The Editor!) please get in contact.

Subscriber and traveller Frank Sebastyan writes for us in this edition on his travels with wife Christine. If we can get Frank to sit still long enough we'll have more of his travels in upcoming editions. We also donate a couple of pages to the Kidney Kar Rally starting in August in Mandurah, WA and finishing in Bendigo, Victoria.

Instead of just sending journo's off to the Courts and reporting negative "news", The Last Post is enacting it's philosophy of finding

good news to report. It's not difficult and with plenty of positive people out there and positive things happening I can promise heaps more with the next edition that also carried a theme of tolerance. It will feature interviews with former champion marathon runner, Rob de Castella, Sex Discrimination Commissioner Elizabeth Broderick, Rolf Harris, musician Jim Keays and former AFL indigenous player Che Cockatoo-Collins.

Cheers until then.



Greg T Ross
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to the following for their help with 'The Last Post' autumn edition:

Prime Minister Gillard and staff, Her Excellency the Governor-General of Australia, Prime Minister Key and staff, His Excellency the Governor-General of NZ, Malcolm Fraser, City of Port Adelaide/Enfield, Loreto College, Ausglobal Travel Group, Bridie Smith, Australia Post, Frank Sebastyan, Legacy, DVA, Veterans SA, Alby Falzon, Pat Lake Smith, Rolf Harris, The Surf Travel Company, Blackwood RSL, Geoff Strong, Cara Jenkin, Michael Short, VVCS, Office of Australian War Graves, Carl Barron, Wild Fox Wines, Defence Health, Peter Yeo, Brisbane's Anglican Church Grammar School, Anne- Louise Graham Bell, Ted Bull, Veterans SA, AFL, NRL, Sydney Uni, Bradshaw Primary, Harrison School, Geelong RSL, Morning of the Earth Surfboards, Ita Buttrose, Murray Walding, Martin Flanagan, Outward Bound Australia, Taylor Collison, Murray McHenry, Steve's Fine Wine and Food, Michael Hartley, Australian Red Cross, Home Hill RSL, Port Adelaide Football Club, Peter Goers, The Salvation Army, Heart Research Institute, Rushdi Razik and Faifax, News Ltd, AVCAT, Adelaide High, Graeme Willingham and the Fairhaven Surf Life Saving Club, National Film and Sound Archives



Message from Her Excellency Ms Quentin Bryce, AC, CVO Governor-General of Australia

ANZAC Day is such a precious date in our calendar. We gather together right across the nation to give our thanks and remember the thousands who perished at Gallipoli, and the many thousands more on the Western Front. The one and a half million who have served this nation with valour since.

Each capital city and every country town has its own special ANZAC marker. Our magnificent Australian War Memorial, our regional war cemeteries, simple plaques, avenues of trees or park benches. Australians of all ages have a great respect for the ANZAC legacy; it is a story deeply entwined in our history.

We pay tribute to the New Zealand soldiers who joined us in the trenches and on the beaches at Anzac Cove - and in later theatres of war. The bonds between our countries forged in battle and human sacrifice still run deep. They lie at the heart of our friendship. Side by side. The intimacy of our relationship comes from that early conflict. From 1915 to the present day, our armed forces have worked

together in defence of the values and principles we stand for – that characterise our way of life.

Today our brave service men and women continue to defend our freedom with the same tenacity and spirit. When called upon, our defence personnel stand ready to serve in conflict zones across the globe.

At home we strive to keep faith with the Anzac character in our every day lives. We draw on our own inner strengths when our courage is tested.

In our willingness to persevere through misfortune and adversity. In our capacity to remain steadfast when floodwaters rise and bushfires ravage.

As we commemorate this year's Anzac Day, our nation stops to give thanks for what was laid down on our behalf almost a century ago. Thanks to the families whose loved ones never returned. Thanks to those who serve our nation today in the pursuit of a peaceful world.

We owe them a great deal - and we will remember them.



Message from Lt Gen The Rt Hon Sir Jerry Mateparae, GNZM, QSO Governor-General of New Zealand

served our nations; and in doing so some have made the supreme sacrifice. It is a day for us to explore the notion of nationhood, a day to ask ourselves how we can live up to the hope our men had for our future as they struggled ashore at Anzac Cove and fought over the eight months of the campaign. It is a day to ask how, in a very different world, we can continue to reflect the values of camaraderie, courage and compassion the ANZAC soldiers upheld against great odds. New Zealanders have laid wreaths on this day for the principles they hold most dear, such as democracy, human dignity and peace. Attendance at Anzac Day services is on the rise as new generations of New Zealanders explore what this day means for them.

Anzac Day is also a time to think of our brothers and sisters across the Tasman. A unique friendship was born and cemented at Gallipoli that is a special part of the identity of both nations.

Australians and New Zealanders served alongside one another in all the major conflicts of the 20th Century, and the men and women of our armed services continue to work together in pursuit of peace and stability. Since 1915 they have carried with them the certainty they can rely on one another.

In the words of Australian military historian Colonel Arthur Burke, 'The Spirit of ANZAC is not confined to the battlefield. It lives in the schools, on the sports fields, in fact all over these great countries of Australia and New Zealand'. It lives, too, through the many close ties of Trans-Tasman families and friendships.

Like family, we are there for each other in times of war and during peace, in times of comfort and times of challenge. No measure can be placed on what Australia's practical and moral support meant to us with the Pike River Mine tragedy and the devastating Christchurch earthquakes. And New Zealand was proud to go to Australia's aid against the ravages of the Victorian bush fires, the Queensland floods and Cyclone Yasi.

On 25 April every year the bond is renewed as both sides of the Tasman commemorate our shared heritage of Gallipoli.

The Gallipoli campaign gave us a confidence in ourselves, and in each other. The bravery, commitment and sacrifice of our servicemen and women continues to be an inspiration to us as we face the challenges of today.

¹ 'The Spirit of Anzac'. Essay on Australian ANZAC Day website, www.anzacday.org.au

On 25 April we pause to remember the men of the Australia and New Zealand Army Corps—the ANZACs—who stepped into our history when they went ashore at Gallipoli in what was to be an ill-fated campaign and in which 11,430 of our men died.

On the hills above what is now known as Anzac Cove, New Zealand and Australian men distinguished themselves as soldiers. They showed courage, comradeship and compassion. At times they fought like demons, at times they extended the hand of peace across to their Turkish foe that endures to this day. It has often been claimed, Gallipoli was where a sense of nationhood was born for Australia, New Zealand and Turkey.

Over the years, Anzac Day has become a time to honour all of the men and women who have

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NEXT EDITION :
Coming up in the Winter edition
of 'The Last Post':
Sex Discrimination
Commissioner Elizabeth
Broderick, Rolf Harris, Robert
de Costella, Jim Keays, Che
Cockatoo-Collins and more...



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April 25

Arzac Day

The Articulate Vet

by G.T. Ross

The articulate Vet
Returned from the war
But he didn't want to talk to the press.
He felt their need to know the truth
He felt their great desire
But it was still so much like yesterday
There was a chance it would remain that way,
He could still feel the fire.
The articulate Vet
Learned to forget
Through the power of positive drinking
Yet his mind slipped back
At times when he drank
With images and mournful tales.
And the press weren't around
To hear him scream, to see him shudder
So they didn't get it down
And the public remained innocent,
Their sins purged
By the sacrifice
Of those who left for war
As rotten bludgers
And returned unknown.

The articulate Vet
Sat slowly dying,
Scratching at the periphery,
Softly knocking and half-wishing
To be heard
By his own society.

The articulate Vet
Fought not for medals.



Message from
Rt Hon John Key
Prime Minister
of New Zealand

New Zealanders and Australians alike strongly value the contribution our servicemen and women have made to our peace, security, prosperity, and future.

Those who have served in the armed forces hold a very special place in the shared history of New Zealand and Australia. Those who are still serving are never far from our minds. And those who gather each year at ANZAC services give thanks for the bravery and sacrifice of our servicemen and women.

Almost 100 years ago on the battlefields of Gallipoli, thousands of young New Zealanders and Australians set out to mark our place in the world. Two nations emerged alongside one another with a new sense of certainty for our future. And we haven't stopped to look back since.

We paid an enormous price to uphold our ideals at that time. Over 2,700 New Zealanders and a staggering 26,000 Australians gave their lives and remain forever in the tiny area of the Gallipoli Peninsula that now bears their name – ANZAC Cove. Two-thirds lie in unmarked graves.

In the years since, the spirit of ANZAC has helped thousands more men and women play an important role on the international stage to help protect peace, freedom, and security, where these are under threat.

Their contribution is proudly marked every year on April 25th. This year, I'll be in New Zealand to mark ANZAC day, standing shoulder to shoulder with Kiwis of all ages as we pause to remember.

The spirit of ANZAC forged on battlefields around the world is something that binds New Zealand and Australia to this day. Although our ties now extend beyond the battlefields.

These days our bond has developed into a strong and proud rivalry. As Prime Minister of New Zealand, it gives me great pleasure to see the Wallabies ranked second to the All Blacks in the International Rugby Board world rankings. Let's hope it stays that way in the lead up to the next Rugby World Cup.

The ANZAC spirit is what makes Australia and New Zealand such important partners on the world stage. As close neighbours, equals in regional affairs, and just generally good friends, New Zealand strongly values our relationship with Australia. The economic and social integration between us these days is unbreakable.

Our men fought side-by-side on those foreign battlefields, so far from home. Together they fought for a set of ideals and for the freedom of their fellow countrymen. And together they perished. Their spirit lives on today. Together, our defence forces, police, and development efforts, make a major contribution to the stability of our region and our world. On the wider international stage, our two countries' voices are closely aligned and are more influential as a result of this.

Lest we forget.

PLANNING FOR THE ANZAC CENTENARY UNDERWAY

The Minister Assisting the Prime Minister on the Centenary of Anzac, Warren Snowdon, announced in February the membership of the groups that will support the Anzac Centenary Advisory Board.

"The group members are Australians from all walks of life and include historians, business leaders, Vice Chancellors, singers, teachers, artists and Victoria Cross recipients," Mr Snowdon said.

"The groups will provide a key role in shaping planning for the Anzac Centenary commemorations. I am delighted that each of the members have agreed to lend their expertise to preparations for the Anzac Centenary."

The groups announced today are in the areas of:

- education and curriculum;
- military and cultural history;
- business;
- ceremonial and commemorations;
- youth; and
- engagement with state, territory and local government.

Mr Snowdon thanked the group members for their participation and said the breadth of experience both on the Board and these groups would ensure the development of the best possible program for the Anzac Centenary.

"I look forward to the contributions of the members of these groups and the experience, energy and enthusiasm they will bring to our planning for the Anzac Centenary," Mr Snowdon said.

"The role of each of the groups will be to consult within their sectors and report directly to the Board. The Board will then make its recommendations to the Government.

"The input of the groups will be extremely valuable to the Board, the Government and indeed, the commemorative period from 2014 to 2018."

Mr Snowdon said the Anzac Centenary Advisory Board also recognised the importance and role of the Australian War Memorial in Anzac Centenary planning and the Director would be an invited guest to the Board and the supporting groups as required.

"The first of these groups met for the first time in early February," Mr Snowdon said.

"The Board, chaired by Air Chief Marshal Angus Houston (Ret'd), has held two meetings to date and will meet in Darwin later this month."

Members of the group include former Young Australian of The Year, Mark Donaldson VC, former member of singing group Redgum, John Schumann, Robyn Archer AO and businessman Lindsay Fox AC.



Message from
Minister for
Veteran's Affairs
Warren Snowdon

Australians will once again pause on April 25 and reflect on almost a century since thousands of young Australian and New Zealand soldiers landed under heavy gunfire on a remote beach on the Gallipoli Peninsula.

That day those men forged the ANZAC legend, one that will be forever written into our nation's history,

Each year, for almost 100 years now, we have honoured their courage and sacrifice, all Australians pay their respect to those 8,700 brave soldiers who died during the Gallipoli campaign, and the more than 102,000 Australians who have died in the service of their country.

Across Australia this Anzac Day, people will stop in silence and think back to the landing at Anzac Cove, and all those who died in the First World War and reflect on what it means to them.

They will also think on our history of military service, they will look up at those names on a town cenotaph or a roll of honour, and give quiet thanks for the sacrifices made in the past to deliver us the free Australia which we love today.

Thanks will also be offered up to those who took on the duty of defending our nation and returned home.

We recognise the service and sacrifice of our war veterans, putting their lives on the line and enduring everything war threw at them. To those who bear the physical and mental scars of war we will be forever grateful.

It is clear to me that our Anzac tradition is as important now as it was in the days when it was forged.

It is the spirit of Anzac which has been handed down to our current serving Defence Force members, our men and women in uniform work day-in day-out to uphold those traditions.

Mateship, courage and duty are each an important part of the Anzac Spirit and I have seen these first hand in the actions and dedication shown by our serving ADF members, whether deployed into conflict zones overseas, or working in disaster areas within Australia, to those who turn out

before sunrise each Anzac Day to pay tribute to their forebears.

I encourage all Australians to reflect and remember this Anzac Day on the sacrifices made in the past and those still being made today.

Lest We Forget.

ANZAC CENTENARY GOES FAR BEYOND ANZAC DAY

From 2014 to 2018 Australia will commemorate the Anzac Centenary – 100 years since our nation's involvement in the First World War. During this time we will remember not only the Anzacs who served at Gallipoli and the Western Front, but all Australian servicemen and women who have served in wars, conflicts and peacekeeping operations. The Anzac Centenary is about respectfully honouring all men and women of the Australian Defence Force – past and present – while creating a lasting legacy for all Australians. The Anzac Centenary is a program of national significance and at the first meeting of the Anzac Centenary Advisory Board on 14 October 2011, the Board resolved that a motif for the Anzac Centenary should be developed for consideration by Government.

The Board is comprised of eminent Australians, including business and community leaders and chaired by Air Chief Marshal Angus Houston, AC, AFC (Ret'd) – former Chief of the Defence Force.

The development of a motif was also proposed by the National Commission on the Commemoration of the Anzac Centenary, which included former Prime Ministers the Right Honourable Malcolm Fraser, PC, AC, CH and the Honourable Bob Hawke, AC. In its report to Government the Commission recommended "...an instantly recognisable motif...that conveys an overall theme should be attached to the centenary program." Highly-regarded motifs have been developed for similar programs such as the 1995 commemorations of the 50th anniversary of the end of the Second World War Australia Remembers.

Any motif representing the commemorative period needs to have wide resonance, be readily understood by a broad cross section of the community and appropriately reflect the significance of the Centenary. Consultation was held in both regional parts of the country along with capital cities, and consisted of the public, current serving personnel and veterans.

NEW REPATRIATION MEDICAL AUTHORITY CHAIR APPOINTED

The Minister for Veterans' Affairs, Warren Snowdon, announced in January that Professor Nicholas Saunders had been appointed as the new Chairperson of the Repatriation Medical Authority (RMA).

Professor Saunders recently retired as Vice-Chancellor and President of the University of Newcastle and will commence his five year appointment with the RMA on 1 July 2012.

"I congratulate Professor Saunders and welcome him to the role. He is a highly respected and experienced leader, who has held high profile positions in the academic and medical professions over many years. He is well qualified for his new role," Mr Snowdon said.

Professor Saunders was awarded an MBBS with first class honours (Bachelor of Medicine, Bachelor of Surgery) from the University of Sydney in 1970; he became a fellow of the Royal College of Physicians Canada in 1975, followed by fellowship of the Royal Australasian College of Physicians in 1976. He has also served as the Chair of the National Health and Medical Research Council from 2000-2003.

Professor Saunders was awarded the Centenary Medal in 2002 for his contribution to the success of the nation. He also received the College Medal in 2002 for his outstanding services to The Royal Australasian College

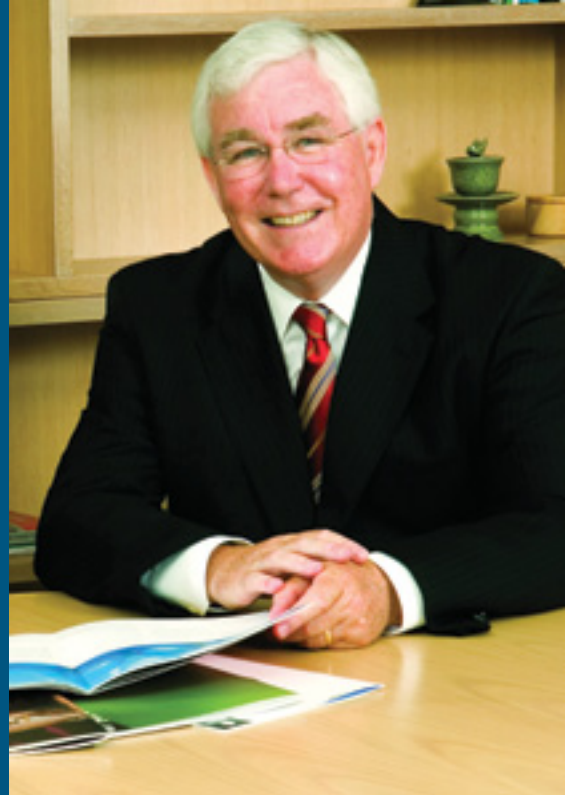
of Physicians, which is responsible for the training and education of more than 13,500 physicians and pediatricians in Australia and New Zealand.

Professor Saunders replaces outgoing chairperson, Professor Ken Donald, who has held the position since the inception of the RMA in 1994.

"I would like to thank Professor Donald for his dedication to the RMA and for his many achievements over the past 17 years including setting up the Statement of Principle regime, which is a critical element of the system established to provide compensation to veterans who may have service related injuries or illnesses," Mr Snowdon said.

"Professor Donald has left a lasting legacy with both the RMA and DVA and I wish him all the best for the future."

The RMA was established in 1994 to reform the process of decision making about disease causation. It is an independent statutory authority responsible to the Minister for Veterans' Affairs. It consists of a panel of five practitioners eminent in fields of medical science, who each determine Statements of Principles for any disease, injury or death that could be related to military service, based on sound medical-scientific evidence.



DNA ROBOT INFLICTS FATAL BLOW ON CANCER CELLS

by Elizabeth Lopatto

SCIENTISTS have created a robot made from DNA that can be instructed to find diseased cells in the body and deliver a payload to kill or reprogram them, according to a study from Harvard University.

The robot was made by folding DNA strands into a shape roughly like a clamshell. The researchers programmed the nano-sized device to open in the presence of leukaemia and lymphoma cells in a laboratory dish, where they delivered immune system antibodies that caused the cells to self-destruct, according to a report in the journal *Science*.

The next step will be to test the system in animals, tweaking the robot so it can circulate longer

to locate all cancer cells. The technology isn't ready for commercial use, said Shawn Douglas, an author of the study.

"In diseases such as cancer we know if we can find every single last cell and kill or reprogram it, we can cure that disease," said Dr Douglas, a researcher at the Wyss Institute for Biologically Inspired Engineering at Harvard, in Boston. "A lot of our current therapies fall short."

The idea is based on the behaviour of the body's immune cells, which recognise viruses or other invaders and attack them, Dr Douglas said. The DNA nano-robots, with similar capabilities, may potentially lead to the development of new types of targeted cancer treatments that kill only abnormal cells, he said.

The robots don't reproduce. They have to be built in a process that has gained traction since the idea of DNA nanotechnology was first suggested in 1982.

DNA is a material, shaped in the form of a revolving ladder, that carries the genetic information in our cells. The double-sided strands have so-called sticky ends that allow them to be joined with other

DNA. Scientists, led by Nadrian Seeman, now head of the department of chemistry at New York University, have used those sticky ends to form DNA into lattices that can be shaped.

The latest research created a robot in a clamshell shape that's held together with a "zipper" made of a special sequence of DNA, the report said. The zipper was programmed to release its grip when it recognised specific targets on a cell, allowing the robot to release its payload.

Dr Douglas and fellow scientists used the robot to deliver instructions encoded in antibodies to the cancer cells.

"It's an important step forward in specific targeting," said Milan Stojanovic, an assistant professor of experimental therapeutics at Columbia University, New York, who wasn't involved in the research. "It looks exciting."

Besides cancer, the robots may also benefit people with autoimmune disease, Dr Douglas said.

www.smh.com.au BLOOMBERG

circle of friends

by Annie Waddington-Feather

Sanaa and her family fled from Gaza two years ago. The family (she has seven children) have been living in Blackwood, SA in a house rented by the Red Cross for nearly three months in community detention.



Circle of Friends refugee support co-ordinator Barbara Brown (on right) with Sanaa and her family. Claire Frankham (centre) is a Blackwood Circle of Friends volunteer who is helping Sanaa and her family integrate into Australian society.

Sanaa and her children have just received Australian residency status and her husband's residency will hopefully come through soon.

A mathematician, Sanaa left a country ravaged by conflict with bombings, rationing and intermittent electricity and water.

"As a Palestinian, we couldn't travel without papers and when the entrances to Gaza were closed, we had no food or petrol," she says. "We just wanted to feel safe and there was nothing for my children in Gaza. It was a very difficult decision to make as we had to leave our family."

Their journey to get here has taken in many countries and includes a 28 hour walk across the mountains from Syria to Turkey and being in a detention centre in Greek Cyprus.

"The children learnt to speak and write Greek as well as English while we were there," says Sanaa, recalling how one of her daughters was amazed to find they had permanent electricity in Cyprus. "I couldn't believe we had it all the time," she says.

The Circle of Friends has helped in many ways, including getting the children into a local school through the New Arrivals program. All are doing well with the older ones hoping to go to university. "My husband once said that education is more important than food," says Sanaa.

Other areas the Circle has assisted are with basics such as shopping and public transport and the family have been regular visitors to Beacon Emergency Relief at Blackwood Church of Christ. "It was so hard to begin with," Sanaa recalls. "But my husband told me it would get better." And it has.

"We are so happy to be here and people are very kind," says Sanaa. Her daughter agrees. "I was surprised about volunteering and how people help us for no money," she says. "It wouldn't happen in my country".

Sanaa and her family consider themselves to be very lucky to be in Australia. "I like it here and the weather is like Gaza weather. I'm so happy. Life here is easy and friendly and we're safe," she notes.

Her husband is currently looking at work options for when he receives residency status.

www.blackwoodtimes.com.au

Outward Bound Australia

Bringing families closer together



OUTWARD BOUND
Inspiring Australians



Today, more than any time before, it is hard to find 'quiet times' to communicate with family, especially the younger generations. The electronic age has conditioned our teens to be constantly stimulated; their attention spans are short and they speak in sound bites. The time for real, deep conversation with our children and grandchildren seems to be slipping through our fingers. But not for Richard Emery, 48, who decided he would no longer compete with his sons' computers, iPods and PlayStations for a voice in their lives and took them on a seven-day wilderness expedition to reconnect and re-establish the father-son relationship.

"The thing about the Outward Bound program is that it created a special place apart; a meaningful opportunity for my son to connect with other adults and a unique father son bonding opportunity."

Richard Emery, 48

"Originally, the Outward Bound Family program was an opportunity to spend time with my eldest son, Alex, doing something other than the usual day to day living. Particularly at his age (14 at the time) boys moving into teenage years are moody and difficult so most time at home is spent arguing to get them to do things they should be doing and putting up with surly comments.

My son thought we were heading on something like a Sport and Rec camp but was hugely surprised by the basic conditions and challenges: sleeping under a tarp, hiking for tens of kilometres each day, navigating through thick scrub, building our own rafts and cooking using only the necessities. It certainly took him out of his comfort zone. Boy, he was angry with me, but what was interesting was that the difficulty of the experience signified a rite of passage for him. These days, particularly for teens, there is no ritual in our societies where they can interact with adults and confront something that is challenging and difficult – this is where self-esteem and respect grows.

The thing about the Outward Bound program is that it created a special place apart; a meaningful opportunity for my son to connect

with other adults and a unique father son bonding opportunity.

For this reason, I decided to later return to the course for a second time with my other son Jason, (15 at the time).

This time, the opportunity lay in the 24-hour Solo I got to complete with Jason. Away from all distractions, in the peaceful surroundings of the Australian bush, Solo allowed a deeper conversation about what was important to us. I had Jason talk of his earliest memories and I used those recollections to give my perspective as well as contrast with my own experiences at that age growing up.

For both my sons, Outward Bound will be something they will always remember. With time and maturity, they will understand the real value of this experience; in some ways it is a seed you plant that will grow over time - the quality of it is dependent upon how you approach the course. The course is an investment in the future of the relationship you will have with your son or daughter as well as in their own self development."

If you know a family who could use some time out to reconnect and re-bond, why not tell them about the Outward Bound Family program? Perhaps it's a mother and daughter who've grown apart, a father who is searching for common ground with his daughter, or like Richard and his sons, a father and son who need to get away from life's distractions.

Call Outward Bound Australia on **1800 267 999** (free call), or send your enquiry to mailbox@outwardbound.org.au to find out more.

www.outwardbound.org.au



Tai Chi

as an exercise in cardiac rehabilitation



We all know the importance of eating right and getting enough exercise for optimum health and this is especially important when it comes to heart health. As a society, we are becoming fatter and more sedentary, and this comes with an increased risk of Type II diabetes, cancer and heart attack. So it's never been more important to understand the need to get up and get going!

Yet, as we get older, this is not as easy as it once was. Perhaps we're not as nimble as we used to be, our increasingly busy lifestyles can leave us zapped of energy and often, the last thing we feel like doing is exercise.

Yet, there are some low impact forms of exercise, such as Tai Chi, which are suitable for the aged and when done within a group setting, can even make exercise fun! And now there's even some scientific evidence to back them up.

A recent review published in the journal *Focus on Alternative and Complementary Therapies (FACT)* by The Heart Research Institute researcher Dr Rachael Dunlop looked at a study showing 12 weeks of Tai Chi, twice a week for one hour, of low to moderate intensity, improved physical functions such as leg strength, flexibility, agility, balance and cardiovascular endurance in patients who had previously had a heart attack.

"I looked at several studies in this assessment of the benefits of Tai Chi for patients undergoing cardiac rehabilitation. What I observed was that even short stints of Tai Chi, from as little as 3 - 6 months, were beneficial in reducing blood pressure, glucose levels and other risk indicators associated with heart attack in people aged over 60 years", Dr Dunlop said.

"One notable difference with low impact exercise such as Tai Chi is that it results in a steady increase in heart rate, which remains constant for the duration of exercise. This is unlike some more high intensity exercises, which are unsuitable for patients with cardiac conditions".

Another benefit of Tai Chi is it lends itself perfectly to a group activity. We've all made excuses not to exercise, but if you consider it more like hanging out with a bunch of friends, it's a lot easier to get motivated. Tai Chi can be fun, it's good for you and it might just increase your lifespan. Make sure you talk to your doctor before embarking on an exercise regime especially if you have a history of cardiac problems.



Make a lasting contribution, bequest to The Heart Research Institute.

More than 50,000 Australians die from heart attack or stroke each year. This is more than cancer, AIDS and road accidents combined. The financial cost of heart disease to the nation is enormous, about \$14.2 billion each year.

Including The Heart Research Institute in

your Will, offers a gift of hope to those affected by this silent killer.

If you can help with a donation or to discuss bequest and receive our information pack, please visit www.hri.org.au or call 1800 651 373

ABN: 41 003 209 952



Post: The Director, The Heart Research Institute, 7 Eliza Street, Newtown NSW 2042. Freecall: 1800 651 373. Email: fundraising@hri.org.au Web: www.hri.org.au

MAJOR ADVANCE IN CARDIOVASCULAR MEDICINE

There are currently no synthetic materials available for vessel bypass or replacements that are clinically effective at low diameters. Dr. Steven Wise from The Heart Research Institute has developed a new synthetic vessel built from human elastin – the major protein component of large arteries. The synthetic elastin vessels have been engineered to match the elasticity and strength of native arteries. Steven has shown that the vessels interact favourably with artery cells, and that they are able to resist clot formation, which would otherwise cause blockages.



You have published a number of papers this year, but I am very interested in your research on synthetic blood vessels. Can you tell us more about how your vessels are made?

DR. WISE: About 50% of the weight of large arteries is made up of a protein called elastin. Our laboratory at The Heart Research Institute is the only place in the world where synthetic elastin is produced, giving us a unique material from which to construct our vessels. Using a process called electrospinning we use a strong electric field (20,000 volts) to turn liquid synthetic elastin into fine elastic fibres. These in turn are woven into conduits using a custom built rotating mandril system.

What makes synthetic elastin vessels potentially superior to commercially available graft materials?

DR. WISE: We have focused on improving the major failings of current synthetic grafts. First, by using human elastin as the building block we greatly enhance the biocompatibility of our vessels translating to better healing and a reduction in clot formation. Secondly, in contrast to the rigid, inelastic commercial grafts we have engineered our vessels to mechanically match the normal blood vessels and surrounding tissue and respond elastically to blood flow. It is hoped that these improvements will ultimately translate to clinical benefit.

The development of an effective synthetic vascular graft is a major advance in cardiovascular medicine, which will help to meet a significant and critical unmet need. Ultimately this work will lead to development of novel grafts that allow more effective treatment of coronary artery disease.

VISIT THE HEART RESEARCH INSTITUTE

The Heart Research Institute believes it is a very important aspect of our work to allow our wonderful supporters and community members the opportunity to see behind the scenes of our state-of-the-art research facility. Our Talk & Tour provides you access to the research being conducted at the Institute and educates visitors into leading a healthier and longer life. Meet and greet some of our scientists and ask questions about the latest research into the causes, detection and prevention of heart disease – Australia's number one killer and an increasing problem worldwide. These tours are free of charge and are open to all but bookings are essential.

You can come alone or in a group (maximum 40 people per tour).

Contact Valerie Froome Tel: (02) 9241 4300 or Email: events@hri.org.au



HOW YOU CAN HELP?

The Heart Research Institute would like to encourage you to consider supporting the search for answers by including us in your Will. A bequest to The Heart Research Institute is one way you can continue the fight against heart disease and benefit future generations.

To receive information or our free booklet, which outlines how you can make a bequest, please contact The Heart Research Institute:

call: 1800 651 373,

visit: www.hri.org.au

or email: fundraising@hri.org.au

When you make a donation to The Heart Research Institute, be assured your gift is used to directly support scientific research that will make a difference.



STEVE LIEBMANN ANNOUNCED AS AMBASSADOR FOR THE HEART RESEARCH INSTITUTE

Steve Liebmann joined The Heart Research Institute to raise awareness about the prevalence and severity of heart disease – Australia's number one killer!

Steve is one of Australia's most respected journalists and television and radio broadcasters with a career spanning over four decades. During his award-winning career, Steve has interviewed presidents, prime ministers, royalty, the world's leading entertainers and sporting stars. As one of Australia's top journalists, he has garnered widespread respect for his fairness, impartiality and objectiveness.

But like many people dedicated to his career, Steve's health took a back seat. He had been a heavy smoker for a long time and noticed that walking up hills was somewhat difficult but never thought it was a big problem. Then in December 2004, Steve suffered a heart attack. Steve recalls that while he felt unwell in the lead-up to his heart attack, he had no idea how serious his condition was. Steve had stents inserted to stop his arteries from clogging and decided to change his life.

Steve joins former Champion Iron Man, Guy Leech to help spread the word about the important work being undertaken at The Heart Research Institute. We are most grateful to Steve for accepting the role of Ambassador to help promote Australia's number one killer, heart disease and our heartfelt thanks goes to Steve for this wonderful commitment.



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Morning of the Earth is a 1971 classic surf film by Alby Falzon and David Elfick.

The film's soundtrack was produced by G. Wayne Thomas and included music and songs by noted Australian music acts Tamam Shud, John J Francis, Brian Cadd and GWayne Thomas. and G. Wayne Thomas. The record became the first Australian Gold soundtrack album. In October 2010, the soundtrack for Morning of the Earth (1971) was listed in the book, 100 Best Australian Albums.

In the early 70's I made Morning of the Earth because I really wanted to make a positive film about surfing and the world. I always wanted to make a surfing film, you know, ever since I saw the early Bud Brown films in Australia that were just starting to come in from overseas. They were the first surfing films to arrive. When I saw those I was pretty inspired by what he was doing.

I was designing books at the time and I remember doing this design for the Catholic church, and I was commissioned to do it by two nuns. I remember walking along the street with them one day, and they were really lovely these women, and they said what do you really want to do with your life, what would you really like to do if you had the opportunity to do whatever you wanted to do, what would you like to do? And I said that I'd like to make a really beautiful, positive film about the world. That's what I'd like to do. And you know not long after that I was travelling up and down the coast making a surfing film and Morning Of The Earth came from it.

– Albert Falzon

I JUST WANTED TO MAKE A BEAUTIFUL FILM ABOUT THE PLANET THROUGH SURFING AND THAT'S WHAT HAPPENED



Featuring stunning surfing sequences from Bali, Angourie, Kirra, Oahu, Maui and elsewhere, Morning of the Earth has been universally acclaimed as perhaps the greatest surfing film ever made. But it is much more than that. It is the surf movie that has, and will always, have the biggest impact on surfing in Australia. The soundtrack from Morning Of The Earth was the first Australian soundtrack album to go Gold.

With the blessing of its creator Albe Falzon, Morning Of The Earth has been re-edited and remastered to highlight the simple beauty of one of the few true Australian Classic Films and its story – the dream of every surfer to search for the perfect wave

Performed by some of Australia's greatest musicians, screened at some of Australia's most iconic theatres, Drive-In movie theatres and breathtaking coastal locations, this live performance film event was, for many, the highlight of the 2012 summer season.

The Last Post recently interviewed Alby Falzon during the celebration of the 40th Anniversary of the release of 'Morning of the Earth'.

TLP: Welcome to The Last Post magazine Alby.

Alby Falzon: Really happy to contribute.

TLP: What do you remember about the first time, taking up surfing....way back then?

AF: My mother bought me my first surfboard when I was about 14 years old and when she did that, she was really poor, I don't know where she got the money from but I ended up with this balsa board with an Aboriginal drawing on the front of it and when I paddled out and started riding waves, that was like "It" for me. That was the start of a new direction in my life. I mean, I couldn't go to school after that. I found a reason. So I didn't finish school, I went surfing. It was a really great thing. Everybody finds their point and path in life but when I found surfing at 14, it was like the beginning of a new world for me.

TLP: Your ability to catch the moment in photography, you founding the surfing magazine Tracks, was that a reason, as an outlet for your photography and that ability?



MY MOTHER BOUGHT ME MY FIRST SURFBOARD WHEN I WAS ABOUT 14 YEARS OLD AND WHEN SHE DID... THAT WAS LIKE "IT" FOR ME. THAT WAS THE START OF A NEW DIRECTION IN MY LIFE... EVERYBODY FINDS THEIR POINT AND PATH IN LIFE BUT WHEN I FOUND SURFING AT 14, IT WAS LIKE THE BEGINNING OF A NEW WORLD FOR ME...

AF: I always had a camera nearby. When I got my surfboard, I'm not sure if the camera came before the surfboard but there was a parallel and because I loved surfing so much and i had this camera, I wanted to capture the feeling of surfing or the feeling that I was having in surfing and try and pass that on to others. That's the beauty of communication and I think that's the beauty of photography. It actually freezes the moment and when you think about life, that's all you've got, is the moment. That's all that exists. The beauty of photography for me is that you could seize that moment and that moment stayed there, right through our lifetime that moment is captured and in many cases will outlive us. If I'd been born 200 years ago , I'd probably have been a painter but because I was born in this age with technology I became a photographer and that is the beauty of it, it captures and freezes the moment and reminds people to say, "Look at this", because, in today's world we've got our foot to the floor, we're all going somewhere, we're all into the destination and we forget the journey. Photography reminds us of the journey because it freezes the moment.

TLP: So many people have appreciated your work over the years and I first came in contact with your work through Tracks magazine but, travelling that's an important part of who you are. Have you seen aspects of life overseas that could be brought to Australia. Your journey's through Tibet and Burma, was it the Wesak Festival that you attended?

AF: That's right. I never thought, when I was living in Redfern, that's where I was born, for the first eight years, I never thought about the world, I mean your world becomes the little block you're living in and I found, when I got into surfing and I was into photography at the same time and i never thought much about the world then either because I was so engrossed in riding the waves. But as I expanded my experience with photography and with surfing, I was able

to look at other areas to go surfing and i started travelling and then that travelling which was, say just up from the central coast up to the mid-north coast then expanded into travelling around the world and the camera which I had, which was a still camera expanded into a movie camera and I started making films and then I started travelling internationally to these far away places and recording these areas, mainly cultural events and festivals, dance and music and so on. It took me to these amazing places. I went across the Sahara Desert, up to Machu Picchu in South America. I went to Pacific Islands. I've been to Asia and Northern India and the Himalayas and across to Tibet. I had never thought that that would happen but being a photographer, just looking at expanding my consciousness, surfing took me to these amazing places. Somehow, though not finishing school, I stepped off into the world and travelled to all these amazing places and made films that went out onto television and had these incredible experiences. I think if you follow your intuition, your dreams or your heart then it takes you to these amazing places because you're doing what you love, I think that's the real secret of life. Most people don't do that, they get programmed and they follow this programme that's given to them from their take on education or religion or the system or whatever but I didn't, I followed my own path and that was one of the jewels that came to me at an early age in life. I'm really grateful for that.

TLP: Do you think then that the true essence of education is to trust ourselves and to teach ourselves more often?

AF: Education is great and it broadens our ability to do things if you want to become a professional person or a doctor or a scientist then it gives you those opportunity's but education's no

good if you don't realise your own purpose and purpose has nothing to do with education, it's something that comes through the intuition. If you can realise what your purpose is and then enhance that through education then you're on the path but if you're just into becoming a doctor, to make a lot of money then that has pitfalls in your own personal life. I think you may be of great service as a doctor, to society and community but individually, you might get right through your life and go, "God, I really wanted just to be a tennis player", and you've missed out on the opportunity. And that's not something that's taught to you through the education system, that's something that comes to you at various stages of your life, through life experience or whatever. I was able, at 14 or 15 to realise my purpose. I didn't know you had to have a purpose in life, I just knew that's what I was meant to do. It felt really right for me and I followed that path. One thing my mother said to me, along with giving me the surfboard, was, she was a really simple, working-class woman, she wasn't well-read or anything but she said, "Just follow your heart, just do what you love and life will be okay", and that's what I did.

TLP: Well, GWayne Thomas sang 'Open Up Your Heart' in your movie, Morning of The Earth, so I think that was very apt.

AF: I think that song really embodies the philosophy of the film. I think it's one of the greatest songs to come out of Australia in the last 50 years. I was thinking about that song the other day. I was watching the George Harrison film and thinking about Lennon and McCartney and how

they wrote these fantastic songs and 'All You Need Is Love' which was actually a fantastic mantra that was played on every radio station in the Western world. It was really simple and just as





powerful because it reminded us of the essence of who we are, what life is about. When I think of G.Wayne Thomas' 'Open Up Your Heart' I think it's as important as that song and I think it's right up there with Lennon-McCartney pieces.... open up your heart, all you need is love, great mantras'. I gotta give him a big tick for that. It'll out last all of us and I'm so fortunate that it came about for the film at that point in time. You think that things just happen sometimes but when you reflect back on them you realise in your life, there's no accidents, you can fit the pieces of the puzzle together as you get older and have more experiences. You don't realise at the time, why things happen but when you go down the path a little bit and reflect back on them you see that that was done for that reason and it connects to that etc and the picture starts to open up even more. I think that song, it came to us was a really perfect song at a perfect time and it's just as important now as it was then.

TLP: Had you wanted to make a film and was Morning of the Earth in your head long before you got around to making it?

AF: I got taken under the wing of Bob Evans who is like the Grandfather of Australian surf movies. He died when he was 44 but before he died he made 12 or 13 feature-length films, how he did it was just beyond me, getting the money, you know, he did everything himself. I met him and he became a mentor for me so it was another one of those pieces of the puzzle that came into place and I started working with him and helping him on his surfing magazine, Surfing World, which was one of the first magazines in Australia, I did some film work for him but all the way along, ever since I was little, even before I got my surfboard I just always felt attracted to photography and as I've mentioned, when I started surfing, I just wanted to capture that. Then I started thinking about making a film. I never thought about anything beyond just making a film about surfing, capturing the beauty of it and that evolved and we stumbled through it, without a plan or any money. It was all we could do to find enough money to put petrol in the car. Somehow the pieces came together and it was capturing a lifestyle because that's how we were living at that point in time. So it all came together because I just wanted to make a beautiful film about the planet through surfing and that's what happened and the title for it actually came after

we came back from Bali. The saying, Morning of the Earth, I think it was the Indian Prime Minister who went to Bali, I think it was Nehru who went to Bali and said that it was so beautiful it was the morning of the world, that's what he called Bali. We changed it to Morning of the Earth but that's where it came from.

TLP: The title is strong.

AF: It's a timeless title, it's like you were saying earlier, you've only got today, yesterday's kinda history in a way and tomorrow we don't know what's going to happen. You can plan for the future and you can have dreams and you can reflect back on the past because that makes you what you are but the reality for all of us in this world, we only have today and each morning you wake up it is just that, the morning of the earth. It's the beginning of another cycle. It's a timeless message, the title of the film, that we are living on this finite planet and we are custodians of it. That's what we talked about earlier, the magic of the moment. Photography reminds us of that. Up here, where I live, reminds me of that too. Enjoy the moment.

TLP: Was the positive aspect of making Morning of the Earth something that goes beyond surfing?

AF: Oh yes, I think so. A lot of people today are disconnected from their relationship with the earth and planet and what 's going on because of their circumstance and situation with mortgages and families and career's and I think the movie, through surfing, reminds people to be connected. When you're surfing and riding the wave, that time you are in the moment of connection and everything else disappears. It doesn't matter what's going on, on land because something takes over. And that's the connection with nature you have when surfing. That exists too when you're climbing a mountain or bushwalking, whatever, same thing. All the technology we have is great because it connects us on a different level but one shouldn't rule out the other. Morning of the Earth reminds people to stay connected. It's a beautiful, subtle film and that's why people relate to it. It doesn't matter what you do, whether you're a dentist, a surgeon or picking up the garbage, you should stay connected to

surfing if it's something you did when you were younger. It makes your life better. If you're a surgeon and you surf, I think surfing makes you a better surgeon.

TLP: The music on the film. How did that come together.

AF: Most of it came about after the movie was shot. We created these small vignettes and those sequences were passed on to different groups and in the case of Tamam Shud, who were all surfers, they were able to identify with it. The pieces were passed out to different musicians like Terry Hannigan, Brian Cadd, G.Wayne Thomas, they created music for the sequences. Not all, Simple Ben was created without John J. Francis looking at the footage but most of it came about through that process of the musicians living and working with that footage for a while.

TLP: All around the world, people from all walks of life continue to see Morning of the Earth for the first time. How does that make you feel?

AF: It's not something you think about when you're making the film but I think it's important for people, all over the world, to re-align themselves with positive films and literature or music and that's the power of the media. You can use it in a way to enhance people's life's and shift their consciousness and film is important in that. The cinema is powerful because, when the movie starts, everything is locked out. Putting out positive thoughts and enacting that is very important. The world is changing at a rapid pace but if you can find that bit of peace, then great. The world is foremost, how you are. There are so many different takes on things and great contributions can be made simply by being at peace with yourself.

TLP: As Charlie Chaplin said, "Smile".

AF: Ha, yes. Life is how you are. Energy can come from thought and what you think can often materialise. If you can create good things, they will remain after you're gone.

TLP: You continue to be a great part of Australia, the world and thank you so much for taking time to be in the magazine Alby.

AF: I'm honoured and thank you so much Greg. You do what you do in life, you plant the seed.



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SETO GIVES US THE COLD FACTS ABOUT FINANCE

Is it time to buy?

Is now the time to buy back into the share market? For stock market investors this has been the question on everyone's mind for the last few months, if not longer. Have we missed the boat already? Is there more volatility and downturn to come? If I knew the answer to this then I think my calling would be more in the field of Psychic Prophecy rather than Stockbroking. Luckily, we can look into and review facts and information and try to educate ourselves more on the movements in financial markets. The aim is to better understand and to benefit from it.

Overview of global markets

How are the PIGS affecting us?

Portugal, Ireland, Greece and Spain also known as the "PIGS", and have been in the headlines about the European debt crisis post GFC. My view is that the Euro in its current form is not sustainable. The negotiations and bailouts that have been formulated are only buying time until an orderly and closely managed break-up or restructure can be implemented. From an investment point of view, the issues are still present but markets are clearly less worried about Europe and are happy that it's under control for the time being.

Has the US completely recovered from the GFC?

Corporate America is actually very healthy with lots of cash that has been sitting in the sidelines ready to be deployed at the first sign that consumer sentiment is back. There is still some concern over the economy, but manufacturing, housing and job numbers have been strong and US retail sales and consumer confidence is on its way up. The S&P 500 is up around 12% already this calendar year with the Nasdaq up close to 20%.

Is China's dragon still breathing fire?

There has been much talk about China's economy slowing down. The world's second largest economy for the last several years has grown at a pace far exceeding its western counterparts. Some believe that the slowdown may have finally arrived, but at what cost and will there be a domino effect on the global economy? Manufacturing in China has been contracting recently with weakening domestic demand continuing to weigh heavily on growth. External demand continues to contract however declining at a slower pace.

China can't keep growing at these rates forever, even with a so-called soft landing annual growth is still targeted at 7.5%. Australia exports approximately 60% of Iron Ore and Coking Coal to China so this leaves us affected to any slowdown in China however China will remain a buyer of Australian commodities for many years to come.

What is going on in the Australian market?

Presently investors are struggling to make money and everyone is concentrating on keeping their jobs and paying down debts where possible. Given the ongoing bearish sentiment, the strong opening quarter for the year might come as a surprise to some investors. It doesn't look or feel like the onset of a bull market but it's interesting to note that the ASX200 is up approximately 7% from the start of the year. Given that the negative news out of Europe is diminishing, the US economy is recovering and gaining momentum with investors believing that China's soft patch is only temporary, Australia is in a much better position. The resources boom has opened up a two-speed economy, with those in the mining-related sector powering along and growing whilst the rest of the country is languishing behind.

Where to now?

The market is pessimistic and there is a lot of cash sitting in the sidelines waiting to be invested. When the market was rallying and making double digit positive returns the natural inclination was to love shares and after several years of negative returns investors have turned to hating them. The stock market currently offers investors very attractive valuations. Blue Chips are offering some great yields for investors who are concerned with market volatility and want some comfort in the form of dividends. This is great for investors as yields on dividends are better than yields on term deposits at the moment. With shares being both long and short term investment options, the short term thinking is currently dominating the participation in the market currently. Equities are historically cheap with the market still considered undervalued. The time to get into the market may be sooner rather than later.

- Emilia Seto

Please feel free to contact me on the below details if you wish to speak to me or discuss anything further.

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Australian Government

**VVCS – Veterans and Veterans Families
Counselling Service**

Supporting Australia's peacekeepers, peacemakers, veterans and their families

VVCS provides counselling and group programs to veterans, peacekeepers, partners, widows, sons and daughters and eligible ADF personnel and F-111 Fuel Tank Maintenance workers and their immediate family members. VVCS is a specialised, free and confidential Australia-wide service.

VVCS can provide you with:

- Individual, couple and family counselling
- Case management services
- After-hours crisis telephone counselling service via Veterans Line
- Group programs for common mental health issues (e.g. anxiety, depression, sleep and anger)
- Psycho-educational programs for couples, including a residential lifestyle management program
- Health promotion programs including Heart Health – a 52 week supervised exercise and health education program offered in group and correspondence formats
- The Stepping Out Program, a 2-day 'transition' program for ADF members and their partners preparing to leave the military
- Changing the Mix, a self-paced alcohol reduction correspondence program
- Operation Life Workshops
- Information, education and self-help resources
- Referral to other services.

VVCS counsellors can assist you to work through stress, lifestyle, relationship or family problems, and emotional or psychological concerns associated with your military service.

If you need support, would like more information about us or if you know someone who does, please give us a call or visit our website.

1800 011 046*

www.dva.gov.au/health/vvcs

* Free local call. Calls from mobile and pay phones may incur charges.



Veterans and Veterans Families Counselling Service

A service founded by Vietnam veterans



Blackwood RSL

1 Brighton Parade
Blackwood, SA

08 8278 6253

BLACKWOOD RSL

'If you want to meet people and make friends – go to the Blackwood RSL'

The city of Adelaide is situated in the middle of tree-covered plains with a semi-circle of hills to the east and beaches to the west. It is known as 'the 20 minute city' as both the pristine beaches and the picturesque hills are less than half an hour away by car.

Nestled in the south-eastern Adelaide foothills, the Blackwood RSL proudly boasts it is 'the heart' of the surrounding district. And well it might. One member, way back in 1992, who had previously come to live in a nearby suburb on the plains, visited the local RSL there and was dismayed to find only three men and one dog ever came into the club. 'If you want to meet people and make friends,' he was told 'go and join Blackwood RSL.'

This sort of recommendation still holds true. The club has a reputation for a warm and welcoming atmosphere and a feeling of comradeship that has kept it going for over 80 years.



Blackwood was just a small country village until the 1950s when the encroaching suburbs reached the foothills. Blackwood township now has the best of both worlds – the shops and services of suburbia but the unique 'hills' atmosphere and is a gateway to the numerous small towns in the hills proper such as the historic German settlement of Hahndorf and the surrounding wine regions. Another tourist attraction, the nearby Belair National Park, holds a special significance to the Blackwood RSL as a plantation of cherry trees, established in 1922 honouring WWI soldiers, was restored and is maintained with assistance from club members.

Established on 20th October, 1930 by 36 ex servicemen, the Blackwood RSL club's membership currently stands at over 400. It began as a place for friends and families to gather and enjoy good food and fellowship and remains so. The good food was originally supplied by the wives and mothers and the Women's Auxillary – on a voluntary basis; these days the professionally run 'Gunnery Restaurant' provides an extensive à la carte menu and is open for lunch from Wednesday to Friday and dinner from Tuesday to Saturday. Private functions are regularly catered for by highly trained staff. The bar is open on Monday from 3.30pm until late and on Tuesdays to Sundays from 12 noon until late - a far cry from those early days when the first meetings were probably very 'dry' affairs, being held in the nearby St. John's Parish Church hall!

The drought ended in 1934 when a decision was made by the original members to build their own clubrooms; they raised the £700 required to do this, no mean feat in those days during the Great Depression. In 1937 the club was officially opened in the name of the RSL (Blackwood & Districts) Sub-branch.

Since WWII, there have been several additions to the original building to cater for the growing number of returned servicemen. In mid March, 2003, the new business name of the 'Blackwood Community RSL' was registered, reflecting the throwing open of the doors to welcome the wider community to the club's activities and resulting in further extensions and renovations.

Today, the club caters for many and diverse activities; senior members are made especially welcome with a courtesy car provided for those with difficulties attending club functions. Families, too, are actively encouraged with children's meals catered for and the 'pokies-free' environment a bonus. Sporting activities include a keen eight ball group, a golf club and a darts team. The clubrooms are used regularly, free of charge, for many and varied local groups. Young musicians are encouraged to perform at the club, the local schools always happy to showcase their especially talented students.

Club night each Wednesday is well patronised and features a very popular Chocolate Wheel Raffle and a choice of special meal deals. A quarterly publication, the 'Reveille' keeps members

informed and a weekly newsletter is distributed on club nights detailing coming events; there are always a great many listed. The regular Country 'n' Western band, 'Winchester', perform on the 1st Wednesday and 3rd Saturday of every month. A local Trad. Jazz band, 'The Blackwood Stompers', hold a jam session every 3rd Sunday, from 1pm to 4pm; they are often joined by many other well known jazz identities making it a real highlight. The club's committee members are constantly planning special celebrations. Valentines, St Patrick's and Mothers Day as well as the Queen's birthday are on the upcoming list not to mention the usual Anzac Day commemoration. A lunch is held on the Sunday, prior to Anzac Day. An overnight vigil is held at the nearby Blackwood Memorial Gardens on 24th. The Dawn Service, at 6.30am on the day, with often 3,000 present, is traditionally followed by a Gunfire BBQ breakfast at the club. It is not unusual for up to 1,000 to attend.

Bingo nights have been well attended and a recently inaugurated Australia Day celebration attracted an appreciative crowd.

The cheery smiles of staff and patrons alike in the pleasantly convivial surroundings belie the fact that just over a decade ago a specially formed 'action group' was formed to rescue the club from then, seemingly insurmountable, financial difficulties. It became necessary to drum up the fighting spirit embodied in the men who first formed it. This spirit carried them through and they succeeded turning the fortunes of the club right around. It created a bond between members that persists to this day. A recent, very successful, drive to raise \$20,000 needed to soundproof the clubrooms in order to continue to provide a live music venue must have seemed a mere trifle to those who fought and triumphed back then. Some of their steadfast resolution has, however, been contagious and, armed thus, the team of volunteers approached the surrounding businesses and found great support once again.

A vitally interested committee controls the direction the club takes, ensuring it is a place where no one should feel lonely. If you want to meet people and make friends – come to the Blackwood RSL!



6PR's Ted Bull was always told, "You don't look like you sound"

WHATEVER HAPPENED TO 6PR's GENTLE ON MY MIND?

Roster Service (That sounds quaint today!), Lost and Found segments and a Community Column of the Air.

All delivered at a gentle relaxed pace.

The announcers played an important role. They were put through intensive training to perfect a soft informal style of delivery.

Well known broadcasters from around Australia were heard. Names included Ted Bull, Brad McNally, Dean Matters, Ron Steel, Peter Sinclair, Tom Needle, Rob Maynard, David Perkins, Errol Battersby, Mike Earnshaw, Peter Hale and Clem Paull. At least one thing brought these talented people to the 6PR microphone and that was an ability to come across in a relaxed, unhurried fashion and still sounding "cool" enough to appeal to all ages. Teenagers who listened to Pink Floyd, Bowie and The Eagles also listened to PR.

A Butterfly, yes a butterfly, symbolized the new sound of 6PR.

And what a success it was. Before long 6PR was the highest rating station in Perth, overtaking its former Top 40 competitors, 6PM, 6KY and 6IX.

As nothing lasts forever, even a lift in tempo when ratings dipped, the new slogan '6PR Gentle on Your Mind; Now with Added Brightness', eventually was dropped.

With new owners, the format gave way to modern music and racing in 1977.

6PR today is a leading News Talk station, part of the Fairfax Radio Network.

Written by John Cranfield.

John is a Perth broadcaster with nearly 45 years in the industry. He is also, with his brother Lionel, owner of Zenith Music in Claremont; Western Australia's most comprehensive music store.

6PR Perth..... A Fascinating Story

After commencing broadcasting in October, 1931, Perth radio Station 6PR has entertained and kept listeners informed for over 80 years.

And with a few surprises along the way.

Having been 'Home of the Good Guys' from 1964 till 1972, there was suddenly a change of direction. Playing the Top 40 Hits gave way to a few months of the Thirties, Forties and Fifties records. Putting this music to air under the banner of Nostalgia surprised and delighted listeners.

Then on 22nd March 1974 6PR introduced a completely new sound to radio in Perth.

It was 6PR Gentle On Your Mind.

Gone were loud commercials, loud music and fast talking disc jockeys. (Remember the DJs with the American accents?)

The music was carefully selected by the demanding but brilliant format innovator Rhett Walker. The smoother tracks from artists like Dionne Warwick, Percy Faith, The Fifth

Dimension, Henry Mancini, Rod McKuen, The Beatles, Jackie DeShannon, The Carpenters, Neil Diamond, Jim Croce, Johnny Mathis, Bread, Carole King, James Taylor, Roberta Flack, Simon and Garfunkel and others kept the ambience and helped lower the blood pressure of listeners.

The format was unique for its time. The sound was the forerunner to the easy listening stations that followed around Australia. During the sunny days of that period, where a lot of Perth people lived close to The Swan River or near enough to the beach to hear the surf, the sound was the perfect compliment to the city. During this period, the format helped lift the station to be consistently number two, sometimes grabbing the coveted number one position.

At 6PR nothing was hurried.

A second gap separated each piece of music and commercial breaks.

There were pre-recorded vignettes of local and national stories of 2 minute length scattered over the 24 hour station.

Of course there was a comprehensive News and Weather Service, Petrol Service Station

THE LAST POST TALKS TO 6PR 'OLD BOY' TED BULL

whatever happened to...

Welcome to The Last Post magazine Ted Bull. You're legendary status is there on the record as is your time at 6PR, excuse the pun, what do you say about that?

Ted Bull: It's a pleasure, it's nice to be a legend but it sounds like I'm close to death.

TLP: You've still got a lot of life in you and now you're at Curtin FM, what that like?

TB: It's really great. It's like going back to what I got into radio for, to play good rock 'n roll and have a bit of a chat. I'm enjoying it so much.

TLP: One of your advantages was your ability to make the listener feel close and you did that well at 6PR and 3DB, is that something that came natural?

TB: I think a lot of it has to do with the 6PR Gentle On Your Mind days because I came across a man that some people thought was a bit manic but I found him the most professional programmer I've come across in Rhett Walker whom I thought was a genius and so much of what I've done and still do in radio is what I gained from the experience of working with Rhett on Gentle On Your Mind.

TLP: And Rhett picked the playlist?

TB: Yes, he had people in the library as well. It was all so totally researched. It really was the forerunner for so many radio stations that have happened since. What he put in is still there in so

many successful radio stations today. I actually got to be at 6PR because I'd been in Sydney for a couple of years, been a bit of a party boy and burnt myself out and Rod Muir said, "Look, I'll find you somewhere", and I got sent over to Perth where he told me Rhett was starting a radio station format, so I was there before it started as such but for all intents and purposes, yes my time there coincided with the Gentle On Your Mind format.

TLP: Did the relaxed format help you to relax? You certainly sounded laid back.

TB: I think, because I was only 26 and I was probably half asleep with some of the music I was playing! It certainly wasn't exciting music but that's how it was meant to be and very interesting to put to air along with the experience of the whole thing. I remember thinking it as time for me to go when I started tapping my foot to The Carpenters! Rhett Walker called everybody by their middle name to give the impression you were close but nobody could be close to Rhett. My middle name's Canute and so he comes in the studio and says, in his accent, "Hey Canute, you must really love that Mantovani track", and I said, "No, not really, why?", and he said, "Well, you've just played it twice". I'd played it, played the commercial break, cued it and played it again!

TLP: The other announcers too, Tom Needle, they were good too.

TB: I think we just all believed in what Rhett wanted us to do. It was a total commitment, certainly money had nothing to do with it, ha! It was so new and different, we'd never come across anything like it. It won us over completely. We were totally his troops. The whole production, the whole sound, it was true perfection. The ratings reflected that and, as a team effort we took the whole thing along with us. A great time.

TLP: Do you meet up with any of your ex PR buddies?

TB: Well, Brad McNally who is programme manager at 96FM, we occasionally have a coffee and remember that Rhett instilled such a professionalism that we now expect it of everyone.

TLP: Oh, by the way, you have a Centenary Medal. How did that come about?

TB: Oh yes, a few years ago I was nominated and accepted and, as Anzac Day approaches, it strikes a chord, having been broadcast for all those years to regional centres of WA through the ABC and I'm proud.

TLP: For those times and for being a great Australian, many happy returns Ted Bull.

Tathra Beach Family Park boasts 500m of absolute beach frontage on the pristine Sapphire Coast halfway between Melbourne and Sydney. The region is a glorious contrast of ancient forests, rolling green hills and endless stretches of picturesque sculptured coastline, with easy access to quality restaurants, shops and galleries.

At Tathra Beach Family Park we're ready 365 days a year to welcome you to your relaxing fun filled holiday, offering you several levels of accommodation to suit all budgets.

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www.tbfp.com.au

"G'day, come and stay with us at our fantastic park! Hope to see you there!"
Frankie J, Michelle & Georgia.

Mention this ad and get ONE FREE NIGHT!
*Conditions apply.



Built in 1908 as a residential hotel for farmers and country residents, the Nedlands' Park Hotel was once serviced by a tram from the city centre. Purchased in 1935 by Stephen McHenry (formally a member of 28th Battalion), the hotel soon became fondly known as 'Steves' and has etched its colourful mark in the history of Perth's business establishment ever since.

Hazel McHenry ran the Hotel from 1958 after Stephen passed away, and in 1977 Hazel and her son Murray, again a former member of the 28th Battalion, acquired the freehold from the Swan Brewery.

In the early days a local pub to enjoy a beer, after swimming at the Nedlands baths along the swan river, later a live music venue with many well know artists getting their first 'gig' in the once infamous beer garden.

'Steve's' and Mr. McHenry have always been involved with the sporting community, with the 'Pub' being the home of various Rugby Clubs over the years. Murray McHenry has been involved with the West Coast Eagles from their inception and in 1997 was appointed Chairman, and now sits on the board of the football commission. His involvement led to 'Steves' becoming the unofficial home of the 'Eagles' and was host many 'Mad Mondays' including the highs and lows of Grand Finals.

Murray McHenry has been involved in the hospitality industry all of his live, and was inducted into the Australian Hotels Associations 'Hall of Fame' in 2010.

In the years since, the hotel has undergone several refits but always retained the building's integrity; its latest transformation sees the exterior return closely to its 1908 appearance, housing four exclusive residences with sweeping views of the Swan River.

Next to the original hotel, is the 'New Steves' – reborn as Steves Fine Wine & Food, built above the original cellar and on the site of the previous bottle shop. Without question one of Perth's most treasured icons, Steves is synonymous with Western Australia's premium wine, food and lifestyle.

The 'New Steve's' now caters for the local community as it did back in its hay day, with many of the 'old school' revellers back as professional adults with young families. Friday lunches, Saturday football, Sunday breakfast and week day meetings bring back the philosophy of the original Hotel, that being a hub for the locals and community at large.

With arguably one of the best cellars in Australia, Steves' now sells wines globally and is at the forefront of the use of technology within its business, from a customer terminal in the cellar, where client can scan a bottle and receive information on pricing, tasting notes and producers, to over 1500 wines on its apple ipad wine lists.

The wine stores 'Enomatic' wine dispensing system is the real 'point of difference'. Using their personalised loyalty card, customers are able to taste an array of wines that are kept fresh through the use of Argon, an inert gas that displaces air, and therefore Oxygen, in so keeping wines fresh for weeks.

Not much then it seems has changed from 1935, a ticket on a new tram and middy at steves, has only given way to a loyalty card and a taste of Penfolds Grange, or what ever your tippie may be.





Steves Fine Wine & Food

30 The Avenue Nedlands
WA 6009

08 9386 3336
08 9386 5800

bottleshop@steves.com.au
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WITHOUT QUESTION ONE OF PERTH'S MOST TREASURED ICONS, STEVES IS SYNONYMOUS WITH WESTERN AUSTRALIA'S PREMIUM WINE, FOOD AND LIFESTYLE.



ARGUABLY ONE
OF THE
BEST CELLARS
IN AUSTRALIA



ANZAC DAY & THE NRL

They are the men whose courage and sacrifice forged a bond between Rugby League and the Armed Services that each year is commemorated in an inspiring yet solemn ANZAC Day tribute at matches in Sydney and Melbourne.

Men like Stan Carpenter, the first captain of Newcastle and an Australian representative who was twice recommended for the Victoria Cross; Edward Larkin, the rugby union international who was the first full-time secretary of the NSW Rugby League and the Labor Member for Willoughby, who was killed at Gallipoli on ANZAC Day in 1915; Herbert 'Nutsy' Bolt, the NSW and Newtown centre killed at Fromelles in



1921 Kangaroos Jack 'Bluey' Watkins, Norm Potter and Les Cubitt paying their respects at the grave of Paddy Bugden VC, who was a league player from Lismore.

1916 whose body was exhumed and identified in 2010; and Jack 'Bluey' Watkins, the Eastern Suburbs and Australian lock forward who served on the Western Front.

It honours men such as Spencer Walklate, a special forces commando who was executed by Japanese forces on the island on Muschu in 1945; Clem

Kennedy, the South Sydney and Australian half who fought on the Kodoka Track; and Jack Lennox, the Rabbitohs and Dragons player who died as a prisoner of war while working on the Burma-Thailand Railway.

They are among the hundreds of Rugby League players and the thousands of fans who have dedicated their lives to the defence of this



2011 ANZAC Day match in Sydney

ANZAC DAY HOLDS A SPECIAL PLACE IN THE HEARTS OF ALL AUSTRALIANS AND WE ARE PROUD THAT RUGBY LEAGUE CAN PLAY A PART IN HONOURING THE MEN AND WOMEN, BOTH PAST AND PRESENT, WHO HAVE DEDICATED THEIR LIVES TO THE SERVICE OF OUR COUNTRY

shows what it means to them to be able to honour our service personnel in this way.”

The ANZAC Day matches continue a tradition that dates back to 1926 when, on the first ANZAC Day holiday Monday, foundation clubs Easts and Balmain played in front of 20,000 fans at the Sydney Cricket Ground and Newtown and Sydney University played at Glebe’s Wentworth Park, with the first Rugby League match on ANZAC Day played in 1927, when Glebe met Western Suburbs, also at the SCG.

Last year Corporal Ben Roberts-Smith VC MG – a Roosters fan – honoured Rugby League by being part of an official ceremony which each year is developed in consultation with RSL NSW and the Australian Defence Force to honour Australian and New Zealand service personnel, both past and present, as well as a post-match ceremony that features the presentation of the perpetual ANZAC Cup to the winning team from the Roosters-Dragons match and the Spirit of ANZAC Award to the Man of the Match.

“I have played in Grand Finals, in State of Origins and for Australia but this match has a special atmosphere that sets it apart,” says Sydney Roosters fullback Anthony Minichiello.

“It’s a day that means so much to all Australians and to be part of an event like this that honours our troops is for me very humbling.”

Storm and Kiwi Test winger Matt Duffie adds: “I’m very proud of my New Zealand heritage and it’s also an honour to play on ANZAC Day representing an Australian team.

“It’s an inspirational story the way the Australian and New Zealand soldiers came together to form the ANZACs and as a Kiwi who now lives in Australia I feel a lot of pride in how they served their countries.”



2011 ANZAC Day match in Sydney, Corporal Ben Roberts-Smith VC MG with ARLC Chief Executive David Gallop and the ANZAC Cup



2011 ANZAC Day match in Sydney

country and who have inspired a Rugby League ANZAC Day tradition that to this day captures the hearts of fans both here in Australia and New Zealand, and around the world.

It is their legacy that will again be honoured, along with that of all of our nation’s service men and women, both past and present, in two Rugby League ANZAC Day matches in 2012 that have become some of the most celebrated events of the Telstra Premiership season.

While the long-standing clash between the St George Illawarra Dragons and Sydney Roosters in Sydney has become a gathering point for war veterans and current service personnel after the city’s ANZAC Day march, such is the significance of the ANZAC Day tradition in Rugby League that it has grown to feature a second match in Melbourne with a true ‘ANZAC’ clash between the Melbourne Storm and New Zealand Warriors.

“ANZAC Day holds a special place in the hearts of all Australians and we are proud that Rugby League can play a part in honouring the men and women, both past and present, who have dedicated their lives to the service of our country,” Australian Rugby League Commission Chief Executive, Mr David Gallop, says.

“It signifies the connection Rugby League has with the community and the way that our clubs, players and supporters embrace these matches

The Dragons-Roosters match will kick-off at 4pm at Sydney’s Allianz Stadium on ANZAC Day while the Storm-Warriors match will start at 7pm at Melbourne’s AAMI Park.



2011 ANZAC Day match in Sydney

Anzac Day & the AFL

The standout match on the AFL home and away season calendar is the annual Anzac Day game between Collingwood and Essendon, held at the MCG. VFL and AFL matches had been held intermittently on Anzac Day since the 1970s, when the two clubs approached the RSL for the 1995 season with a view to appropriately recognising the importance of the day in the country's history.

Working with former Victorian RSL chief Bruce Ruxton, the two clubs set about developing a partnership that would highlight the contribution of service men and women while ensuring that football paid suitable tribute to Australia's history of service in conflict. That first match drew a capacity crowd of more than 94,000 and the two clubs have met on every Anzac Day since, drawing eight separate crowds beyond 87,000 people – all of which rank among the 20 leading match attendances in the game's history.

Each Anzac Day match has the central theme of recognising the sacrifice of the servicemen and women of Australia and celebrates the Anzac spirit – courage, sacrifice, endurance and mateship. Since 2000, the player in the match considered to best exemplify the Anzac spirit has been awarded the AFL Anzac Medal.

The RSL plays the key role in the match-day observance ceremonies with a special Anzac Day service held at the ground. This ceremony includes the recognition of Australian War Veterans as well as a Flag Ceremony, the playing of the Last Post and the Australian National Anthem.





PORT ADELAIDE

2012 DEFENCE

RECOGNITION MONTH

FOOTBALL CLUB

For the past four years Port Adelaide Football Club has engaged the defence industry as a part of its commitment to the annual AFL ANZAC Round. In 2011 the club facilitated a game at AAMI Stadium between the Australian Defence Forces and the Emergency Services. This game was supported by Defence Reserves Support and assisted the fundraising efforts of the RSL.

Port Adelaide shares many synergies with the defence industry in South Australia. The club has both historical, community and physical roots in the Port where the defence-focused Techport is growing annually. Its metropolitan junior development zone stretches into the heart of Salisbury and Mawson Lakes where many defence companies, personnel and families call home. Importantly, both the defence sector and the club have strong growth agendas.

For this reason, the Port Adelaide Football Club has declared April 2012 to be Defence Recognition Month. The club believes it has a range of capabilities to support the defence industry, including a dedicated community development business – Power Community Ltd – that engaged nearly 110,000 people in 2011. Other capabilities include a national brand and the opportunity to raise awareness through a variety of mediums including home games at AAMI Stadium and online content to over 300,000 supporters.

Darren Adamson, General Manager of Power Community Ltd, says: “We are aware of how large the defence industry is in South Australia

and we want to embrace all stakeholders over a longer period of time. We believe the stakeholders fit into three categories”.

“Firstly, we wanted to continue our work from the last four years and recognise those people who have served Australia in the past and those who continue to. Our game against Sydney on Saturday 14 April became a focus for this. We provided free ticketing to veterans across the State to attend this game. We raised money at the gates for the RSL, and we hosted a VIP function for veterans at the game with funding support from the ACH Group. We will also have our players visit the Repatriation General Hospital and support the work of the Daw Park Foundation”.

“Secondly, we wanted to engage current soldiers and their families. Many have moved into the northern suburbs of Adelaide and we believe we can assist with the engagement of families when soldiers are new to the State and help families when servicemen and women are deployed overseas. We are happy to offer free ticketing to Power games and invitations to events at Alberton Oval, or more in depth community programs if they are required. We



THE PORT ADELAIDE FOOTBALL CLUB IS HONOURED TO BE WORKING WITH THE DEFENCE INDUSTRY, AND IT IS OUR PRIVILEGE TO HOST DEFENCE RECOGNITION MONTH AND PLAY A ROLE IN AFL ANZAC ROUND.

also see many synergies between young AFL players and young soldiers, and our players will spend a day at the Edinburgh Barracks on 24 April with the 7 RAR Battalion. Some of the synergies between the two, including leadership, teamwork and physical conditioning, will be explored on this day.”

“Finally, we want to embrace and recognise the broader industry, particularly the companies that have established themselves in the Port and are now world leaders in the development of defence systems and services. We see opportunities

to assist with staff development and retention at these companies, and social opportunities for their families. We will also promote career pathways in the defence industry to school students in the west and north of Adelaide.”

Many of the club’s plans were outlined at a VIP function on Saturday 14 April when the Power played Sydney at AAMI Stadium.

The club continued its annual tradition of presenting the Peter Badcoe VC Medal at this game to the player whose conduct during the game displayed skill, courage in adversity, self

sacrifice, teamwork and fair play. Peter Badcoe was the last South Australian to be awarded the Victoria Cross, the military’s highest honour for bravery. Major Badcoe was honoured for three extraordinary acts during the Vietnam War, including one which cost him his life.

The club is encouraged by the support of the defence industry which embraced the concept of Defence Recognition Month. The club has had the support of State Government agencies Defence SA and Veterans SA. The other major player is the Defence Teaming Centre (DTC),



the peak body for defence companies in South Australia. The DTC is a membership-based organisation that has worked to facilitate connections between the club and a growing list of defence companies in the State. Mr Adamson noted that “the industry is in great hands as a result of the DTC and there is a very strong commitment to embracing all stakeholders, including a footy club.”

The conclusion of Defence Recognition Month will take place at the Showdown on 29 April when the Australian Defence Force (ADF) national football team returns to AAMI Stadium to play a combined team from the Emergency Services. Mr Adamson witnessed the intense rivalry in this game last year when the emergency services



WE ALSO SEE MANY SYNERGIES BETWEEN YOUNG AFL PLAYERS AND YOUNG SOLDIERS, AND OUR PLAYERS WILL SPEND A DAY AT THE EDINBURGH BARRACKS ON 24 APRIL WITH THE 7 RAR BATTALION. SOME OF THE SYNERGIES BETWEEN THE TWO, INCLUDING LEADERSHIP, TEAMWORK AND PHYSICAL CONDITIONING, WILL BE EXPLORED ON THIS DAY.

were victorious. “I know that the ADF team were hurting last year and will do everything possible to win this game. They will train at Alberton Oval in the build-up and we will offer our expertise to assist with their preparation.”

Mr Adamson added that the aim is for Defence Recognition Month to evolve so that both the club and the defence industry understand each other to the point where they are working alongside each other all year.

“It has been great to establish new partnerships with a range of stakeholders, but we are determined for these partnerships to extend beyond April. There are already plans for Power Community Ltd to deliver community programs for defence families in July, with a focus on resilience and positive thinking for children aged 8 to 12 years. There are also plans for an Aboriginal and Torres Strait Islander War Memorial in Adelaide, and the club will offer its support to Veterans SA to bring this project to fruition”.

The Port Adelaide Football Club is honoured to be working with the defence industry, and it is our privilege to host defence recognition month and play a role in AFL Anzac Round.

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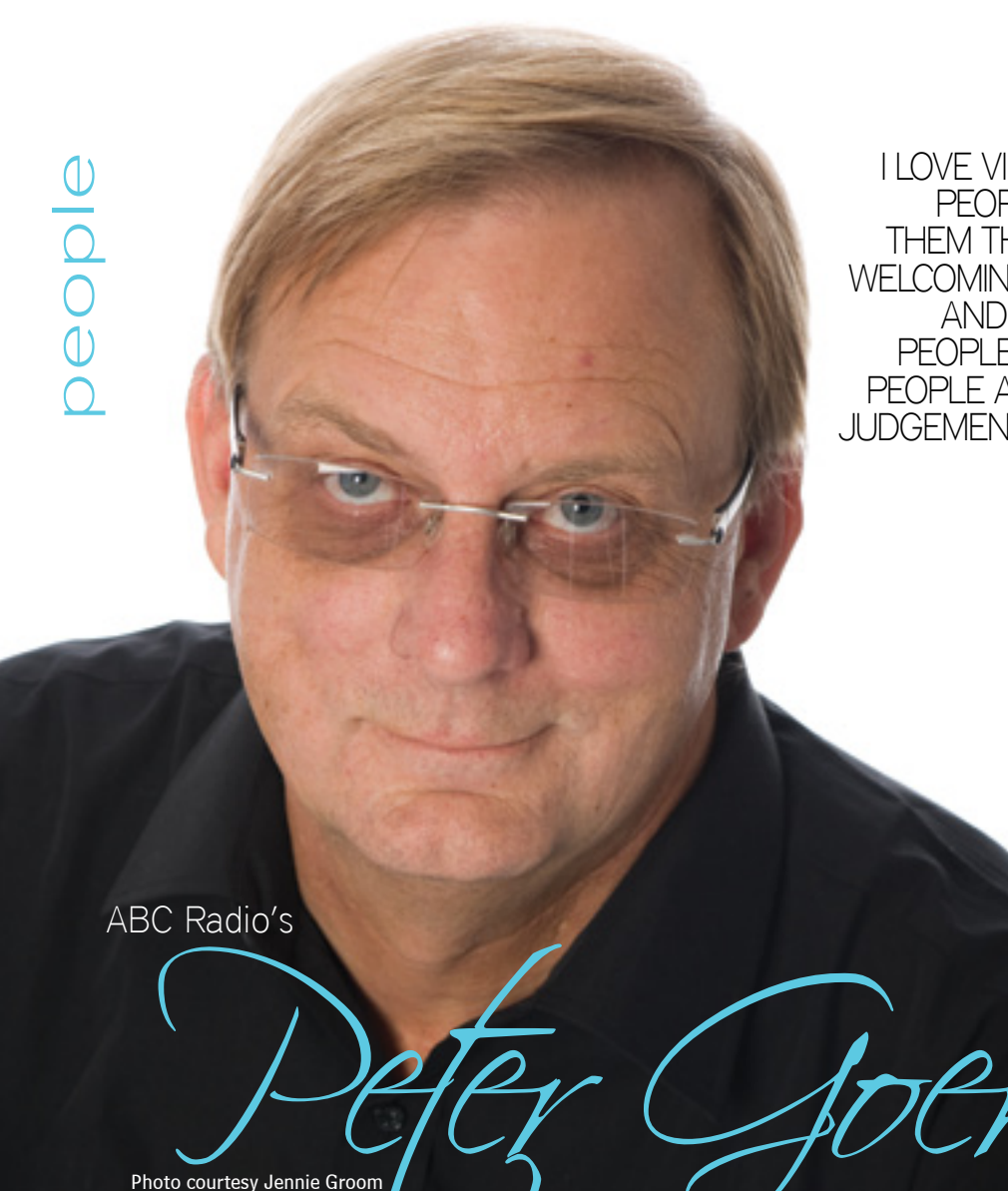
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ABC Radio's

Peter Goers

Photo courtesy Jennie Groom

I LOVE VIETNAM VETERANS. OF ALL THE PEOPLE I HAVE EVER KNOWN, I FIND THEM THE MOST FORGIVING, THE MOST WELCOMING, THE MOST HUMANE PEOPLE AND IN SOME CASES, THE FUNNIEST PEOPLE. SOME OF THEM ARE BROKEN PEOPLE AND THEY ARE THE MOST NON-JUDGEMENTAL PEOPLE I'VE EVER KNOWN.

hears *The Last Post*, prior going to the march, he's not going to the dawn service, so he hears it and it's an extraordinary moment in that play. It did typify what Anzac had become, indeed, Anzac Day, let us not forget, lest we forget Greg, nearly died out in the 70's. It had become unpopular, it looked bellicose, it looked like a lot of old men, rightly or wrongly, remembering the glory of war. I'm not sure it ever was exactly that but there was a hint of that and, given the anti-war feeling and the unpopularity of the Vietnam war in the general society, it was in grave danger. Nothing in my life has pleased me more, as an Australian, is the revival of Anzac Day. I think it happened for several reasons. One was, we'd realised as a society what a mistake we'd made with Vietnam, that, whilst it's okay to oppose a war, you can never blame the soldiers for the war. Soldiers don't make wars, soldiers fight wars under

talks to *The Last Post* about Anzac Day

Peter Goers is an actor, director, reviewer, former academic and current host of the radio program *The Evening Show* on 891 ABC Adelaide, which broadcasts throughout South Australia and Broken Hill. His career has spanned over 35 years in the entertainment industry across a range of different mediums and formats including television, print, radio and theatre, and he is frequently engaged as a guest speaker.

The Last Post: Hi Peter and welcome to *The Last Post*, thanks.

Peter Goers: Hi Greg, it's a pleasure. Carn the Power.

TLP: Your Anzac connection, I know that you've got a history of support for Anzac Day. What actually drove you to do that and what's the background to that?

PG: My maternal Grandfather served on the Western Front and came home gassed, as so many of the Diggers did. He then went back to his job as a clerk at Elders, Port Adelaide and then went on to play 11 years as an unspectacular defender for the Port Adelaide Magpies. But he died, perhaps before I could talk to him about his experiences, if indeed he would've talked about them because, it was a silent generation, to others apart from themselves and sometimes even to themselves, unfortunately.

TLP: Did your experiences or education give you reason to look further or was that going to happen anyhow?

PG: See, I fall between generations. I was too young for a lot of things that were going on around the Vietnam War, there were moratoriums and opposition to the war. When I got to Flinders Uni in '74 I felt that I'd missed something. Part of my own history is when I was in what they used to call Year 10, 3rd Year High now, I remember my mother coming home one day and saying "You're going to have to work a lot harder because you need to go to University". Because you needed motivation and you needed to work hard. Not long after that, Whitlam came in and education was free. I had done 'The One Day of the Year' which had been banned at the original Festival by people like Major Gen R.N.L. Hopkins who was old style RSL and incredibly did, I think, public relations for the Festival. Strange character although he's written a very good unit history. The original director of that play, years later did a revival using one of the Nolan Gallipoli heads, you know, with the slouch hats, as a backdrop. It's really not anti-Anzac because it has that beautiful scene where Wakka, who is a Gallipoli veteran

direction from Government. Their coming home parade, under Hawke in the eighties I think, was enormously healing. The reaching out to Vietnam veterans... I love Vietnam veterans. Of all the people I have ever known, I find them the most forgiving, the most welcoming, the most humane people and in some cases, the funniest people. Some of them are broken people and they are the most non-judgemental people I've ever known. Incidentally, the great irony of all this is, when they came back from Vietnam they were not only badly treated by society, they were treated indifferently by the RSL. The Second World War were treated similarly but nowhere near as bad. They'd naturally go to an RSL club, where else could they go....."You weren't in a real war son, what are you doing here?", that sort of stuff. So the great irony here is that now, to a great degree, the RSL is run by Vietnam veterans. There are exceptions but that's the case now. As a result, it's never been run better and it's become a much more progressive organisation, which is much more embrative of the general society and also, what we stand for as a nation. I applaud the RSL, I like to think I'm always available to the RSL to help in whatever way I can. The old guard was interesting. I lament the loss of dear old Bruce Ruxton, recently. Bruce wasn't called 'dial-a-

quote' for nothing. I would always ring Bruce Ruxton and, at the height of the republic debate, he knew my views on the republic and the flag and so forth and the conversation with Bruce would always go like this; I'd speak with his ancient and rather put upon secretary who always had a sort of sigh in her voice and you'd ask to be put through to Bruce, who was never out of his office and he'd come on the phone and he'd say, you'd say your name and he'd say, "I hate you, I hate you". Pause. "Now, how can I help you?", and again, he was forgiving and he was a character. One of a kind. Now the leadership is much more progressive. Also, because we'd realised the error we'd made as a nation, which was a bad one, in regard to the Vietnam veterans. And it was about that point and to a degree a nationalism became associated with Anzac Day. Also the promotion it received from the Hawke and then Keating governments, also the fact that the Gallipoli diggers were getting older and older and disappearing from us. So Anzac Day, by the early to mid-nineties underwent a huge revival and this pleases me enormously. For the last eight years I've been honoured to broadcast the dawn service from the State National War Memorial, which I think is a beautiful memorial, one of my favourites and designed by Rayner Hoff. To stand there every.....I get there about 4am, and to stand there, I stand by the broadcast point and watch, sometimes with almost a tear in my eye and to watch what General Monash called Anzac Day, "a mighty solemnization" of our nation. It's our great national day and I watch people of all ages, of all socio-economics, all classes, I watch little kids bringing their parents. It's not the parents bringing the kids, it's the kids saying, "C'mon, please take me, I want to go.", and I watch these faces in the dark and I see the hope of a nation and the hope of a nation is service and sacrifice and the honouring and commemoration of that. I think this has spilled over, it's not just the diggers, but to everybody. It's the CFS guys and women, it's the Ambo's and the people from the Meals On Wheels.

TLP: Is that examples of "the Anzac spirit"?

PG: I think it's something that goes deeper than that. It goes to who we are and who we are as Australians are, one, we volunteer and in every conflict the Australian diggers, male and female, from the Sudan to Afghanistan has been voluntary with the single exception being Vietnam and conscription. Shocking and unnecessary. Hopefully it will never happen again. The other thing which is part of the Anzac spirit is that we don't take ourselves too seriously and this is what the English found, very soon when they were dealing with the colonial forces for the very first time. Untried forces, the 'bushies', the tall urbanites. I always think, the dreaded General Sir Ian Hamilton, the Commander-in-Chief at Gallipoli who was a lousy General but not a bad poet, if only he'd ...he'd spent a lot of time on his battleship, out of fire and

went ashore exactly once, but he said something which is very valuable. He said of the Australian soldiers that they were "gladiators with the eyes of children" and that's a beautiful thing. And that's what they were.

TLP: When did your interest, or how did it come about?

PG: I suppose my interest in all this begins when I visited Anzac Cove and the Gallipoli Peninsula in 1994 on a very hot day. Of course, you stand at Anzac Cove and most people cry and on this day the wind was so hot the tears just salted on your face. And when you stand at the top of those ridges at Lone Pine and you look down and you think, how could English commanders done this and pushed these men with 30.....what was it, 70 pound packs, up these perilous cliffs. There's an argument for the republic, the Turkish guides always say that it was the English, not us, who were the enemy.

TLP: Well, that's something the Turks have said.

PG: Yes, and it's the campaign summated very well. I became fascinated by Gallipoli and went in 1996, by a roundabout way I ended up working in Istanbul for three years teaching drama in a University. Gallipoli was four and half hours down the road, so I ended up going there 18 times, including two Anzac Day service's and everything else. So I was there many times and sometimes completely alone. I was there once for two weeks, staying at a funny little resort hotel on the other side of the Dardanelles. I'd go across every day in a hire car on the ferry and on many days during this hot summer, I was completely alone and I have this sense of ghosts and at the same time a sense of it being a living place, a place of great peace and understanding. Also, a great sense of what Alan Morehead writes in the greatest book written on that campaign, Alan Morehead's 'Gallipoli' from the fifties. Les Carlyon writes in his book on the subject that Gallipoli "has become the Australian religion". And it is that. I felt, on those times that I was alone there, as Morehead writes so beautifully, that lizards scuttle over graves and time passes as though in an endless dream. I'd also, while I was there, stayed at one stage at the Commonwealth Rest House which was a prefabricated building built in the 20's I think, down by North Beach, a couple of kilometres from Anzac Cove. It was built for the gardeners of the war graves. The Commonwealth War Graves unit does a superb job and we should be very grateful to it. Any Australian war grave throughout the world is exquisite kept.

TLP: You were saying you swam near there on those hot days?

PG: Yes, you wouldn't swim at Anzac Cove, that would be irreverent. Incidentally, the Turks say that every Australian and New Zealander that comes to Anzac Cove picks up a pebble or rock from the beach and brings it back to Australia and they say that, sooner or later, Anzac Cove will be back in Australia

and New Zealand! Ha. I like that. Anyway, on this particular day, I went for a swim at North Beach and, you have to step in over rocks and once you step in, it's this exquisite, crystal clear Aegean Sea. Beautiful. The odd dolphin. You think too, of where the Diggers swam. I once trained a soccer team to swim on that same beach, which is another story, maybe if we'd only played soccer with the Turks and not tried to kill them. Anyway, as I stepped in over these rocks, I stepped on a sea urchin and received 17 splinters in my heel, which was agony. Olive oil from the local grocer fixed it up.

TLP: You were in East Timor too?

PG: Yes, flash forward a couple of years and I was sent by my paper, The Sunday Mail, to Dili in East Timor. Just after the takeover by the United Nations and the sacking of the Indonesian government there. It was Christmas 1999 and I was reliant on a RAAF Hercules to get me there. They were taking us as they could so there was a lot of hanging around the Edinburgh Air Base in Darwin so I was almost too late for the concert. I had to run through the main street of Dili in order to get to the concert in time and, klutz that I am, I fell over and gashed my knee and so I spent the whole concert with my knee up, being attended to by a medic. This, Greg Ross and The Last Post readers, makes me the only Australian to be injured at both Gallipoli and East Timor, theatres of war divided by some 85 years.

TLP: With the dawn service and your regular appearances there.

PG: it gives me great satisfaction to do the dawn service and I like to help the veterans wherever and whenever I can, particularly Vietnam Veterans. It's very important to my spirit to be part of Anzac in ways that I can help. Meeting and greeting or just supporting and going along. I go to the Long Tan Day concert each year with Big Pretzel, they say I just go there to eat the sandwiches but I go to support the Diggers because I love them. And I've been treated so well by the returned service people. Two things happen to me when I deal with the RSL or service people and perhaps society could learn from this. One, you're always thanked and secondly, and most importantly, you're always fed! So you can always rely on getting a meal and I'm the sort of person who never knows where their next meal is coming from!

TLP: A sausage sizzle.

PG: They have everything and I appreciate that very much. This country's really run on the sausage-sizzle.

TLP: Thanks Peter.

PG: It's a great honour Greg as it is to attend the dawn service and help out where I can. Bill Denny, the Director of Veterans SA is one of the most honourable people I have ever met so it's all positive. It's also profound because it doesn't matter if you go or not, if you watch it on TV but what ever happens on Anzac Day, as an Australian, you feel it. I love your magazine and all power to it and to the Digger.



THE OFFICE OF AUSTRALIAN WAR GRAVES

The role of the Office of Australian War Graves (OAWG) is:

- To officially commemorate, in conjunction with the Commonwealth War Graves Commission (CWGC), those men or women of Australia's Armed forces, the Merchant Navy or auxiliary organisations who have died in war or on operational service;
- To officially commemorate eligible veterans who have died post-war or conflict and whose deaths are accepted as being caused by their service; and
- To provide and maintain national war memorials overseas.

The program of Official Commemoration is the formal way in which Australia pays respect to its war dead. Official commemoration can take the form of a memorial in a general or lawn cemetery, in a crematorium, or in an OAWG Garden of Remembrance (located in all capital cities as well as Launceston and Townsville).

There are over 67,000 Australian war dead in identified graves in around the world. Another 35,000 whose remains were never found or who lie in unidentified graves, or whose remains were cremated, are commemorated on cremation memorials or Memorials to the Missing.

In Australia, there are over 12,000 war dead buried in hundreds of war and civil cemeteries and crematoria with over 1,000 named on Memorials to the Missing. Approximately 300,000 veterans who have died post-war of causes related to their service are also commemorated across Australia in civil cemeteries, crematoria or in the OAWG Gardens of Remembrance.

History of the Office of Australian War Graves

In 1917 the Imperial War Graves Commission (later the CWGC), of which Australia was a foundation member, was established to commemorate the war dead of the Commonwealth. The Commission is tasked with the responsibility for the commemoration of members of the Commonwealth forces who died during the period of the two world wars.

Official commemoration was broadened in Australia through a Cabinet Decision in 1922 which extended eligibility to veterans whose death following the war was accepted by the Repatriation Commission as being related to their war service. Subsequent Government decisions have provided a similar entitlement to military veterans of subsequent wars and peacekeeping operations.

The Directorate of War Graves Services initially carried out the placement and maintenance of official commemorations in Australia. War cemeteries were not established in Australia until the Second World War and it was only at the end of the Second World War that the Anzac Agency of the CWGC was established to assume the CWGC's responsibilities in Australia and some Pacific regions.

Over time, the principal function of the Agency became the commemoration of eligible Australian veterans who had died after their service. As a result, the CWGC proposed that the Agency be abolished in favour of an Australian organisation that could take responsibility for the commemoration of the war dead. This meant that conflicts which fell outside of the CWGC's charter such as Korea, Malaya and Vietnam, would be covered and that war graves and war cemeteries in Australia and the nearby region would be maintained on the Commission's behalf.

The OAWG came into being on 1 January 1975 with the signing of a formal agreement between the Australian Government and the Commission. The Office was initially located in Victoria before being moved to Canberra in 1980 when the Statutory position of Director, War Graves was created with the passing of the War Graves Act 1980. The first Statutory Director was The Honourable Lance Barnard, AO.

OAWG Today

Today, the OAWG operates as the agent of the CWGC in Australia, Norfolk Island, Papua New Guinea and the Solomon Islands. It is separately responsible for the official commemoration of those members of the Australian Armed Forces who have died in conflicts and military operations other than the world wars, (Boer War, Korea, Malaya, Vietnam and more recent conflicts), and for those whose death after discharge is accepted as war caused.

The OAWG funds the Commission to manage Australian war graves in Commission cemeteries in 82 countries.

The OAWG maintains 75 war cemeteries on behalf of the Commission, 72 of them in Australia, and three in Papua New Guinea. There are war cemeteries in all Australian States, the largest being the Sydney War Cemetery at Rookwood. There are dozens more, mostly small, across rural and regional Australia. Typically, the major war cemeteries were located close to Repatriation Hospitals, in Sydney's case, the Concord Repatriation Hospital. These cemeteries are the resting places for evacuated casualties from the Pacific campaigns who died of their wounds, and the many service personnel killed in training and other accidents within wartime Australia.

Further information on the work of the Office of Australian War Graves can be found on-line at www.dva.gov.au/commems_oawg/OAWG. An article in a future edition of the Last Post will look at how the OAWG provides and maintains national war memorials overseas.

The CWGC maintains comprehensive records of its burials and related information. Casualty and cemetery records can be searched on-line at www.cwgc.org. This site has recently undergone significant redevelopment with new search capabilities.



Brisbane War Cemetery (Toowong)



Melbourne War Cemetery (Springvale)



Sydney War Cemetery (Rookwood)



YOUNG AUSTRALIAN OF
THE YEAR 2012
Marita Cheng (VIC)
Women in engineering advocate

While still a university student, Marita Cheng has demonstrated vision and leadership well beyond her years and is dedicated to encouraging young women to become interested in a career in engineering. The daughter of Chinese parents, Marita was born and raised in far north Queensland and now studies at the University of Melbourne. She founded Robogals Global in 2008, as a response to the traditionally low levels of participation by women in engineering and technology. Robogals uses fun and educational activities to teach schoolgirls about engineering and the difference that engineers make to our lives. Already Robogals has run robotics workshops for 3,000 girls across 80 schools in Australia and now has 17 chapters across Australia, New Zealand and the United Kingdom. Marita's career path includes studying for a Bachelor of Engineering and a Bachelor of Computer Science on a Paterson Scholarship. She has a Nancy Fairfax Churchill Fellowship, an International Youth Foundation YouthActionNet Fellowship and an Anita Borg Change Agent Award. A former panellist on ABC TV's New Inventors program, Marita plans to start a robotics company, creating robots that will take care of many everyday and mundane tasks. Already she has changed the way that girls view their capacity to contribute to engineering and technology.

Photo courtesy National Australia Day Council

AUSTRALIAN
OF THE YEAR 2012
AWARDS

SENIOR
AUSTRALIAN OF
THE YEAR 2012
Laurie
Baymarrwangga (NT)
Community leader

In the nine decades since her birth on the island of Murrungga, Laurie Baymarrwangga has seen the arrival of missionaries, exploitation by Japanese and European fishermen, war and tumultuous change. Undaunted, she has almost single-handedly nurtured the inter-generational transmission of local ecological knowledge through a lifelong commitment to caring for kin, culture and country. In the 1960s Laurie established a housing project on her homelands that has benefitted generations of kin. Speaking no English, with no access to funding, resources or expertise she initiated the Yan-nhangu dictionary project. Her cultural maintenance projects include the Crocodile Islands Rangers, a junior rangers group and an online Yan-nhangu dictionary for school children. In 2010, after a struggle stretching back to 1945, Laurie finally received back payments for rents owed to her as the land and sea owner of her father's estate. She donated it all, around \$400,000, to improve education and employment opportunities on the island and to establish a 1,000 square kilometre turtle sanctuary on her marine estate. In the face of many obstacles, this great, great grandmother has shown extraordinary leadership and courage in caring for the cultural and biological integrity of her beloved Crocodile Islands.

Photo courtesy
National Australia Day Council

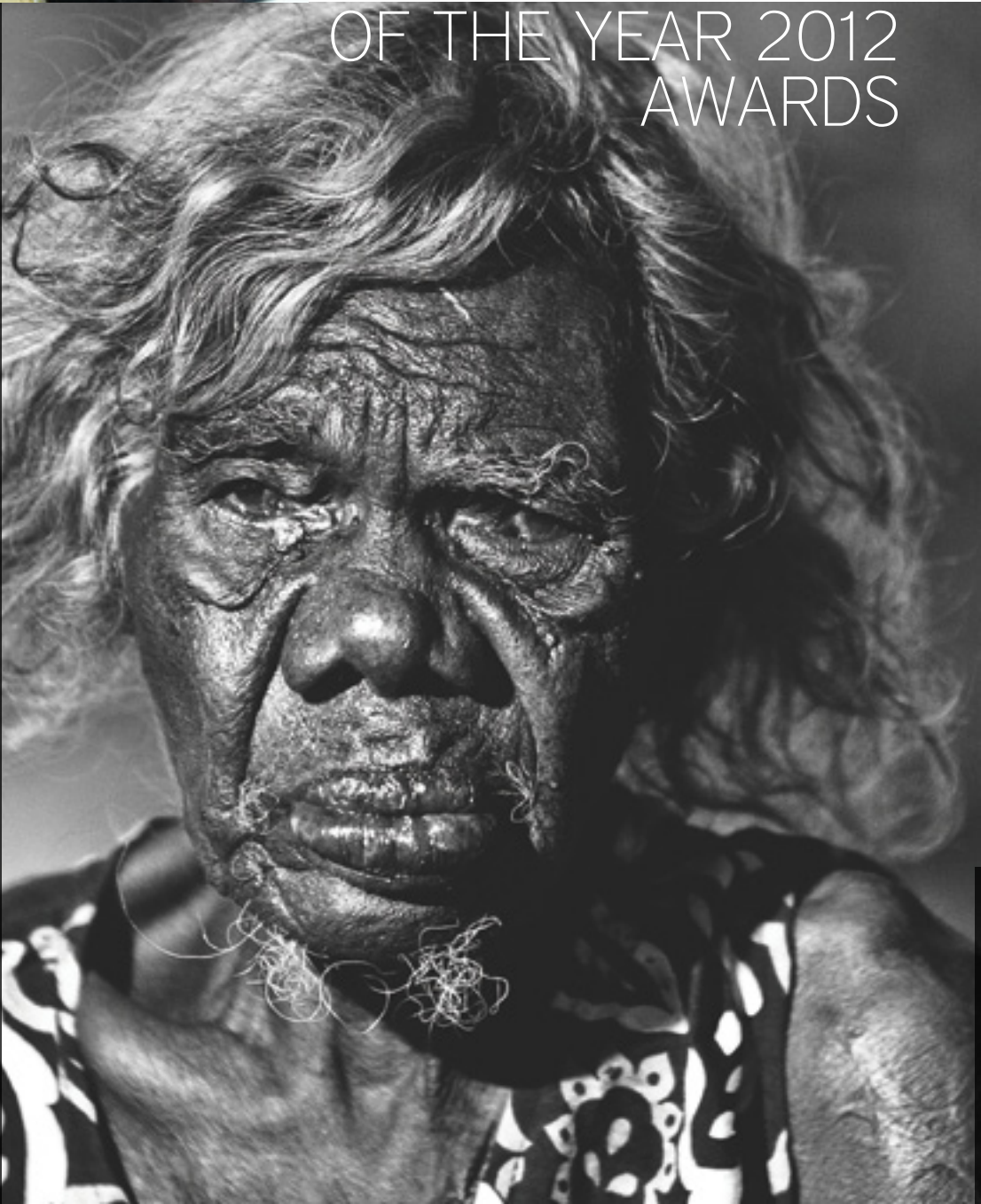


Photo courtesy National Australia Day Council

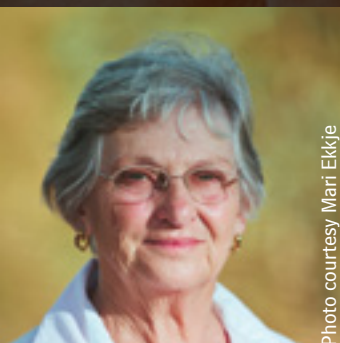
AUSTRALIAN OF THE YEAR 2012 Geoffrey Rush (Vic) Actor

Geoffrey Rush has now celebrated 40 years as an Australian actor, achieving the rare international distinction of the 'Triple Crown' – an Oscar, a Tony and an Emmy. He also has three Australian Film Institute honours, three British Academy Awards, two Golden Globes, four Screen Actors' Guild Awards, and last year was inducted into the ranks of Australia's elite with a Helpmann Award. When he received his fourth Academy Award nomination playing Australian therapist Lionel Logue in *The King's Speech* which he also executive produced, the revival of Belvoir's *The Diary of a Madman* played to acclaim in Sydney and in New York. He starred in and executive-produced Fred Schepisi's film of Patrick White's Nobel Laureate-winning novel *The Eye of the Storm*, and played Lady Bracknell in the MTC's celebrated production of *The Importance of Being Earnest*. Seen as a creative mentor by many, Geoffrey philanthropically supports young actors and arts companies. He is Patron of the Melbourne International Film Festival; of Toowoomba's Empire Theatre Foundation distributing bursaries to young performers; and of the Spina Bifida Foundation Victoria. He is an Ambassador for the Melbourne Symphony Orchestra and UNICEF Australia. In 2011 he was honoured to be appointed as foundation President of the newly-established Australian Academy Of Cinema and Television Arts.

AUSTRALIA'S LOCAL HERO 2012 Lynne Sawyers (NSW), Foster Mother

In fostering children, Lynne Sawyers travels hundreds of kilometres every week, prepares up to 15 meals a day, washes clothes, sews, bakes and raises funds. For 15 years, she has been on call to care for lost, abused and bewildered children in heartbreaking circumstances. She has fostered more than 200 children, many of whom arrived on her doorstep with huge problems, physical, intellectual and emotional. Lynne lives near Cowra with her husband, Ken, and even though she has had up to six children at a time (as well as her own daughter, Emma), she has given them a rounded, supportive and non-judgmental family environment, often their first such experience. Her warmth, humour and generosity have had an enormous impact on these children. Because of her, many are now leading fulfilled, happy lives and have adopted Lynne as their 'second mother'. For the past 15 years, Lynne has worked tirelessly without leave, or overtime or penalties for difficult working conditions, but she could not imagine living them in any other way. At the age of 68, she continues to do her very best to give these children a better chance at a good life.

Photo courtesy Mari Ekkje





AVID volunteer Danielle Parry and her colleague Alau examine a Timor-Leste Red Cross vehicle before a field trip. Photo: Susan Slattery/Australian Red Cross.

The best job for the world

by Zayne D'Crus

We can spend our entire careers looking for genuine job satisfaction – a job where our contribution is valued, our colleagues become friends, and each day offers us new adventures. For some people, the search leads to some of the world's most challenging and resource-poor environments. And, unlike the pay, the rewards are immense.

Each year almost a thousand Australians head overseas as part of Australian Volunteers for International Development (AVID), a program managed by the Australian Government's overseas aid agency AusAID. From Bangladesh to Botswana, Vietnam to Vanuatu, they volunteer in humanitarian organisations, government departments, health services and grassroots community groups dedicated to social change. Most are highly-skilled professionals: accountants, lawyers, managers, nurses, marketers and engineers.

So what would make someone put a high-paying job on hold, put the house up for rent or give up a relaxing retirement and head off to work on an island in the Philippines or a remote Kenyan town? As it turns out, the reasons are as diverse as the volunteers themselves.

David and Meredith Hatherly were enjoying an active retirement in Canberra – the kind that includes bushwalking, Irish dancing and organic gardening – when they heard that Australian Red Cross was recruiting volunteers for the AVID program. As long-term Red Cross volunteers in Canberra, they were excited at the chance to support the work of Red Cross overseas.

A few months later David was headed to Kenya, at the tail end of the worst drought to hit East Africa in over 60 years. Kenya Red Cross was already active in distributing food and emergency supplies in some of the hardest-hit

areas, and helping farming communities to recover and plant new crops.

Based in the Nakuru branch of Kenya Red Cross, David's role was to help institute systems and processes to effectively manage thousands of local Red Cross volunteers. Using the skills gained in his career as an IT lecturer at Charles Sturt University, he created a simple online registration system that enables volunteers to update their details and Red Cross staff to search for volunteers based on their skill profile or interests.

Meanwhile Meredith, who had accompanied David to Kenya with no assignment of her own, found a way to put her gardening experience to good use. She is helping Kenyan volunteers to set up a greenhouse and an organic garden,



Alvarez Emmanuel, Hannah Baldemoro, Matt Allen and Emmel Murray reviewing HR policies at the Philippine Red Cross.
Photo Credit: Gunther Deichmann/Australian Red Cross

introducing composting and worm farming systems. Encouraged by the success of this project, Kenya Red Cross is piloting greenhouses in other branches and schools, as a way of improving food security in the region. Meredith is now formally on assignment under the AVID program, as a horticultural adviser on this project.

“We retired fairly early at the age of 56, with a view to doing the things that we had been unable to do because of family and work commitments for many years,” Meredith explains. “We have gained a lot of satisfaction from our work with Kenya Red Cross. We feel that we have made an impact and contributed to something positive and in the process made some good friends and have a happy and friendly environment to work in.”

Cross the Indian Ocean to Timor-Leste, where Danielle Parry has swapped television journalism for community development. The former West Australian correspondent for ABC Television’s *The 7.30 Report*, Danielle had thought about volunteering with Red Cross for several years before she made her move through the AVID program.

Danielle is now a communications adviser with Timor-Leste Red Cross, a relatively new function for a small humanitarian organisation with a mission to improve the quality of life for some of the country’s most vulnerable people.

In her first week, Danielle found herself in the tiny village of Harubo, dancing the ‘Timor two-step’ with the village chief as part of a community celebration over a new water supply system installed by Red Cross.

“It was an honour to be part of the story for a change,” she says. “As a journalist I’m usually more of an observer, writing about what I see others doing. But in Harubo, I was

welcomed into the community to actually be part of a life-changing moment.”

It isn’t all dancing and making new friends, though. AVID volunteers willingly accept the intense challenges that come with the job: the lack of resources, the struggle to master a new language, the cross-cultural barriers and the fact that progress can seem imperceptibly slow at times.

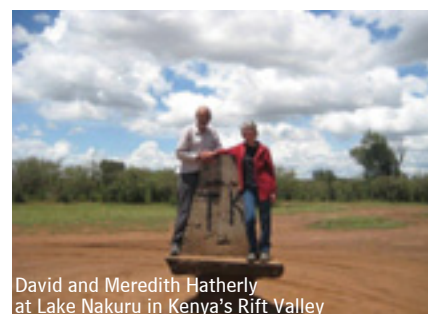
Matt Allen expected natural disasters when he volunteered in the Philippines but it’s the everyday, mundane crises that keep him busy.

In a country beset by typhoons, floods and landslides, Philippine Red Cross distributes relief supplies to survivors, sets up shelters, provides safe water and health services, and helps people re-establish their livelihoods. Responding to disaster after disaster has left the organisation little time to focus on its own development; and Matt, with a management background in the corporate sector, is volunteering to support the organisation’s human resource and governance processes.

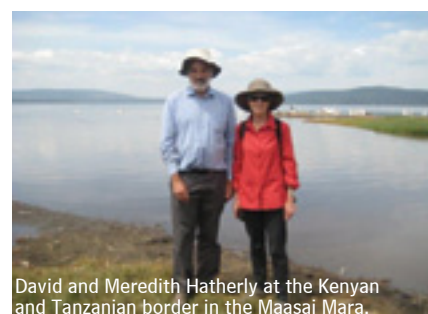
The challenge for Matt and his colleagues is to develop the structure, culture and processes of a well-functioning organisation – an intricate task given the historical lack of consistent procedures, and policies that sometimes date back to the 1950s, and almost half a million volunteers around the country.

Despite the challenges and frustrations of his role, Matt is impressed by the capacity of his colleagues. “It’s amazing what Philippine Red Cross achieves and how it makes a difference to the everyday lives of Filipinos,” he says. “I am working with great people with the best intentions – and that is what is making this volunteering stint worthwhile.”

For AVID volunteers, job satisfaction comes not from what they have achieved themselves, but what others have achieved while they were present.



David and Meredith Hatherly at Lake Nakuru in Kenya’s Rift Valley



David and Meredith Hatherly at the Kenyan and Tanzanian border in the Maasai Mara.

Christine Hansen from Australian Red Cross explains: “After a career focussed on our personal achievements, this is a real opportunity to facilitate achievement in others. The yardstick is: did you support your colleagues in achieving their own vision for themselves, their organisation and their community? Did you pass on some skills and knowledge, and learn something from in the process? Were you a part of something that can continue after you’ve gone? If so, that’s a job well done.”

The AVID program is the Australian Government, AusAID initiative. It covers airfares, accommodation, living allowances and other support for volunteers. Visit www.ausaid.gov.au/volunteer or call Red Cross on (03) 9345 1834 for more information.

LAST CHORD FOR CLIVE SHAKESPEARE, FOUNDING MEMBER OF SHERBET

by Karl Quinn

Guitarist Clive Shakespeare, a founding member of the chart-topping 1970s Australian band Sherbet, has died from cancer. He was 62.

Shakespeare, who was born in 1949 in Southampton, England, migrated with his family to Australia and launched Sherbet in Sydney in 1969.

Later that year singer Daryl Braithwaite joined the band, and in 1970 keyboard player Garth Porter came on board. With Porter, Shakespeare formed the songwriting nucleus of the band, which had 16 consecutive Top 40 singles between 1971 and 1977.

Sherbet's greatest commercial success came with the single *Howzat* in 1976, but Shakespeare had left the band by the time it was released.

After leaving the band, Shakespeare set up a recording studio. In 1984, he produced Paul Kelly's debut solo album *Post*.

On the music nostalgia website milesago.com, Shakespeare is quoted explaining that he quit the band in January 1976 because of the pressures of fame and arguments over money (the ABC's *Long Way To The Top* timeline claims he was, in fact, sacked in December 1975).

"I couldn't even go out the front of my house because there were all these girls just hanging on the fence," Shakespeare said. "There was always a deadline for Garth and me - another album, another tour. When it did finally end, I was relieved more than anything because I had had enough. I left the band early in 1976 for reasons I don't want to discuss fully ... but let's just say I wasn't happy about where all the money went."

Whatever the wounds, time appeared to heal them and Shakespeare rejoined his former band mates for reunion shows over the years. The most recent was in 2011, in a show staged to raise funds for Harvey James, the man who replaced him as the band's guitarist. Sadly, James died last year, also of cancer.

www.smh.com.au

SCIENTISTS DISCOVER CLOT-BUSTING ENZYME

by Bridie Smith

Australian researchers have uncovered the behaviour and structure of a tiny enzyme that can bust blood clots, raising the potential for improved treatment for conditions such as stroke and some cancers.

Working with Australian Synchrotron scientists, James Whisstock and his colleagues from Monash University's biochemistry and molecular biology department have also been able to establish how the enzyme goes from passive to active.

Their findings, published in *Cell Reports* in March, outline how a protein called plasminogen is converted into plasmin, the enzyme that removes disease-causing clots while also clearing up damaged tissue.

"People who suffer unwanted clots develop conditions like heart attacks and strokes," Professor Whisstock said.

However, he said the drugs that were used to remove clots after a heart attack or stroke were "not that brilliant" because they came with the risk of excessive bleeding. "People don't really understand how these drugs work. But

we now have a very good idea how these drugs function and we can literally start designing ways to try to make existing drugs better."

Establishing the behaviour and structure of the enzyme is also likely to have spinoffs for cancer treatments, as plasmin is responsible for breaking down tissue barriers in some types of cancers. "In the case of cancer, you want to stop it working on the surface of cells," Professor Whisstock said, "because it breaks down the tissue cells and allows the cancer to spread."

The Australian Synchrotron's Tom Caradoc-Davies said the extremely intense X-ray crystallography beamline at the Synchrotron made it possible to determine the atomic structure of plasminogen.

www.theage.com.au

HOME HILL RSL

Home Hill RSL

P.O. Box 200
Home Hill 4806, QLD

PRESIDENT

Herb Lennox 07 4782 1294

SECRETARY

Allan Petersen 07 4782 1170

TREASURER

John Edwards 07 4782 1849

The beginnings of the Home Hill RSL, as far as can be found, appears to be possibly some time in 1917. By 1920 an Honour Board to honour those who volunteered to serve during World War 1 had been designed & constructed... unfortunately there were some omissions... reasons unknown. I believe it was placed on a wall in the foyer of the hospital, later relocated in the School of Arts in 9th Avenue & with the construction of the RSL Hall it was mounted in the new Building. It still is on display there today despite a little wear & tear. The support for the local RSL was forthcoming until the mid 30s but faltered in subsequent years. There is no documentation on the RSL existence that has come to light to fill in the years until 1941 & later information is available from the minutes book from 1954.

The league members were very supportive of all the returned service personnel & ran a range of functions to generate funds for the Welfare of the members & for future community projects. Dances & dinners were a regular occasion. The wives of the members also became very active & had formed their own RSSAILA Womens' Auxiliary which functioned for many years.

ANZAC Day & Armistice Day (Now Remembrance Day) have always been an integral part of the role of the organization providing the opportunity for the members to catch up with their comrades at arms to reminisce & most importantly to pay their respects for those who had paid the supreme Sacrifice. Many a tale, an ale or a rum & milk or two was also the order of the day. During the Dawn Service a squad of service men would fire a three round salute as a token of the utmost respect for the fallen. Unfortunately this no longer occurs. During my military service in the late 60's I was one of those to be able to do just that as a member of the Firing Party & I don't think there is anything else you can do that you can regard as being a greater honour in being an Australian.

The members played a key role in organizing community fundraising for the construction of the Home Hill War Memorial Hall which has had, over the years, a number of renovations & alterations, like air conditioning for example. It is at present used extensively for a range of community functions such as weddings, celebrity entertainment & festival activities like the Home Hill Harvest Festival Ball, each November.

In 1958 the Home Hill RSSAILA had generated enough money to allow them to build their own premises in 11th Avenue which subsequently catered for most of their social & fundraising activities. The building still today is operated by the locals under the revamped & more appropriately named Home Hill Sub Branch Returned & Services League Queensland. The Home Hill RSSAILA was for many years very involved in the Girl in a Million contest & on a number of occasions had the winner able to attend a function, at their own hall, to give a presentation on her role she played as being a contestant for the RSL Girl in a Million. They must have been so proud to even have their own local entrant, Natalie Dale, win that prestigious competition.

As the years have gone by so have the numbers of members, only a couple of World War 2 members left in the Sub Branch today, the rest are Vietnam, Nashes & other later theatre of conflict (serving personnel). At the moment 36 members of which there are only several who are able to be part of the function of the Sub Branch., & most of them are in some way derelect you might say...all early 60's +. The executive has been working very well to maintain our core business which in order of priority is ANZAC Day, Remembrance Day & market day sausage sizzle. The latter is a must as a revenue raiser to primarily pay the council rates & electricity. We must be doing the job well as the patrons of the market day look for our goodies & support us very well. It's a lot of work for the couple of hundred dollars you earn & we are fortunate as well to have some generous people who donate to our welfare coffers.

Welfare of the less fortunate members of the Armed Services who reside in our community is certainly of priority but the facts of life are our crew is not the fittest & able to carry out the welfare role as would be preferred with respect to the physical involvement.

Today the demands enforced on us by the bureaucracies with the paper tigers are herendous & makes the life of executive members very frustrating & extremely un-rewarding considering the time factor element. Difficulties therefore arise when an Annual General Meeting is convened & the election requires nominations to take on the



administrative roles, & why not these people want to be members of the RSL for the right reasons, not to be paper worms.

A major task that has been undertaken by the Sub Branch is to have a book compiled & printed with all the names, photos (as is possible) & a brief of their service history for all the persons from the Home Hill district who volunteered & served in the Boer War & World War 1. The book includes those who settled here after the War. The print date is getting closer.

The role of the Home Hill RSL is certainly facing difficulties with continuing as the members' abilities change & lives move on but we have the view that while it is possible we will continue the ANZAC & Remembrance spirit & conduct the ceremonies for the community.

A welcome is open to any serving or ex service persons from anywhere to join us & be part of the Returned & Services League activities in the Burdekin Delta township of Home Hill in Northern Queensland.

your rsl at work

your rsl at work

Everyone is



Tuesday is the popular \$17 steak night, with the initial feedback on this price level and product being very good!

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

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

Members will pay only \$8.50 for lunches and \$3.50 for pots of beer.

"WE'RE HERE FOR EVERYONE,"

"YOU DON'T HAVE TO HAVE SERVED IN THE DEFENCE FORCES OR BE A SERVICE PERSONS RELATIVE, YOU'RE VERY WELCOME HERE."

Geelong RSL

50 Barwon Heads Road.
Belmont, Victoria

03 5241 1766



welcome 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!

...come down and try us out!



FROM THE WESTERN FRONT TO THE WESTERN SUBURBS

By Martin Flanagan



I first encountered the poetry of Wilfred Owen at school in year 11.

Owen fought in World War 1, winning a Military Cross for bravery. He rose to the rank of lieutenant and was shot by a sniper one week before the war's end. The telegram took a week to reach his mother – she received the news of his death as the bells of the local church were ringing to signal the armistice. He was 25.

I found his war poetry arresting. It was poetry of Panavision – grand in scale, brilliantly visual and unrelentingly real. He put you in the mud of the trenches. You smelt the stench of the dead bodies, saw the young soldier clawing in panic for his gas mask, saw the “mental cases”, the soldiers whose minds could not escape what they had seen and done, rocking in their chairs.

He put it to the patriots safely back at home speaking of the heroic virtue of dying for one's country, comparing their fine phrases to the squalor and horrors of trench warfare.

In one of his most famous poems, *Strange Meeting*, he enters hell and recognises a man he killed the day before as a fellow poet, one with the same goals and aims as himself. That poem appears to predict the rise of fascism and the even greater cataclysm of World War II.

Wilfred Owen is back on the Year 12 English syllabus in Victoria this year. Is his work still relevant? It is to me.

Owen was revolted by those who had no pity for the suffering of war.

In a poem titled *Insensibility*, he wrote, “but cursed are dullards whom no cannon stuns.” I can understand a soldier returned from Afghanistan seeing the media frenzy around, say, Kim Kardashian, and thinking we are a nation of dullards with a commensurate fate awaiting us.

Insensibility ends with a magnificent passage about how wretched and mean are those people who, by choice, make themselves immune to “Whatever shares/The eternal reciprocity of tears”. I thought of that phrase, the eternal reciprocity of tears, when I first started listening to Archie Roach's songs. I thought of the poem during the Howard years when politicians and commentators in the press blithely belittled the suffering of the stolen generation.

In Edinburgh in the late 1970's, I tracked down Craiglockhart, the former hospital where Owen was shipped with shell-shock in 1917 after he was flung in the air by a blast and landed in the remains of a fellow officer. It was at Craiglockhart that he met Siegfried Sassoon, the man who took his poetry from ornate romanticism to something both shatteringly real and deeply sensual.

My interest in Wilfred Owen has been lifelong and I acquired it at school.

I spoke late last year at the national conference of the Australian Association of the Teachers of English. My daughter teaches English in a school in the western suburbs, where 67 per cent of the students come from homes in which English is either not the first language or not spoken at all, so I have some idea of the type and magnitude of the problems English teachers confront.

Our culture, like all cultures, is awash with stories – some, perhaps many, are mere distractions. Someone has to try to teach young people that some stories are better than others, that some stories go deeper and say more lasting things.

That is the challenge of the English teacher in our culture and I applaud their endeavour.

MORE KEEN TO KEEP WORKING By Cara Jenkin

A surge in the number of mature-age workers who never want to retire is being put down to employers becoming more flexible.

Australian Bureau of Statistics figures show 13 per cent of workers aged 45 years or over, or 653,000 people, never intend to retire. It is a 72 per cent increase from four years ago when 379,300 people had no intention of retiring.

Those who do want to retire also want to stay in the workforce longer, with the average intended retirement age 62.9 years, compared with the average age of retirees in the past five years being about 61.4 years.

Organisational psychologist Dr Darryl Cross said there were many mature-age workers who could not afford to retire but he said other reasons for staying in work were becoming more common.

“We've got flexibility now, the workplace is

more flexible and employers are not writing off people, they are looking for experts for their business,” he said.

“(Employers see that) the senior worker, they are not going to go anywhere, they are reliable and they know what work is about.”

Workforce planning firm Workforce Blueprint managing director Wendy Perry said mature-age workers just wanted to work less hours and have more flexibility to enjoy their golden years.

“I'm seeing more businesses have developed policies for phased retirement, when they never had to think about it or do it in the past,” she said.

“People retire but are bored out of their brains. “There's a shift in the way people can accommodate that – in consulting, coaching, mentoring roles, part-time or casual roles.”

Mel Tickle, 61, does not have retirement in his

sights, with part-time work an option he would consider in future.

Now employed as a financial controller he said he enjoyed the work environment and mental stimulus of his job.

“I enjoy the company I work for, it's a great place to be, it's a terrific business and a really stimulating environment,” he said.

“It has its ups and downs – not every day do you long to be in the office.

“One of the good things about being an older person is that you can help younger people with some knowledge, not all of it but that “grey-haired wisdom” if you like.

He expected many people would have to work longer for financial reasons but it would not be the main motivator for those people who never intended to retire. News Ltd.

WILFRED EDWARD SALTER OWEN 1893 - 1918



Few would challenge the claim that Wilfred Owen is the greatest writer of war poetry in the English language. He wrote out of his intense personal experience as a soldier and wrote with unrivalled power of the physical, moral and psychological trauma of the First World War. All of his great war poems on which his reputation rests were written in a mere fifteen months.

From the age of nineteen Wilfred Owen wanted to become a poet and immersed himself in poetry, being especially impressed by Keats and Shelley.

He was working in France, close to the Pyrenees, as a private tutor when the First World War broke out. At this time he was remote from the war and felt completely disconnected from it too. Even when he visited the local hospital with a doctor friend and examined, at close quarters, the nature of the wounds of soldiers who were arriving from the Western Front, the war still appeared to him as someone else's story.

Eventually he began to feel guilty of his inactivity as he read copies of *The Daily Mail* which his mother sent him from England. He returned to England, and volunteered to fight on 21 October 1915. He trained in England for over a year and enjoyed the impression he made on people as he walked about in public wearing his soldier's uniform.

He was sent to France on the last day of 1916, and within days was enduring the horrors of the front line.

Born Oswestry, Shropshire. Educated at Birkenhead Institute and Shrewsbury Technical College.

From the age of nineteen Owen wanted to be a poet and immersed himself in poetry, being especially impressed by Keats and Shelley. He wrote almost no poetry of importance until he saw action in France in 1917.

He was deeply attached to his mother to whom most of his 664 letters are addressed. (She saved every one.) He was a committed Christian and became lay assistant to the vicar of Dunsden near Reading 1911-1913 – teaching Bible classes

and leading prayer meetings – as well as visiting parishioners and helping in other ways.

From 1913 to 1915 he worked as a language tutor in France.

He felt pressured by the propaganda to become a soldier and volunteered on 21st October 1915. He spent the last day of 1916 in a tent in France joining the Second Manchesters. He was full of boyish high spirits at being a soldier.

Within a week he had been transported to the front line in a cattle wagon and was "sleeping" 70 or 80 yards from a heavy gun which fired every minute or so. He was soon wading miles along trenches two feet deep in water. Within a few days he was experiencing gas attacks and was horrified by the stench of the rotting dead; his sentry was blinded, his company then slept out in deep snow and intense frost till the end of January. That month

was a profound shock for him: he now understood the meaning of war. "The people of England needn't hope. They must agitate," he wrote home. (See his poems *The Sentry* and *Exposure*.)

He escaped bullets until the last week of the war, but he saw a good deal of front-line action: he was blown up, concussed and suffered shell-shock. At Craiglockhart, the psychiatric hospital in Edinburgh, he met Siegfried Sassoon who inspired him to develop his war poetry.

He was sent back to the trenches in September, 1918 and in October won the Military Cross by seizing a German machine-gun and using it to kill a number of Germans.

On 4th November he was shot and killed near the village of Ors. The news of his death reached his parents home as the Armistice bells were ringing on 11 November 1918.

DULCE ET DECORUM EST

Bent double, like old beggars under sacks,
Knock-kneed, coughing like hags, we cursed through sludge,
Till on the haunting flares we turned our backs
And towards our distant rest began to trudge.
Men marched asleep. Many had lost their boots
But limped on, blood-shod. All went lame; all blind;
Drunk with fatigue; deaf even to the hoots
Of tired, outstripped Five-Nines that dropped behind.
Gas! Gas! Quick, boys! – An ecstasy of fumbling,
Fitting the clumsy helmets just in time;
But someone still was yelling out and stumbling,
And flound'ring like a man in fire or lime . . .
Dim, through the misty panes and thick green light,
As under a green sea, I saw him drowning.
In all my dreams, before my helpless sight,
He plunges at me, guttering, choking, drowning.
If in some smothering dreams you too could pace
Behind the wagon that we flung him in,
And watch the white eyes writhing in his face,
His hanging face, like a devil's sick of sin;
If you could hear, at every jolt, the blood
Come gargling from the froth-corrupted lungs,
Obscene as cancer, bitter as the cud
Of vile, incurable sores on innocent tongues,
My friend, you would not tell with such high zest
To children ardent for some desperate glory,
The old Lie; Dulce et Decorum est
Pro patria mori.

Wilfred Owen

NURSES EXHIBITION EXPLORES THE OTHER FACES OF WAR

Nurses: from Zululand to Afghanistan, a new exhibition at the Australian War Memorial, explores the personal stories of Australian military nurses, from the first known Australian nurse in the Zulu War of 1879 right up to the experiences of nurses serving in recent conflicts and peacekeeping operations.

The exhibition draws on the Memorial's rich collection to tell the story of Australian military nursing. The iconic veil and cape worn by early nurses together with the technologically advanced equipment used today tells of the changing role and place of nurses in Australian military operations. Photographs, diaries and personal objects, such as the doll hand-stitched by Nellie Constance Morrice, reveal a much more personal story.

"One of the most profound aspects of the exhibition are the stories encapsulated in the letters and keepsakes sent home by many nurses", says Ms Robyn Siers, the exhibition's curator. "They speak of hardship and adversity, but they also speak of great courage and devotion to the role that nurses play in war. Qualities that continue in our nurses serving today."

Nellie Constance Morrice, from Sutton Forest, New South Wales, qualified as a nurse at Sydney's Royal Prince Alfred Hospital in 1907. The seventh of 11 children, Sister Morrice, aged 32, enlisted in the AIF at the outbreak of the First World War, as did four of her brothers. Having trained as a theatre nurse, she was posted first as head sister to No. 1 Australian General Hospital (1AGH) in Cairo, Egypt. With the rapid influx of patients from Gallipoli in April 1915, hospital facilities were soon overcrowded, and equipment and supplies inadequate. Nursing staff worked around the clock.

Thoughts of home, and her close-knit family, were never far from Nellie's mind.

She hand-stitched a miniature nurse's uniform for a small porcelain doll that she named "Sister Helen". When she sent the doll to her niece Peggy back in Australia, she included a note: "A great big 'lub' and lots of kisses, XXXXXXXXXXXXXXXX".

More than 3,000 Australian civilian nurses volunteered for active service during the First World War. While enabling direct participation in the war effort, nursing also provided opportunities for independence and travel, sometimes with the hope of being closer to loved ones overseas. The women worked

in hospitals, on hospital ships and trains, or in casualty clearing stations closer to the front line. They served in locations from Britain to India, taking in France and Belgium, the Mediterranean, and the Middle East.

Australian nurses posted to British military hospitals in Salonica, Greece, worked mainly in tent hospitals, and most of their patients were suffering from malaria, dysentery, or black water fever. Many of the nurses felt sidelined from the real action of caring for "our boys" on the Western Front. They toiled through hot, mosquito-infested summers, and then had to endure freezing winters. Victorian nurse Sister Christine Ström wrote in her diary in September 1917: "Fearful night last night. It came on to rain shortly after we came on duty and poured and blew and froze. I donned mac and sou'wester and puddled round in the mud and wet... several tents blew down... Altogether a fearful night, for once we realised that we were really on active service."

When the Second World War broke out, nurses again volunteered, motivated by a sense of duty and a desire to "do their bit". Eventually, some 5,000 Australian nurses served in a variety of locations, including the Middle East, the Mediterranean, Britain, Asia, the Pacific, and Australia. Seventy-eight died, some through accident or illness, but most as a result of enemy action or while prisoners of war.

At first, the Australian Army Nursing Service (AANS) was the only women's service. The Royal Australian Air Force Nursing Service (RAAFNS) was formed in 1940, and the Royal Australian Navy Nursing Service (RANNS) in 1942. But the AANS remained by far the largest, and also made up the bulk of those who served overseas.

Today, both male and female nurses are officers in the Australian Defence Force. With a



Christine Erica Strom, Australian Army Nursing Service, of Rydalmere, NSW, in uniform. Photo courtesy Australian War Memorial, P04397.001



North Queensland. c. 1944. While on night duty, a sister with the Australian Army Nursing Service (AANS) uses a thermometer to check the temperature of a patient. Photo courtesy Australian War Memorial, P00784.008

high level of specialist training and the benefit of improved technology, these men and women continue to work in remote and dangerous places, often under difficult conditions. As well as providing essential medical treatment to our troops wounded in war, nurses are also deployed in peace keeping and humanitarian operations, providing care to local military personnel and civilians in countries ravaged by war or natural disasters. They share a spirit of adventure, a desire to make a difference, and the discipline required to work in a military team. But most of all, they remain committed to putting their patients first, come what may.

Nurses: from Zululand to Afghanistan is on display at the Australian War Memorial until 17 October 2012. Entry is free. For more information visit: <http://www.awm.gov.au/exhibitions/nurses/>

Captain Reginald Walter (Reg) Saunders, MBE

Reg Saunders was the first Aboriginal Australian to be commissioned as an officer in the Australian army. The son of a First World War veteran, Saunders was born in western Victoria on 7 August 1920 and brought up by his grandmother. Having attended school only sporadically, he found work as a sawmiller but imagined himself going to fight in South America for the poor and oppressed, with whom he felt a kinship.

Very conscious of the service of Aboriginal men during the First World War, Saunders enlisted on 24 April 1940 and, after his initial training, was sent to the Middle East as a reinforcement for the 2/7th battalion. Having survived several encounters with German aircraft in North Africa, Saunders embarked on the ill-fated Greek campaign which he, along with many others, considered a mistake. After Greece his unit fought on Crete where Saunders experienced his first close combat and was forced to remain hidden on the island for twelve months after the German victory.

After escaping Crete in May 1942, Saunders returned to Australia before rejoining his battalion in New Guinea - now as a sergeant. He fought through the Salamaua campaign, remaining in action with the 2/7th until mid-1944 when his commanding officer nominated him for officer training. After a 16 week course, Saunders was commissioned in November 1944 and returned to New Guinea.

For the remaining months of the war, Saunders fought as a platoon commander in New Guinea. He was in the Wewak area when the war ended and was repatriated to Australia to a welcome tinged with sadness for his younger brother who had been killed in action. By now tired of



Pamela Thalben-Ball, Captain Reg Saunders, (1978, oil on canvas, 76.4 x 61.6 cm)
Image courtesy Australian War Memorial. ART28159

Captain Reginald Walter (Reg) Saunders, MBE

Date of birth: 07 August 1920

Place of birth: Puruim, VIC

Date of death: 02 March 1990

living rough, Saunders sought work in the city and, for the next five years, worked as a shipping clerk and, later, a builder's labourer.

When the Korean War began he returned to the Army, leaving his wife and three daughters behind. In Korea, Saunders served as a captain in the 3rd Battalion, Royal Australian Regiment and fought at Kapyong. On returning from Korea, he was posted to National Service Training but, dissatisfied with the training regimen, he left the army in 1954 and found work as a logging contractor in Gippsland. He then moved to Sydney and, for the next 11 years, worked with the Austral Bronze Company. In 1967 he joined the Office of Aboriginal Affairs as a liaison and public relations officer.

Saunders's first marriage did not survive his absence during the Korean War. A second marriage followed but it too ended in divorce. He had ten children and was awarded the MBE in 1971. A well-respected soldier and leader, Saunders died on 2 March 1990.

Thanks to The Australian War Memorial
www.awm.gov.au

HOPES FOR ALZHEIMER'S VACCINE IN BID TO HALT ADVANCED DEMENTIA By Bridie Smith

Australian researchers have proved that an Alzheimer's vaccine could halt the disease – and even see the return of some losses – well after the symptoms first appear.

Lars Ittner, of the Alzheimer's and Parkinson's Disease Laboratory at Sydney University, said it was the first time researchers had proved that a vaccine targeting the tau protein in mice could be effective after the disease had set in.

Tau protein stabilise microtubules, which are important for maintaining cell structure. When defective, they can result in dementias such as Alzheimer's disease.

Dr. Ittner said targeting the tau protein in younger animals before the onset of the disease was a more common approach, in that most researchers worked with animals before the onset of Alzheimer's.

"What we tried to do was to work with older mice with a lot of damage to see how they responded." Dr. Ittner said. "Because in people

by the time they realise their symptoms are Alzheimer's, a lot of the damage has already been done."

In a recent paper in the scientific journal PLoS ONE (www.plosone.org), the research team say the novel approach worked, with some of the most improved results recorded in mice with advanced dementia.

"The older group with the very advanced Alzheimer's actually benefited the most," Dr Ittner said.

While human trials are at least five years away, Dr Ittner admitted such positive results from the animal trials were a surprise.

Three groups of mice were used in the study. Each group was formed according to age – 6 months, 12 months and 18 months. The older the group, the more advanced the stage of Alzheimer's disease.

The mice were treated for 10 months and assessed at the end of that period. Dr Ittner said there were also signs the animals had

regained some losses such as weight loss and activity levels.

"But this was limited, as when there's damage to a neuron, it's gone. It doesn't regenerate," he said.

The team, which is already collaborating with the US pharmaceutical industry in the quest to develop a vaccine, aims to create a monthly injection that would become part of a broader treatment of the disease.

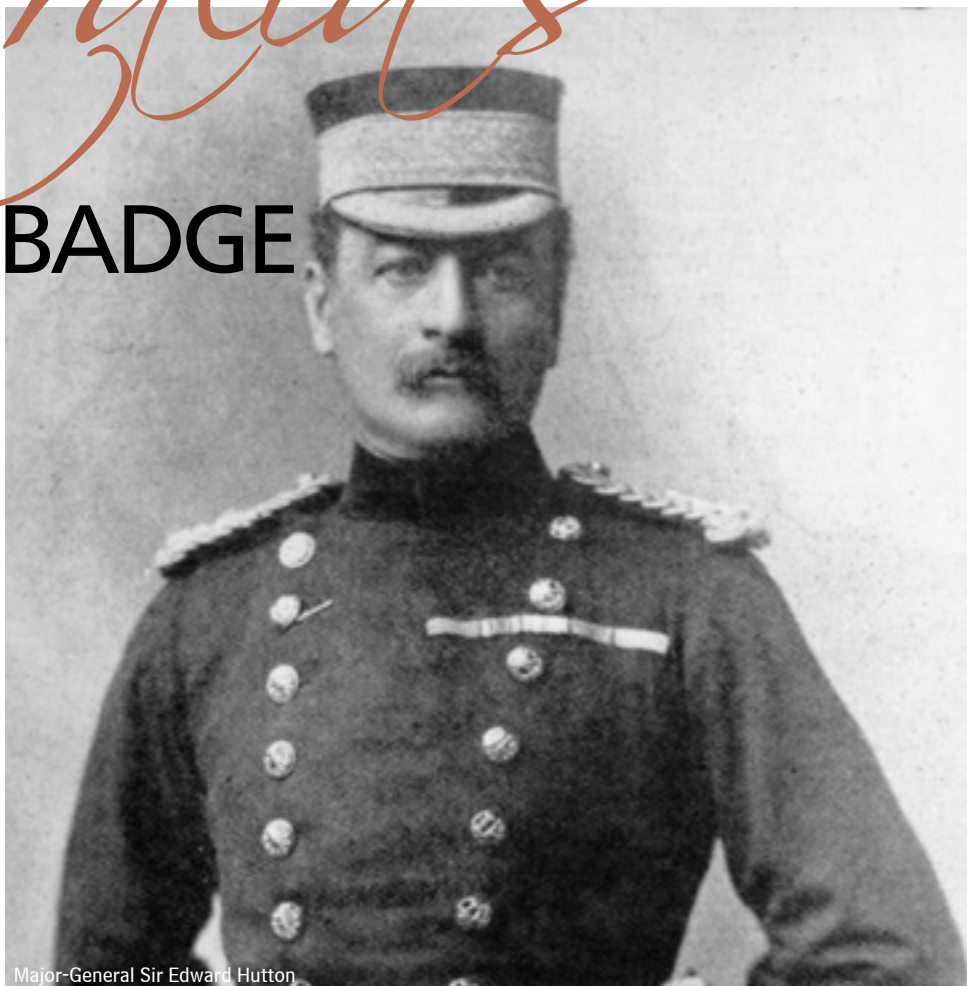
According to Alzheimer's Australia, about 269,000 Australians at present live with dementia. Without a significant medical breakthrough, it is forecast about 981,000 Australians will be living with dementia by 2050.

Dementia is the term used to describe a large group of illnesses that cause a progressive decline in the persons functioning, including a loss of memory, intellect, rationality, social skills and physical functioning. Alzheimer's disease is the most common form of dementia, accounting for up to 70 per cent of cases.

Australia's

RISING SUN BADGE

The Rising Sun badge is worn by Australian Army personnel, displayed on the upturned left-side brim of the slouch hat, at the centre left of the beret and the front of the cap worn by Army officers. Although it is officially known as the Australian Army badge, it is commonly referred to as the Rising Sun badge.



Major-General Sir Edward Hutton

The origin of the badge's design is uncertain, but the most accepted theory is that it is based on a trophy of arms designed by Major Joseph Maria Gordon of the South Australian Permanent Artillery around 1893. The trophy of arms comprised seven cut-and-thrust swords alternating with six Martini Henri bayonets, all radiating from a brass crown and mounted on a red semi-circular board. Major Gordon had designed the trophy to take on recruitment drives around the colony.

Major Gordon presented this trophy of arms to Major-General Sir Edward Hutton when he was appointed commander-in-chief of Australia's forces in 1901. Hutton's task was to bring the colonial forces together into a single Australian Commonwealth force. Wanting a unique emblem to identify the newly integrated forces, Hutton suggested a badge design resembling the trophy of arms, which would represent the coordination of Australia's naval and ground forces. The first badges were produced quickly, in time for the battalions

send to fight in South Africa in early 1902 – the final year of the Boer War.

Since the badge was first produced, its design has gone through seven iterations, five of which are shown in Australia Post's stamp issue charting the design development. The first, inscribed simply with "Australia", was replaced within months, most likely due to the name given to the battalions, "Australian Commonwealth Horse".

The third design, approved in May 1904, was worn by members of the Australian forces through both World Wars and featured a scroll inscribed "Australian Commonwealth Military Forces". Corps and regimental badges were reintroduced into the Army in 1949, and in the fourth design the inscription on the scroll was changed to read "Australian Military Forces".

Following the coronation of Her Majesty Queen Elizabeth II in 1953, the badge's central motif, the crown, was altered. This fifth design iteration replaced the Imperial State Crown with the St Edward's Crown, which was used

in the Queen's coronation. The sixth iteration again changed this central motif, placing the crown in the Federation Star, which sits upon a heraldic wreath. The inscription was again changed to read "Australia".

The seventh and most recent iteration returns the badge to a design similar to the third iteration, worn through both major conflicts. This change coincided with the 75th anniversary of the landing at Gallipoli.

The Rising Sun Badge stamp issue was released in April, to coincide with Anzac Day commemorations. As well as the five stamps, the issue includes a miniature sheet, stamp pack, first day cover, maxicard set of five, self-adhesive booklet of 10 x 60 cent stamps, a postal numismatic cover and a designed gutter strip of 10 x 60 cent stamps.

The stamps and associated products are available from participating Australia Post retail outlets, via mail order on 1800 331 794 and online at auspost.com.au/stamps while stock lasts.



RISING SUN BADGE

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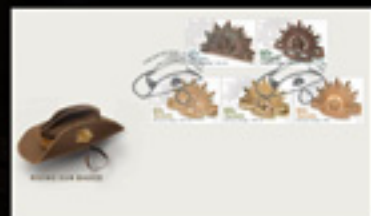
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keeping their promise

Legacy's role:

Legacy is dedicated to supporting the families of deceased or incapacitated ADF, peacekeepers and humanitarian officers.

Every day, Legacy provides caring, 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 Australian Defence Force (ADF) personnel deployed over recent years, and Australia's various peace-keeping operations and commitment in the Middle East, continues to see a growing demand for Legacy's services today and well into the future.

To date, throughout Australia Legacy assists over 100,000 widows, and 1,900 children and people with a disability.

Tim and Jodie Buswell's Story

Corporal Tim Buswell and his wife Jodie were the classic 'best friends for life' with everything to live for. They were very much in love and looking forward to raising their family together. Early in their marriage, Tim's battalion was ordered to Somalia on a humanitarian operation following political and economic collapse in that country. As Tim discovered, this was hot, dangerous and uncomfortable work in a very difficult environment. Tim was attacked and injured whilst on patrol, this along with other injuries started a spiral of complications that ultimately proved fatal. Tim suffered post traumatic stress disorder and his physical injuries required a spinal fusion. By this stage Tim was unable to work and was discharged from the defence force. Worse was to come for this young family. Tim and Jodie's second son Lindsay was first diagnosed with epilepsy then autism. The final blow came when Tim's physical injuries caused the onset of a rare and fatal renal disorder. After a long battle that started with him serving his country, Tim died in 2006. His death left Jodie and sons Taylor (10), Lindsay (9) and Harrison (3) heartbroken, alone and vulnerable. Jodie remembers those first days after Tim died: "It had been a long and exhausting journey for all of us to that point, and I knew that somehow I had to muster the strength and resources to be

both mum and dad to the boys. On top of it all, I wondered how I was going to provide Lindsay with the special care he needed."

Jodie's parents and Tim's mother provided whatever support they could, and greatly eased the immediate burden. Another source of support was also waiting in the wings.

Before he died, Tim collected the information that he thought Jodie and the boys might need to carry on after he was gone. This included material about Legacy and Tim made Jodie promise that she would call at the right time. When she did, Legacy's response was immediate and Jodie recognizes what it has meant: "Allan my dedicated Legacy volunteer, was a tremendous support for the boys and me. His wealth of knowledge, obvious care for us and his easygoing, upbeat nature made any issue seem possible to manage.

As a single mum, I really appreciate the assistance that Legacy provides, like supporting the kids' education, outside school activities and the special things that Lindsay needs.

And only I know how much Legacy's special development programs have benefitted the boys. While absolutely nothing can replace their Dad, at least we all know that Legacy will care for us in memory of Tim.

With Legacy's help this commendable young family is well on the way to rebuilding their life. Taylor, at 16, is keen to finish year 12 and start a carpentry apprenticeship. Lindsay is now 14 and proud to be in mainstream schooling. Harrison is 9 and displays athletic prowess as a regular on the BMX championship circuit. Jodie knows there are plenty of trials and tribulations ahead raising her three energetic young men, but she has at last found some peace and security. Tim ultimately made the supreme sacrifice for his country. Jodie, Taylor, Lindsay and Harrison continue to pay their own sacrifice, and it is Legacy's role to travel this journey with them, on behalf of a grateful nation. Unfortunately, with over 50,000 veterans created since Iraq (which exceeds the number created from the Vietnam War) this responsibility of Legacy's will continue for the foreseeable future.

REMEMBER THE FAMILIES OF OUR FALLEN HEROES.

Since 1923 Legacy has kept their promise to Australian veterans and taken care of the families of those who have died or become incapacitated as a result of their service.



SHOW YOU CARE BY DONATING AT LEGACY.COM.AU

Caring for the families of deceased and incapacitated veterans.



HARRISON SCHOOL - ACT

Having only just begun its fifth year of operation, Harrison School in the ACT has not had a long history with which to build up their traditions. However, with over 1100 students there this year, 220 of whom are members of Defence Force Families, the significance of Anzac Day has been given special attention.



Of the first four Anzac Day Ceremonies held at Harrison, two have been entered into the Department of Veterans' Affairs Anzac Day Awards. In 2009 Harrison School was recognised with a 'Highly Commended' certificate for their efforts. In 2011, they were awarded the Top prize amongst Primary School entries in the Territory.

Year 5/6 students from two classes presented the Anzac Day Commemoration Service. With the help of their teachers and the Defence School Transition Aides, their vision was to create a reflective atmosphere within the hall. The stage was set with dim lighting and candles. Props were borrowed from the Australian War Memorial and carefully laid out for students and guests to see. A small setting of poppies made by the children, together with crosses, was laid at the front. The Australian flag, illuminated centre-stage, provided a backdrop and was central to the wreath and poppy-laying portions of the service.

The service began like many of its kind, welcoming guests and honouring the sacrifices made by the men and women of our history

and those still serving today. Then from a corner stage music began and Year 5/6 students performed a beautifully moving rendition of the song "Lest We Forget".

Following this, the invited guest speaker was welcomed to the stage. Harrison School students were delivered a thought-provoking and sensitive presentation by a member of the Australian Regular Army, who shared his experiences of the ANZAC spirit.

At this point in the assembly, the representative teacher moved to the main stage to lay the wreath. Then, whilst the music of 'The Band Played Waltzing Matilda' was heard throughout the hall, each class had a representative who came up to the stage to lay their poppy.

As the last poppy was placed, 'The Ode of Remembrance' was recited.

A musician from the Royal Military College Band then performed the Last Post. This was followed by a Minute's Silence and then the Rouse. All students and guests remained standing for the Australian National Anthem.

The Year 5/6 students concluded the formal part of the ceremony with a tribute to the

memory of the ANZACs, a poem called 'The Anzac Memorial'. This was followed by a PowerPoint presentation produced by the coordinating 5/6 teacher. This incorporated photographs taken during her recent trip to Gallipoli and was accompanied by the song 'And They March'.

The students, staff, official guests and families of Harrison School had all participated in a very moving and solemn occasion.

Now it was time to move the whole school outside to the Basketball courts. The school had been most fortunate in engaging the time and skills of the Federal Guard's Precision Drill Team. The service was ended with an amazing performance, the likes of which had not been witnessed before by many staff and students. Their efforts were extremely well received and talked about for days to come.

Many hours behind the scene had ensured that the 'Respect' and 'Honour' the occasion deserved, had been achieved. Harrison School was very appreciative of the time given to them by all members of the ADF who participated in this significant day.



BRADSHAW SCHOOL - NT

Bradshaw School's celebration of Anzac Day has over the past few years evolved into a whole school event which has enabled our connections with the community to grow strongly and for children to learn about Australia's past and present stories of war. Bradshaw School community has many ties with families past and present serving in the armed forces.



This year not only did we have a representative from Norforce come to our ceremony but we also had the pleasure of the company of two former Vietnam Veterans as well as many parents. The Vietnam Vets were very happy to answer questions from the children and also clear up some misconceptions that the children had about people at war. Children brought in photos and stories of grandfathers and great grandfathers who have served in the past with distinction.

In the lead up to both Anzac Day children learn about the ANZACS at Gallipoli and read tried and true stories such as that of Simpson and his Donkey. Just this week author Mark Greenwood spoke to the children about his research for his book of the same name and of the bravery and resilience of the ANZACS. Many could not believe that this brave man has still not been awarded a Victoria Cross for bravery despite the hundreds of people he helped. It was also very moving to learn that his letters returned to his mother unread, had killed scrawled across them. The literature focus really assisted children develop age appropriate knowledge of the subject. Furthermore displays of artefacts and photos helped bring history to life and children could clearly see visual images of mateship, bravery, fear and sadness, emotions difficult to convey through the spoken word. Many children did not know for example that rosemary was for remembrance.

Also of great assistance was a visit from an Afghanistan veteran who spoke to the children about the country and the work that the



soldiers are doing to help in the development of that country. He spoke about the soldiers who were his mates and children subsequently sent emails asking about their work and the life of a soldier. Several members of the SRC then took on responsibility for organizing care packages and got in touch with our visitor who happily provided a list of things that soldiers covet from home. It was with great pleasure that the children persuaded their classmates to bring in items to be included, stacked boxes and included notes for the recipients of the packages. They were doubly pleased when notes thanking the children for their gifts were received a little time later.

Anzac Day in Alice Springs is always hot so this year the whole school assembled immediately after the morning break. Songs from the past as well as modern renditions such as Willy McBride by Eric Bogle played quietly as children solemnly took their places for the ceremony. Children of the SRC formed

the catafalque party whilst others read poems, and "The Ode." All children stood silently for a minute and not a muscle was seen moving amongst the crowd, a testament to the teaching staff who had instilled the need for the utmost respect when remembering and silently thanking the men and women who have served our country well. Prior to the ceremony children had worked with their buddy classes to make wreaths and poppies which then adorned the entrance to the school for many days to come. Everyone had written a comment, a note, an idea about what Anzac Day had meant to them.



RECOGNISING INDIGENOUS AUSTRALIANS IN THE CONSTITUTION

by Malcolm Fraser

There is beginning to be broad agreement that our Constitution ought to be changed to pay recognition to Aboriginal Australians and Torres Strait Islanders and to remove racist elements from the Constitution itself. I want to sketch briefly the history of Australia in relation to these matters and then make one or two suggestions about how we might go about change.

While our founding fathers accepted it as the natural order of things for their time, today we regard the attitudes exhibited in the discussions leading to Federation and indeed the Constitution itself as racist. There were many who believed that there should be special powers so that laws could be made controlling the affairs of people regarded as inferior.

The very Constitution itself was racist in relation to Aboriginal Australians and Torres Strait Islanders. They were not to be counted in referenda and they were denied to vote, even though before Federation, Aboriginals in South Australia had had the vote.

Elements of racism have shown themselves several times during Australia's first 100 years. During discussions concerning the League of Nations, the Japanese wanted a racial non-discrimination clause in the Preamble. Australia's Prime Minister, Billy Hughes, led the opposition to it.

There was communication between delegations of like mind - Canada, California, South Africa and Australia. Many of the arguments adduced in those regions were similar to the position preferred by Billy Hughes. A meeting was called to try and find compromise wording that might be acceptable to the Japanese and to the opposition group. Billy Hughes refused to attend. He said words to the effect that they do not understand; it is not the words that are at fault, but the very idea of racial equality that is so repugnant and offensive.

Racist attitudes exhibited themselves in different ways. In 1938 there was a meeting of 31 nations at Evian in France to try and find a solution for the many thousands of Jews fleeing Nazi Germany. Sir Thomas White, the Australian Minister at that Conference, indicated that

Australia would like to help but could not because there was no racism in Australia and we had no intention of importing it.

Against these attitudes, the great migration program that began in the years after the war was all the more remarkable. The program was introduced with 600,000 servicemen and servicewomen waiting to be demobilized and the memories of 20% plus unemployment, only 6 or 7 years old. It was a great achievement.

The flood of people fleeing from Europe, from oppression, from dictatorial regimes, from Eastern Europe and later from parts of the Soviet Union, meant that the character of that immigration program was to change the face of Australia.

We committed ourselves to the Refugee Convention in 1954. That in my view meant the White Australia Policy had to end. No politician was prepared to trumpet that objective, but little by little and by basic agreement between the parties, the Policy was unwound. Hubert Opperman, as Minister for Immigration, ended the practical elements of White Australia in a speech made in parliament in 1966. Gough Whitlam got rid of legal remnants in 1972 and the practical result of those changes made possible the great Indo-Chinese migration that began in the aftermath of the Vietnam War. A migration that has done so much for Australia and again changed the character of our society.

This happened because in those days politicians of both parties behaved differently from that which they do today. There was a bipartisanship. We all knew that if either party started to play politics with issues of race or religion, the migration program would fall apart. We also knew that Australia needed thousands, indeed millions more people and that therefore

these issues had to be above and outside the normal political fray.

The 1967 Referendum did two things. It removed the words "other than the aboriginal race in any State" from Section 51(xxvi) which then allowed the Commonwealth to make laws for any racial group. In the initial Constitution Aboriginal Australians and Torres Strait Islanders had been excluded from Commonwealth legislative competence because it was believed that regulation of these peoples was the province of the States.

The Referendum of 1967 also removed totally Section 127 which said that "In reckoning the numbers of the people of the Commonwealth, or of a State or other part of the Commonwealth, aboriginal natives shall not be counted." This referendum was approved overwhelmingly with over 90% voting for. This referendum was carried against the background of bipartisanship between the political parties, a bipartisanship which had extended beyond Aboriginal affairs to matters of race and discrimination generally.

There are still problems with our Constitution. There is demand for specific recognition of Australia's first people up front in the Preamble. At the moment there is no Preamble to the Constitution, but that should not be a problem. I do not believe that the Preamble should only recognise Aboriginal Australians and Torres Strait Islanders. A more complete Preamble should be drafted. There is no need for this to be a controversial exercise. The Preamble should recognise us all.

I am not trying to draft specific words, but a Preamble may go something like this. "We, the People of Australia, Aboriginal Australians and Torres Strait Islanders, whose ancestors have

lived here since time immemorial, the original people of this land, together with those whose ancestors arrived subsequently from all regions of the world, and those who have come more recently, amongst these are people from nearly every race and every religion found on this earth, acknowledge this as our Constitution and we, one and all commit ourselves to be bound by it, unless it is duly and lawfully changed by we, the People of Australia, in a Constitutional Referendum. This Constitution will enable us all to live together in liberty, in peace and equality under the law.”

The next suggestion I would like to make would concern Section 25 which provides that “... if by the law of any State all persons of any race are disqualified from voting at elections..... of the Parliament of the State, then, in reckoning the number of the people of the State or of the Commonwealth, persons of the race...shall not be counted.” Whatever its original intention, it has racist overtones. It should be abolished. Its abolition would have no related consequences.

We come then to Section 51 (xxvi) which was part amended in 1967. “The people of any race for whom it is deemed necessary to make special laws.” My basic inclination would be to abolish such a power absolutely. I do not believe that laws should be made on the basis of race because to do so is to accept that discrimination on grounds of race is permissible.

It is not however, quite so simple as that. One suggestion may be to put in a power to enable the Commonwealth to make laws to redress the hardship of any group and have people defined by hardship. The mention of race would not be necessary. There are already powers which make it possible for the Commonwealth to tackle economic hardship as indeed it has attempted to on many occasions. This is done under Section 51 (xxiiiA) which mentions “the provision of maternity allowances, widows’ pensions, child endowment, unemployment, pharmaceutical, sickness and hospital benefits, medical and dental services (but not so as to authorize any form of civil conscription), benefits to students and family allowances.” But that is not the end of the question.

There is a significant body of legislation which does depend on Section 51 (xxvi) and that includes Aboriginal and Torres Strait Islanders Heritage Protection Act, ATSIC Legislation, the Act establishing the Council for Aboriginal Reconciliation and various Acts regulating the grant of Native Title and legislation setting up Native Title bodies. We would not want such bodies struck down by the simple removal of Section 51 (xxvi). These provisions would not be covered by Section 51 (xxiiiA).

It may be possible to grandfather existing legislation regarded as beneficial to Indigenous Australians. So these provisions would continue in force even after removal of Section 51 (xxvi). That would make it difficult to amend legislation if it were proven necessary or if there were a need

for new legislation to cover some further aspect of Aboriginal disadvantage.

Alternatively, it may be possible to replace Section 51 (xxvi) with new words that focus on protection and advancement and for the benefit of Aboriginal Australians and Torres Strait Islanders, or perhaps for the benefit of a particular race making the provision wider. Such a provision would need to include culture, historic and sacred sites. I am not sure however, especially when I look at today’s parliament, that I would want politics to have any role in determining the meaning of culture. Some interpretations of culture could indeed be regressive. Current debates in Canberra have opened that possibility.

In 1967 it was Wentworth’s preference, apparently in discussion with Nigel Bowen, that there should be a power relating to “the advancement of Aboriginal Natives”. We clearly would not use the term “Aboriginal Natives” today, we might say however, “for the advancement and benefit of Australia’s first people or alternatively Aboriginal Australians and Torres Strait Islanders.”

It is clear in relation to the Intervention introduced by the Howard Government and basically continued by the present government, that they both would have claimed and would both have accepted that the Intervention was for the benefit of Aboriginal Australians and Torres Strait Islanders. There are many who would argue that this was not so.

The words “for the benefit of” for the advancement and benefit of, would not provide sufficient protection by themselves. The outcome may be reinforced by a prohibition against discrimination by either the Commonwealth or the States by legislation or by executive action of any kind against Aboriginal Australians and Torres Strait Islanders, against adverse discrimination.

Wentworth, who was nearly half a century ahead of his time on these issues, had a formulation. “Neither the Commonwealth nor any State shall make or maintain any law which subjects any person who has been born or naturalised within the Commonwealth to any discrimination or disability by reason of his racial origin, provided that this section shall not operate so as to preclude the making of special laws for the special benefit of the Aboriginal natives of Australia.” Those were his words. Again the term Aboriginal Native would clearly need to be changed in today’s world.

His wording I believe may well cover the situation as well as could be done. It is my understanding that these words were worked out in part, in cooperation with the Attorney General of the time, Nigel Bowen, a distinguished Constitutional lawyer.

It may be possible to use Wentworth’s formulation, but to alter his last clause so that it may read “provided that this section shall not operate so as to preclude the making of special laws for the

special benefit of people in need.” That would take away the racial overtones of the clause.

It is striking this balance between an enabling Commonwealth power to make positive laws for the special benefit and advancement of Aboriginal Australians and Torres Strait Islanders and an embedded Constitutional prohibition on Commonwealth, State and Territory laws of racial discrimination which is critical to any Constitutional change.

It is worth noting that South Africa has tackled this problem in a rather different way, but it seems to work. Their Constitution prohibits unfair discrimination on the grounds of race either directly or indirectly and to provide that discrimination is unfair, unless it is established to be fair.

There is another possibility in the agenda and that is the power to make agreements with Aboriginal Australians and Torres Strait Islanders and to provide a legislative base by virtue of a treaty. I am not attracted to this approach.

We still do not have a truly representative group with whom a government would be able to negotiate such a treaty. Given the great diversity amongst Aboriginal Australians and Torres Strait Islanders, many different negotiations would be needed. There could be arguments about interpretation. The experience of consultations in relation to the Intervention does not augur well for the way such consultations would be handled out of Canberra.

There are other issues also which we need to consider which are important to this question. There is a toxic attitude in Canberra. Everything has turned into an issue of politics. I can hardly think of a subject which a government and opposition handle on the basis of Australia’s national interest as opposed to their perceived and often wrong and often erroneous view of their political advantage. Unless there is a more far reaching leadership on the part of both parties, I would not want a referendum on this issue to go forward in the present climate.

Secondly, I would not want this issue to go forward in a referendum involving other issues. I have had some experience of referenda. I have put four referenda to the people of Australia and won three. Even though I gained a significant majority of votes for the fourth question over simultaneous elections, 62% of the total, it was lost, because I did not gain a majority of states.

Passing referenda is difficult. The agreement of both parties is highly desirable. We need to be aware that other extraneous bodies can spring up to oppose the substance of a particular question.

If a referendum relating to Aboriginal Australians and Torres Strait Islanders were put forward together with other issues at the same time, there would be the possibility of confusion, disruption and the creation of doubt, especially since as I have sought to show, the proper resolution of Section 51 (xxvi) has options available that need to be determined. If the best choice needs to be made, there needs to be unity behind it.



A conversation with

Peter Yeo

TLP: Hello Peter, thanks for your time and welcome to 'The Last Post'

Peter: It's a pleasure to be interviewed by such a prestigious and valuable magazine, and be linked with some of the greats in Australian History

TLP: Peter, you first came to notice for a lot of people, as a sportsman. You were a footballer, Australian rules, of some note, playing for a couple of SANFL sides and in a Grand Final or two. You left South Australia and went across to Melbourne, I think, what was that all about?

Peter: My football days really commenced playing for Barmera Monash in the Riverland League of South Australia, followed by St Peter's College in Adelaide.

I was very fortunate, with my Father Dave Yeo, former Sturt and South Australian Footballer, advising me. As a youngster, naturally I followed my Father's Team Sturt.

After winning the Mail Medal in the Gawler and District League, playing for Roseworthy Agricultural College, I was approached by 6 Adelaide Teams to play league Aussie Rules football.

In those days there were no contracts or zones, plus everyone played for the love of their team without virtually any match payments.

It was the initiative of Port Adelaide's famous Secretary Manager Bob McLean, who set about to gain my signature for whatever it took. He even stayed at Barmera near our country property, stating he would not leave until I agreed to play with Port. He stayed for 3 days continually hounding us, increasing his offer every day.

In the end, my Father and I agreed the money was substantial and not to be sneezed at, although in these times the \$2,000 was a pittance to what is available these days. In those days in the mid 1960's, \$2,000 could buy a house. Plus I was guaranteed a certain number of games, a car, living expenses, free board, a good job, automatic clearance after 3 years if required, trips overseas etc.

The contract, which would be worth a reasonable amount nowadays, I still have in a bank vault, and already have had offers to purchase it for well over 10 times the original signing on fee.

After playing in 3 final series with Port Adelaide under the legendary Fos Williams

as Coach, I became very friendly with Sturt's Sandy Nelson where we regularly visited the Fiesta Villa at the Marion Hotel on a Thursday evening after training. After Sturt won the Premiership in my 3rd year at Port, Sandy convinced me my style of football was better suited to the Double Blues with Jack Oatey at the helm, hence my joining them and being part of their 7 Premierships in a row.

I must admit though, I always have had a soft spot for Port, and still barrack for them as my No.1 Team in the AFL.

After 2 years at Sturt, and again having an automatic clearance whenever I wished, I had an opportunity to play in the VFL with the MCG as my home ground. This was the ultimate pinnacle for any footballer in the Country and I joined the Melbourne Demons mid 1971.

After playing a few reserves games to become accustomed to the different speed of play, and completing the year in the 1sts, I decided at 25 years of age to retire from football. I had achieved everything I wished from the game and was regularly on TV Football Shows, plus had over 100 people directly and indirectly working for me for a Sunglass Company called VYI's, with the slogan "Who's That Behind The VYI's?".

I found the difference in SA and VIC football substantial, with football in Melbourne training 7 days a week. I was also travelling overseas up to 3 times a year which substantially interrupted any football commitments.

I still kept in contact with Melbourne when asked to join their Board assisting with their marketing, fundraising, sponsorships and advertising under another marvel, Secretary Manager, Jim Cardwell.

TLP: You'd achieved a fair bit as far as your football went. Did you feel you left it at the right time and what did you move onto after that?

Peter: After my playing days at Melbourne, I enjoyed coaching the Old Melburnians Amateur side, and also in the tennis arena at the Australian Open. Both of these successes were achieved mainly from motivational aspects of winning at sport, and I now regularly lecture on a number of motivational and inspirational aspects of achieving to a person's highest degree possible.

I KNOW, WHEN THE TIME IS RIGHT, AND WHEN I WISH, I WILL WALK AGAIN.

TLP: You gained fame also as a marketing slash advertising pro, doing some great work in that area. Is that something you'd always had or did it come about by chance?

Peter: I became to know the media very well over my sporting days as well as the fashion and pharmaceutical industries with VYIs – so much so, I regularly wrote as a qualified journalist in a number of publications.

With VYI's I achieved a number of 1sts, including becoming the first Company to send female reps into pharmacy – boy, did that cause some controversy, with some pharmacists commenting we were trying sell sex! We were even reported by 2 pharmacists to the police for alleged pornography when we photographed for our catalogue a guy and a girl wearing sunglasses, where it appeared they were wearing no clothes – of course they were fully clad in a bikini and swimming trunks, but by the angle taken it appeared they were nude! Wow, how things have changed these days.

Again being creative, and bucking the trend somewhat, we were the first to have advertising on a racecourse in Australia, at Cheltenham Racecourse. You can imagine the tongue lashing we received from the staid racecourse fraternity and officials in the old days, but the enormous publicity we received and great comments from the adventurous were priceless. After I relinquished my shareholding in VYIs, and as I didn't re-enter the sunglass industry for 3 years, in the week the media announced my leaving the optical Industry, I received 4 offers from major Businesses namely BHP, Cathay Pacific Airlines, Hardy's Wines and Nike to conduct their Advertising. All of a sudden I had an Advertising Agency, mainly because of my very different triumphant advertising that worked wonders with VYI's.

The Ad Agency gained other Clients as well, mainly because of our creative flair, but amongst all the brands, Nike was the most satisfying. I built the brand making it a household name in 5 years without spending any amounts on paid advertising – just on publicity and inexpensive sponsorship.

I HAD ALWAYS STATED WHILST COACHING SPORT OR ENCOURAGING STAFF, 85% OF SUCCESS IS IN THE MIND. NOW IT WAS UP TO ME TO PRACTICE WHAT I PREACHED.

I think with advertising you either have the flair for it, or you haven't, just like sunglasses and fashion. With advertising you have to virtually be a psychologist, immediately knowing how to communicate a message to your viewers or audience, and inexpensively to be successful.

Luckily, I haven't been wrong with any brands yet, knowing immediately whether it will work or not, and exactly how to market to the targeted audience most effectively.

One of the most important things in any marketing, is businesses should cost in their advertising to results – that is, do not pay for any advertising that does not work, only paying a certain predetermined percentage on sales. After 4 years achieving for various advertising brands, I was approached by Saatchi and Saatchi to assist them as a Director to become the No. 1 Ad Agency in the World. To be part of this was very rewarding.

TLP: You've now established PointZero5 in conjunction with some leading personal injury lawyers Peter, how did that come about and what's that all about?

Peter: I became a Quadriplegic in 2002 when I slipped running for the mobile phone at home in Noosa. I was there on the floor for 2 days which was a nightmare in itself, not knowing what had happened and not being able to move. For the first 2 months my partner was told I may not live, for the next 6 months I was told I may not move any limbs whatsoever. It was demoralizing, depressing and soul-destroying. It was after about 9 months I thought to myself I have 2 alternatives, one to mope and be negative for the rest of my life like some doctors were, or become motivated and positive about beating my injury against all odds. I had always stated whilst coaching sport or encouraging staff, 85% of success is in the mind. Now it was up to me to practice what I preached.

To proceed I simply used my previous comments to others over the years, to apply to myself – that is, if you believe you can do something, you know you can achieve whatever

you wish, and you can see yourself doing it, you will realize and accomplish whatever you wish.

I now can freely move my arms with the help of acupuncture and strong massaging, and recently with the help of an amazing natural therapy specialist in Wangaratta, I can slightly move my legs. I know, when the time is right, and when I wish, I will walk again.

Whilst at the PA (Princess Alexandra) Hospital for 12 months, I "ran" into a cheeky lawyer across the road from the hospital with a sign boldly stating "Spinal Injuries Specialist". His name, Jim Grevell, who has proved to be the leading Personal Injury Lawyer in Queensland. He hasn't lost a case which speaks for itself. After criticizing him immensely for his sign and lack of automatic opening doors to his office, he stated he was sick and tired of Lawyers being seen as vultures, so we jointly set about giving the Law Firms throughout the Country a chance to give back to the Community. Now, all good Legal Firms give Point Zero 5, "the legal limit", of their profits back to assisting people walk again – some of the larger firms donate .05%, but whatever the amount, they feel good about themselves giving to the less fortunate.

Since commencing a national www.PointZero5.com TV Campaign via Channel 9, we now encourage all businesses to give similar amounts too for those who can't afford it to purchase wheelchairs, proper beds, hoists, computers, IT courses and the like. There really are so many People with a Disability hurting in the Community, because the Government does not adequately assist them, it is heart breaking.

I urge all those who can walk, run, swim, kick a football, jump, ride a bike and the like to give to the disadvantaged who cannot accomplish these small gifts of life – it doesn't matter how small the donation, or how much, everything counts in the long run.

TLP: Have you found life as something that can be directed through attitude? That we can achieve if we focus on what it is we want?

Peter: Everybody can achieve anything they want if they desire it enough.

TLP: Can the mind be trained? In other words, did the discipline of sport help you adopt an attitude that was positive when it was called upon and can people become more positive if they're open to it?

Peter: Most certainly the positive mind set that can be gained through training, motivation and winning at sport, can overcome the most serious disability in most cases. I have recently created a list of the Top 20 Motivational ideas which I give at various public speaking events.

TLP: Well, PointZero5 I believe, distributes it's money towards spinal research and directly towards those that have suffered spinal injury. Does this give you a feeling of achievement, knowing too that there's more ground to be covered?

Peter: I have lived a gifted life until I had my accident, and things really do happen for a reason. I must admit, giving even a microwave a few years ago, to someone who couldn't afford to have a hot dinner in his home for 7 years, was just as good, if not better, as winning a Grand Final.

TLP: What is the future for PointZero5 and people with spinal injury's Peter?

Peter: There are 3 exciting things in the future to assist all People with a Disability Worldwide.

Firstly, stem cells assistance is being closer with Professor Alan MacKay-Simm from Griffith University performing a safe way to inject stem cells into the spine, however this assistance still has many years before direct assistance will be forthcoming for humans.


The Bionic Spine could be available within a shorter time – this has been an extension of the highly successful Bionic Ear by Professor Graeme Clark at the Latrobe and Wollongong Universities. Finally, there will be an International major fund raising Event initiating from Australia, and similar to the Olympic Flame 2000, registered as the Wheel-A-Thon, which will direct substantial funds towards all People with a Disability. Worldwide exclusive sponsorship opportunities are available now.

TLP: Well, you're living in a nice part of the world and you are certainly busy and working towards a better future, not only for yourself but for other Australians. A final message for readers Peter and how can people help?

Peter: As for the future, I have been very proud to be asked by former Howard Government Disability Minister Mal Brough, to stand for Federal Politics in the seat next to him. He is applying for pre-selection in the Sunshine Coast seat of Fisher, and suggested I do the same for the seat of Fairfax, with possible senior positions for me in the Disability portfolio arena if successful. Additionally, I am looking forward to assisting more Businesses at Board level achieve maximum results via creative, inventive, original and imaginative advertising and marketing for their products or services.



www.PointZero5.com

A portrait of Rolf Harris, an older man with white hair and glasses, wearing a brown coat over a white shirt and a brown sweater. He is smiling slightly and looking towards the camera. The background is a dark, textured wall.

Rolf Harris

“Anzac Day strongly resonates with me. As teenagers, my dad and my uncle set out from Wales to head for Western Australia, to make their fame and fortune. Before they were in their twenties, the first World War broke out, and with a great sense of adventure, they falsified their ages and joined up as ‘diggers’. It never leaves my thoughts that they fought side by side with the heroic men of their adopted country, and It is just unbelievable how many young lives were lost . . . my Uncle Carl’s among them.

My dad survived a horrific shrapnel wound to the head, and returned to his new home in Australia. Right from my childhood days, to the present, I’ll never forget the courage and the tragedy of those brave young men in their thousands. That old tin hat of dad’s with the great hole gouged out of the top of it, hung on the wall of our house right through my childhood, as a constant reminder of that ‘war to end all wars’.”

Don't miss the next issue of The Last Magazine, we are interviewing Rolf Harris

ALZHEIMER'S VACCINE CURES MEMORY OF MICE

Associate Professor Lars Ittner: "Although we have a long way to go before the vaccine might be available for human use, these early results are very promising."

A vaccine that slows the progression of Alzheimer's disease and other types of dementia has been developed by researchers at the University of Sydney's Brain and Mind Research Institute (BMRI).

The vaccine, which targets a protein known as tau, prevents the ongoing formation of neurofibrillary tangles in the brain of a mouse with Alzheimer's disease.

This progressive neurodegenerative disease affects more than 35 million people worldwide. The tau protein is also involved in front temporal dementia, the second most common form of dementia in people younger than 65 years.

The results of the study which led to the

production of the vaccine have been published today in the scientific journal PLoS ONE.

Lead author on the study, Associate Professor Lars Ittner, from the Alzheimer's and Parkinson's Disease Laboratory says:

"Our study is the first to show that a vaccine targeting the tau protein can be effective once the disease has already set in.

"The vaccine appears to have a preventative effect: slowing the development of further tangles, rather than clearing existing ones, but the exact mechanism involved is not yet understood," he said.

According to Associate Professor Ittner, scientists have been working on vaccines targeting the amyloid plaques seen in Alzheimer's for many years with a few currently in clinical trials.

"Most of the other vaccines targeting tau were tested only before or around the onset of the disease in animal models, but the vast majority of people with Alzheimer's disease are only diagnosed after



the symptoms have appeared.

"We are already collaborating with the US pharmaceutical industry to develop this new vaccine for humans.

"Although we have a long way to go before the vaccine might be available for human use, these early results are very promising and a great reward for the countless hours spent in the lab by me and my team!

University of Sydney

AWARD UNLOCKS WARTIME SECRETS By Geoff Strong

SOMETIMES a secret sits like a mothball hidden in a drawer, dissolving in time until there is nothing left at all. My mother-in-law, Joan Turnour, had such a secret relating to her work in World War II, and it might have gone that way but for a package arriving out of the blue last month.

The package contained a special medal and certificate signed by British Prime Minister

David Cameron, plus a letter from Iain Lobban, the head of Britain's highly secretive intelligence agency known as GCHQ.

This recognition might be nearly 70 years after her wartime deeds, but for 40 of those years she wasn't even able to talk about them.

Joan's work was not in the jungles of New Guinea nor in London during the Blitz; it was in a long-since-demolished building in Albert Park known as "Monterey Flats".

She was involved in cracking the codes used by the Japanese to try to ensure their battle

plans gave them the advantage of surprise. The efforts of people who cracked those codes, and then were able to keep the cracking a secret, have since been credited with shortening the war by years.

"We were not even able to tell our families," says Joan, now 85. "When anyone asked, we just said we worked as a writer. They thought we were secretaries or something."

Such was the secrecy that each person in a section was entrusted with just a small piece of the jigsaw. "We were presented with what looked like a jumble of letters and numbers and we spent our shift sorting them into some sort of order, which was the raw code that was then passed on to the next section.

"If there was a flap on, such as the Japanese moving their ships, they would virtually pull it out of your hands and run down the corridor."

The total jigsaw was known only by a handful at the very top and this knowledge was considered so vital that in the upper echelon's offices there was said to be a cupboard containing pistols.

They were not for self-defence. Most at Joan's level believed if Australia was invaded and there was a chance those with the full picture were captured, they were to be shot.

"We came to understand that the seniors were not to fall into enemy hands. The story about them having to be shot was hearsay, but we believed it."

When she told her family this story and how the shooting would be accepted without question, it left us in shock and seemed to highlight how much society's values had changed in less than a lifetime.

Lobban's letter referred to the cryptanalysts who worked with British, other Commonwealth and US agents as the "Forgotten Army" of the war.

Joan's section was considered an outpost of Bletchley Park, the highly secret British code-breaking centre near Cambridge University where the German Enigma code was cracked.

But sometimes security could be breached with the best intentions. Joan recounts a US senator visiting Australian intelligence bases at the time, who then went back home and told newspapers how American ingenuity had cracked the Japanese codes.

"Of course, the Japanese immediately changed their codes and it took us about three weeks to unravel the new ones. This breach probably cost lives.



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Photo: Eddie Jim
Courtesy The Age News

Joan McCarthy is turning accepted notions of ageing and sexuality on their head.

Joan McCarthy is happier than she's ever been. She's having some fabulous sex. She's working on her PhD. Last year, she completed her first triathlon.

She is a melange of vivacity and serenity and wit and confidence and humility. She radiates liberation. And she says she's quite typical of women her age. Joan McCarthy is 72.

McCarthy is here in The Zone to discuss *Sixty Strong and Sexy: Women Share Their Secrets*, co-authored with Maureen Smith. They flew themselves from Perth to Melbourne to feature at the recent Emerging Writers' Festival.

The book, which she started at 68, is a response to the widespread perception that getting older inevitably, insidiously undermines well-being.

"If you look at all the pieces of information that are out there about people in their sixties, it was saying one thing, but what we were finding was something really, really different. We felt vibrant, we felt alive, we felt as though we were having more fun than we have ever had in our whole lives.

"We said, 'there is a bit of a discrepancy here. I wonder if other women feel like we do'. The women we spoke to said that certainly they did. So we thought that we had better find out a bit more and we formulated a questionnaire.

"The information that we got there really confirmed what we felt - this was a time when our freedom was growing, our confidence was growing, and life was simply getting better."

Of course, age does work as a cruel and inexorable partner to the mongrel fate and genetic legacy that render many lives difficult, if not miserable or worse. But, for those in passable health, whether through benevolent fortune or smart lifestyle decisions or both, McCarthy's point is life just gets better. She rejects the loaded notion of ageing, preferring to talk of a process of maturation.

"Ageing says you get to a certain age and then, sorry, yes but it is all downhill from here. Adult maturation says this is another stage of your life ...

"[Developmental psychologist and psychoanalyst Erik] Erikson would say that there is the age of

THE TIME OF HER LIFE by Michael Short

integrity and then a final stage of 'generativity'. These are the stages of maturation. And when you reach the stage of integrity it means you're gathering all the wisdom of your life and integrating it and that's reflected in the studies that are done on the brain now. Then when you reach the age of generativity you are giving back to the generations coming behind you. Maureen and I are certainly experiencing this. I sit with my grandchildren and work with them on their assignments at uni. Maureen sits with her grandchildren and teaches them all sorts of life skills and so on, and we see this happening everywhere."

It is the certainty of death that renders existence meaningful, gives each moment value. Eternal life is my definition of absurdity, and of hell. Were life - as opposed to the soul - endless, nothing would have any relative merit or interest.

To experience every parallel existence, to go through everything possible is the same as experiencing nothing; where infinity equates with zero. McCarthy and Smith found a range of responses to the knowledge of death.

"I have spoken with women who have designed their coffin and have prepared the coffin and have researched how they want their funeral to be. They have made a living will. There are many people who are doing that. There are other people who say 'no, I do not want to think about it, I just want to get on and play'.

"There is room in this world for everything and that's one of the things about ageing - as we age we sit more comfortably in our skin so that we become more truly who we really are, and that means that we become diverse.

"When we accept death it seems to me that it frees us up to live more fully exactly how we want to live. We know there is an end point. And it's getting closer and closer. So, what am I going to do? Am I going to get up today and go 'oh dear, my hip is aching, I don't think I can get to Melbourne today?' No! Forget that."

McCarthy's wisdom and insouciance have been distilled from some trying experiences. The hardest thing she has ever done is endure the profound depression that followed being sacked, inappropriately she says, from running a health centre for indigenous Australians. She says it pummelled her to the point of considering not going on with life.

But she survived. Then she thrived. She studied. She wrote academic papers about health and sexuality and maturation. And now, as part of the book, she's challenging the modern notion that demographic pressures are a threat to the economy's capacity to generate sufficient wealth to meet the needs of the so-called ageing population.

"The media were putting forward the position of how are we going to look after all these old people? How can we afford it, there's going to be so many of them? How can we do that?

"And that just did not sit with what was in our lives, because both of us are supporting our children. And in this theory they were supposed to be supporting us. And how were they going to afford it?"

"We've not looked at the fact that when the (population) graph was skewed the other way, we forget that children need an enormous amount of support - far more than older people need."

One thing McCarthy reckons older women need is recognition, particularly in a world where young, classically attractive, airbrushed women are paraded as the epitome of desirability.

"Women become invisible at a certain age. And women that we have talked to keep saying 'how come we have become invisible?' As Gail Dines said, the only alternative to looking unfuckable is to become invisible."

McCarthy and Smith are reclaiming visibility. They've also got some good news for those who might have feared that sexuality is the bastion of younger people.

There are, of course, multitudes who experience sexual problems, and others who simply gradually lose interest. The notion of normal encompasses an expansive set of behaviour. But, according to many of the women McCarthy and Smith questioned, sex improves with age.

"There are many billboards that tell you how with a pill you can have longer-lasting sex. Good sex is not about longer-lasting sex, in my opinion. Good sex is about a connection with the person with whom you are relating. It takes maturity.

"As we get older, men often get very, very anxious about performance. And when they are able to realise that it is less about performance and more about communicating, and relax, they discover, according to what women tell us, that it just gets better and better.

"There is the quote that we have got in our book from Marilyn Monroe, who is the great icon of all of sexiness, and she said that she's never had an orgasm. There is this dichotomy between being sexy and enjoying our sexuality."

Perhaps the most important thing about the book is it doesn't really contain any big secrets, just thoughtfulness, good sense and openness. Time's passage brings freedom to many, well ahead of the ultimate liberty. The book is a celebration and exploration of life; it's that simple and that profound.

"Women consistently say 'oh, at last I can do what I want to do. I don't have to get up to the babies all night. I don't have to think about all sorts of things outside my area of my life. I can do what I want to do'. They have more courage. Their courage has increased and that is to do with the confidence.

"I might now have more lines than Telstra on my face but I don't bloody care any more. What's the point?"

theage.com.au/opinion/the-zone



Fairhaven

SURF LIFE SAVING CLUB

The clubhouse of Victorian Surf Coast's Fairhaven Surf Life Saving Club -- on a 7km long beach between the Airey's Inlet icon lighthouse (known as The White Lady) and Eastern View where The Great Ocean Road begins its winding cliff-face climb to the scenic Lorne village -- has closed down after 50 years of faithful service. Not because the club has fallen on hard times, rather because of boom times.

Club president, Paul Shannon said the original clubhouse, built by volunteers in 1960 for a membership of 90, had done an extraordinarily good job but had passed its use-by date and had to be replaced.

"Now with 1200-plus members including 450 Nippers, we're really bursting at the seams," he told The Last Post. "In recent years we've had to use portable cabins to manage Nippers and the administration of beach patrols and competition training for carnivals the club attends all over Australia."

The club has grown with the numbers of families building holiday homes in the area, and with young families moving there to live permanently, an idyllic location between the sea and the natural bushland of the national park wrapped around the communities.

The new clubhouse will significantly improve the club's operational capabilities, better serve members and Nippers, as well as provide modern fully-equipped facilities for the 13 local community groups who use the building for their meetings and social functions.

"It's much more than a surf club's summer season home, it's a year-round community resource which happens to overlook one of the best beaches in the world," said Mr Shannon.





“As an exposed beach though it can be very dangerous, so a surf club here is imperative.”

The club services the permanent and holiday communities of Eastern View, Mogg’s Creek, Fairhaven and Aireys Inlet along that strip of beach, but rushes to other unpatrolled beaches not far away when needed. In January this year, the club sent an IRB crew five kilometres around the cliffs in rough seas to Urquhart Bluff to assist in the rescue of several children swept out in a rip. Another crew went by road to work with neighbouring Anglesea club and the Westpac Rescue helicopter. The children were saved but unfortunately a mother who went to their rescue drowned.

During the summer season, Fairhaven usually supplies around 3000 volunteer lifesaver hours, patrols manage about 600 actions (preventative, first aid, rescues) across a patrolled area used by 13,000 beach goers (permanent residents, the regular holiday house community, visiting holiday makers staying in rented houses, the caravan park, B&Bs and the motel as well as day-trippers).

At the end of February, the club held a farewell party for the clubhouse before closing down the site and preparing it for construction of a new building, designed to meet the guidelines of Life Saving Victoria’s “Clubhouse of the Future”.

Among the crowd were club stalwarts Neil Riddell (left) and Terry Duggan (pictured here with the model of the new building), who have given a combined 100 years of active service to Fairhaven Surf Life Saving Club. Terry Duggan said that age had caught up with the clubhouse. “This place has done a fantastic job but we have to step up with the times,” he said. “With 450 Nippers, we’ve outlived it.” Neil Riddell said it was sad for him to farewell the old building because the culture of the club had evolved from it, but he would be on site for its demolition.

Both have held senior positions with the club, been patrol members and represented the club in carnivals around the country. During this last season, Neil was often seen washing dishes while Terry was cleaning up around the building.



Appeal

To meet its commitments to fund the new building, the club has raised \$1.86million from its own cash reserve and a members’ and public appeal, and is reaching out to the wider general population and to the broader national lifesaving fraternity to raise another \$450,000. Donations can be made via www.fairhavenslsc.org. The club has been awarded grants from LSV (\$1million) and Surf Coast Shire (\$240,000).

“As a relatively small club in a small seaside community, we have received fantastic support but we need to complete our fundraising target, and so set the club up for the next 50 years,” Paul Shannon said.





Entertaining passengers on Cruise Ship Zuiderdam in Alaska.

Frank Sebastyan

In the first of several instalments, regular 'The Last Post' reader, Frank Sebastyan takes us through his recent trip to America.

PART ONE: "I CAN HELP YOU OUT WITH THE SHOES"

Frank Sebastyan's first job came at 13 years with his working weekends as a change boy at a Penny Arcade at the Glenelg sideshows, and a Peep Show at the Royal Adelaide Show during his September school holidays. Never being one to sit and watch the grass grow, Frank simultaneously worked at the well-known seaside hamburger joint in Glenelg, the Koffee Kup, cooking his version of their famous burgers. As far as "real" jobs go, after leaving school he slaved away as a ledger clerk with the South Australian State Government Hospitals Department. He formed own rock band in 1963 before he became too encroached there and then came a short but successful retail stint as manager of the Myer Record Bar. He bought the first jukebox to site, thus the beginning his amusement company Automatic Music Distributors (SA) known as AMD. Feeling the call of the stage and the adoring crowds that awaited, Frank quit Myer to become a professional entertainer with the Adelaide band The In-Sect. The In-Sect played regularly at the suburban Arkaba Hotel as well as other gigs and developed a loyal following. They released hit singles and also Adelaide's first LP by a rock band. Frank was later appointed Music Director of Radio Station 5DN. After successfully shake rattle and rollin' at 'DN, he left to establish Downtown and Magic Mountain and forged a career in the amusement industry trade associations as President/Chairman of SA and then two National bodies. Frank regularly represented Australian members at World Summit Meetings overseas. In 2007 Frank sold the AMD business and "retired". Missing the adoring fans, whilst playing competitive tennis, Frank entered the fashion industry as a model performing catwalk parades and photo shoots. He has also appeared in the movies Coffin Rock and The Boys Are Back.

A year or so back my wife, Christine announced to me that she really wanted to do the Alaska ship cruise trip. This had remained a well kept secret up until this moment and suddenly we were caught up in plans to go to America, Alaska and Canada. It happened out of the blue but the great surprise led to a great trip. Seven blissful weeks.

This was to be my 19th trip to the USA so I wasn't a greenhorn and was used to the nuances and layout of the place and always eager to find out more. It's a place that never stops surprising you no matter how much you think you've got it down pat. It's one of my favourite places in the world, the culture, the warm, friendly people. The hospitality. I love the cities over there.

This time and for the first time, we drove from New York on a long trip that took us around to a lot of places. We ended up in St. Louis and how great was that, seeing the 'real' America. We took the back-roads and saw country towns and mixed with the locals in different environments. On a quick trip or "tour" you don't get to see these things. I'd travelled from Florida to New York before, by train but didn't see much more than back sheds and yards. This trip made up for all of that.

But back to the now and it's lucky, I guess that I'm a keen driver. Driving on the "wrong" side of the road is okay with me. I'd done it before. New York? We'll get to that in detail later but Hoboken was a highlight, the birthplace of Francis Sinatra. Kansas City was great too. Little Richard had sung about it and The Beatles had covered that great song but nothing beats going there. On the corner of

12th Street and Vine. We logged it into our GPS and went there.

Vancouver turned out to be, for us on our first trip there, a bit like San Francisco. That was our second city after landing at Los Angeles.

At L.A. I'd arrived in my floppy jeans which I wear for comfort on trips like this. When we got to Customs they, of course and as usual, asked me to remove my belt and shoes to which I replied "I can help you out with the shoes but as far as the belt goes, I'd rather not do that." They insisted though and with the loosening of my belt, my good 'ol jeans gave in to gravity and dropped to my ankles. Just a little taken aback, they could manage only to ask in obvious shock, "What are you doing?"

I told them I'd warned them.

Due to their 'bagginess', this dropping of pants is almost a ritual and happens at most customs that I go through. Be warned, if you're behind me!

From there and with my belt back on, we took American Airlines up to Canada and landed at Vancouver. What a city. Beautiful. It reminded me of San Francisco. We had two days there in full and crammed as much as we could into that time, including their central market, equivalent to any of the major city markets here in Australia. This was something else though and as good as the market here in Adelaide is, maybe, just maybe, this was better. Their array of produce and food was amazing.

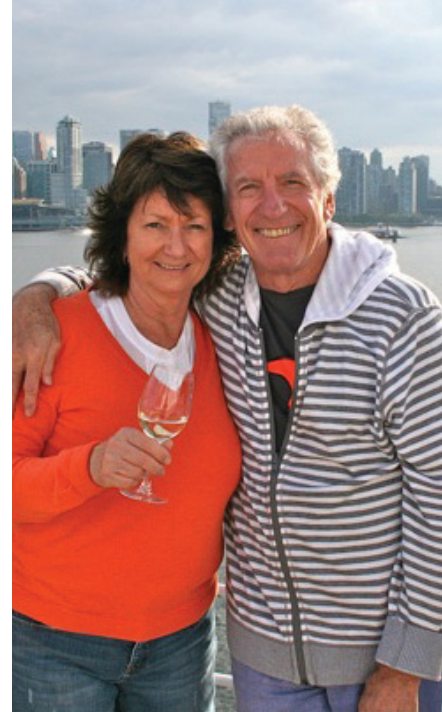
I'm a known shopper and we did a bit of that. Dining? We found a barbecue restaurant in Vancouver, based around Memphis-style cooking. Ribs, Pulled pork. Slow cooked. It's stuff we love so much we cook it at home. At

Beautiful Vancouver background departing on Cruise





Vancouver bridge , view from Granville Island



this place they had not 50, not 60 not 70 but 80 different bourbons. It's a wonder I ever left.

But we did leave and outside we had beggars offering their hat. One guy in particular seemed pushy and Christine suggested I use my Croatian heritage to the best effect. So I did. The only problem was, when I told him we were out of change in Croatian, he answered in the same language!

We took a Dodge 4-wheel drive through the mountains to Whistler and drove up there in limo comfort. I'd never driven a Dodge before and I was rapt with the ease in which we went through the mountains. We'd left the beauty of Vancouver in the morning and reached the beauty of Whistler by lunch. It was the tail end of summer though and, with winter coming in quickly, the cloud cover meant a lot was left to the imagination.

In Whistler we got an off-season luxury apartment for a very good rate. Spa, sauna in this huge apartment. It's living and while there was not enough snow to ski we took the ski lifts anyhow to take in the scenery and the views were great. We spoke to an Australian girl who was working as an attendant. She was from Tasmania and was getting \$9 an hour. That's a flat rate

thanks very much. Weekends, nights, \$9 an hour! You wouldn't get away with that in Australia!

On that first night in Whistler we dined out at an American Grill and again the following night we ate out. 3 days and two nights and loved it.

After that we headed back to Vancouver to board the Zuiderdam to go up the coast. It was a big ship, built only 9 years ago and holding around – 2000 people.

We had never been on a ship cruise and I was a little toey as I don't rate myself a very good sailor but we were both excited. After waiting in Customs for about two and a half hours, without the usual body-search this time, we walked straight on and were led to our cabin suite. It had a balcony. Later, we would have a tour of the great ship but just then it was time for taking it all in and taking great photos as we left the busy dock. We could see this beautiful park, bridges and sea-planes. It was late afternoon, almost sun-down and we enjoyed drinks as we were leaving the harbour.

We ended up having dinner in an elite dining room. All our food was included in our package but this dining room had the high-end food of lobsters and other great stuff, all for the extra cost of only \$20. It seated around 40 but with us, it was only around 8 people.

On that first night we ate well and enjoyed each others company in this new and exciting environment. As the Zuiderdam made it's way up the coast and I looked out from the balcony of our suite, I felt a great awareness of the importance of living, of not just being alive but actually living.

Mother bear with her baby bears at Neets Bay, Ketchikan



Scenic railway to Whitepass, Skagway elevation 2888 ft.

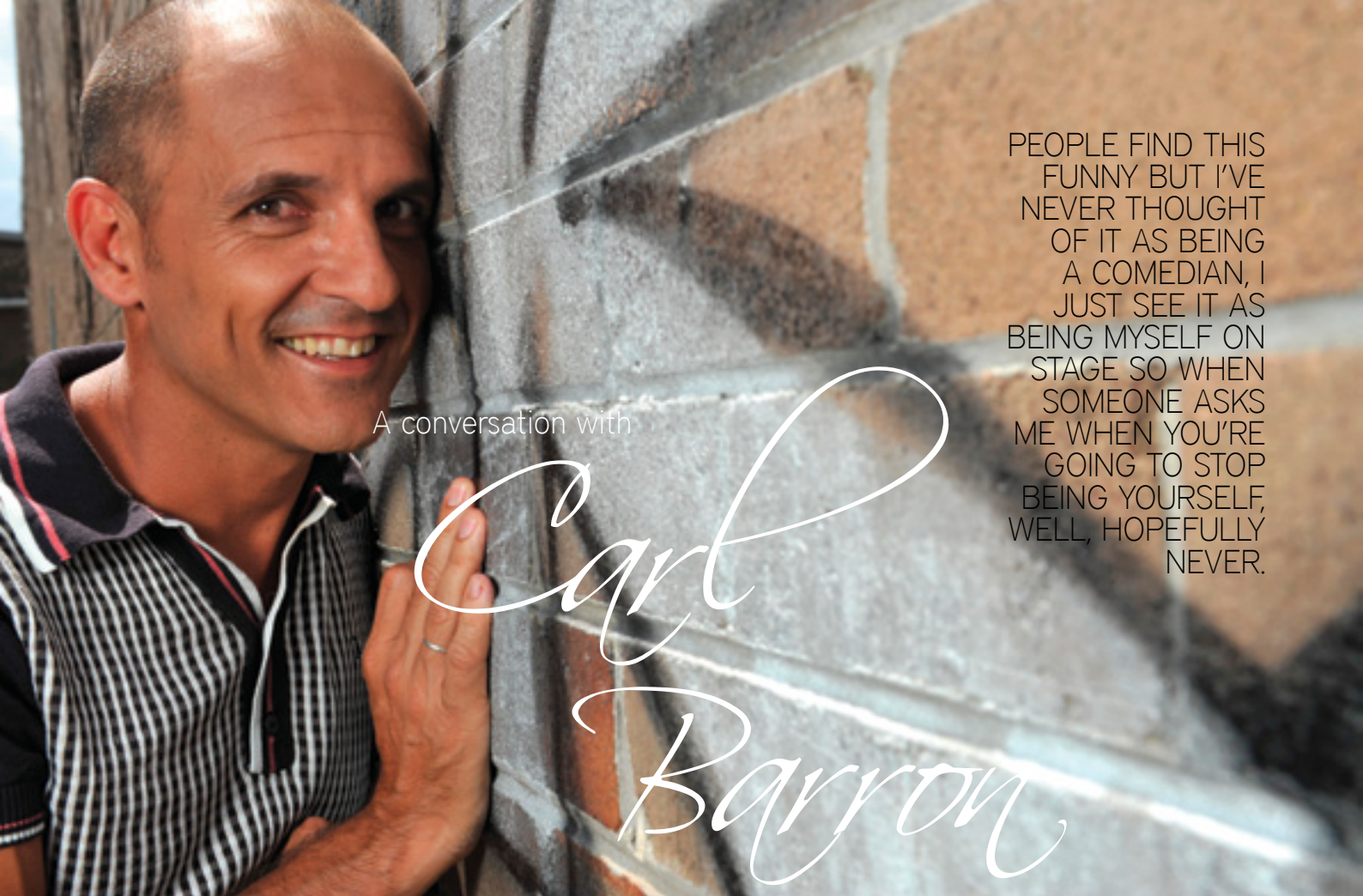


The Zuiderdam, luxury 9yr. new cruise ship



Look at the size of these cherries! Never seen yellow ones before. Taken at Granville Island market, the only market in the world better than our Central Market.





A conversation with

Carl Barron

PEOPLE FIND THIS FUNNY BUT I'VE NEVER THOUGHT OF IT AS BEING A COMEDIAN, I JUST SEE IT AS BEING MYSELF ON STAGE SO WHEN SOMEONE ASKS ME WHEN YOU'RE GOING TO STOP BEING YOURSELF, WELL, HOPEFULLY NEVER.

Carl Barron, born in 1964, is an Australian comedian. His style is based on observational humour. He was born in Longreach, Queensland, the son of a sheep shearer and formerly worked as an apprentice roof tiler. Barron has released three DVD's, entitled Carl Barron LIVE!, Carl Barron: Whatever Comes Next and Carl Barron: Walking Down The Street. In November 2010 a box set entitled "All The Stuff I've Done So Far" was released, which included the three previous titles, plus a documentary and outtakes. In 1993 he was voted 'Comic of the Year' and 'Best Up and Coming Talent' and has since made many TV appearances in commercials and on shows such as Rove and Thank God You're Here. Barron made his first television appearance on the NRL Footy Show in 1997. He has regularly sold-out shows at the Melbourne International Comedy Festival. Barron has been very successful in Australia with the DVD release of Carl Barron LIVE! going four times platinum, making it the most successful Australian comedy DVD's in Australian history. He has appeared in Good News Week, Out of the Question, Thank God You're Here and episodes of Rove.. The Last Post: Thanks for joining us at The Last Post. How are things with you at the moment? Carl Barron: Yeah, pretty good, working and touring, you know, doing what you gotta do. TLP: Are we all comedian's do you reckon?

C.B: Well, I think there's some capacity for everyone but some people...I think everyone's got a story but not everyone knows how to tell it or wants to get on stage. Everyone's a comedian at some point but it's like everything else, some people are just better at things than others. TLP: Do you have any recollection of knowing that was the case with you? Harold Park Hotel, I believe, you had your first stand-up, did you have any feeling that that was what you were meant to do? C.B: Yeah, I did. I've had that feeling my whole life, since I was a kid, that that was the thing I wanted to do and be would good at. TLP: Your father was a sheep shearer and you worked as an apprentice as a roof tiler. Did you think up jokes as you were doing your roof tiling or use your humour as a way of escaping from that? C.B: No, I've never felt like I thought up jokes. You just have ideas about things, life and quite often when you tell people, for some reason people found it funny the way I talk about my life. I don't think it's a far cry from sheep-shearing or roof-tiling or anything like that because, when you meet people everyday, you meet with one of your friends and you tell them a story and quite often there's a laugh in there so I don't feel like it's that far away from anything really. It's funny, whether you work in an office or on a roof.

TLP: There's humour all around and I guess it's that ability to bring it out. You've travelled a fair bit, overseas, outback. Do you enjoy travelling and do you get different audience reactions depending on where you're at? C.B: There's always a little bit of a difference I guess. I suppose the biggest difference I found was in America, when I played New York. That's where it was tougher for me because being kind of a dry, sarcastic Aussie, it's difficult for that to translate to something, in that country anyhow but I did alright. But I don't think audiences vary that much, you can have a great show in the middle of nowhere, you can have a bad show in the middle of nowhere and the same for the cities. People are generally the same. TLP: Do you go into your own zone for places as seemingly different as say, New York to Charleville? C.B: I've just got what I've got. People say, 'What if your jokes aren't working, what do you turn to?' I said, Nothing, I've got nothing to turn to. I've only got the one angle on things. TLP: A lot of your humour is observational. Do you get most of that through your life or do you pick up on others' experiences? C.B: To me, I always like to deflect it because I'm not doing anything special like, I'm just observing, like a lot of other people in the world, like you do or someone reading this. You don't choose how you observe, you just do it as you are so I just see things as I see them and

hear things the way I hear them and I like telling people about that. You can't control it.

TLP: Correct me if I'm wrong but didn't you once say that if Paul Kelly and Ghandi had a baby, "I'd be it". Have you ever met Paul Kelly?

C.B: No, I've never met him. I'd like to meet him. I'd like to sing a song with him one day, if I had my wish, if I could have one. I've always been a big fan of Paul Kelly. It's just one of those things. If you're short and bald, you tend to look like other short and bald people. I just said it off the top of my head one night and people remember it. The things you say off the top of your heads sometimes are the things people remember the most.

TLP: Roy Rene as Mo, John Meillon and Gary McDonald as Norman Gunston are some Australian comedians who have had particular success through their originality and you yourself are an original that stands out in a group of other great Australian comedians because, I guess, of the way your take on things is. You've reached pretty high company and with your DVD being, I think the most successful Australian comedy DVD of all time, how much longer can you keep doing this?

C.B: I don't know. I often ask myself that question. I have two answers for everyone. One answer is, you know, I feel like I just want to stop and do nothing and just be, like a worker but the other half of me also knows that I could be on the stage when I'm eighty. My friends say that, "Yeah, we can see you doing that". I don't know how long. You never know but I can't see it stopping. I love doing it. It takes it toll, travelling and the pressure and all that but it's in my blood. People find this funny but I've never thought of it as being a comedian, I just see it as being myself on stage so when someone asks me when you're going to stop being yourself, well, hopefully never.

TLP: So true Carl. Did you share your observations with your family when you were growing up or did you keep them to yourself.

C.B: Well, I've done a mixture of both in my life, shared them with everyone. I used to make my family laugh as a kid, I'd put on shows, as a schoolkid like a lot of comics did, a kid by himself, writing down things and then I'd perform for my family. As a schoolkid I was always looking for an audience. The one thing I like to do the most is to make people laugh. It comes before being a comedian or performing or travelling, to me it's... I may one day get tired of travelling and performing onstage but I'll never tire of making people laugh.

TLP: If there was more laughing there'd be less of things negative.

C.B: Probably, yeah.

TLP: Are you able to go into a pub for a beer without being bothered. Do you long for anonymity sometimes?

C.B: Yeah, I always long for anonymity because I'm pretty quiet and a private sort of person. I've done all these shows and people know me but I can't really go into a pub and sit there and not be noticed. Sometimes it's good. A lot of people are just friendly and sometimes people want you to perform. I can't do exactly what I want sometimes but then again, the life of doing what I'm doing is giving me things I didn't have before so I try and weigh it up against that. I've lost some things but I've gained too, you know.

TLP: Yeah and as you said before, you're just being yourself.

C.B: That's right. I mean, the result of that is, people you meet in the street or anywhere, some of them want you to make 'em laugh or they want you to be their buddy.

TLP: How's it feel to travel, being an Australian. Does it feel different and with Anzac Day approaching, what's your take on Anzac Day?

C.B: It's a question I've probably been thinking my whole life about. I think, one thing a friend said to me from Canada, years ago, he said, 'The great thing about Aussies and the thing that they're liked for or maybe not liked for is that they don't give a toss about things. I think



it's true about Aussies. We can be seen as not caring about things that may seem important to the rest of the world, which is great and it endears us to people, us thinking, 'Ah, well, we'll just have another beer and not worry about it but I also see that as sometimes being our downfall, occasionally we may be seen as not caring enough. So it means many things to be an Aussie. I know in my heart when I meet Australians, I know what the feeling is to be an Aussie and I don't know how to explain that but that I love. Caring and not being seen to care is sometimes good, sometimes not so good.

TLP: Thanks so much Carl.

C.B: You're welcome Greg, I enjoyed it very much.

TLP: Yeah, well, I do hope to catch you 'live' again one day soon.

C.B: Thanks Greg..



EVERYONE'S
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EDUCATION & the

Anzac Spirit

by
Peter Garrett

The Anzac tradition is an important part of our understanding of ourselves as Australians. On Anzac Day each year, we reflect on the meaning of the Anzac tradition and the qualities associated with it; including courage, support for each other particularly in times of hardship and difficulty, resilience and a can-do spirit. In such a context, it is worth looking at what young Australians learn at school as they both draw on the experience of previous generations and prepare themselves for the challenges of adult life in the twenty-first century.

Students need to understand the forces and events that have shaped us as Australians, including the Anzac tradition, and to be fully equipped with the knowledge, understanding and skills they need to make the most of the opportunities available to them in the contemporary world. As we approach the Centenary of Anzac, we should be confident that young Australians appreciate the past and are well prepared for the future; a future which the young Anzacs could hardly have envisaged nearly a hundred years ago; but one which their sacrifices helped to make possible.

In the school context, the teaching of history provides opportunities for reflections on the past, including the Anzac tradition, and the curriculum as a whole prepares students for the challenges of the twenty-first century. State and territory governments joined the Commonwealth to establish the Australian Curriculum, Assessment and Reporting Authority (ACARA) to develop a curriculum for all Australian students guided by the Melbourne Declaration on Educational Goals for Young Australians. The Declaration includes an explicit commitment to supporting young Australians to become successful learners, confident and creative individuals and active and informed citizens, who have an understanding of Australia's system of government, history and culture.

In December 2010, education ministers endorsed Australia's first national curriculum from Foundation to Year 10 in English, mathematics, science and history.

The Foundation to Year 10 Australian Curriculum: History provides a balanced, rigorous, contextualised approach to Australian, Indigenous and world history, which will enable students to appreciate Australia's social, economic

and political development. This includes student understanding of the Anzac tradition and Australia's military history, including the sacrifices made by members of the Australian defence forces.

For example, students will learn about an Australian war memorial in their local community in Year 2 and Anzac Day in Year 3. They will learn about World War I, including Australia's involvement in Gallipoli and the nature and significance of the Anzac legend in Year 9. In Year 10, they will learn about World War II, Australia's involvement in Cold War and post-Cold War conflicts, and continuing efforts post-World War II to achieve lasting peace and security in the world in Year 10.

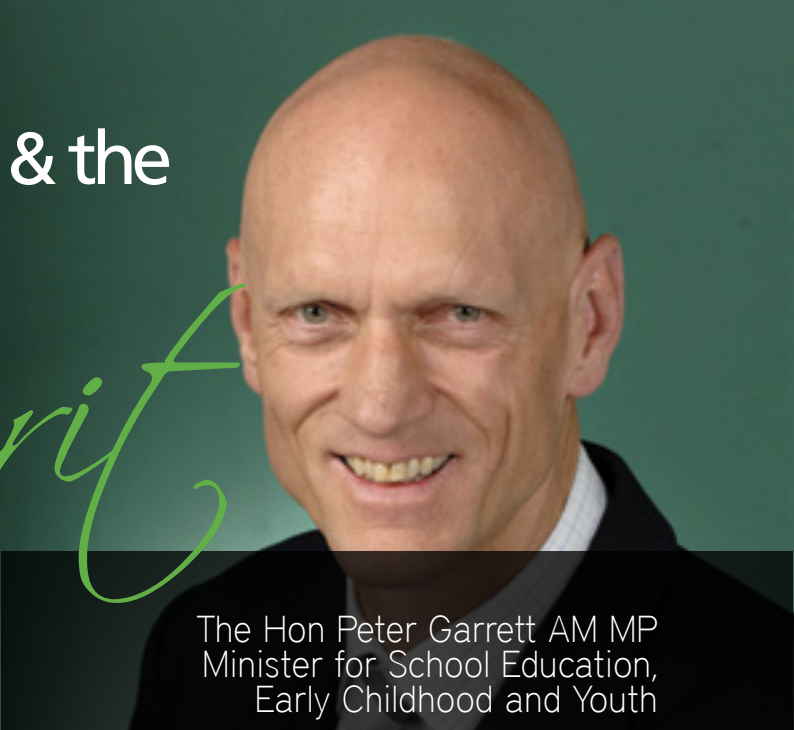
The Australian Curriculum seeks to equip young Australians with the skills, knowledge and capabilities that will enable them to effectively engage with and prosper in society, compete in a globalised world and thrive in the information-rich workplaces of the twenty-first century.

Complementing the skills and knowledge all of Australia's students will gain as they study history until the end of Year 10, the Australian Curriculum: English will help students to become confident communicators, imaginative thinkers and informed citizens. It will help students to engage imaginatively and critically with literature to expand the scope of their experience.

The Australian Curriculum: Mathematics will develop in students increasingly sophisticated and refined mathematical understanding, fluency, logical reasoning, analytical thought and problem-solving skills. These capabilities will enable students to respond to familiar and unfamiliar situations by employing mathematical strategies to make informed decisions and solve problems efficiently.

The Australian Curriculum: Science will provide opportunities for students to develop an understanding of important science concepts and processes, the practices used to develop scientific knowledge, of science's contribution to our culture and society, and its applications in our lives.

The second stage of ACARA's work involves



The Hon Peter Garrett AM MP
Minister for School Education,
Early Childhood and Youth

the development of an Australian Curriculum in languages, geography and the arts. This work is now underway. Phase three of the Australian Curriculum development process will focus on the learning areas of health and physical education, information and communication technology, design and technology, economics, business, and civics and citizenship.

Across all these subjects, the Australian Curriculum will also foster the development of students' capabilities in literacy, numeracy, information and communication technology, critical and creative thinking, ethical behaviour, personal and social competence, and intercultural understanding. These capabilities will help to prepare students for the challenges of adulthood, and for their life roles as members of families, communities and the workforce.

Placing it at the forefront of curriculum developments worldwide, the Australian Curriculum is being published online, which enables it to be accessed by all members of the Australian community. The Australian Curriculum online is being linked directly to online resources that support teaching and learning, and provide for great flexibility in how the curriculum is accessed and organised. For example, users are able to view, download and print the curriculum for a particular learning area at one year level or across multiple year levels. Check for yourself on the Australian Curriculum website at www.australiancurriculum.edu.au.

Nearly a hundred years after the Anzac tradition was born in the conflict of World War I. The tradition has evolved in the meaning, expanded to encompass the broader sense of what it means to be Australian. We can be confident that, through the Australian Curriculum, all students will receive a high quality, engaging, challenging and well-balanced education that ensures they understand the forces and events that have forged Australia as a nation and equips them for life in the modern world.

ADELAIDE HIGH SCHOOL

The Harefield Flag: How a Union Jack flag used in World War 1 connects an English village with Adelaide High School

Adelaide High School's connection with the spirit of the Anzac stretches as far back as 1915 and the Australian landing at Gallipoli. Many an old scholar of Adelaide High School sent letters back from the frontlines of World War 1 outlining their experiences, and many of these letters were published in the school magazines of the time.

Sergeant J E Pearce, B Company, 10th Infantry Battalion, AIF, was one such old scholar whose experience of storming the beaches at Gallipoli on the morning of Sunday, April 25, 1915 was published in the Midwinter edition of the school magazine (p. 9) in 1915. He wrote:

I am proud to have been amongst the first Australians to do something on this side of the world, but I realize how easily I might have been amongst the slain. When the 10th Battalion roll was called two days after our landing on Gallipoli, only one officer and twenty-four men responded out of over 1,000.

Sergeant Pearce, himself wounded in the battle, graphically described the events of the day and, through his words and those of many other servicemen from Adelaide High School who answered Britain's call, the school community came to understand the price of freedom.

Anxious that the school should not forget the sacrifices that the Old Boys were making to keep the Flag flying, the Adelaide High School noticeboard was turned into a temporary honour roll, funds were gathered to erect a Roll of Honour Board in Price Hall in the Grote St buildings of the school, and the school magazines continued to contain letters, Rolls of Honour and photographs of serving old scholars or those killed in action.



Adelaide High School World War 1 Roll of Honour

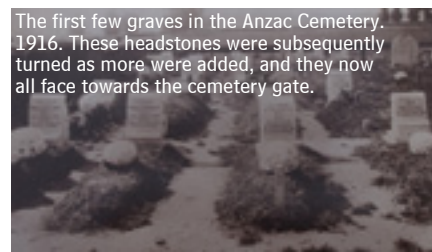
Whilst these reminders of the sacrifices made by Adelaide High School old scholars endure (copies of the magazines remain in the school archives and in the Mortlock Library of South Australia, and the Roll of Honour Board was moved to the West Terrace site of Adelaide High School when the Boys' and Girls' Schools amalgamated in 1977), the most significant artefact from WW1 in the possession of Adelaide High School is the Harefield Flag.

Harefield is a very picturesque, old-fashioned little village about 27 kilometres north-west of London in Middlesex, England. In November 1914, wealthy Sydney expatriate Mr Charles Billyard-Leake offered his manor house, Harefield Park, and 250 acres of parkland in Harefield to the Australian Ministry of Defence to be used as a home for convalescent soldiers of the AIF for the period of the war and six months afterwards. The hospital was meant to have just 80 beds for diggers to convalesce before being shipped home, but from June 1915 when the wounded from Gallipoli began to arrive until the end of the war, it evolved into a fully-fledged hospital which saw 50,000 Anzacs pass through its doors. Many wounded Australian soldiers were taken to the hospital and some 111 of these men died from their wounds and were buried in a small cemetery adjoining the village church. One woman, a nurse, was also laid to rest there. Each of the Anzacs who died at the hospital received a military funeral. Ceremonial cortèges with flag-draped caskets passed down the main street of the village of Harefield to the final burial place in the Australian burial ground at the Harefield village church, St Mary's Church.

Mr Earnest F Jeffrey, who was the headmaster of the Harefield Council School at the time, described how the Harefield Flag, which now belongs to Adelaide High School, came to be symbolic of the bond between a village in England and a South Australian high school.

Many of us welcomed the convalescent soldiers into our homes, and they came to see us at my school. When the first death in the Hospital occurred, the school's Union Jack was borrowed to cover the coffin at the burial, and throughout the war it was borrowed whenever the sad need for it arose.

The first few graves in the Anzac Cemetery, 1916. These headstones were subsequently turned as more were added, and they now all face towards the cemetery gate.



The Flag is being fully lined. New wool fabrics have been dyed to match the Flag as closely as possible. This photo shows the beginning of the lining process where the pieces are carefully measured and cut to fit behind the flag.

After the Armistice, it was thought that the children of Australia would treasure the flag because of the use to which it had been put. (Goatman 1972, p. 30)

In early 1920, Mr Jeffrey presented the Union Jack flag to Lieutenant Colonel Yeatman, the last Officer Commanding the Hospital, with a request that he would hand it to an Australian school willing to send its own Union Jack in exchange. On his return to Australia, Yeatman handed the flag to the Schools' Patriotic Fund which considered Adelaide High School had earned the honour of receiving it because of the work it had done for this fund during the war by sending relief parcels to Harefield. The Schools' Patriotic Fund later arranged for a British Union Jack to be sent to Harefield and Adelaide High sent Harefield an Australian flag

An Australian funeral passing the Harefield village common and blacksmiths



Mr Jeffrey, the Headmaster of Harefield Council School, with the first group of Harefield School children visiting the cemetery with their flowers, on Anzac Day, 1921.



which they still have hanging in their chapel, and of which a Harefield boy wrote in 1946, ... your Australian flag, always served, during the darkest days of the War (1939 - 45) to remind us of the loyal friends we had far away. (Pearce, W 1946, 26)

The Education Gazette, dated December 15, 1920, (p. 233) reporting the exchange of flags said

We doubt not that both schools will treasure the mementoes of an awful yet glorious period of the Empire's history.

In 1921 began a tradition which continues today. As Ruth Batchelor wrote in the Adelaide High Schools Jubilee Magazine (p. 38), Each year since the end of the 1914-1918 war an Anzac Day service, in which the children of the school play a large part, has been held in the Harefield Church. In 1952 I was fortunate enough to be able to attend the afternoon Anzac Day service. As usual the early morning service, in which the children took part, had been broadcast in Australia. After the service everyone filed in procession to the Australian Cemetery for the Act of Memorial. On each Australian grave was a bunch of flowers, not a stiff formal wreath, but posies of fresh field flowers, bluebells, primroses or daffodils which the children themselves had gathered in the woods and fields and placed there before the early morning service.

Today remembrance services are still held in St Mary's Parish Church, Harefield. Australian, New Zealand and English officials lay wreaths under the granite obelisk inscribed with the words "To the Glory of God who giveth the Victory and in memory of Brave Australian Soldiers who after taking part in the Great War now rest in Harefield Cemetery" while a bugler plays the Last Post, and local school children place floral tributes on each of the graves in the Australian Military Cemetery.

In World War II also, the Adelaide High School community did what they could to support the people of Harefield. In 1946, the then Headmaster of Adelaide High School, Mr R A West,

aware of the serious shortage of food in Great Britain, (...) thought it would be a fine gesture

if the school could send parcels to the students of Harefield School. Originally it was his intention to send one parcel to two children, especially when he discovered that the village school had a roll of three hundred and fifty! However, so enthusiastic and generous was the response from the school community with both food and money donations that we were able to send every student and teacher an individual parcel.

(Harefield and Holland, Aug 1946, p. 2)

Whilst the traditions surrounding Anzac Day continue in Harefield, the significance of the "Harefield Flag", the original Union Jack which had been given to the school in 1920, has been an enduring feature in the history of Adelaide High School. Past scholars remember school assemblies where the school displayed the Harefield Union Jack, and the connection with Harefield School continued, not only on Anzac Day, but through correspondence between students of the two schools. The flag hung in Price Hall at Adelaide High School in Grote Street until the amalgamation of Adelaide Girls' and Adelaide Boys' High Schools in 1977, when it was transferred to the Honour Roll Foyer at Adelaide High School, West Terrace. Here it was hung next to the Honour Roll Board containing the names of students from Adelaide High School who served during World War I, together with those who gave their lives in service for their country. The Lady Galway (Red Cross) banner, presented to Adelaide High School by the Schools' Patriotic Fund at the end of World War I, is also displayed in the Honour Roll foyer.

The Harefield Flag provides a real historical link to South Australia's involvement in World War I as it is the actual flag used to honour servicemen who gave their lives for their country. The Harefield Society in South Australia also holds the view that the flag may have once belonged to Lord Cardigan. Whilst the original flag is still in the possession of the school, over the years constant display has made it fragile and faded and in 1995 it was treated by Artlab to prevent further deterioration. At the time, the school was unable to afford the cost of fully restoring the

flag so it was then stored in Adelaide High School's archives, being too fragile to continue to display. A replacement Union Jack, provided by the RSL at the request of the school, currently hangs in the Honour Roll Foyer in place of the Harefield flag.

In 2010 the school received a grant from the Premier's Anzac Day Fund to help restore the original flag and the school is currently looking at raising additional funds to allow this to happen. The flag is currently at Artlab undergoing restoration. Artlab found that:

at some point in its life the Flag has undergone restoration with sections of the blue and cream replaced. Since then it has been displayed with the back to the front as this side is less faded. It was decided not to remove the previous restoration and leave it displayed as is. The repairs are very much part of its history and reflects the effort and care taken to look after the Flag by the school community. (Artlab 2012)

It is hoped that following its restoration the school will once again be able to display the original Harefield Flag for the centenary of Anzac Day in 2015. Adelaide High School is also looking at the possibility of taking a group of students to Gallipoli or France for the centenary celebrations and is hoping to visit Harefield.

The Lady Galway (Red Cross) banner presented to Adelaide High School in 1919.



Laying wreaths under the granite obelisk, Anzac Day 2011.

Photo courtesy of Mike Rimmer



Harefield school children place floral tributes on the graves of Australian soldiers on Anzac Day, 2010.

Photo courtesy of Mike Rimmer





In 2011 the Harefield Flag was sent to Artlab. Initially the flag was wet-cleaned. It was sandwiched between net to secure fragile sections and washed out flat in a shallow depth of water.

The Adelaide High School community, like the people of Harefield, will continue to remember and honour the sacrifices made by the Australian and New Zealand servicemen during World War 1. The Harefield Flag *is part of the history and tradition of Adelaide High. Respect it, be proud of it, for as such it is an integral part of our school.* (The Harefield Flag, Dec 1963, p. 2)

Further information

Please contact Adelaide High School if you would like to make a donation towards the restoration of the Harefield Flag.

Phone: 61 8 8231 9373

Email: office@adelaidehs.sa.edu.au

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Carefully removing the old lining from the back of the Flag.

ANGLICAN CHURCH GRAMMAR SCHOOL

Tri-service Cadets – An Unique Aspect of Churchie’s Service Program

Churchie’s Tri-service Cadets program has been at the fore front of the School’s Personal Development and Leadership of young men, illustrating its commitment to community service and its alignment with the internationally accredited Duke of Edinburgh Award program.

‘The School’s Tri-service Cadets, whether from the Army, Navy or Air Force Cadet units, have received glowing feedback from a wide area of our local community and their efforts through the year is a great credit to the School and their families,’ Tri-service Coordinator, Mr Geoffrey Hughes stated.

With student participation numbers increasing over the last five years, the School now has 160 Cadets across the three services in the program. Parade timings occur every Monday afternoon to military precision, whilst weekend bivouacs are conducted by each of the three services, three to four times a year. Each service also holds an annual eight-day camp with many challenging and interesting activities, during the September vacation, attended by Cadets from across South East Queensland.

A highlight of the year for Churchie Cadets is the Parade Ceremony at the School’s annual Anzac Day Service. Old Boy, Major General Michael Hindmarsh AO, CSC (Ret’d) and presently Commander of the UAE Armed Forces Presidential Guard, will preside at the Service on 25 April 2012, in the School’s Centenary year. Other special occasions include the Beating Retreat Graduation Parade for departing Year 12 Cadets and the Legacy Badge Appeal (In 2011, the Churchie Cadets raised over \$14,000 for Legacy).

A host of community service activities throughout the year see the Tri-service Cadets engaging with and supporting the wider community, at functions ranging from the Fall of Singapore Commemorative Service, the Mater Special School Anzac Day Service, the Tattersalls Club Anzac Day Luncheon, the Brisbane Schools Anzac Day Service, the Brisbane Anzac Day Dawn Service at Anzac Square, the Churchie Remembrance Day Service, the Moreton Bay College Remembrance Day Service, the National Servicemen’s RSL Sub Branch Remembrance Day Service, the Korea Veterans Commemorative Service, the Vietnam Veterans Service and the Battle for Australia Commemorative Service amongst many others.

Anzac Day Service of Commemoration

Wednesday, 25 April 2012

8.30 am

The Flat – Anglican Church Grammar School, Oaklands Parade, East Brisbane, QLD 4169

All are welcome.

2011 - Churchie Army Cadets win Brigade competition



2011 - CDTPO Chris Pedler on USA Exchange Program





2011 - Obstacle training at the Enoggera Barracks

Significant Student Achievements

2009 - Cadet Flight Sergeant Calum Jackson attended the Australian National Flying Competition and won the KJ Broomhead Cup for the top Cadet in the gliding section. Calum is currently studying at the Australian Defence Force Academy.

2010 - Two Churchie Army Cadets were members of the South Queensland Team that won the Chief of Army Challenge against teams from across Australia. Cadet Under Officer (CUO) Andrew Scott-Mackenzie led the 10 strong cadet team from South Queensland and was supported by Cadet Sergeant Nicholas Eagle.

2011 - The inaugural South Queensland Australian Army Cadet Brigade inter unit competition was conducted between teams from across South East Queensland. The Churchie team led by CUO Nicholas Eagle won 5 of the 6 events, including the overall Champion team. Cadet Bradley Lovett as part of that team won the Champion Shot award for all of South East Queensland.

Midshipman Christopher Pedler was selected to go to the United States in 2011 to participate in the International Cadet Exchange Program based at the American Naval Officer Training School, Newport, Rhode Island for two weeks. Christopher was also selected to participate in the Tall Ships Voyage that same year.

2012 - Cadet Corporal Adam Scott-Mackenzie maintained the tradition set by his elder brother in 2010, when he was also selected to participate in the Chief of Army Challenge as part of the South Queensland Team. Again in 2012, the South Queensland team won this national competition.

2009 - Cadet Flight Sergeant Calum Jackson



2008 - Anna Bligh meets Churchie students





Old Boy, Major General Michael Hindmarsh AO, DSC, CSC (Retired)

Currently Commander of the UAE Armed Forces Presidential Guard

TLP: Yes, of increasing significance. You went to Churchie as a student.

Mike: Yes, I was in the cadets there. Memories of painting belts black and polishing boots and so forth and not being particularly good at it. I didn't aspire to join the military at Churchie but it was a start. I went to Queensland University before the penny dropped. I was a boarder at Churchie so when I went to Duntroon, I found that less of a challenge than it was for kids that hadn't been away from home, so it set me up nicely for that.

TLP: How significant is the "Anzac spirit" for Australia, in light of what's happening overseas?

Mike: 2012's probably no different than 2011, 10 or '09 during the current era with the war in Afghanistan, Iraq and Timor prior to that. It goes back a very long way, so Anzac Day to me, it's significance hasn't really changed. Still a very important day. Except for a very quiet time, post Vietnam, we've always had soldiers deployed and in harm's way. So in a reflective way, it's as important now as ever and always will be, I hope. Australia's always had a history of stepping up when it's required and contributing appropriately. The last resort as far as contribution goes is surely military but we have had the history of putting in, either for our own security or in being a good international citizen and that hasn't changed.

TLP: For you Mike, how will this Anzac Day be spent?

Mike: This Anzac Day will be spent at Churchie. I'm giving an address. I live in Abu Dhabi in the UAE and I enjoy it here, working in National Security. A great job with time to do some rock climbing and desert driving but I've been invited as a Churchie Old Boy to provide the address at Churchie's 100 year commemorative event this year so I'm looking forward to that and that's where I'll be.

TLP: Does seem a long way away?

Mike: Well, my mother still lives at Toogoolawah so I get to see Kilcoy when I visit her on the way from that point of view but a lifetime ago from another point of view. I was a boy in Kilcoy. I'm happy being here in Abu Dhabi and doing what I'm doing but we'll come back at some stage. South-eastern Queensland maybe!

Churchie Old Boy (1970-73), Major General Mike Hindmarsh AO, DSC, CSC (Retired), currently serving as the Commander of the Presidential Guard in the UAE Armed Forces.

Michael graduated from the Royal Military College, Duntroon into the Royal Australian Infantry Corps in 1978. He saw regimental service as a Platoon Commander with 2/4 Battalion, the Royal Australian Regiment and as a Troop Commander, Squadron Commander and Commanding Officer (CO) with the Special Air Service Regiment (SASR). As CO SASR, he commanded the ANZAC Special Operations Force detachment to Operation Pollard in Kuwait in 1998. More recently in 2003, he commanded the Special Operations Component on Operation Bastille/Falconer in the war against Iraq. In 2004, he assumed overall command of Australia's Special Forces and presided over an intensely busy operational period which saw

Australian special forces soldiers committed to operations throughout the world. He spent 2008 in Baghdad commanding all Australian forces deployed in Iraq, Afghanistan and the Persian Gulf.

Major General Hindmarsh is a graduate of the Australian Command and Staff College, Queensland, the Joint Services Staff College, Canberra and the United Kingdom Royal College of Defence Studies (RCDS). In 1999 he was awarded the Conspicuous Service Cross (CSC) for his performance as CO of SASR. In 2004 he was appointed a Member of the Order of Australia (AM) and in 2008 was appointed an Officer of the Order of Australia (AO). He was awarded the Distinguished Service Cross for the operations in Afghanistan and Iraq in 2008.

TLP: Welcome to The Last Post Mike. We're approaching Anzac Day and it has taken on a stronger meaning or leaning in the last ten, fifteen years. What's it mean to you?

Mike: Being an ex military man, it's obviously important for a number of reasons. Prominent is the fact that my father and uncles were all in the services. To me it's always been a chance to pay my respects on the most important commemoration day of the year.



Churchie Headmaster Mr Jonathan Hensman

BA (Hons), DipEd (Massey), DipT, FAIM, FAICD

as always on the school's culture, through sports and community involvement. There are four tenets of excellence in education that we attempt to live by at the school. They are scholastic attainment, spiritual awareness, personal growth and community service. The type of character that is built is that young men are aware of those tenets and whom have a sense of occasion, when to perform in a certain way and when not to perform in a certain way. Being an Anglican school, attempting to live by the Christian ethos that brings up Christian gentlemen and at the same time to be leaders in the community.

TLP: What are the school's strategies?

JH: Our strategies are about the making of men and is encapsulated in what I've been talking about. It's to instil in the minds of our young men that they are part of the community and we encourage them to be significant contributors in whatever endeavours they pursue and to make a difference through that involvement.

TLP: Through goodwill and sporting or business or philanthropy I guess, science, learning, the whole gamut of education?

JH: Yes, we can enact and empower through that and Anzac Day gives us another opportunity to be part of the community and world at large. We've got a couple of surprises for Anzac Day and one of those is involved with Defence with the Blackhawk helicopter arriving during the early part of the ceremony and an aircraft flyover and of course, Major General Hindmarsh's speech which will be a significant factor. Invitations have gone out to all of our servicemen and they'll take pride of place on the day. We have the names of Old Boys that have lost their lives in the service of the country being read by a group of students who place the flags as the names are being read. Certainly a moving part of the ceremony.

TLP: You have a lot of successful Old Boys at the school. There's Regan Harrison, the Olympian swimmer amongst a lot of others. What is it that brings out the best in Churchie students?

JH: It's back to the four tenets again Greg, a whole person approach and a humanity within the school that encourages the best. A camaraderie that reflects the emotional intelligence of students and that is something that is held in very high regard here as well as growth in relationships which is part of that intelligence again. Respect for others and respect for self.

TLP: Thank you Jonathan and all the best to Churchie and all those associated for the centenary. A great school, past and future.

Jonathan Hensman is only the seventh Headmaster of Churchie, having commenced in September 2003 following extensive service in New Zealand in both public and independent schools.

His previous role was that of Headmaster of the Wanganui Collegiate School, an Anglican co-educational boarding and day school. His academic background is in the area of Geography and he was for three years the Chief Examiner for Geography for New Zealand. An active sportsman with a keen interest in most sports, he has coached rugby, cricket, tennis and Cross-country. The Headmaster believes strongly in the four aims of the School and is committed to providing the opportunities to enable each student at Churchie, through his educational experience, to discover more about himself in a safe and caring environment. Jonathan is married to Helen and has a family of 2 daughters and a son.

The Last Post: Welcome to The Last Post magazine Jonathan and congratulations on the 100 year anniversary for Churchie. What plans do you have for the Centenary?

Jonathan Hensman: The school started the centenary late last year with a book launch and we had a special night where we invited the Duces from years gone by as well as all the living headmasters. As far as this year goes, our birthday was the 8th February and we had a re-enactment of an early assembly for the boys. It also included a historical look at games the pupils might've played back then, across all ages. There were cakes, and the boys each got a tie to mark the occasion. The boys made the figure 100 on the school oval and we had that taken as an aerial photograph. We followed that with a service in the Cathedral and that's something that occurs annually and focuses on leadership as well as what's been achieved over the last 100 years. There are many events including a centenary ball for about 1500 people and reunions for all the Old Boys coming back from all over Australia and overseas.

TLP: Anzac Day marked too with the Old Boys and a speech from Major General Mike Hindmarsh?

JH: Yes, Major General Hindmarsh will be appearing and giving a speech, all the way from the Middle East. There's a focus too,

LORETO COLLEGE MARRYATVILLE



Established in 1905 by the Institute of the Blessed Virgin Mary (IBVM), Loreto College Marryatville has grown significantly since its inception but continues its mission to offer a Reception to Year 12 Catholic education which liberates, empowers and motivates girls to use their individual gifts with confidence, creativity and generosity in loving and responsible service.

School Principal, Mrs. Rosalie Gleeson, says history and the ANZAC spirit are part of the College's daily life.

"History is not just learned at Loreto; it is celebrated, experienced and lived every day. Our College has a rich history due to its foundress, Mary Ward, who was an inspirational role model and, through the example of her life, has taught our students much about sacrifice and service."

Mary Ward was born more than 400 years ago into an England that few people in Western society can understand today. Despite overwhelming oppression, Mary's courage and determination to realise her vision that 'women in time will come to do much' saw her dedicate her life establishing schools for girls throughout Europe.

It is this history that is still present at the College and has developed a connection to the

past for students, both inside and outside the classroom.

The dedication of teaching staff to allow students to experience, not just learn, history has developed a strong connection with the ANZAC spirit at Loreto College where students truly understand the service, sacrifice and Australian spirit espoused in World War I and II, the Vietnam War and, of course, by Australians currently deployed overseas.

In addition to the history curriculum, students are given the opportunity to meet interesting figures with a real-life link to the ANZACs such as author, Peter Haran, who visits the College biannually to share his Vietnam War experience.

"His story resonates with our girls. They understand the sacrifice, the courage and the duty of our service men and women and



LORETO COLLEGE

Marryatville, South Australia

connect with his experience on an emotional level that is possible in an all-girls' school environment," Mrs Gleeson said.

Over the past few years, a number of Loreto students have been selected as participants in the Premier's ANZAC Spirit School Prize Tour. The students, who are selected for their research into a South Australian who served on the Western Front in the Great War, are immersed in a 17-day tour taking in battlefields, museums and cultural centres in London, Belgium, Northern France and Paris.

Humanities Coordinator and History Teacher, Mr Paul Foley, who is also President of the History Teachers' Association of Australia and Chair of the 2012 Simpson Prize, encourages students to enter competitions to gain the privilege of visiting historical sites and participate in the Dawn Service at Villers Bretonneaux.

"Our students have had the privilege of seeing first-hand the concept of sacrifice and the crippling sadness of standing in fields where the gain of territory in a day numbered one or two hundred metres, at the expense of lives counted in the tens of thousands," Mr Foley said.

"It would be irreverent to describe these as highlights of the tour, but each year we're struck in awe at the scale and impact of such a man-made tragedy in all of its dimensions."

Funded by the South Australian Premier, the Government of South Australia and the Returned & Services League of Australia, the Prize Tour is an extraordinary opportunity to experience history and go beyond the pages of a history book.

History has certainly made an impression on students with many taking a transdisciplinary approach to learning. In 2011, a Year 12 student achieved a SACE Merit (perfect score) for her Research Project on the repatriation process for returning service people and this year, a Year 11 student, who is going on the Premier's ANZAC Spirit School Prize Trip, is taking her experience to the dance floor by basing her Year 12 Dance performance on an interpretation of the sacrifice and service of our veterans. In addition, a past student of Loreto Marryatville gained the 2009 title of South Australian Young Historian of the Year and is now studying on scholarship at Beijing University.

"It goes to show the sacrifice and commitment of our service men and women is not lost on our students and from something as simple as an essay, we are able to develop a passion and interest in the preservation of history." Mr Foley said.

Mrs Gleeson agrees that sacrifice and service is not lost on students, with the legacy of Mary Ward an obvious example.

"Mary could have reflected on her life as a failure by only seeing the struggles, sacrifices, adversity and challenges; one rejection after another, however, we encourage our girls to recognise that the determination, the spirit and the will to persevere despite all odds ensured Mary Ward's life was a shining example of what can be achieved through courage and perseverance. Her life was by no means a failure – and here we are 400 years later, espousing her values and following her example,"

"She is with us in mind and spirit and her bronze sculpture in our courtyard ensures she is part of our everyday lives at Loreto." Mrs. Gleeson said.

It's interesting to note that Mary's sculpture isn't just a piece of 'garden art' - the girls decorate Mary's statue on key community days such as Pink Day and World Harmony Day; they play around her at recess and lunch, they even give her a high-five as they walk between classes. It is very obvious that Mary is still a huge part of the school.

Compassion and connection are themes that resonate through the school and Loreto's social justice program is another example of how students can make a difference to history.



All Loreto schools in Australia adhere to the same five values:

Freedom

- Is grounded in a sense of personal relationship with God, and everyone's access to God's loving care. This is the truth that sets us free. It is an inner freedom, accepting of self, open to others and trusting of life.

Justice

- Expressed in 'works of justice', in active participation in the struggle to bring about such harmony. We are challenged "to be seekers of truth and doers of justice".

Sincerity

- Sincerity is our communication and relationship with others is the essential characteristic of the personal integrity Mary Ward envisaged. Her ideal was that "we should be such as we appear and appear such as we are."

Verity

- Means integrity and truth, particularly the profound truth of who we are and what gives meaning to our lives, a truth that centres fundamentally on the gift of life and mystery of God.

Felicity

- An attitude of mind, a disposition of the heart which manifests itself in cheerfulness, good humour, joy, happiness, hope, optimism, friendliness, courtesy, positive thinking, inner peace, self-acceptance and courage.

Aimed at teaching compassion, sacrifice, respect and care in service, the social justice program uses the concept of a social justice passport. From Reception, students must complete acts of service or volunteering in order to earn a 'stamp' in their passport. Just as students are expected to pass their academic subjects, students are expected to complete a minimum number of social justice and service hours each year in order to graduate.

Mrs Gleeson said the program has a profound impact on the girls and encourages participation.

"We aspire to educate in and not apart from society and to challenge our students to recognise injustices and help others to rise above them. Our focus has been to move from charity to action and, in particular, be the voice for the voiceless," she said.

Some social justice initiatives include:

- SONY Holiday Camp – a camp for children with disabilities. Loreto's boarding house accommodates the children and senior students give one-on-one care and conduct a number of fun activities over three days of the Christmas school holidays.
- Be More evenings – Inspired by Oscar Romero's quote 'aspire not to have but to be more', this program is for Year 6 – 12s and encourages students to help reverse injustices.
- Project Compassion – a fundraising program supporting the work of Caritas.
- Footsteps to India pilgrimage – a senior years fundraising and volunteering trip to support Mary Ward International in India.
- Social justice week – a whole school initiative where students participate in a number of social justice activities.

The program is a combination of both awareness raising and taking action in different forms which is eye-opening and can be, at times, confronting, but teaches students to recognise injustices and work to overcome them.

Academics are, of course, another vitally important part and although the College is academically non-selective, its Year 12 students consistently achieve SACE scores above both like and state schools. Mrs Gleeson believes it is the

girls' desire to achieve and the determination to do their very best that sees them achieve outstanding results.

While the culture of achievement is high, Mrs Gleeson notes it does not stem from blind competitive ambition to succeed or win, but instead upon the desire to "be the best you can be".

The College's philosophy on learning plays a part in this positive culture and Mrs Gleeson credits the focus on the heart and soul as being particularly important factors.

"We take the heart and the soul very seriously. Our educational philosophy is centred on the heart, where learning (and imagination) is at the heart, of the heart and about the heart (and soul). All three are equally important and give us our identity as a Catholic school in the Mary Ward tradition," she said.

"For us, student learning at the heart centres on inspiring a love of learning for all students; it's about inspiring the pursuit of excellence through learning and engagement. Student learning of the heart is a transforming process of love and care that develops the whole person in relationship with self and others to inspire students to be the very best they can be. Learning about the heart is learning a love of others through a relational process based on right relationships, mutual respect, trust, compassion, integrity and justice. "

Mrs. Gleeson also believes the all-girls' environment has a profound impact on helping students to succeed.

"Here girls reach their full potential, whether that is in technology, on the sporting fields or on stage. This is a direct result of them being in an all girls' environment, where girls set the agenda and their voices are heard," Mrs Gleeson said.

"We provide an environment where girls can live, learn and laugh together; a place free from the not unwelcome but sometimes too close scrutiny of boys, an environment where they feel safe and able to explore their identities and take risks in a supportive environment."

"All the leadership roles are filled by girls from captain of the basketball team to the head of the student body. Furthermore, girls are surrounded by strong female role models and can develop strong relationships in a supportive environment. "



SCHOLARSHIPS

FOR THE CHILDREN AND GRANDCHILDREN OF EX-SERVICE MEN AND WOMEN



Photo courtesy of the University of Adelaide

The Australian Veteran's Children Assistance Trust is a not-for-profit organisation. AVCAT administers scholarships to help children and 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.

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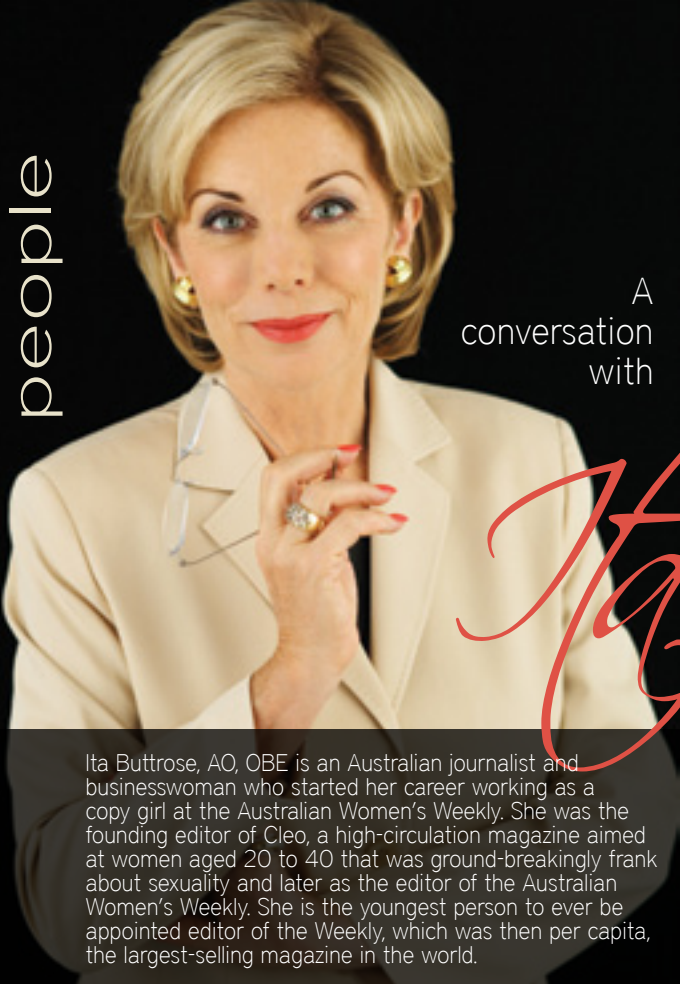
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**“THE LONG TAN
BURSARY WAS
INVALUABLE HELP,
IT ALLOWED ME TO
CONCENTRATE
FULLY ON
BECOMING THE
BEST DOCTOR I
COULD BE”**

HELPING CHILDREN TO A BETTER FUTURE



AUSTRALIAN VETERANS'
CHILDREN ASSISTANCE TRUST

A
conversation
with


Ita Buttrose

Ita Buttrose, AO, OBE is an Australian journalist and businesswoman who started her career working as a copy girl at the Australian Women's Weekly. She was the founding editor of Cleo, a high-circulation magazine aimed at women aged 20 to 40 that was ground-breakingly frank about sexuality and later as the editor of the Australian Women's Weekly. She is the youngest person to ever be appointed editor of the Weekly, which was then per capita, the largest-selling magazine in the world.

Buttrose was the chairperson of the National Advisory Committee on AIDS (NACAIDS) from 1984 until 1988. She was made an Officer of the Order of the British Empire (OBE) in 1979, and became an Officer of the Order of Australia (AO) in 1988.[15] In 2003, Buttrose was awarded the Centenary Medal. Among her many other public service and charitable activities, Buttrose is a patron of Women of Vision, World Vision Australia, The University of Third Age, the Juvenile Diabetes Foundation of Australia, Amarant, the National Menopause Foundation, the Sydney Women's Festival, Safety House and the National Institute of Secretaries and Administrators. In 1993 Buttrose was named Juvenile Diabetes Foundation's 'Australian of the Year'. In 2011 she was elected President of Alzheimer's Australia. Among other roles, Buttrose currently works on the professional speakers' circuit, and is associated with the Ovation Channel.

The Last Post: Thanks Ita for taking the time to join us at The Last Post. What have you been up to lately?

Ita Buttrose: Well, I've just finished updating my autobiography 'A Passionate Life' with Penguin and their plan is to publish in July this year.

TLP: How's that been for you?

Ita: Well, this is the third edition of the book, so I've had to catch up on things because the last time I played around with this book was about ten years ago so I've had to look at it from the perspective of what's happened to me in the time since I wrote the second edition, which has been a busy ten years so you look back and think, 'Goodness me, I don't think I think like that anymore, oh no,

no, no, that'll have to go!' Delete, delete and then write something else. I thought it'd be easy but not at all, it's been quite demanding.

TLP: It's an interesting undertaking to look back and see yourself and how you were at a particular time.

Ita: Yeah, well, it's always cathartic to have a look at

these things and re-live bits of your life and think about things that have happened and events that have shaped your life and people that are no longer in your life for different reasons, whether some have died or moved on and of course, I've changed my workplace, all those sorts of things, yeah, it makes you think about what you've been doing.

TLP: Is a lot of life about attitude?

Ita: I think everything's about attitude.

TLP: For you, from what you've been doing from the start, I guess, up until what you're doing now?

Ita: Yes, for me, that's true. It's your own particular attitude to life, I think, that is most important. I'm also national president of Alzheimer's Australia and I have been now for twelve months and that takes up a lot of my time which is fine by me because I'm very passionate about this particular cause. I think we're facing a dementia epidemic and at the moment we're involved in what we call the Fight Dementia Campaign in which we try to get the Government to have a look at it's own agenda, the Federal Government, to look at people with dementia and their carers, who are primarily their family and fund a 5-year dementia strategy plan which we prepared and sent to them to allow for better treatment for people with dementia like better care, early diagnosis, research and safety issues like making our hospitals safe for people with dementia because currently they are not safe for people with dementia.

TLP: Again, I guess, community spirit and care in looking after people that shouldn't be discarded because they're a certain age?

Ita: Nobody should be discarded at any age and I think there is a tendency because it effects people in the older years although there are about 17,000 cases of what we call early onset dementia. A lot of it is not diagnosed so people often have it without knowing, especially in younger people where it's aligned or confused with depression. But it's one of those things I mentioned to you,

early diagnosis because it can take three years for a person to be diagnosed, it's not an easy thing to diagnose so one of the things we're calling for is more support for GP's and better treatment in that field. It's prevalent, if you'd ask around, there'd be few people who did not know someone of know of someone with dementia.

TLP: Do you see much hope on the horizon as far as breakthroughs go for the treatment?

Ita: I'm not aware of any great hope yet on the horizon. There's certainly a lot of research

going on in the field and if we could slow the progression of the disease down by five years, for instance, we could reduce the load by half.

What I can say to you is there's a great deal of work going on around the world but I don't think we've spent enough money on research in Australia. We spend only \$20 million a year, the Federal Government and that's not a lot of money when you're talking about what we think is a major chronic disease in the 21st Century.

TLP: So no great sense of achievement yet, just working until things improve?

Ita: You just keep going until you get results. My father had vascular dementia which is why I'm involved. A lot of people who work in this field have experience with the disease and I understand what it's like to have a family member with dementia. I understand what you go through and what the person with dementia goes through because it's not something that's easy to come to grips with.

TLP: Are a lot of the people you're working with, are they volunteers?

Ita: We have a lot of volunteers working for us but we also have paid staff throughout Australia but we certainly couldn't do the work we do without the volunteers. They're fantastic.

TLP: I guess in a time where you find more people complaining that they're "time poor", this is an example of people using their time in an intelligent and constructive manner?

Ita: They're mainly older people and while they mightn't have more time, they're certainly prepared to make the time. Some have them have been touched by it, a lot of our volunteers have been touched by dementia. Once you've had it in your own life, you're so much more aware. There's emotional turmoil involved with the journey you go through with dementia.

TLP: With all of that going on, there has to be some light relief for our pressure valves. How important is humour in life?

Ita: Humour is important, it's absolutely vital, I think. There are funny moments in just about everything, even in caring for dementia, you have to laugh. I mean, Dad was in hospital once and he tried to escape, he was in there to get a pacemaker

and he had all the gadgets attached to him and he decided he wanted to leave. He was a strong man, he took all this stuff off him, got up and made his way to the Exit door. They stopped him, of course and rang me up and said, "We can't calm your father down, would you come over?". So I went to the hospital and they'd calmed him by the time I got there. I said, "Dad, what've you been doing?", and he said "This is a very strange ship, when you dock, they won't let you go ashore". You have to laugh but he thought he was on a ship that had docked and it was very natural for him to want to get off. I picked him up a week later and took him home as I did and I had my daughter with me. We're having afternoon tea with him in the kitchen and Kate said to Dad, "You're looking really well Grandpa" and he said "Yes, I've been on a cruise". I mean, it's a funny story and it just kept happening. I don't think it's a bad thing to have a giggle. I think everybody who's dealing with someone with dementia would have a story that could be classified as humorous so, yes, the ability to see the humour is a subject can be important. When we think of Dad, we often think of that story and it still brings a giggle.

TLP: I think he would've been ok with that himself, the humour.

Ita: For sure. He died ten days shy of his ninetieth birthday and he'd already been organising who we could ask and who we couldn't. When his hundredth anniversary came up we decided we should have a hundredth birthday party to remember him and so we did. We invited friends and those that had been close to him and made a cake and toasted his memory. We were pretty sure he would've been pleased.

TLP: How wonderful. Were either of your parents involved in journalism?

Ita: Yes, my father was, so I followed in his footsteps. Yeah, Dad was a newspaper editor. He was also an author. So I very much followed in Dad's footsteps.

TLP: Did you know that when you started in journalism that this was what you were supposed and meant to be doing?

Ita: Oh no, when I started work, girls had not much say in things. We were very unimportant in the scheme of things, girls. I was only fifteen when I started work. I had three brothers and I think Dad hoped one of them might follow in his footsteps but it was me. And then things changed. We didn't go home. We got married and had children and we stayed in the workforce. Women's Liberation came along, my career started to take off and I think Dad was quite proud of me when he saw how things were happening. It was good. I was very young and just learning but I had an editor at home and an editor in the office. If I wrote a story and Dad didn't like it he would thump on my door in the morning,

open it and say, "Don't you know anything about grammar?", so I had very rigid training.

TLP: It was exciting times, from my memory as a 15-year old too, around the early seventies and an exciting time for women, particularly with a realisation that the old rules no longer need apply and Australia can be proud of you for many things but raising the profile of women in the work place. Did you realise that was what was taking place as it was unfolding?

Ita: No, I don't think you do really. If you're talking about Cleo, I wasn't fifteen by then, I was thirty but it was in '72 and it's only really when you look back, I think, that you see the areas that you made a contribution so I think I was thinking I was doing the right thing by women, I was doing what came naturally, I didn't see why we should be denied a career or why we should be denied freedoms that men used to take for granted like open your own charge account, like getting a bank loan. Why should we be denied these things when we're females?

TLP: I think all intelligent people were happy with the progress that was made. What's the state of women now, have things changed?

Ita: Oh, yes, of course they have. Women have made enormous strides forward. Women are now outnumbering men in secondary education, they're outnumbering men in university degrees, there's a lot of very well educated women in Australia today. There are still areas where we haven't made as much progress and that's certainly in the boardroom, where women are about 13 per cent of company directors in the top 200 companies. People say, "That's terrific, it's the best it's ever been", well that may be the best we've ever been but quite frankly it's not enough. We should have a higher representation than that in CEO's of corporate companies as well. The reason it doesn't work well for a nation and it's economy is that women represent 70 per cent of the buying power in Australia so, if you were really serious about marketing, how do you think you could do it as well as you could if you don't have female representation at really senior management level and at your board level. It's not a good way to run a company. Research done overseas shows that those companies that have 2 or 3 women on their boards have a much better bottom line than those that don't. It's time people took their dinosaur heads out of the sand and had a really good look at their companies and what they're trying to achieve and ask themselves, "Could we do better if we had more female input?", and I suggest they could.

TLP: The fire in the belly. Were you aware as a child of what was happening in regard to women's secondary nature in a lot of those

things or is that something that evolved from your time in journalism?

Ita: I often say that when I started in work I didn't realise there was a such a thing as "a man's world". I didn't really know about this thing called "a man's world" and I started working but my brothers reckon I owe it all to them, having grown up with three boys, I was competitive, I wanted to do whatever the boys did, I tried my hardest to beat them, sometimes I could beat them. I could beat them in chess more easily than I could beat them at tennis because they were stronger but occasionally, occasionally I would whip one of them and that gave me great satisfaction. So, I never thought the world was anything but an equal place. So, when I first encountered male opposition, it was something of a shock. You think, "Oh, hang on, I'm not really welcome here", then you think, "Well, that's too bad, I'm entitled to be here and I'm not going away".

TLP: And a lot of Australians are happy you didn't go away.

Ita: Oh, I'm glad to hear that.

TLP: What's happening in the future for you? More work?

Ita: I don't envisage retirement. There's one thing I know from being President of Alzheimer's is that, well, I knew it before of course, is that the brain has to remain active, your brain has to remain challenged. You have to do that, physically and mentally so I intend to challenge myself physically and mentally for as long as I'm here. I'm doing some television work and I've got a couple of more books on the agenda and my work with Alzheimer's Australia is going to keep me very busy for a few more years for sure. I'm also Patron of the Macular Degeneration Foundation, which again is a disease that effects mainly older people and is the leading cause of blindness and vision impairment in Australia and I'm with Arthritis Australia. I have served as President so I'm still involved with some of their activities and I keep a close watch with what is happening in the arthritis world. Some people retire too young.

TLP: Do you get a chance to rest but that may also involve thinking, for you?

Ita: Well, I rest when I go to sleep at night, absolutely. I try to keep my weekends free, I don't always succeed but I try. I have four grandchildren and I like to spend some time with them. My son is doing some work at Stanford University this year. He's an environmental physicist with the CSIRO and he's doing some work at Stanford and he's taking his family with him so I've got a date with his kids to take them to Disneyland, so I'm going across to America in April to take them to Disneyland. My daughter's crew, they may be the next mob to Disneyland but that's probably the year after. I try to spend some activity time with my grandchildren, so that's lovely. It's a great period of my life.

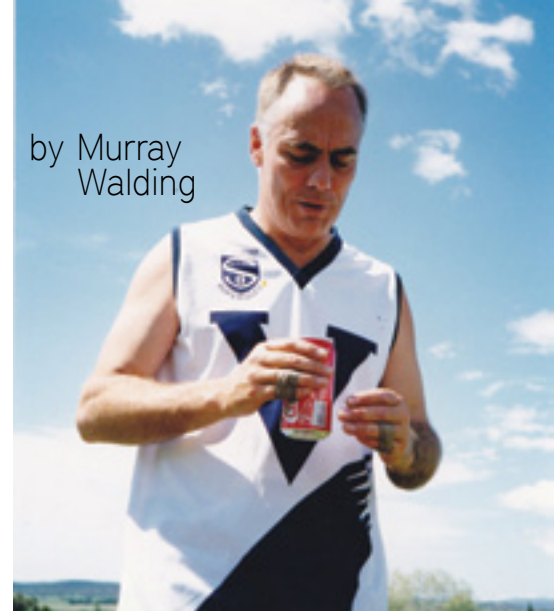
TLP: That's the secret. Thanks so much Ita.

Ita: It's been a pleasure.

... WE'RE INVOLVED IN WHAT WE CALL THE FIGHT DEMENTIA CAMPAIGN IN WHICH WE TRY TO GET THE GOVERNMENT TO HAVE A LOOK AT IT'S OWN AGENDA, TO LOOK AT PEOPLE WITH DEMENTIA AND THEIR CARERS TO FUND A 5-YEAR DEMENTIA STRATEGY PLAN

DAVO PULLED IT TO THE LEFT

by Murray
Walding



I watched Baby spin out of the pack, straighten up and head in my direction. I took off and headed right, then doubled back to my left to try and create some space for Stevo, then I doubled back to my right heading for the open space on the flank. Baby finally got his boot to the ball and it tumbled the forty five metres into the forward line but the wind that streamed between the cypress trees behind the goals held the ball in its grasp. I could see his kick was going to drop short and so could the opposition back flanker, and he dropped into the hole in front of big Stevo's lead.

Stevo tried to pull up as the wind slowed the ball's flight. His opponent- an aging back man who'd played with Port Haley Hawks from the under twelves right through to the seniors had a handful of Stevo's shorts. As he tried to pull up, the full back lurched into his back and they both crashed headlong onto the spongy turf, taking out a Port Hawks back flanker as they hit the ground. Stevo and the full back and back flanker all collapsed into a patch of muddied water at centre half forward. I heard Stevo groan as he took out the flanker's legs. The ball spilled from a tangle of arms striped with mud and gnarled fingers bound with Elastoplast, and bounced once- just in front of my outstretched hand. I juggled it momentarily, stepped around the mayhem, and loaded up for a shot. As I watched as the ball drop towards my left foot, I heard Baby's call.

'You're Hot! Unload it!'

and just as the ball connected with my left foot, out of the corner of my eye, I caught a glimpse of something that looked like a cement mixer wearing a red and black jumper. It caught me with a hook to the belly and crashed on top of me. The ball skewed to the left, missed the goals and my shot sailed into the paddock behind the ground. Hooker Welsh- the Hawk defender I hadn't seen until it was too late, sprawled over me and hissed in my ear, 'There won't be any easy kicks for you out here today, Mitch!'

'At least I'll be getting a kick Hooker, you haven't had one all season!'

This was going to be a tough game. Games between the Dolphins and the Hawks, were always brutal affairs and the fact that this was the last game of the season and would decide which of us played in the Reserve Grade Finals of 1981 added a little, shall we say- extra spice, to the match. I wasn't worried about Hooker; he was as slow as he was ugly. I was worried about the score.

Ten minutes into the first quarter and we only had one goal on the board; the Hawks had snagged two. Sure they had the wind, but I didn't want them to get way to a good start. I cursed myself for missing the shot, then realized I had more to worry about.

Stevo looked pretty crook. His groan wasn't just the sound of the full back squooshing the air out of him as they'd hit the turf. By the way he was hobbling and cursing it looked like he might have done his knee. Wally, our trainer jogged over to me. 'Hey Mitch, Stevo's knee looks like it's rooted.

He'll have to go off.'

'Jeesus!' I muttered, 'yeah, okay, you better bring Davo on.'

As usual, we were undermanned. It was always a struggle to get enough numbers for the reserves, though with the seniors doing so well we usually had enough half decent players to take care of the opposition sides camped in the lower half of the ladder.

We did have one player on the bench- Dave Beck. He would have started on the ground, but I had a strict rule- if you turned up late, you started on the bench. Dave had been late...again.

He'd dashed into the rooms just as we were about to run onto the ground. I told Baby to lead the team out while I had a quick word to Dave.

'Jeeze, you're late again Davo!'

'Yeah Mitch, sorry. Slept in'

'Shit Davo, it can't be too hard to get here by eleven thirty. You'll have to start on the bench.'

'Orrr, come on Mitch, I can get stripped and be out there before they bounce the pill. I'll get Wally to give me a quick rub out on the ground'

'No way Dave,' I said to him bluntly, 'you bloody-well know the team rules.' and left it at that, but now here he was, ten minutes into the first quarter, jogging out, ready to take over Stevo's position in front of the goals. I got a word in his ear during a break in play, 'You right Davo? Warmed up?'

'No worries Mitch, I'm ready to have a run on the ball.'

'Look, I'm going to keep you at full forward- just play it cool. Keep your leads towards this flank.

You'll have less problem with the wind.'

'Okay. No worries Mitch.' Davo rubbed his palms together, eager to get a chance in front of goal. He didn't have to wait long.

Baby was carving them up in the middle. He pushed off a few Hawk on-ballers, and was heading for home. I held my ground, waiting to see if this kick would float like the last one, then I took off.

I sprinted to the far flank, then slowed to get in position for a mark. The Hawk back man was right on my hammer and gave me a jab in the ribs as I slowed and we both jostled until two other bodies catapulted into the air from behind us. Someone's knee caught me a stinging whack behind my right ear hole and I realized that whoever was climbing onto my shoulders to pluck the ball from the air was a long way up. I could see the soles of his boots. The nylon stops clogged with tufts of grass and turf went by me in slow motion. Then the pack collapsed, all knees and elbows, grunts and gasps. I heard the umpire's whistle shrieking as he signalled a mark and I prised myself out of the tangle of turf, elbows and arms looking to see who had the ball. Standing above us all was Davo, the scuffed footy clutched in his hands. Lying at my feet was Hooker the Hawk, his hands cradling the back of his head as a gush of bright red fluid poured between his fingers and trickled down his wrists and forearms. While Davo strolled back to take a shot at goal, three Hawk trainers, their white overalls splashed with blood led a staggering Hooker from the

ground. I got to Davo as he lined up for the kick.

'Aim for the left post and allow for the wind.'

'No worries Mitch.' He said as lined up.

Davo was barely thirty metres out but he pulled it to the left and the ball swirled with the breeze and just made it through for a behind. I trotted back to him, 'Don't worry mate, get the next one.'

I wasn't particularly worried that he'd missed. Baby was on top in the centre and I knew the Hawk backmen would be worried by the way Davo had climbed into the pack to take that mark. Without Hooker they had no talls left in their defence.

The football gods had endowed Davo with some obvious gifts. He was tall, with a trim muscular and athletic body, and a male endowment which was always the subject of mirth in the showers. But while the gods had bestowed him with a magnificent physique, they'd omitted a few handier attributes- like common sense...and the ability to consistently kick straight. By the first break he'd had three shots-for three points, plus one out of bounds on the full from a shot in the goal square. I'd seen him kick goals from all kinds of impossible angles, but today it seemed that his kicking action was off.

Davo had plenty of advice each time we took a break. By half time he had kicked another four minor scores but started off the third term with a fluke snapshot that finally got him into the goal umpire's note pad. We were on top but we hadn't been able to convert enough shots to put the game out of the Hawk's reach.

By the last change Davo had taken eight shots at goal, for a grand total of one major and seven minors. He was busting through packs, plucking down screamers and bowling Hawk defenders out of the way but every shot he took, he pulled to the left.

Baby and our ruckman Dougy Walsh both took him aside during the final break and tried to show him the finer points of goal kicking. This was not a good sign. For one thing, too many instructions would only confuse Davo. Davo was irresponsible, careless and went about life in a constant daze but he wasn't stupid. He knew what every one else in the team knew- neither Baby nor Dougy could kick over a jam tin. The trouble was, they both thought they were crack shots, so as we walked back onto the field for the final quarter I had a quick word in Davo's ear,



'Just keep getting the ball mate. Just ignore Baby and Dougy! Just keep going! Right? We don't want Port Haley getting a sniff!'

'Jeeze Mitch... it's my follow through, just can't get it right.'

'Yeah, I can see that, but just keep getting to the contest, alright?'

In the centre square the umpire held the ball aloft, the siren blatted its echo around the ground, and hostilities resumed for the last quarter. Almost immediately I sensed that something was wrong. Twice within the first minute the Hawks swept the ball out of the centre, but couldn't score. Then when the ball made its way slowly back to our forwards, the Hawk defenders gathered it and barged forward again. I don't know what their coach had said to them at the last change, but it was working. They had a sniff, and we were looking flat-footed. They goaled and then we missed twice. They goaled again and were within striking distance and we had the staggers. We'd held them in check for the whole match and I wasn't going to let them snatch it from us at the last moment so I waved to Wally and watched as he hustled out onto the ground, all arms and legs; trying to sprint across the half forward line while holding each of his pockets shut so that his supplies of tape and chewing gum wouldn't spill onto the grass and mud. It seemed an age before he got to me, all puffing, panting and ruddy faced.

Wally, go and tell Baby, and all the other on-ballers to bloody well tighten up. Yeah, and tell them that if they get a free or a mark to go down with cramp. And hey Wally, as soon as they do, I want you out there. Rub them down, call for a bloody stretcher if you like, but make sure you can slow this game up. Know what I mean?'

Wally had been around. I watched him scoot around the on-ballers delivering my message but the Hawks drew closer and closer until Baby took a mark in the centre and then went down like he'd been hit with an axe handle. I sprinted from the forward line to where he lay on the ground writhing and got to him just as Wally and the umpire did. Wally was telling him,

'Better not get up son, you don't look well.'

Baby groaned back, 'Oooohh, Arrrnhh!'

The umpire stood over him and said to Wally, 'Is he alright Wal? Can he take his kick? What's wrong with him?'

'Case of cramp, I reckon Ump.' 'Cramp? He's making a lot of noise for someone with the bloody cramp! Can he take his kick?'

'Don't think so.' said Wally 'Think we'll need a stretcher.'

'Stretcher? For the bloody cramp?' said the Port Haley skipper, who'd trotted over to see what all the fuss was about.

'Shit, there's nothing bloody-well wrong with him. Come on ump, they're just wasting bloody time.'

'Okay son.' the ump leant over and said to Baby, 'Up you get, there's nothing bloody well wrong with you that a beer after the game wont fix'.

I could hear the Port Haley crowd yelling from the boundary. They wanted action. From behind the cars that were parked around the ground I could hear the whistle of a netball umpire and the polite applause from the junior netball teams as their game finished. That meant time was running out for our game too. Baby got to his feet and swooned theatrically then went back slowly, step after painful step to take his kick as the time eked away. He went back and unloaded a long penetrating punt.

'Nice kick son.' said the ump as jogged off in pursuit of the ball, 'For someone fatally injured with cramp!'

I ran back with the flight of the ball, ready to snatch it up if it spilt from the pack and as I churned through the patches of goo and grass I saw Davo jostle his way through the pack and leap in front of two Hawk defenders. The umpire's whistle signalled the mark and I got to Davo as he turned to take his kick.

'Davo, take all the time you need. Don't kick until you're ready.'

The Hawk defenders knew they were still in with a show.

'Hey Mitch!' one of them yelled across at me. 'You watch him stuff this one up. He's gonna lose the match for you!'

'Hoy Davo!' another one yelled 'You can't kick this, you big... dork!'

We were five points up. Any score would do. Davo had to score. The players, the umpires and even the little kids doing water bottle duty knew it and all eyes were on him as marched back to line up the shot. He turned, flipped the muddied Sherrin in his hands a few times then settled over the ball and started his run up. The Hawk backmen were taunting him and goading him, reminding him of his faulty kicking style when a long triumphant blattttt echoed from small time-keepers box perched above the clubrooms.

It was the final siren. And we had won the match without Davo having to take his kick. He looked over at me, 'Still have a shot Mitch?'

'Yeah, why not.' I replied as I walked past some of the Port Haley players, shaking their hands.

Davo trotted in and kicked truly. Straight through the middle. He trotted over to me patted me on the back and shook my hand.

'No worries Mitch.'

'Yeah, no worries Dave. Good game. Okay fellers...' I called out, 'in for a shower and I want to hear that bloody song too when we get in there!'

'Yeahhhh!' the rest of the team growled triumphantly as we trudged up the race- past the kids from the local school, past the netballers in their pleated black skirts and past the red faced trainers and coaches of the Port Haley Hawks. I grabbed a beer from the esky just inside the change-room doors and fumbled in my jeans pockets for a pack of Stuyvesant. Baby lit me up as we slouched back on the slatted bench seats.

'Jeeze, I thought we were gone then.' said Baby between drags 'How about Davo, did you see that mark he took in the third quarter? If he'd kicked bloody straight, we'd have walked that in.'

We both looked over at Davo, standing against the far side of the change-rooms that were slowly filling with steam wafting in from the showers. Amongst the steam and sweat and glistening arms peeling off grass-scented jumpers, he stood tall, like a glistening Greek god, guffawing and beaming as he peeled off a strip of tape wound around his thumb. As he threw it to the change-room floor I caught a glimpse of more tape showing just below the line of his shorts, at the top of his left thigh. Suddenly it all made sense. His thigh was strapped. Bloody Davo must have had an injury that he hadn't told me about- probably a groin strain or a slight tear in his upper thigh. He must have asked Wally not to tell me about it, worried that I wouldn't pick him in the team. I pushed over to Wally, who was finishing strapping Stevo's wonky knee. Wally slapped Stevo on the back.

'There you go big-feller, a couple of anaesthetics and you'll be fine!' then he turned to me and as he rolled up the rest of his tape and stowed it in his medicine chest and grumbled,

'Good game Mitch. Bit bloody close though.'

'Yeah, Wal. Thanks. Look, what's the story with Dave's thigh. You should have told me you know.'

'Told you what? Don't know anything about Dave's thigh.'

'No, come on, Wally. It's strapped up!'

'Well, I didn't strap it. He must have done it himself.'

Of course. That made even more sense- he'd strapped it himself and that's why he couldn't kick, He'd probably made the strapping too tight.

'Hey Davo,' I called through the mass of dripping, freshly-showered bodies and beckoned him over.

'What's up with your leg?'

'My leg? Nothing. Why, whaddya mean?'

I pointed at the piece of Elastoplast just below the left leg of his shorts.

'Nope, nothing wrong at all.'

'Come on Dave, what's the tape for then?'

Davo looked down and studied the muddy floorboards of the change rooms. He looked a little sheepish. He hesitated.

'You know how I got here late, right?'

'Not the sort of thing I'd forget Dave'

'Well, I slept in and I was in such a rush that when I got here, I realized I'd left my jocks at home.'

He gave me another dumb, sheepish look. None of this made any sense to me. But he must have read the expression on my face so he went on.

'Well, I couldn't go out there without jocks. My shorts are all baggy. You know how I said I couldn't follow through properly when I kicked'

I nodded. Then it dawned on me.

'That's why I couldn't kick straight!' He paused, then added,

'Yeah, Mitch I didn't want my old feller hanging out and flopping around while I was chasing the footy...so I taped it to my left leg!'

BATTLE TOURS

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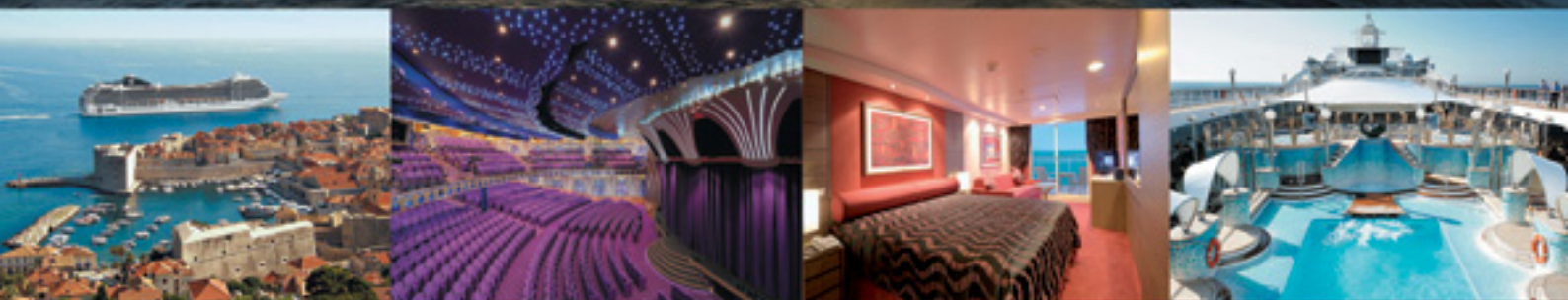
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A Chance in a Million

by Anne-Louise O'Connor (nee Graham-Bell)



A visit to the War Memorial in Canberra in 2004 and a conversation with a tour guide brought about a chance in a million of finding a long lost uncle.

I grew up in England and at the age of five my mother left our family. With a father in the British Forces, and getting sole custody of my sister, Jenny and I, there was no choice for him but to send us both to boarding school at the age of 5 ½ and 6 ½ respectively. Holidays were spent with my father's mother in the summer and wherever he was stationed for Easter and Christmas. It wasn't until I was seventeen years of age that I discovered my parents had divorced, it was a subject that was never discussed - in fact my mother was never discussed full stop!

In 1968 I came to Australia – yes I was one of the last of the 10 pound POMS! After five years I decided to apply for dual citizenship. Shortly after putting in my application I received a letter from my sister saying that Pat, my mother, had been in touch with her, and it would be nice if I wrote her a letter. How do you start to write a letter to someone that is your 'mother' but had had no contact with you for twenty years, not an easy task I can assure you. Finally I put pen to paper and in the letter mentioned that I had been to Melbourne. You can imagine my surprise when I got a letter back saying 'delighted to hear that you have been to Melbourne. I wonder what it is like, funny to think I was born there forty six years ago'!

Returning to England in 1996 I met my mother for the first time since I was five years

of age. The past was again never discussed, so I never got to find out how Pat had come to be born in Melbourne and therefore knew nothing about my maternal grandfather.

Since returning to Australia in 1978 I started, on and off, to do some research. Grandfather Traill was born in Northern Scotland (the Orkney Islands) and left to fight in the Boer War at the age of 18 during which time he was awarded both the Queen's and King's South African Medals. He then came over to Australia and lived in Stawell, Victoria. After obtaining his war records I discovered that he had fought for the Australian's in the First World War with the 8th Battalion AIF and had been awarded the Military Cross for gallantry at Lone Pine on Gallipoli and the Distinguished Service Order in Belgium in 1917. I also discovered that he had remarried and had two sons. Every ANZAC Day I thought of writing a letter to all the Traill families in Victoria in the hopes of finding one of his relatives but somehow never got round to it.

In May 2004 my husband John and I went to the War Memorial in Canberra where a chance conversation with a tour guide, and my mentioning that my grandfather had fought with the 8th Battalion, he suggested I purchase a book called 'Cobbers in Khaki' which was a history on the 8th Battalion. This opened a whole new world for me as, looking through the book, I not only found many mentions of



through his mother's papers! Asking his mother who they were he was told 'Oh, didn't I tell you your father had a previous marriage and those are his daughter's from that marriage'! Charles had been looking, since then, for his two half sisters for nearly twenty years and had given up hope of ever finding them. In the mid 80's, on a visit to Edinburgh, Scotland, he had even written to the local paper in the hope of finding someone who may have known his sisters. My phone call was, he said, the best birthday present he had received – it was his birthday the following day! He did phone the following day to check it wasn't all a dream!

In July 2004 my husband, John, and I drove up to Forster, NSW, to meet Charles and his

wife Joan. It was, as you can imagine, a very emotional meeting. I had not only found a wonderful uncle but discovered what an amazing man my grandfather was, one I am very proud of especially as he was one of the original ANZACs being in the first wave of boats to land at Gallipoli and in the last boat to leave the shores of Gallipoli. Charles had a lot of memorabilia belonging to grandfather including a mug he had pulled out of the mud while fighting at Somme on the Western Front – holding that mug, still with the dirt on it was one of the most amazing experiences. Many pieces of the jigsaw were filled in with all the

my grandfather, John Charles Merriman Traill, but also a photo of him. Suddenly this mythical person was real! After contacting the author, Ron Austin, I obtained the phone number of grandfather's son Charles and found out that he lived in Forster, NSW – not Victoria! The dilemma of whether to write or phone was short lived – I decided, on the 25th May, 2004, to phone with the thought that he could only hang up if he didn't want to speak to me!

It was not until Charles was in his fifties that he discovered his father had had a previous marriage and that was only when a photo of two young girls was found while sorting

information Charles had obtained over his years of searching. He even had the divorce papers of grandfathers first marriage which is when I found out that grandfather had met his first wife while in hospital in England recovering for being injured whilst fighting in France. They came back to Australia after the war with both my mother and aunt being born in Melbourne. His first wife did not like life in country Victoria and returned to England with both her daughters never to return.

In December 2004 Charles and his wife met my sister who was over from England. Writing to my cousin, in England, to tell him that his mother had a half brother was a little hard as Elenora, Charles' half sister, was in her mid eighties at the time. Discovering that she had a half brother came as quite a shock but once over that she was keen to find out more about her half brother.

Charles and Elenora have spoken on several occasions and both Charles and Joan flew over to England to meet Elenora and his new extended family, to help celebrate her 90th birthday. It was, as you can imagine a very emotional reunion but a wonderful one for all concerned. Unfortunately my mother died a few years ago so Charles never got to meet her.

I asked Charles to get miniatures of grandfathers' medals which I now wear on ANZAC Day with pride.

What a pity things like divorce were never discussed in those early days but how lucky I was that, a chance meeting and conversation with a tour guide at the War Memorial brought about such a wonderful getting together of families – it really was a Chance in a Million!

TRIBUTE TO SECOND WORLD WAR HEROINE NANCY WAKE

The Minister for Veterans' Affairs, Warren Snowdon, honoured the extraordinary life and experiences of Second World War heroine Ms Nancy Wake AC GM at a special memorial tribute in Canberra in March.

The Prime Minister, Julia Gillard, joined the Ambassador of France, His Excellency Mr S. Romatet, and Mr Peter FitzSimons AM, author of Nancy Wake's biography, in paying tribute to one of the most famed women in wartime history.

The Governor General, Her Excellency Ms Quentin Bryce, was joined by representatives of the Australian Military, along with New Zealand and British officials at the official tribute at Parliament House.

Mr Snowdon said Nancy Wake was a woman of exceptional courage and resourcefulness whose daring exploits saved the lives of hundreds of Allied personnel and helped bring the Nazi occupation of France to an end.

Mr FitzSimons said Nancy smuggled messages and provided food for the troops as they escaped. She also parachuted into occupied France with Major John Farmer, to organise the Resistance in preparation for the D-Day invasion.

"Code-named 'White Mouse' by the Gestapo, Nancy was one of the most highly decorated women in the Second World War receiving the George Medal and many other military awards," he said.

"We will never forget Nancy and the exceptional courage and determination she displayed during the War. I have no doubt that her story will remain a legend for generations to come," Mr Snowdon said.

Born in New Zealand, Nancy moved to Australia at an early age and was educated in Sydney. She married a French businessman in 1932 and in 1940 she joined the French resistance movement.

After the War, she spent time in both Australia and England, running for office in the Australian Parliament on several occasions. She passed away at her London home in late 2011 aged 98.

The Australian War Memorial in Canberra are the proud custodians of Nancy's many decorations.

In addition to the George Medal, Nancy received the 1939-45 Star, France and Germany Star, Defence Medal, War Medal 1939-45, French Chevalier of the Legion of Honour, French Croix de Guerre with Star and two Palms, US Medal for Freedom with Palm and French Medaille de la Resistance for her courageous endeavors.

In 2004, she was made a Companion of the Order of Australia.



ABORIGINAL AND TORRES STRAIT ISLANDER WAR MEMORIAL

Torrens Parade Ground, Adelaide

Aboriginal and Torres Strait Islander people have served in every conflict and peacekeeping mission in which Australia has participated, from the Boer War to the current conflict in Afghanistan. Prior to 1967 they served despite a national policy that discouraged and at times prohibited them from enlisting.

Despite these barriers, Aboriginals and Torres Strait Islanders did enlist and they offered their lives for a country that at the time did not afford them full rights of citizenship. Moreover, they rendered distinguished service in all theatres of conflict. Aboriginal soldiers served in the Boer War and went ashore on the first ANZAC Day in 1915. They have been decorated for gallantry, taken prisoner of war and, sadly, killed or wounded in action. Some lie forever in foreign lands.

Australia prides itself on its spirit of “mateship” and “remembrance”, yet there is one gaping hole in our rich military history. Until now Aboriginal and Torres Strait Islander service has largely been unrecognised. There is no national memorial of significance to Aboriginal servicemen and women anywhere in Australia. In South Australia alone we have over a thousand war memorials, including memorials to war dogs and horses, yet we do not have a memorial of note to Aboriginals who served!

To this end, the Aboriginal and Torres Strait Islander War Memorial Committee has embarked on an appeal to raise \$700,000 to build a Memorial that will recognise this special group of Australians.

As we look toward the Centenary of ANZAC in 2015, this is a truly appropriate time to realise a long overdue initiative that will demonstrate community respect for the service and sacrifice rendered by all Aboriginal and Torres Strait Islander veterans, and to finally render them the national recognition they so richly deserve.

The first of its kind in Australia, the memorial will stand proudly in the military heartland of our state. It was designed by local artists and will have a strong and symbolic presence, providing a place for remembrance and a focal point for reflection.

If you require any further details or wish to support this worthy project, please contact Simone Campbell at the appeals office by telephone on: (08) 8226 1193 or by email: campbell.simone@dpc.sa.gov.au



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Anzac Day

April 25

"I have wept over my great uncle's grave at Lone Pine. His sacrifice, and that of so many others, was extraordinary."

Peter Winneke, Myer Family Company

"As a young boy in Braybrook I used to love wearing my fathers medals to school for this very special school tribute to our Diggers. My nick name as a kid was Digger, given to me by my father's 39th Battalion colleagues when visiting me on my birth. Some people still call me that but it was only after my fathers funeral in 2001 upon the outlining of my fathers heroics by the RSL that I then realised privileged I was to have been called Digger."

Les Twentyman, Youth Worker, 20th Man Fund

"As an ex-Australian Army Officer, the meaning of ANZAC day resonates closely with me. The service men and women of Australian and New Zealand showed immeasurable courage as they served for their countries and we honour their legacy by teaching young people the value of service. ANZAC Day is also about remembering the compassion, resilience, integrity and responsibility embodied by those who lost their lives."

Ben Farinazzo, Outward Bound Australia CEO

"My introduction to Anzac Day was as a young boy, attending the Anzac Day Dawn Ceremony with my Father in Barmera, followed by visiting my Grandfather's grave. My Father, Dave Yeo, was an Anzac in the 2nd World War and always proudly wore his Returned Serviceman's badge on every coat in his possession. My Grandfather, John Yeo, was killed in World War 1. Some of my best football was played when I was lucky enough to play on Anzac Day for Port Adelaide on the Adelaide Oval. My Coach in those days was the legendary Fos Williams, who played State football with my Father - Fos always gave the most stirring pre match motivational addresses on these days, proudly stating how lucky we were being able to play, because of our courageous and fearless Anzac fore-fathers. These days, via www.PointZero5.com & www.SpinalInjuryAdvocacy.com, I regularly assist Anzacs who have been injured in war zones and become People with a Disability. Helping these brave men and women gives me so much sense of satisfaction. Whenever I can, I attend an Anzac Day Service every year."

Peter Yeo

President: www.PointZero5.com

Chairman: www.SpinalInjuryAdvocacy.com

Honorary Director: "The World's Disability Search Engine", www.Everything-About-Disability.com

"ANZAC day is important to us and we spend time talking to our children explaining what sacrifices our diggers made to allow us to live in this beautiful country. If we don't educate our children then there is a risk we won't remember and that would be a tragedy."

Mandy and Stewart Gerhardt, Kapunda, SA

"Anzac Day is about reflection and the sacrifice made by our men and women from both Australia and New Zealand who paid the ultimate sacrifice in the defence of their country. Anzac Day defines us as Australians who value courage and determination and embodies our spirit. Anzac Day is also about education of the next generations of Australians who shall acknowledge the sacrifice made by their parents and grandparents for the country we now live in. Lest we forget."

Robert Scott, Margaret River RSL Secretary

"ANZAC Day is the one time of the year when we pause to remember those who gave their lives for the way of life we enjoy today. The statement: 'They gave their tomorrow for our today' is very true."

Bill Denny AM, Director, Veterans SA

"ANZAC Day is a time when we can reflect on the spirit of Australia and Australians. This is demonstrated by the courage, endurance and mateship of our defence corps. This is also core to Surf Life Saving, and I am sadly reminded of the many surf lifesavers who have paid the ultimate sacrifice whilst serving in our defence corps over the last century, protecting our liberty and lifestyle. ANZAC also highlights the special relationship we have with our New Zealand cousins."

Surf Life Saving Australia CEO Brett Williamson OAM

"When I think about ANZAC day I think about the life I have been given, the freedom I have. On ANZAC day I believe it's a time to recognise the selflessness of the ANZACS who gave us this amazing freedom and life we have today. We have been given a life with minimal problems and amazing opportunities and I believe its only fair we give them some of our time to look back and remember what they gave there lives for and cherish what they have given us. Giving them one day a year doesn't seem enough after their sacrifices."

Aaron Younger, Australian Men's Water Polo team

"A strong nation learns valuable lessons from its past. We are a very different country to what we were in 1915, but the lessons of courage in adversity, loyalty, compassion, endurance, initiative, tenacity and mateship that we learned at Gallipoli remain as relevant to our nation today as they were on that very first ANZAC Day."

The Hon Jack Snelling MP, South Australia's Minister for Veterans' Affairs

"Anzac Day has grown in stature over the last decade and the question is why? From my perspective part of the reason is that Australia's youth have endeavoured to understand the value and roots of Anzac Day, this country and themselves in the process and that answers questions for them. Rasa and I go to the Dawn Service each year in Melbourne re pleased to see that amongst the 30,000 participants, at least half are under the age of thirty."

John Bertrand AM

"Since I retired 26 years go, I look at the rollup on Anzac Day and wonder how long is it before the Second World War is no longer represented. My group, which I first led in 1992 with more than 200 behind me. In 2011, 12 answered the call. But my main thoughts every time I attend remembrance is for the lives lost in my company. I have sharp memories of the battles fought and the lives lost and trust all Australians will honour the legacy of those who have give the ultimate sacrifice."

George White 31/51 AIB (AIR) Plympton RSL

"ANZAC Day is both a time when we pause and reflect upon military service to our nation and an opportunity for all Australians to engage with their history. This one day a year is a precious national event shared by all Australians."

Dr Mark Merry, Principal, Yarra Valley Grammar School, Melbourne Victoria

"It is easy to understand the meaning of ANZAC Day, when we remember those who have served and fallen in war. What is not easy to comprehend is the waste and mass violence that still continues today. As well as remembering, let's hope we focus on ridding the world of war, so those we remember have not died in vain."

Ron Barassi, AM

"The National Film and Sound Archive of Australia holds a treasure trove of material related to ANZAC Day; from films and photographs, to glass slides and diaries. It is through these artefacts that one can gain a deeper understanding of the real meaning of the ANZAC story - the sacrifice and the struggle, the heroism and the loss, the courage and the mateship. For a better understanding of, and wider access to, these treasures, we come to a deeper affirmation of why this day defines so much of what it means to be 'Australian'."

Professor Chris Puplick, AO Chair, National Film and Sound Archive

"As we celebrate Anzac Day, we remember all those who have suffered and died in war. It is also a time to speak up about the urgent need to safeguard the laws of war, which protect the victims of armed conflict. In memory of all victims of armed conflict, we call upon nation states to uphold and defend the existing laws of war, and to work together to reinforce legal protections for all people made vulnerable by armed violence."

Australian Red Cross CEO, Robert Tickner

"The Anzac landing at Gallipoli at dawn on 25 April 1915 was the beginning of an Australian legend. It is sometimes seen as Australia's 'baptism of fire', or 'the birth of nationhood'. Scotch College embraces many of the characteristics shown by Australian and New Zealand troops during the ultimately unsuccessful Gallipoli campaign, such as patriotism, courage and concern for one's fellow man."

Tim Shearer, Executive Director, Old Scotch (Vic) Collegians' Association

"Anzac Day celebrates neither success nor a failure, neither a victory nor a defeat. It celebrates human qualities, qualities of courage and sacrifice and comradeship. We give thanks to the men and women and for the qualities they stood for and stood by."

Matthew Hutchison, Head of School, St Augustine's College, Sydney

"To the members of the VVMC Federal Chapter the approach of ANZAC Day signals the opportunity to get together with other Veterans, from all conflicts. It allows us to spread ourselves to many country towns. The event is much looked forward to as we are able to remember and reinforce why we have a strong service camaraderie that has developed over the last hundred years by our predecessors and indeed ourselves through our own service time. It also allows us to associate with and cultivate ongoing relations with the many people we meet. The strength of the ANZAC movement seems to be stronger, with many of today's younger generation embracing the tradition, and we are pleased to do our part in this ongoing ceremony."

Dimples Sheargold, VVMC Federal Chapter

Lest we forget

"I am a passionate supporter of Anzac Day via the 2nd 28th Battalion in Western Australia. My father Stephen (Steve) McHenry was a Lieutenant / Captain of the 2nd 28th and who were known as The Rats of Tobruk. I lost my father at the age of 8 in 1958, so each year on Anzac day it provides me with a remembrance day not only of my short time with him but he and his mates did for our country in WW1. Each year the AFL game on Anzac Day at the MCG which I have attended two of pre the West Coast Eagles in 1987 and I can feel the pride of the players who have the privilege to play on this day. Friends of mine in Kevin Sheedy who created this feeling and Michael Malthouse while Collingwood's coach, ensured it was a battle of attrition. I believe over the past few years the Spirit of Anzac is now embedded in all ages of Australians and also some of our new Australians. When my mother and I were able to purchase the freehold of the Nedlands Park Hotel I ensured the marketing of it was "Steve's" as a respect of my father and this name continues today in a new complex at the rear of the 1908 building (fully restored). The new premises are known as "Steve's Bar & Cafe" so again the memory lives on."

Murray McHenry

"As part of its role in the Australian community, Australia Post has a long and proud history of commemorating local and national events. ANZAC Day is one of the country's most significant national occasions and Australia Post has issued a number of stamps over the years to pay tribute to the men and women who have fought in wars and assisted in conflicts and peacekeeping operations. The first stamp issue release was in 1935 to commemorate the 20th anniversary of the Gallipoli landings."

Kerry D Tillison, Publications Consultant, Australia Post

"One of the greatest honours I have ever received was to be awarded ANZAC of the Year in 2009 for my work supporting the homeless and disadvantaged and our Australian communities through music and singing. I can remember as a young teenager attending the services at the Shrine and singing with all my school friends from Melbourne Boys High, and watching the diggers as they filed past and paid their respects. You could still see the pain and sadness in their eyes, but the great strength and resolve in their stature and determined walk as they marched proudly representing those who no longer were with them to tell their stories. I vowed then to do whatever I could to honour them through my work supporting communities in my own way, and all those lives that were lost to give us all the freedom and opportunities we now afford in Australia. Lest we forget."

Dr Jonathon Welch AM ANZAC of the Year 2009 Australian of the Year Local Hero 2008

"Anzac Day highlights and reflects on the cruelty of war and its impact on all human life, of fighters and innocents alike and reinforces the power of non-violent solutions to tyrants and territorial challenges. It is a time to celebrate mateship forged in adversity, and to be grateful for those who were willing to sacrifice their lives so we can live in precious peace."

Roger Hunt BM BS GDFH FACHPM MD Head, Western Adelaide Palliative Care, Acting Head, Central Adelaide Palliative Services, Clinical Leader, Respecting Patient Choices Program

"As a young bloke I went to many Dawn Services. Mainly driven by the sadness I felt for the losses of those who physically gave their lives and the butterfly effect of loss, of all forms, that accompanies the existence of the remaining souls, family, friends and lovers, throughout their lives. These distant generations also showed a resilience, both physical and mental, that is rarely seen in modern life. The Anzacs should be a reminder to us of what we are really made of."

Simon Jones, Morning of the Earth Surfboards

"My grandfather fought at the Somme and his brother died on the battle field at the tender age of 16. I can not even begin to imagine how terrifying such a war would have been for a 16 year old from suburban Melbourne, and being a parent now how his parents would have felt. Reflecting, it is a strange thing living in a generation that has not really 'had to' go to War - in one sense so very fortunate but in another as a 'man' you cannot help but wonder how you would have performed under such incredible stress and hardship. And deep down in some primal part of your soul there also lies a curiosity. Experiencing war and the hardship in such conditions and maintaining our way of life is what my Grandfather and his brothers were fighting for, to make our world safer and it is what they achieved and for that I am so very thankful. Thanks to The Last Post for helping me reflect and think about what in our fortunate world others have done to ensure it is such."

Phil Johnson, Aireys Pub

"My first memory of ANZAC Day was a young Boy Scout in Springwood, NSW, my home town, and seeing the men of WW1: old men - lean figures in dark jackets, dark hats, wearing their two or three medals, itching to light up a 'roll your own' as soon as the Dawn Service was over. But when my dad died, (he was a WW2 man) and when the names of mates began appearing on Roll of Honour at the Australian War Memorial, ANZAC Day assumed a significance and a poignancy for which no word of mine will suffice. "We will remember them" says it all."

Brigadier Chris Appleton, Director, Office of Australian War Graves.

"The haunting sound of the Last Post sends shivers up our spines each ANZAC Day. "It reminds us of the selfless sacrifices made by so many, which forged much of Australia's modern identity. "ANZAC Day is also a time to hope - that one day we can stand on April 25 and think of war as something of the past."

Senator Nick Xenophon

"The original Anzacs are all dead—including my grandfather who was a gunner at Gallipoli and the Western front, where his two brothers were killed. Today, preoccupied with house prices and celebrity gossip, we can barely conceive of the kind of suffering they endured. Yet we should never stop trying to remember, to remember it in its purity and to resist those who would mould the Anzac experience to their own ends."

Clive Hamilton

"In 2012 we'll have a chance to share in the ANZAC Day experience as a team in the West Indies. It's rare that we are together as a team on ANZAC Day and it will make the occasion particularly special."

Mike Hussey

"As a young boy growing up in the Western Suburbs, my mother rarely spoke about her father, my grandfather. Not many years ago after my mother had passed away, thanks to the assistance of the government and in particular the defence department, who established a website to access service records, myself and my family were finally able to find out something of my grandfather's history. His name was Richard Reynolds and a search of his war records indicated he received multiple injuries in some of World War 1 bloody conflicts. This explained a lot to our family of just what happened to my grandfather and so many others in the service to their country. The valiant efforts of our defence Personnel in conflict must never be forgotten."

Gary Johanson, Mayor, Port Adelaide/Enfield

"Anzac Day has particular significance at Geelong Grammar School because it provides the present students with an understanding. I knew a large proportion of the 146 killed in World War II. We must not forget them. However, I hope that this generation is more successful than mine in avoiding further wars and that it will not be necessary to add more names of Old Geelong Grammarians to those already there in the Cloisters."

Cecil 'Box' Parsons Geelong Grammar Old Boy

"ANZAC Day is probably as important for Australia in 2012 as it ever has been. Sure the old original ANZAC diggers are no longer Parading, they no longer share the stories and the experiences with their mates, but the Culture of ANZAC, The focus on what drove them, the focus on a cause and others is a reminder that we all need regularly and ANZAC Day gives us that opportunity. On that day every Medal pinned to the chest of a digger serving or retired, Every medal worn by a family member of the original ANZAC's, reminds us of their courage, their loyalty, their commitment, then we together pull our shoulders back and stand proud and focus again on these things. The principles of the ANZAC's and the Nature of the ANZAC's must remain the principles and the Nature of Australia & Australians for it to stand tall among all the Nations."

Major Barry Nancarrow, The Salvation Army

"The honour of putting on the baggy green reminds us as players that we are representing a nation and ANZAC Day gives us the time to reflect on the sacrifices made by our service men and women who have bravely represented our nation in the armed forces."

Ed Cowan

"The lifestyle and freedom of expression that Australia, and much of the world, enjoys comes at a high price. Our people recognise and respect the sacrifices made by Australian servicemen and women over many years, in wars and campaigns around the globe. Because we are a society with a sense of justice and duty to others we have the capability to defend, to fight evil and to deliver humanitarian assistance to those who cannot. ANZAC Day is the special time when we can express the gratitude that we feel every day. It has a solemn aspect as well as a celebratory one. Lest We Forget."

Keith Harrison, Marketing and Events SA RSL



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