

\$16.50 AUS  
(gst included)

# The Last Post

BI-ANNUAL

Keeping the Anzac Spirit Alive

Issue 6

REGIONAL  
MATTERS:  
**KEMPSEY**

YOUR RSL AT WORK

RSL LIFECARE  
CEO IN THE SOLOMONS

WHATEVER HAPPENED TO  
**GALAPAGOS  
DUCK?**

WALFORD ANGLICAN  
SCHOOL FOR GIRLS  
CELEBRATES 120 YEARS

**EDUCATION  
& THE ANZAC SPIRIT**

ST PETERS COLLEGE  
MT BARKER HIGH  
UNLEY HIGH

**Interviews** with

AUSTRALIAN WAR MEMORIAL  
DIRECTOR, DR BRENDAN NELSON

FEDERAL DVA MINISTER SNOWDON

BETTINA ARNDT

DONNIE SUTHERLAND

AND DINGO JOHN BOIS TALKS TO US  
ABOUT HIS NEW MELBOURNE BOOK  
RELEASE 'DINGOES LAMENT'

**+ GREAT READING WITH STORIES FROM** NATHAN DAVIES,  
EMMA MCDONALD, SUSIE O'BRIEN, PROF LUCAS WALSH



# WILLS FOR LIFE

## Everyone should have a Will. Do you?

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

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

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

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

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

Call **1800 649 685** or email [bequests@redcross.org.au](mailto:bequests@redcross.org.au)

the  
power of  
humanity



TLP0413

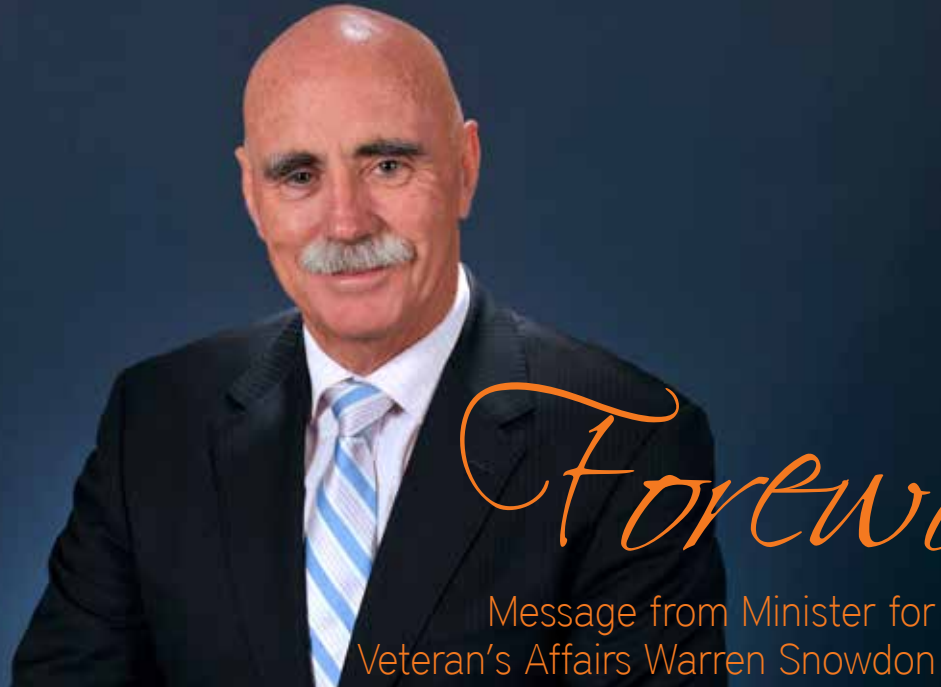
**Please return this coupon to:** Louise Turner, Australian Red Cross, GPO Box 2957, Melbourne VIC 8060. Alternatively call **1800 649 685** or email [bequests@redcross.org.au](mailto:bequests@redcross.org.au).

- Please send me a FREE information booklet on making or updating my Will
- I am interested in leaving a gift in my Will to Red Cross
- I have already included Red Cross in my Will

the  
power of  
humanity



Title \_\_\_\_\_ First name \_\_\_\_\_ Last name \_\_\_\_\_ Telephone \_\_\_\_\_  
Address \_\_\_\_\_ Suburb \_\_\_\_\_  
State \_\_\_\_\_ Postcode \_\_\_\_\_ Email \_\_\_\_\_



# Foreword

Message from Minister for  
Veteran's Affairs Warren Snowdon

## SHARE YOUR ANZAC SPIRIT IN 2013

As we approach the milestone of 100 years since 16,000 men from Australia and New Zealand landed on the beach at Anzac Cove, and communities around Australia are beginning to focus on the Anzac Centenary,

I am regularly asked the question,

‘Why is Anzac Day still so important to Australians?’

Traditionally, Anzac Day is a time for men and women in cities and towns across the country to honour their sons and daughters who gave their lives for their country. For some Australians it is a day to proudly wear their forebears' medals and share memories of family members who fought overseas, or to remember the conflicts in their country of birth which led to them settling in Australia.

However you are going to mark Anzac Day this year, I would like you to share it beyond your local community—with the rest of Australia.

We live in a world where, for many of us, social media is a part of daily life. Facebook, Twitter, Instagram and Pinterest are where we share photos, experiences and thoughts with our friends and families. The latest statistics show that around half of all Australians have a Facebook account.

This year I am encouraging you to tell us what Anzac Day means to you. Tell us on the Department of Veterans' Affairs' Facebook page: [www.facebook.com/dvaau](http://www.facebook.com/dvaau) about your plans for this year and your memories of Anzac Days past.

Anzac Day rouses many different emotions and memories. For you, does it bring to mind a relative who has served in Iraq or Afghanistan? Or do you reflect on the conflicts in your homeland which brought you to Australia? Please take the time to share your views with me and your fellow Australians on Facebook.

I am also inviting you to post photos of your 2013 Anzac Day activities and tell us where you spend the day. Will you rise at 4am and rouse your children to rug up and drive to your local cenotaph, like the 2000 people in Ballarat who brave chilly conditions each year to honour the locals who died in wars and conflicts? Will you be one of the thousands of people in Darwin who stand in the sun to cheer on the Australian Defence Force members, now joined by US servicemen stationed in Darwin, as they march from the Cenotaph and down Knuckey St each year? Or will you stop your household chores to turn on the television at 5pm AEST to watch the solemn ceremony at Lone Pine on the Gallipoli Peninsula?

Please share your Anzac Days past and present with your country, and share your Anzac Spirit on 25 April. Post your photos, write your memories, pen a poem or tell us where in the world you will be on 25 April 2013. Share your ideas and inspire others to take a part in this important once-a-year commemoration.

For more information, visit [www.dva.gov.au/anzac](http://www.dva.gov.au/anzac) or [www.facebook.com/dvaau](http://www.facebook.com/dvaau)

# From the Publisher

Greg T Ross

Anzac Day is upon us and all around the country, people will be paying their respects in different ways. Whether it's attending your local dawn service followed by a cup of tea at your local RSL or writing or reading or contemplating on the subject or simply by having a day that reminds you of our good fortune.

We have more coverage of the work being done around Australia and regions by Australian Red Cross. We urge all readers to consider giving to the Red Cross as a token for their work. Another group helping Australians is registered charity, Club Cares. Club Cares fund worthwhile projects locally, nationally and internationally and has an historic partnership with Red Cross. This enables help for those in need and their communities. You can get involved with Club Cares by contacting them and nominating a cause or by donating. This edition we look at Club Cares and their involvement with Bill Bellairs.

In this edition's Education and the Anzac Spirit, we look at how Adelaide's Thinker in Residence's Prof Martin Seligman's Theory of Well Being is being implemented in schools like South Australia's St. Peters College as well as a version being practiced by Mt Barker High. We also look at Unley High School and a story from Walford Anglican School for Girls.

We again highlight places around Australia with our regular 'Regional Matters' section and in this edition, visit Kempsey Shire Council in NSW.

Home Hill RSL Sub Branch has a book, 'Home Hill Remembers', focusing on the Boer War

Veterans and the Volunteers of World War 1. From the book, The Last Post prints a poem written by Sergeant William Mann in Egypt in March, 1916. Sergeant Mann was killed in action at Mouquet Farm in France later that year. If you'd like a copy, to join Home Hill or to just to talk about your experiences or stories, call Allan Peterson, Club Secretary on 07 4782 1170.

Again, we look at RSL's around the country with 'Your RSL at Work'. This edition we look at the fine work being done and the hospitality available at the Mitcham Sub Branch in South Australia and Malta RSL.

In this edition we interview new Australian War Memorial Director Brendan Nelson, Veterans Affairs Minister Warren Snowdon, sex therapist and counsellor Bettina Arndt and a blast from the past, former host of television music show, Sounds, Donnie Sutherland.

The Dingoes were, and remain one of Australia's most revered groups. Dingoes bassist, John Bois has released a book that tells the story of the group's sojourn to and around America in the seventies. Their most recent album, Tracks, was celebrated with an Australian tour in 2010. The live gigs that resulted brought about yet another album, Live At Last. In this edition we chat with John about his book and experiences with The Dingoes. The book and CD's are available from Greville Records. We also look at the progressive attitude of RSL's like Williamstown in Victoria – where The Dingoes have played – who go about new ways to engage the community.

To look for the best in people as a matter of habit can sometimes take training but it is as you hope people would look at you. Never underestimate your ability to make life better for another person simply by an act or gesture. Giving someone the belief they have something to offer can lead to empowerment. As Albert Einstein said, "Everybody is a genius. But if you judge a fish by it's ability to climb a tree, it will spend it's whole life believing it's stupid."

We're in the middle of revamping the The Last Post website as well as now being available on Twitter @thelastpostmaga. From early May you'll be able to visit [www.thelastpostmagazine.com](http://www.thelastpostmagazine.com) and hear people talking about what they feel it means to be a good Australian as well as see me talking about how The Last Post magazine came into being and asking you to become a subscriber. Now a bi-annual, TLP costs only \$16.50 and is available in hard copy and online and provides hours of informative and enjoyable reading.

Have a good remainder of 2013, up until November when I'll see you next. For the next edition I'm trying to line up Di Morrissey, John Newcombe, cricket commentator Jim Maxwell and Australian music legend Russell Morris for interviews.

Greg T Ross  
Publisher, 'The Last Post'  
[gtrpublishing@live.com.au](mailto:gtrpublishing@live.com.au)

Thanks...

Thanks on this edition to – Her Excellency the Governor-General of Australia, Federal DVA, Caroline Quinn, Karin Dunsford, Australian Red Cross, Club Cares, Caralyn Pearce, Australian War Memorial, National Film and Sound Archives, Warren Snowdon, Walford Anglican School for Girls, Rebecca Clarke, Tony Wright, Prof Lucas Walsh, Prof Martin Seligman, St Peters College, Veterans SA, RSL Lifecare, Penny Joy, Nathan Davies, Palliative Care Australia, The New Zealand Prime Minister's Office, The New Zealand Governor-General's Office, Anne Lambert, Bettina Arndt, Susie O'Brien, John Bois, Melbourne Books, Allen and Unwin, Jason Dowling, Segue Financial, Parkinson's NSW, AVCAT, The Salvation Army, Michael Short, Mt Barker High, Mitcham RSL, Malta RSL, Adelaide Thinkers in Residence, Akubra Hats, Dr Brendan Nelson, Unley High School, Legacy Australia, Albatross Tours, Outward Bound Australia, Hutt Street Centre, Geelong RSL, Galapagos Duck, Fairfax Media, News Ltd, Donnie Sutherland, Kempsey RSL and Bowling Club, Crescent Head Resort, The Surf Travel Company, Kempsey Shire Council, Wild Fox Wines, Emma McDonald, AFL, NRL

# Contents

## FEATURES

- 20 Teachers' salaries - Michael Short
- 27 Tom Uren - A man of letters - Tony Wright
- 37 New centre for young veterans
- 43 Education kindles a love of Reading - Simon Castles
- 47 Visiting Gallipoli
- 50 Treasure our Country - Susie O'Brien
- 56 RSL Lifecare CEO in Solomons
- 58 Then someone yelled out 'Contact' - Nathan Davies
- 62 Racism demands action from all of us - Prof. Lucas Walsh
- 64 More powers, less rights - John Watson
- 74 Australian of the Year Awards 2013
- 76 Anzac Day & the AFL
- 77 Anzac Day & the NRL
- 79 Female indigenous students get a sporting chance
- 79 Red Cross stalwart with a story to tell
- 80 Anzac legend - Maltese contribution at Gallipoli
- 81 Gallipoli update
- 84 The untouched, raw and rolling waves of PNG
- 88 Walford Anglican School for Girls - Celebrating 120 Years
- 94 Lending a hand - Club Cares

## REGIONAL MATTERS

- 38 Kempsey

## PEOPLE

- 24 Warren Snowdon
- 30 Dr Brendan Nelson
- 34 Bettina Arndt
- 44 Donnie Sutherland
- 70 John Bois

## EDUCATION & THE ANZAC SPIRIT

- 9 Foreword from Minister Garrett
- 10 St Peter's College
- 13 Mt Barker High School
- 16 Unley High School

## FINANCE

- 54 Segue Financial Services - What to do with your Surplus Income

## GREAT PUBS AROUND OZ

- 32 Airey's Inlet Hotel, Victoria

## YOUR RSL AT WORK

- 33 Mitcham RSL Sub Branch

## WHATEVER HAPPENED TO...?

- 86 Galapagos Duck

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

### MANAGING DIRECTOR AND PUBLISHING EDITOR

Greg T Ross

### GRAPHIC DESIGNER

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

### ADVERTISING

[www.thelastpostmagazine.com](http://www.thelastpostmagazine.com)

### SUBSCRIPTIONS

[www.thelastpostmagazine.com](http://www.thelastpostmagazine.com)

### PRINTING

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

### ENQUIRIES

GTR Publishing  
6 Way Ave, Myrtle Bank 5064  
08 8379 7919  
[www.thelastpostmagazine.com](http://www.thelastpostmagazine.com)

### COVER

Front Cover Image:  
Dr Brendan Nelson, Dir. AWM  
Thanks to AWM

## NEW WEBSITE

It's timely to look at how things are and how they will soon become in terms of publications and how they're accessed by the public. Whilst "hard copy" of magazines and tabloid's is still very popular and because of a large slice of the demographic of The Last Post, is expected to remain so with this magazine for some time, electronic versions of magazines that can be downloaded is fast becoming the norm. With The Last Post, subscribers now have the choice of receiving their magazine copy in hard copy or electronically. I have undertaken four important steps to make The Last Post magazine the number one publication of it's type in Australia.

The first was to make TLP a bigger magazine. The Anzac Day 2013 edition has 96 pages of entertainment, information and education.

The second was to extend the life of each edition by making The Last Post a national bi annual with release dates in April and November. These dates are to highlight Anzac Day and Remembrance Day annually. It also gives TLP supporters and clients greater value for money in a physical and electronic quality publication.

The third step taken was to get in touch with Adelaide-based national graphics company, Mango Chutney and ask it's owner and friend Matt Hepplewaite to transform The Last Post website into a state-of-the-art presence on the internet.

From early May there will be firstly, links on our website to take visitors straight to the website of magazine supporters and clients. Also GTR Publishing is giving those supporters and clients the chance to record a 20 second promotion for themselves without visitors having to go to their websites. I will also appear in a video urging visitors to support those that have got behind this new and exciting magazine. It is my way of saying thanks.

The fourth step is to increase circulation of the physical version of TLP by 10%. This gives more Australians the chance to access the magazine. There has been an increase in subscriptions and this move was necessary. The future is bright for The Last Post and it's readers of all ages and again, I thank you for being part of the journey thus far.



## An Anzac Day message from Her Excellency Ms Quentin Bryce AC CVO, Governor-General of the Commonwealth of Australia

On Anzac Day we honour the sacrifices made by our returned and serving defence force personnel and their role in upholding Australian community values.

The Anzac spirit is far-reaching and ever present. I see it every day; in the generosity of volunteers, in the resourcefulness of young ones helping those in need, in the resilience that shines through in times of adversity and natural disaster.

As we gather in community halls across the nation, at cenotaphs and sacred tombs, and during times of self-reflection, we remember the values and actions that shaped our nation and forged our identity.

I wish you a peaceful and reflective Anzac Day.

## Message from the Principal of Walford School, Rebecca Clarke. for Anzac Day



At Walford Anglican School for Girls we are celebrating the 120th year of our School since its beginning in 1893. It is a privilege to be part of an amazing history of women who have contributed to their communities and to our great nation of Australia.

In times of war, depression and peace, our old scholars have made their mark through their careers and lives. Our Walford motto, Virtute et Veritate, was created during the time of the First World War at the suggestion of a senior student Jean Murray and then refined by the Headmistress, Miss Mabel Jewell Baker with the guidance of her brother, Colonel Baker. "With Truth and Courage" has guided our girls throughout their school years and their lives. Next month, on the anniversary of the sinking of the ship the Centaur, we will honour our old scholar, Mary McFarlane, who was lost at sea along with other nurses who were serving in time of war.

Amongst our old scholars we have women who have served their country in the armed forces, in politics and as diplomats. During the School's Jubilee Year we will celebrate how a fervent belief in the education of girls can not only enable them to succeed in whatever endeavour they pursue, but can be world changing. On Anzac Day we will remember the bravery and courage of our old scholars and their families.



## An Anzac Day message from Right Hon John Key Prime Minister of New Zealand

Anzac Day is a time when Kiwis and Australians around the world take time to pay tribute to the thousands of brave men and women who left their homes and families to fight for the values we hold dear. They could not have foreseen what their sacrifice would come to represent for our two nations all these years later.

Each year we pause on April 25<sup>th</sup> to remember those young men who scaled the cliffs at Gallipoli, and all New Zealanders and Australians who have served in wars around the globe since. And we say thank you to those brave soldiers who are still serving their countries overseas at this time.

The First World War remains one of the most significant events in our collective history. More than 16,000 New Zealanders and 60,000 Australians did not return home. For both our nations, the First World War remains the conflict that claimed the most lives and it is a time in our history that will never be forgotten.

World War One changed how New Zealanders and Australians viewed themselves, and how other countries viewed us. The spirit of the Anzacs was forged on those foreign battlefields many years ago, yet it lives on today.

The strength of our relationship, built upon the legacy of the Anzacs has helped New Zealand and Australia play our part on the international stage to protect peace, freedom, and security, where these are under threat.

Together our defence forces are making a major and important contribution to the stability of our region, and our world.

I would strongly encourage you to pause and take some time to remember these brave men and women on Anzac Day this year.

We are marking 99 years since the outbreak of the Great War – World War One – later this year. And every year more young people are attending Anzac which is great to see.

In New Zealand, we are working hard towards preparations for the centenary of the war beginning in 2014. This will be a community endeavour with a huge range of events taking place throughout the country. I know that preparations across Australia are also progressing at pace.

I hope you attend an ANZAC Day commemoration on April 25<sup>th</sup> this year and pay your thanks to those who have gone before you.

Lest we forget.

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



Every year we gather on 25 April to commemorate Anzac Day. As first light breaks we remember this pivotal day in our nation's history when the men of the New Zealand Expeditionary Force landed on the Gallipoli peninsula in 1915 as part of the Australia and New Zealand Army Corps. The ANZACs showed courage, comradeship and compassion and distinguished themselves as soldiers.

We remember our close comrades the Australians. Sharing Anzac Day means we look across the Tasman in a spirit of mateship and shared sacrifice, just as our soldiers did during the First World War. As New Zealander and Gallipoli veteran Fred Dill recalled many years later, strong bonds quickly formed with their Australian kin. He said: "We liked the Aussies. They were the ones that we trusted. We looked out to the Aussies. Aussies and New Zealanders always stuck together, if they could."

We remember also the Turks, our respected enemy. On the ridges above what is now Anzac Cove there was mutual respect between the New Zealand and Turkish soldiers. In an

armistice to bury the dead in May 1915 they looked each other in the eye, shook hands and swapped cigarettes and other little mementoes. The man who led the Turkish army at Gallipoli and later led Turkey as its first President, Mustafa Kemal Atatürk, in 1934 wrote a tribute to all the Allied soldiers who died at Gallipoli, including those from New Zealand and Australia. He assured their grieving mothers that their sons were "now lying in our bosom and in peace.... After having lost their lives on this land they have become our sons as well."

I am particularly aware of the mothers and wives of our soldiers as this year we also mark 120 years since New Zealand women were able to share with men the right to vote in national elections. In the First World War, with about 100,000 men away, women helped keep the farms and the factories – and of course, the families – of New Zealand going, and hundreds went overseas as nurses and voluntary aids.

We look back a century and see 1913 as the last year of peace before two global wars in two generations enveloped our world, and

took a massive toll on New Zealand. With the centenary commemorations of the First World War beginning in 2014, there will be an emphasis for the next four years on re-evaluating the 'Great War' as it is still often called, and its meaning for New Zealand today.

But every year on this day as we gather at commemorative events and hear the Last Post played, we remember all those men and women who have served New Zealand. And we will recall those who made the supreme sacrifice and recommit ourselves to the solemn pledge to never forget their service and to always remember them.



## HAVE FUN USING YOUR RSL AMBASSADOR CARD AND SAVE MUCH MORE THAN YOUR ANNUAL MEMBERSHIP FEE

Use your Ambassador Card in Darwin, Alice Springs, Brisbane, Gold Coast, Cairns, Sydney, Melbourne, Canberra, Hobart, Launceston, Perth, Adelaide and places in between.

RSL members are welcome at Campbell's Cash and Carry, North Plympton and Pooraka. You will need to show The Ambassador Card logo on your Membership Card to the checkout operator. Not valid for the purchase of liquor.

## PURCHASE GIFT CARDS AND SAVE 5% ON ALMOST EVERYTHING

### [For what amounts can I purchase a Gift Card?](#)

You can buy listed Gift Cards in denominations of \$100 - \$500 (even hundreds).

Maximum order for each type of card is \$1,000 /order .

Postage and Handling:

\$2.00 Normal mail,

\$5.00 Registered Post Post (all orders \$500 or more).

### [How do I pay for the Gift Cards I order?](#)

Order online at [www.ambassadorcard.com.au](http://www.ambassadorcard.com.au) or call The Ambassador Card on 1300 724 477.

No surcharge on Visa/MasterCard transactions.

### [What Gift Cards are available to purchase?](#)

**Coles Supermarkets:** All Coles Supermarkets

**Kmart:** All Kmart stores

**Liquorland:** Liquorland, Vintage Cellars, 1st Choice.

**Wish Gift Cards:** Woolworths Group WISH Gift Cards can be used at Woolworths, Supermarkets, BIG W, Dick Smith Electronics, Thomas Dux Grocers, Masters Home Improvement, BWS, Dan Murphy's and participating Safeway/Caltex fuel outlets.

**The Good Guys - BCF Boating, Camping and Fishing -**

**Harris Scarfe - ABC Shop - JB Hi-Fi - Ray's Outdoors -**

**Rebel Sport - Amart All Sports**

### [How do I use a Gift Card?](#)

When making a purchase, show your Card to the register operator. The value of your purchase will be deducted from the balance of your Gift Card; the remaining balance can be used until the value reaches zero. If your purchase exceeds the amount on your Gift Card you will need to pay the difference. You should treat your Gift Card as if it were cash.

## SEVENTY YEARS ON WE REMEMBER THE COURAGE OF AUSTRALIANS AT THE BATTLE OF WAU

In late January those Australians who served and paid the ultimate sacrifice seventy years ago in a little known but decisive battle against Japanese forces at Wau were remembered in present day Papua New Guinea (PNG).

Minister for Veterans' Affairs Warren Snowdon said all Australians should be proud of the bravery and determination displayed by the small contingent of soldiers who risked their lives to fend off a Japanese advance during the Second World War.

"Massively outnumbered by the Japanese, it was only two companies of brave souls that stood to protect the settlement of Wau. Positioned inland from Japanese bases at Salamaua and Lae, Wau was highly valued for its extremely important airstrip," he said.

The airstrip was an essential supply line for the Australian 'Kanga Force' who defended the surrounding area. Well known for their guerrilla tactics, Kanga Force was made up of men from the local militia force and members of the 2/5th Independent Company.

In early 1943, fresh troops joined Kanga Force, but they were not enough to halt the Japanese who were advancing on Wau from Salamaua. As the Japanese closed in, the Australians attempted to fly in reinforcements but were stopped by bad weather.

It was at this point, on 28 January 1943, that the Australians had to draw upon all their resilience and strength. Fighting a 'David and Goliath' type battle, one company of Australians, numbering less than 200 men, held their position against the Japanese force. The fighting was hard, and medical troops, including those of the 2/2nd Field Ambulance, were hard pressed to recover and treat dozens of wounded men.

"They fought bravely, mustering every ounce of courage they had until reinforcements arrived. Luckily, the unpredictable PNG weather cleared and the Australians launched a counter attack pushing the Japanese out of the area, enabling the planned Allied offensive on Lae and Salamaua to proceed.

"Unfortunately in the years since the Second World War, the Battle of Wau has often been overshadowed by other great Australian feats in PNG, namely the defeat of the Japanese at Milne Bay, on the Kokoda Track and at the beachheads of Buna, Gona and Sanananda.

"These great battles have been etched into the Australian psyche alongside other widely known battles from the Second World War. Whilst Wau may be a lesser known part of our wartime history it does not reduce its importance and the level of recognition and admiration these men deserve. Their service and sacrifice will never be forgotten," Mr Snowdon said.



# SCHOLARSHIPS

## HELPING CHILDREN TO A BETTER FUTURE



Photo courtesy of the University of Adelaide

AVCAT is a charity administering scholarships to help children and in some cases grandchildren of the Australian ex-service community with the costs of full-time tertiary education. The most deserving candidates are selected on merit and who, without our help, would be unable to start or complete studies without financial difficulty.

Now taking expressions of interest for 2014.

AVCAT relies on the generosity of the ex-service community and private donors. If you would like to find out more about supporting AVCAT, please contact us:

**T: 02 9213 7999 E: [avcat@dva.gov.au](mailto:avcat@dva.gov.au)**  
**[www.avcat.org.au](http://www.avcat.org.au)**

**“THE LONG TAN BURSARY WAS INVALUABLE HELP, IT ALLOWED ME TO CONCENTRATE FULLY ON BECOMING THE BEST DOCTOR I COULD BE”**

### Applications open August 18



AUSTRALIAN VETERANS'  
CHILDREN ASSISTANCE TRUST

Developing students' resilience, leadership and self-awareness

## Customised School Camp Experiences



**OUTWARD BOUND**  
Inspiring Australians

### Program themes

include:

Resilience  
Healthy risk-taking  
Trust  
Leadership  
Goal-setting  
Dealing with adversity  
Self-awareness  
Peer relationships

### Activities include:

High Ropes  
Giant Ladder  
Off-track Navigation  
Paddling  
Bush Cooking  
Service

Develop your students with more than just a thrills-and-spills camp. Outward Bound's customised Schools Programs are:

- + **Safe** (Australian Activities Standard)
- + **High quality**
- + **Recognised** (Curriculum Council)
- + **Useful** (Duke of Ed Adventurous Journey)



Get in touch now!

Free call: 1800 267 999

email: [mailbox@outwardbound.org.au](mailto:mailbox@outwardbound.org.au)

[www.outwardbound.org.au](http://www.outwardbound.org.au)



# EDUCATION & the Anzac Spirit



The Hon Peter Garrett AM MP  
Minister for School Education

As we mark ANZAC Day 2013, eight Australian school students and their teacher chaperones are visiting Gallipoli. They are walking on the same ground the ANZAC Corps traversed almost a century ago. They are learning, in the place it happened, about the extraordinary events that helped shaped our national identity.

I had the pleasure of presenting the 2013 Simpson Prize for History to each of these talented and inspiring young Australians at a ceremony in Parliament House in March.

The Prize is a great opportunity to foster and showcase high-quality, inquiry-based student work directly aligned to the new Australian Curriculum. Participants were asked to use primary sources to investigate the Gallipoli experience and the origins of the ANZAC legend.

Their responses thoughtfully and enthusiastically used primary sources as diverse as:

- the inaccurate maps available to the ANZACs at the Gallipoli landing,
- soldiers', doctors', nurses' and stretcher-bearers' diaries and letters,
- newspaper reports and journalists' private reflections, and
- the writings of Charles Bean, Official First World War Correspondent and a driving force behind the establishment of the Australian War Memorial.

Charles Bean's role in helping Australians remember what happened at Gallipoli shouldn't be underestimated. In one essay, student Roshini Christy points us to a diary entry in April 1915 that sums up his determination to document what he saw around him.

Bean paints a picture of himself writing at night with no candles doing as best he could in the moonlight, placing the lines by guesswork, many of them written over one another; afraid future readers might think he was drunk or that the battlefield had affected his nerves.

Bean's writings are a reminder of the importance of primary sources in informing us about the sacrifices of those who served our country in Gallipoli. He noticed that Australian soldiers collected souvenirs of Gallipoli and thought a museum could be built for those objects. But after witnessing the carnage on the Western Front he thought such a memorial should have a strong focus on commemorating all those who had been killed.

When Prime Minister John Curtin opened the Australian War Memorial on 11 November 1941, he said it was "extraordinarily appropriate" that the War Memorial "should be in sight of the building which is the seat of all our government."

That is of course, Parliament House.

As Curtin said: "the parliament of a free people ... cannot but be inspired ... by the ever present opportunity to contemplate the story that has gone before of the deeds that helped to make the nation".

I am proud that our Labor Government has implemented a national Australian Curriculum supporting Australia's school students to understand and explore our ANZAC history.

Under the curriculum, Year 9 students learn about the First World War, including Australia's involvement in Gallipoli and the nature and significance of the ANZAC legend. In Year 10, students learn about the Second World War and Australia's involvement in the Cold War and post-Cold War conflicts, as well as our continuing efforts after the Second World War to achieve lasting peace and security in the world.

The curriculum is just one aspect of our Government's ongoing and extensive plans for improving the nation's schools.

Over the past five years, we've been engaged in the busiest period of education reform since Federation. We now have national teacher standards and a national teacher performance and assessment framework.

We have new investments rapidly changing the face of schools – new facilities, new

computers, new teaching resources, new welfare workers and extra support for schools serving disadvantaged communities.

Our National Partnerships with the states and territories have shown that funding targeted to effective practice can make a big difference to student results.

However, we know we need to do more. That's why the next phase of school education reform will be a historic and fundamental change of many aspects of school education, including funding.

Under our National Plan for School Improvement, we want to see increased funding for schools linked to investments in the things that we know lift individual student results.

Our aim is to have Australia ranked as a top five country in the world for educational performance in reading, science and mathematics by 2025.

We want all schools to get the funding needed to deliver a great education to all students.

When we introduced the supporting Australian Education Bill into Parliament the Prime Minister Julia Gillard commented it will be the most important Act of Parliament passed that year. She said "these reforms will lay the foundations for a world-leading school education system. They will help keep our economy strong and innovative, and help give every young Australian the best possible start in life."

This ANZAC Day, as our Simpson Prize winners walk the same path of our ANZAC pioneers, we can honour the ANZAC spirit by striving to keep our nation free and fair and giving our children the best education we possibly can.



## MARTIN SELIGMAN, ADELAIDE THINKER IN RESIDENCE, 1-28 FEB 2013

### **His focus:**

Wellbeing and resilience: building a flourishing state.

### **His challenge in South Australia:**

Martin is inspiring a population-wide intervention to improve the wellbeing of all young people in South Australia. By introducing positive psychology into schools, we can help to increase Australian students' ability to handle the day-to-day stresses that are

common during adolescence. Students can take these skills into the workforce, helping to build a flourishing and productive community.

### **Martin's wellbeing theory:**

Prof Seligman's research into positive emotion, positive character traits and positive institutions has demonstrated that it is possible to be happier and more engaged with life.

# WELLBEING AND POSITIVE EDUCATION AT ST PETER'S COLLEGE



## St Peter's College

ADELAIDE, AUSTRALIA

*What we have done is that we have taken the science of positive psychology and wellbeing and brought it to the lives of the St Peter's College staff. We have been talking about the skills of mental toughness, character strengths, how to engage fully with the best of who you are the science of resilience. We then ask the teachers to transfer these skills to the students. The program has been developed by the team at the University of Pennsylvania over the past 15 years. What we find is that when kids use the skills of resilience, they are significantly less likely to get depressed, have reduced symptoms of anxiety and they are more attuned in the classroom.*

Our Positive Education approach will teach boys strategies for dealing well with situations – good and bad – they will encounter in life. Lifelong resilience is the goal. Another way of putting it is to say that we are introducing a whole of School wellbeing strategy in the same way schools have a whole of school numeracy or literacy approach. After 12 months of planning, from 2013 more than 800 boys from ELC to Year 10 will be taught Positive Education lessons by a team of 43 staff trained under the guidance of internationally-renowned experts Professor Martin Seligman and Dr Karen Reivich. Professor Seligman developed the PERMA model of wellbeing which St Peter's College has adopted made up of five elements: Positive emotion, Engagement, Relationships, Meaning and Accomplishment published in his latest book Flourish.

Positive Education will be implicit and explicit throughout the curriculum. Implicitly, Positive Education teaching will occur in our co-curricular program at every year level and in many subjects. Explicitly, lessons will be given from ELC – Year 7 in Junior School and in Years 8 and 10 in Senior School. This will be supported implicitly through the pastoral structure at the School in Years 9, 11 and 12. The programs we will deliver are embedded

At St Peter's College, developing a boy's character is as important as fostering his intellect. Over the past two years the School has worked to strengthen existing pastoral care structures by reasserting that wellbeing is central to the development of our boys.

The questions that many parents ask are "how does this benefit my son?" or "will he be happier, more confident or do better academically as a result of Positive Education?" These are good questions. Beneath the umbrella of Positive Education, various approaches and programs will be implemented to assist boys to develop their creativity, build their resilience, develop optimism and nurture a love of learning; overall this will foster wellbeing. It is important to note that the St Peter's College program is evidence-based, that is, its effectiveness has been demonstrated.

We believe it is essential that boys understand their wellbeing, and that of others, in the same way they read books, study mathematics, play in an orchestra or kick a football. We recognise that to be a world-class

school where boys flourish we must equip our boys with capabilities that will enable them to develop lifelong resilience and understand how to use their strengths of character.

St Peter's College has invested considerable time and resources to train 150 St Peter's College staff in developing this important new element in our education offering in partnership with the University of Pennsylvania's Positive Psychology Center. The science tells us that the skills that will be taught to boys across the School will not just be used in a heartbeat; but also have long lasting impact across their lives. As the Master Trainer for the Wellbeing Programs delivered to 150 St Peter's College staff, Dr Karen Reivich reflected on the St Peter's College approach saying:



## ST PETER'S COLLEGE

is an Anglican boys' school situated in Adelaide, South Australia founded in 1847. Whilst much has changed during the 166 years that we have been educating boys, as our founders recognised, we have long understood that building character is as important as fostering intellect. Accordingly, St Peter's College remains uncompromising in our commitment to be at the forefront of boys' education, aspiring to be a truly world class school where each boy flourishes.

In 1890 the School Motto *Pro Deo et Patria* (For God and Country) was adopted as an ideal for the boys to live up to. Since foundation, Saints has always emphasised a sense of service honoured through selflessness. A value that remains strong and constant in the fabric of School life.

Today our most important work is the shaping of the character of the boys and young men at Saints— developing a sense of service, courage, commitment, integrity, morality and honour. In today's world where so much has changed, the values that we consider important in the education of our boys and young men have not changed too much at all.

It remains important for us to have these enduring underpinning values as we make our way in the world.

Reference: Thornton, Katharine; *The Messages of its Walls & Fields, A History of St Peter's College, 1847 to 2009*, Wakefield Press, Adelaide 2010.

### Vision

Our vision is to be a world-class school where boys flourish. Through diverse educational, wellbeing and co-curricular programs our boys will be able to seize rigorous possibilities available, mindful of the responsibilities that come with such opportunities. We aim to be 'world-class', which compares us with the very best schools anywhere in the Asia-Pacific, United Kingdom, Europe and North America region.

### Mission

St Peter's College is a leading independent day and boarding school for boys. Our mission is to provide an exceptional education that brings out the very best in every boy.

into the curriculum and include both evidence-based psychological approaches and evidence-based teaching strategies.

In summary, these include:

### Early Learning Centre (ELC)

Social-emotional learning will be explored with boys in the ELC through various activities. These activities will assist boys to recognise and manage emotions, demonstrate care for others, make responsible decisions and learn skills in independence and resilience.

### Reception – Year 3

Kimochi™ is the Japanese word for "feelings". In the Kimochi™ program children explore how to manage their feelings such as being mad, sad, happy, frustrated, left out and brave, as they engage in activities focused on building emotional intelligence, self esteem and resilience. Each of these, plus many other emotions, are explored through a process of connection, communication, creation and practice. The Kimochi™ program is woven throughout the classroom program and is aligned with what is covered through Bounce Back!

### Reception – Year 5

Bounce Back! This was written by Associate Professor Toni Noble and Professor Helen McGrath and is an Australian program designed to help young students with the difficulties they may face in their lives. The classroom strategies teach children that they can 'bounce back' when they are sad, frustrated or just dealing with difficulties.

### Year 6

The Year 6 program has been designed to 'bridge the gap' between where Bounce Back! finishes and the Personal Wellbeing program begins. The program has been 'School developed' and includes wellbeing of self as well as others, with a particular focus on service learning.

**"WE RECOGNISE THAT TO BE A WORLD-CLASS SCHOOL WHERE BOYS FLOURISH WE MUST EQUIP OUR BOYS WITH CAPABILITIES THAT WILL ENABLE THEM TO DEVELOP LIFELONG RESILIENCE AND UNDERSTAND HOW TO USE THEIR STRENGTHS OF CHARACTER."**

### Year 7

Personal Wellbeing, by Dr Ilona Boniwell, is a program developed in the United Kingdom and follows six subject streams including: Positive Self, Positive Body, Positive Emotions, Positive Mindset, Positive Directions and Positive Relationships. The program is designed to promote participation, open-mindedness and inquiry. Boys follow sequential lessons that excite, create and stimulate their knowledge and understanding of wellbeing.

### Year 8

The Penn Resiliency Program (PRP) designed by Professor Seligman and his team at the University of Pennsylvania, is a group intervention for students. The curriculum teaches cognitive-behavioural and social problem-solving skills. Through this program boys learn to detect inaccurate thoughts, to evaluate the accuracy of those thoughts, and to challenge negative beliefs by considering alternative interpretations. There are also techniques to solve problems, cope with difficult situations and emotions, as well as addressing assertiveness, negotiation, decision-making, social problem-solving, and relaxation. These skills can be applied in many of life's contexts.

### Year 10

The Strath Haven Positive Psychology Curriculum designed by Professor Seligman and his team is an introduction to the science of positive psychology and aims to increase positive emotion through lessons and activities attached to mindfulness, mindsets, gratitude, optimism and resilience. The program identifies students' signature strengths and illustrates how these can be employed in their daily lives. Students also have the opportunity to develop non-signature strengths that are of importance to them. The curriculum emphasises that experiences that enhance meaning in life often involve connections to others and causes that are larger than ourselves.

"OUR POSITIVE EDUCATION APPROACH WILL TEACH BOYS STRATEGIES FOR DEALING WELL WITH SITUATIONS – GOOD AND BAD – THEY WILL ENCOUNTER IN LIFE. LIFELONG RESILIENCE IS THE GOAL."



### Pastoral Care

The Saints wellbeing program adopts a strengths-based approach. Each boy at Saints from Years 5 to 12 will undertake a character strengths profile as developed by Professor Christopher Peterson and Professor Martin Seligman. This will provide the boys with feedback on their 24 Character strengths which will then be used both to gain a greater understanding of who they are and to craft their involvement in school life.

### Co-Curricular

Building on work commenced in 2012, more than 65 sports coaches at Saints and all students from Years 7-12 have completed a sports coaching framework based on positive psychology. This program has been especially developed for Saints and will be refined over

the next 12 months and includes further student leadership development. The program has been created by Matthew Scholes from AFL Sports Ready and improved in consultation with us.

### Leadership Development

Recently John Vrodos (School Captain) and Tom McNeil (School Vice Captain) hosted a two day Summit for School Captains from around Australia. We had over 71 attend the Summit. A fully student run initiative it included many of the concepts from wellbeing and positive psychology interpreted specifically from the latest theories on leadership with the aim to equip student leaders with a clearer understanding of their mission, vision and goals for their captaincy. John and Tom were able to

seek the input and advice from the Governor of South Australia, Associate Professor Martin Seligman, Professor David Coopeerrider and Professor Lea Waters.

St Peter's College has been proud to share its learning throughout the time it has planned for the introduction of Positive Education classes across the School and many details about their developments are freely available on the School's website. We have been fortunate to consult a number of the world's leaders in the field of wellbeing to strengthen our strategy. Thinkers including Professor Martin Seligman, Professor Patrick McGorry AO, Associate Professor Jane Burns, Dr Ilona Boniwell, Professor Toni Nobel and Associate Professor Lea Waters to name just a few.

**Building great men.**



**St Peter's College**  
ADELAIDE, AUSTRALIA

## **Creating an inspiring social and emotional learning environment where boys thrive.**

**At St Peter's College we know that to build character in our boys is as important as extending their intellect. We believe it is essential that boys understand their wellbeing, and that of others; in the same way they read books, study mathematics, play in an orchestra or kick a football.**

**Your son will learn the skills of resilience to remain optimistic in the face of adversity; understand how to use their strengths of character and coping mechanisms to apply to his daily life.**

**For further information, please contact our Admissions Manager, Ms Melissa Cheesman on +618 8404 0400.**



# MOUNT BARKER HIGH SCHOOL

## POSITIVE EDUCATION POSITIVE FUTURES

By Warren Symonds, Principal, David Garrett, Deputy Principal, and Robyn Pine, English Teacher

Mount Barker High School



Not for Ourselves Alone

Mount Barker High School embarked on a quick and intense learning journey about Positive Psychology during February 2012 that included all school leaders reading Dr Seligman's book *Flourish*, all staff listening to Dr Seligman's public lecture, participating in discussions with Dr Seligman and his team about how to develop strong and positive emotions, engagement, relationships, meaning and accomplishment (PERMA) when they visited the school. They began to consider how these ideas could be used at Mount Barker.

All of this activity threw up a storm of questions, with few obvious answers. Now we were in the spotlight, what was expected of the school? How could the principles of Positive Psychology be applied in a public school setting to help the school community? Dr Seligman strongly advised us not to attempt to implement programs until the wellbeing of our school community had been measured. Our immediate question was, "With what?"

He then presented us with another dilemma by suggesting that it was important for our staff to be properly trained. The question for

us was, "By whom?" Questions, questions, questions, and what to implement?

One thing we have learned throughout this experience is the importance of listening for wisdom. Two sets of wise words came along

How can the well-being of students, staff and the school community be measured in ways that are robust, enable comparison to changes over time and able to stand up to public scrutiny?

How can we make Mount Barker High School a learning community that builds student achievement using positive psychology practices to develop PERMA in students, staff, families and the community?

How can Mount Barker High School use positive psychology to improve student well-being and learning outcomes?

How can positive psychology be used by regional services, Mount Barker High School and community agencies, to ensure more proactive service provision to children and young people?

just at the right time from two DECD executive officers: "A school cannot do it alone." and, "Perhaps it's more useful to think about investigating these ideas rather than jumping into implementing them." These simple ideas immediately reframed our thinking and gave us a way forward.

After Dr Seligman left in March 2012 we used an Appreciative Inquiry professional learning day to talk with our staff about their hopes and aspirations for the school. Our school leaders then used this information to develop a set of inquiry questions that focused our investigations onto how a school like ours could take up the ideas of Positive Psychology. These questions have driven all of the activities we have since undertaken.

### Making a start

It quickly became apparent that developing positive education based on Positive Psychology required us to work closely with our community. Schools often refer to their 'school community' as the staff, students and parents immediately involved in the school. We understood that our activities could not be restricted to this. We needed to also connect with the families who raise the children and young people in the schools in our region, as well the organisations and agencies that serve them. This has become an important theme that flows through our work.

Secondly, we understood that we were embarking on a journey of cultural change. We refused to rush into implementing programs which can only be as effective as the people who teach them. We wanted to develop adults who have a deep understanding of PERMA, and other Positive Psychology concepts, and have the expertise to apply them, in an organisation that has thoroughly taken its principles to heart. This type of change does not happen quickly, particularly without a wealth of resources being thrown behind it, so our strategy has been to invite, rather than demand participation.

### Measurement

The Adelaide Thinkers in Residence program opened up a number of valuable opportunities, firstly in the area of measurement. DECD had been investigating the measurement of wellbeing and was willing to use the school to test an approach. This provided an opportunity to involve our surrounding primary schools. The opportunity to undertake a shared task like this has helped to strengthen the relationships between our schools, and is providing valuable data that we can use to monitor the effectiveness of work being done to improve wellbeing.

We were also offered the opportunity to work with the University of Adelaide's Department of Psychology. Researcher, Dr Anthony Venning, has developed an approach to measuring mental health based on the Keyes and Lopez 'Complete State Model'. He was interested in trialling a survey with our school community.

These initiatives have provided the school with valuable baseline data that will help in designing and monitoring approaches to improve the overall flourishing of our school community.

### Small beginnings

Developing commitment and expertise is fundamentally important, however training has proven to be expensive and difficult to access. Five Mount Barker High School leaders participated in a five day University of Pennsylvania Resilience training course in June 2012 along with another twelve from primary schools, the DECD Regional Office and other agencies in the Adelaide Hills. This helped to reinforce a strong regional interest.

We have been able to share some of this learning using an email network throughout our school, other primary schools and the DECD Regional Office. This network is used to regularly distribute key information from the University of Pennsylvania course. Modelled on the 'Penn Training' participants are able to work through examples of a number of key strategies and encouraged to practise them in their personal, family and professional lives.

In addition, Mount Barker Child and Adolescent Mental Health Service (CAMHS) offered a well regarded therapist trained in Positive Psychology based strategies, to run workshops for Adelaide Hills teachers. These workshops are now voluntarily attended by 70

# MOUNT BARKER HIGH SCHOOL

In February 2012 Mount Barker High School became the Department of Education and Child Development's (DECD) focus school in Adelaide Thinkers in Residence Dr Martin Seligman program. DECD was interested in how a public school might engage with this new set of ideas that have been taken up by a number of Australia's top independent schools. Furthermore, how a public school might engage with Adelaide Thinkers in Residence partners including Adelaide's Saint Peters College, Catholic Education, as well as representatives from a range of universities, government and non-government organisations.

Dr Martin Seligman, from the University of Pennsylvania, is a world renowned psychologist and author of best sellers *Authentic Happiness*, *The Optimistic Child*, and *Flourish*. He is credited with beginning a new strand of psychology, known as 'Positive Psychology' which is the scientific study of the strengths and virtues that enable individuals and communities to thrive.

His work has been taken up by the American Army, with thousands of drill sergeants now trained in Positive Psychology techniques to improve the resilience and mental health of soldiers

before they serve their country. Early studies are showing that they are coping better with the difficulties they encounter and returning with greater wellbeing than previous groups.

Dr Seligman argues that these ideas are just as relevant for schools. What people want most for their children is for them to flourish. 'Flourishing' refers to individuals building the strengths and characteristics they need to be resilient. People can learn to flourish by learning to increase positive emotions, engagement, meaning, relationships and accomplishment. This is now known by the acronym 'PERMA'. Seligman argues that this is measurable and teachable. He has worked with schools in the USA, the United Kingdom and now in Australia to encourage the incorporation of these ideas into education.



Dr Seligman with Principal Warren Symonds and student leaders during his February 2012 visit

to 80 primary and secondary staff, along with workers from a range of youth support agencies working in the Adelaide Hills. Opportunities such as these have caught the attention of other of other Adelaide Hills organisations, such as local government, who are interested in what training could look like for non-education agencies.

## What can positive education look like?

One of Dr Seligman's most fundamental strategies is to identify and work with Character Strengths. Seligman, and colleague Chris Peterson, identified 24 character traits that they claim are universal. When people use their 'Signature Strengths' (the strengths that most strongly characterise individuals) they tend to become absorbed in tasks and work at their best, or go into what Seligman refers to as 'flow'. This can help to increase engagement and accomplishment.

A number of schools more experienced in positive education than us use Character Strengths extensively. So we have introduced

them into teaching and learning in our school. Last year we trialled an approach with our Year 8 cohort. All students completed the free survey (available at [www.authentichappiness.com](http://www.authentichappiness.com)) then used this feedback to investigate possible career interests and directions. A number of English classes also used the concept of Character Strengths, with students completing the survey then using the concept to add depth to their studies of literature.

While it is too early to make definitive claims, reflective comments by students convinced teachers that this Positive Psychology based approach helps students to better understand themselves, the literature they are studying and the world they live in.

Teachers from areas of study that do not lend themselves so easily to adding Positive Psychology to content, such as Mathematics, have been justifiably asking how they can use these approaches to add, rather than distract from subject based learning. They are now



Talking with students about learning and living optimistically using their strengths



Principal Warren Symonds talking with students about positive approaches to learning

Located in the beautiful Adelaide Hills, Mount Barker High School is a hidden treasure. Its generous green spaces are shaded by gum trees that predate the First World War. They were old when local painter Sir Hans Heysen used them to finish off the colours and textures of Flinders Ranges' ancient gums that were the subjects of his famous landscapes. They provided the backdrop for the first children to be educated in this historic school when it was established one hundred and five years ago. They still welcome children and young people who arrive each day to learn the knowledge and skills needed to make their way in their 21st Century lives.



But things do change and this medium sized secondary school, located in the rapidly growing area of Mount Barker and well and truly up with the times, is now doing ground breaking work to explore how Positive Psychology can be used. Its recently refurbished facilities, state of the art information technology resources and extensive curriculum offerings provide learning opportunities that are the pride of its staff and community.

What was one of South Australia's first dedicated public secondary schools is now one of its first public schools to implement 'Positive Education', an approach to learning that builds resilience, optimism and wellbeing which typifies the ANZAC spirit.



trailing the 'What went well' strategy, or as it is often called 'Three good things, or 'Hunt the good stuff'. Optimism can be improved by regularly spending time at the end of each day asking oneself what went well, reflecting on how and why, and recording these thoughts.

Our Mathematics teachers are now beginning to use this approach at the end of some Maths lessons, to test whether students can begin to think more optimistically about themselves as Maths learners. Again it is too early to make claims based on research, but initial student responses are encouraging. There are plans to



extend this using Cognitive Behaviour Therapy strategies to shift self-talk and explanatory styles about learning Mathematics from negative to positive to boost student confidence and achievement.

A powerful strategy that takes no training whatsoever is to actually take a positive approach to working with children and young people. This sounds easy yet due to 'negativity bias', people tend to take negative views of the world more often than positive. A number of teachers are making a special effort to focus on the positive and structuring opportunities for students to explore concepts from positive perspectives.

In February this year Dr Seligman again visited our school. He addressed the whole school, with invited school and student leaders from many other public, Catholic and independent schools in the Adelaide Hills. He then talked with staff and students about their experiences and questions concerned with beginning to use positive approaches to learning.

In the evening, almost 1,000 Adelaide Hills education, community, agency and business leaders, along with hundreds of parents attended a public event hosted at the school. Seligman explained his ideas about how people can increase their levels of PERMA, what schools can do to improve the wellbeing of children and young people, then outlined a vision for a flourishing community. He congratulated the school and the Mount Barker community on its progress saying that after discussions with staff, students, parents and school leaders he could see the difference made by 12 months of committed effort and community support.

While it is still early days, we are committed to expanding the number of trained staff, continuing annual measurement, and working with other schools and agencies to develop a flourishing school and community. Our next steps will be determined by review and planning, again using an Appreciative Inquiry process.

The school will be offering a conference titled, 'Positive Education – Positive Community Starting Points' in June. For information please contact the school, or refer to the school's website [www.mtbhs.sa.edu.au](http://www.mtbhs.sa.edu.au).



Dr Martin Seligman addressing 1,000 Mount Barker community members

## Fighting the negativity bias

English teacher **Robyn Pine** provides a powerful example of what can be achieved when fighting the negativity bias by deliberately focusing on the positive:

*"Initially I was dubious about the notion of positive psychology. I thought it was just one more thing I was supposed to incorporate into my programme and that positivity is not something that can be taught. However, hearing Martin Seligman say that he was, by nature, a pessimist made me pay attention. After hearing him speak in February last year and reading 'Flourish' I was still pretty cynical, however I began to think about ways to inject a bit of positivity into the tasks I set my students.*

*As an English teacher, I read a lot of dark stuff that students write. For some, it's cathartic; for some, it's a genuine cry for help; for others it's a bit of a role-play. But while there are undoubtedly some students who are clinically depressed, there are plenty of others whom I think can be nudged in the other direction. And that's what interests me, so I'm happy to do a bit of nudging.*

*For example, students in my Year 8 class studied works of art that contained an element of optimism. As a class, we wrote descriptive*

*phrases, similes and metaphors, then the students worked independently to write poems with a positive message. They then had to choose a piece of art to complement their poems.*

*At first I was concerned that it was somehow 'false' to include only optimistic paintings as our writing prompts, and that it was 'false' to tell the class that our aim was to focus on positive images and positive language. But it didn't feel false. The students had fun looking at the paintings, then working together to list the positive words and phrases, then turning some of those into similes and metaphors. I was proud of the way that all students embraced the idea of focusing on the positive and what I loved was that the most unlikely students came up with the best ideas...*

*...For me, it was important that every student in the class got right into it and wrote something coherent, thought-provoking and positive. A number of students really surprised me with the depth and quality of their writing."*

There is a way by Calvin  
 Standing up for what you believe in  
 is the way you know that you are an individual.  
 When you stand up for yourself  
 You always have a sense of pride.  
 You have a feeling that nothing can touch you,  
 Nothing is impossible.  
 Life is an adventure,  
 Live every day like it is your last.  
 Sometimes life gets turned upside-down,  
 But there is always a way you can fix it.  
 Life can get you down,  
 But there are people that can pick you up.  
 From the darkness there is always light.

Artist Tahlia Eidam (used with permission)

Poem by Year 8 student Calvin who selected a piece of artwork from an ex-student to illustrate his optimistic theme

Mount Barker High School is connected with the ANZAC spirit. Principal Warren Symonds served as a Major with the Australian Defence Forces. Students and staff regularly attend ANZAC and Remembrance Day services, and the school has instigated annual ANZAC Assemblies to reinforce this important aspect of Australia's culture.

Mr Symonds said, "I believe it is very important to keep our connections with the ANZACs. This school has a long tradition of remembering the service to our country performed by past and present graduated students. We need to continue educating our young people to respect and value the contribution made by Australia's armed forces."

In 2012 Mount Barker High School students addressed the 2,000 strong crowd at Mount Barker RSL's Dawn Service. They spoke movingly about how members of their families had been involved in armed forces during World War 2, what this means to them, their families and to modern Australia.



Mount Barker High School student addressing the 2012 Mount Barker Dawn Service. Photo courtesy of The Courier, Mt Barker.



# Unley High School

## 2012 Reconciliation Week Assembly at Unley High School

Unley High School celebrated Reconciliation Week for a second consecutive year with a whole school assembly. Indigenous Perspectives were incorporated in units of work in several faculties in the lead up to Reconciliation Week, highlighting for all students the importance of understanding our Indigenous heritage.

Presented by the students' Multicultural and Environmental Committees and the Debating students, the assembly hosted two Indigenous guest speakers: Mr Robert Taylor and Mrs Lyn Jones. Robert, a descendant of the Indigenous Australian scientist David Unaipon, performed the Welcome to Country address and a musical and cultural display including use of the didgeridoo. Lyn, a member of the Stolen Generation, spoke about her personal journey and experiences in discovering her Aboriginal heritage, and her mother's journey as one of the children involved in the Krok Island evacuation during World War II.

The work of two English classes formed part of the assembly. The students worked in groups to create films which addressed an aspect of Indigenous culture. These were created in response to several texts studied in an Indigenous Perspectives English unit of work.

The assembly consolidated for many students an understanding of both positive and negative histories of our Indigenous people. Unley High School acknowledges the Kurna people as the traditional custodians of the Adelaide Plains, and respects their spiritual relationship with their country. The process of Reconciliation will be a continual focus for our school, both in implementation of the National Curriculum and in our relationships with the wider community.



## FROM THE PRINCIPAL

Unley High School is a comprehensive secondary school with a history and tradition dating back to 1910. We pride ourselves on our record of academic success, our sporting involvement, our student wellbeing and our connection with families. We offer a rich and interesting educational program within an inclusive and lively school, where young people can follow their areas of interest and flourish.



In these pages you will see showcased cadets, poetry, student leadership, the environment, student involvement and cultural events. This is only a snapshot of what happens at Unley High School each year.

What is at the heart of our school is the quality of the teaching and learning that occurs in every lesson every day. Our teachers embrace change. They are committed to Unley High School students achieving their best. Their willingness to innovate is inspiring – whether it is the Ipad program, the Learning Centre, The Rowing and Plumbing Classes, the Advanced Technology Program or immersion programs in languages.

Unley has always been a great school. Students are expected to display honesty and respect in all of their dealings and to take personal responsibility for their behaviour. We promote co-operative working relationships between all members of the school community and have parents as partners in student learning.

Susan Cameron, Principal

## Gay-Straight Alliance

The Gay-Straight Alliance is a group of students and staff who meet together on a weekly basis with goal of making Unley High School a safe and inclusive environment for all students at the forefront of our interactions with each other and the events that the group organised.

A highlight in 2012 was a week-long event organised in March called Think Before You Speak Week. As the name suggests, the week aimed to raise the awareness amongst the

school population of homophobic language and the effects it could have on people around us. There was a special assembly at which two ex-Unley High School students spoke about their personal experiences with homophobia and a number of celebrations throughout the week to emphasise the message.

On May 17<sup>th</sup> we once again celebrated IDAHO (International Day Against Homophobia) Day by serving cake to students under the rainbow flag and asking them to sign a pledge to reduce homophobic language in

our school. It was good to see both staff and students get into the spirit of this event. In keeping with the cake theme, the group had a cupcake decorating stall at the Multicultural Food Fair which proved a hit and produced some interesting and extremely sweet cupcakes.

Finally, in third term, the group organised a Wear it Purple day. On this day members of the school community were asked to wear something purple to supplement their school uniform to support sexuality and gender-diverse young people.

# Multicultural Week

## Students Multicultural Committee

The Students Multicultural Committee was established to enhance student input and involvement in the multicultural tone of Unley High. The lunchtime meetings were attended regularly by a dedicated group of students who developed fresh approaches, especially in their planning of events such as Harmony Week, the Reconciliation Assembly, the Welcome to Australia Seminar, the Multicultural Assembly, the Multicultural Fashion Parade and the Multicultural Food Fair. The committee was also a means to give voice to students within the school who may otherwise not have such an opportunity to participate actively in the life of the school.

## Multicultural Assembly

The Multicultural Assembly, held in mid-Term 3, was a celebration of the cultural diversity of Unley High, with a dazzling array of singers, musicians and dancers. Also, International Students from China, Korea, Italy and Japan spoke about their home cultures and being a student at Unley High School.

## Multicultural Fashion Parade

The Multicultural Fashion Parade was held at recess time during Multicultural Week on the central lawns. Fifty students and staff shared a part of their cultures with their school mates by participating in this colourful cultural display that has now become a part of the annual Unley calendar.

## Multicultural Food Fair

The Multicultural Food Fair, an annual event quickly establishes a buzz of sound, sight and aroma around the school. There are food stalls from China, Croatia, France, Greece, Hungary, Indonesia/Malaysia, India/Pakistan/Sri Lanka, Iran, Japan, Korea, Thailand and Vietnam as well as contributions for the school Social Justice Group and the Gay Straight Alliance

“OUR TEACHERS EMBRACE CHANGE. THEY ARE COMMITTED TO UNLEY HIGH SCHOOL STUDENTS ACHIEVING THEIR BEST.”

## THE ADELAIDE HILLS KIDS TEACHING KIDS CONFERENCE 2012 INSPIRING FUTURE ENVIRONMENTAL LEADERS

Two Unley High School Year 12 students reversed the roles of teachers and students, by hosting a conference in Australia Post Kids Teaching Kids Week 2012, as the community involvement aspect of their Stage 2 Health Investigation. Held on the 29th of August at Warramong Wildlife Sanctuary the conference brought together primary school students from Stirling East Primary, Mylor Primary, Morphett Vale East Primary and Saint Catherine’s School to present workshops on environmental issues.

Kids Teaching Kids Conferences first began in Mildura in 1999, with the idea developed by Arron and Richard Wood. From there, the conferences have grown, with international conferences being held annually, and state conferences held in each major capital city. Our conference was one of six hundred events held as part of Australia Post Kids Teaching Kids Week 2012, in which over ten thousand kids were involved across the nation.

The conference aims to give kids an opportunity to improve their research, leadership and organisational skills through planning and presenting a workshop, while improving their knowledge of the environment, by getting involved in presentations. The way that the conferences work is that students choose a topic of interest related to the environment and research it, before coming up with a workshop style presentation that they

perform to other students on the day. It is a way for students to improve their teamwork and problem solving skills, allowing them to become more engaged in the community, more aware of the environment and more resilient.

Our conference was a huge success, with all 32 students presenting fantastic workshops, with topics ranging from water pollution to possum boxes. Along with their prepared workshops, we also had guest speakers from Kids Teaching Kids, attend for the official opening. Each speaker talked about different events they could go to and encouraged them to get involved.

Hosting a conference in Year 12 has given us lifelong skills in the planning and running of the conference, which is going to be beneficial throughout university and beyond. As MCs on the day, we gained more confidence in public speaking and through contacting companies for sponsorship we are now able to communicate and present ourselves in a formal, professional way. In the lead up to the conference we visited the schools weekly to mentor students and help develop their workshops. This was an amazing experience, as we were able to see the kids become more confident and passionate about the workshops.

“It was the best day, I learnt so much and I can’t wait for the international conference next year!” – Ella, Mylor Primary School

# SOCIAL JUSTICE GROUP

This year the Social Justice Group has looked at issues on a local, national and international level. The group attempted to raise awareness on unknown humanitarian issues in society and to broaden people’s understanding of what is happening in the world.

We started the year by selling hotdogs to campaign and bring awareness to ‘Couch Surfing’, which is when homeless young people are forced to sleep on other people’s couches because they have nowhere else to stay. The money raised from this went to the Hutt Street Centre.

Our second focus was on selling ‘Fair Trade’ coffee and hot chocolate at the Multicultural Food Fair to promote fair wages and trade of

products from other countries. It was very successful as we sold out of everything.

The final focus was on ‘R U OK? Day’. This day encourages people to look out for other people’s mental health just by asking them ‘Are you okay?’ We sold scones to show how easy it is to start a conversation about somebody’s feelings. Altogether this year has been successful and we would encourage people to get involved in the group next year.



# AUSTRALIAN AIR FORCE CADETS 617 SQUADRON AT UNLEY HIGH SCHOOL

Here are some comments from cadets in the Squadron

The Australian Air Force Cadets is a youth based organisation with squadrons situated all over the country. It is actively supported by the Royal Australian Air force and the opportunities are endless! Becoming an Australian Air Force Cadet will not only teach you valuable life skills such as confidence, teamwork, self-reliance and leadership, the people you meet will become friends for life.

Here are just some of the amazing activities and opportunities offered.

- Firearms training
- Weapons Training Simulation System (WTSS)
- Air Experience Flights
- Flying Camps
- Flying scholarships in both gliding and powered aircraft
- Flying Simulators
- Aircraft Tours (AP 3C Orions)
- Survival and Fieldcraft Bivouacs
- Adventure Training Award
- General Service Training Camps (GST)
- International Air Cadet Exchange (IACE)
- Hovercraft Training
- Drill including F88 Austeyr Drill
- Promotional Courses
- Involvement in ANZAC Day parades and Remembrance Day ceremonies.
- ... and many more!

## FLYING SCHOLARSHIP AND CAMPS

*"It opened up a career opportunity, and it's the greatest feeling flying solo..you literally feel on top of the world."*

*"Flying camps are awesome fun and have opened up a career opportunity for me. An amazing experience."*

## PROMOTIONAL COURSES

*"I was recently given the great privilege of being flown interstate to Darwin for my Junior Non Commissioned Officers course. All my flights were paid for and I had free accommodation and food on base. I had some amazing experiences and met many people who I can now say are my best friends. Cadets is such a worthwhile thing to do and I can't speak highly enough of it."*

## BASE VISIT AND INTERSTATE SHOOTING COMPETITION

*"One of my favourite experiences while being involved in the Australian Air Force Cadets has been visiting RAAF Base Edinburgh. Using the battle simulator and touring the aircraft was an amazing experience that not many people will have! The Cadets also offer shooting and if you shoot well enough, you'll be taken to Sydney to compete with other cadets in a competition. Target shooting is good fun and an awesome way to test your skills."*

## FIREARMS TRAINING

*"Learning how to fire a firearm successfully has given me a great insight into shooting, and I am now able to go shooting with friends outside of cadets as well."*

## BASE VISIT

*"The first week I joined, I got the chance to go to RAAF Base Edinburgh. That was special."*

## SURVIVAL BIVOUAC

*"My favourite activity in cadets so far was the survival bivouac I went on. They left us to do what we wanted, while learning lifelong skills."*

## GENERAL OVERVIEWS

*"Cadets gave me the opportunity to do things that I never thought I could do. I have used billion dollar simulators, stayed on RAAF Bases and made heaps of friends who I will remember forever. Cadets give me the confidence to try many things and experience things others cannot."*

*"My time as an Australian Air Force Cadet has been quite a memorable experience. The skills that I have learnt like Fieldcraft and survival are not just useful in the Defence Force but these skills are helpful in everyday situations, like knowing how to start a campfire, reading a map or finding your way around. Cadets teach us discipline and leadership so that we can acquire the best capabilities and excel in our careers. Knowing how to fly an aircraft or being able to shoot a firearm is a unique skill to have and definitely makes your application stand out. My journey at cadets has been a positive one, from meeting new people and making lifelong friends to participating in the ANZAC Day March and remembering the soldiers who have fallen for us. A journey as an Australian Air Force Cadet is really worthwhile."*

# poetry

by Unley High students

## Drifting

Do you remember when we met?

In the crowd, I felt I might drown  
in the sea of faces  
but you took my arm  
and guided me to safe ground.

That was when I realised  
you were the kind of person  
I wanted to be like.

Then you gave me a tiny smile,  
turned away,  
and disappeared into the crowd.

It was a moment I could easily have forgotten,  
but I didn't  
because we remember things that are important to us.

Now I watch you drifting further away,  
a boat on the horizon  
and the water between us is dark and deep.

Just knowing you  
has made me a stronger person  
and I wish I could tell you that  
but you're too far away.

Do you remember when we met?  
Never mind.  
I understand. After all,  
We only remember things that are important to us.

- Year 11 student 2012

## Afterlife.

I'll seal my nights and days,  
So as not to think of you.  
And search for people I haven't seen for years.  
I'll read sad books and listen to sad songs,  
To disguise my tears.  
I'll make believe  
And eat too much  
Attempting to forget  
The way you made me laugh  
Or held my hand  
But in the stark loneliness of dawn,  
When my imprudent mask has crept away,  
Once truth is raw and bitter,  
I'll touch the place where you slept

And in spite of my sadness  
I'll smile  
Remembering how you loved me  
if only for a while...

- Year 11 student 2012

## As wide as the ocean

Is there *anything* more heart wrenching than a tide?  
Day after day the land pushes her away  
Night after night they ravage, they fight!

The endless to and fro  
Their love will swell, their love will grow  
And in their might they  
destroy all that is in sight  
Leaving naught in their wake

But a drop.

And then....

Then she will wash away like bitter bourbon down a cold  
sink  
And he will remain with the sour taste of her tears on his  
shore

So in the darkness she will wait.  
Her tears stream down rivers and valleys  
She seeps through cracks and spills into caves,  
She fills the hearts and souls of the small, the growing

And in the thick silence there is a scream  
stifled by the calm, cool of the night

But then...

Then she returns to her shore.  
Washing over it, taking from it the beauty that she craves;  
The little shells like pieces of the soft sky,  
The tiniest grains of sand that only a child will count  
And always she leaves a wave of longing behind

For it is pain to love someone so  
But there is comfort in the pain that no one can know

Because through the beauty and through the breakdown  
Through the sweet sorrow  
And joyful distress,  
He remains  
He is a ground for her swaying soul,  
A home for her terrible torment to be soothed like a burn

It must be true,  
For the ocean, she is but a child  
this deep, dark child, she is mother to the land  
So it *must* be true  
There is *nothing* more heart-wrenching than a tide.

- Year 10 student 2012

## The Clouds and the Waves

Clouds roll and waves crash,  
across the shore.  
Where have you gone?  
Do you remember the days  
when we sat and talked,  
as the clouds rolled  
and the waves crashed,  
across the shore?

But those days  
when we sat and talked  
Darling, they are long gone.  
Just like the clouds that rolled,  
and the waves that crashed  
a cross the shore.

- Year 11 student 2012

# TEACHERS' SALARIES: THE CASE FOR A TRULY BIG RISE

By Michael Short

For as long as I can recall, there has been widespread accord that teachers ought to be among the most revered members of the community and that their importance is not properly reflected by their salaries.

And for as long as I can recall, there has been consensus that education is the most important determinant of opportunity, productivity, innovation, social justice and personal and collective economic prosperity. In other words, education is the gateway to good public policy, and teachers are the key to the gate.

Yet, in the annual Reader's Digest survey of most trusted professions, teachers come in 12th. Surely they should be in the top handful.

Investment in education makes sense; it provides opportunity for people to thrive and creates economic wealth. A better educated population earns more money, some of which flows to public revenue - thus paying a bountiful social and economic dividend.

We have a melange of public and private schools; in Victoria there are 1537 government schools, 486 Catholic schools and 215 independent ones. So, most students are in schools funded purely by taxpayers through transfers by the state and federal governments.

The teachers in government schools struggle periodically to collectively negotiate across-the-board increases in salaries. As is the case today in Victoria, this leads to protracted, often acrimonious public battles between teachers and politicians, with the usual outcome being a marginal, even parsimonious, increment.

The teachers have not been doing all that well; their salaries have been sliding for decades relative to other groups in the workforce. Many Collins Street personal assistants earn more than most government-sector teachers. This is not at all to play down the worth of those providing administrative support to corporate executives. Rather, it illustrates teachers' remuneration is not commensurate with their role in our economy and community.

The argument has been unduly protracted; meanwhile, there is growing concern that Australian students, as a whole, are slipping down international rankings. Studies by the Paris-based Organisation for Economic Co-operation and Development, the industrialised world's leading public policy research organisation, show Australian students' academic performance being outpaced, as is the amount of public money we spend on secondary education.

I would like to suggest a circuit-breaker that, along with measures of teachers' performance and augmented training for teachers, might finally propel educators to the social and economic status so many have long advocated. Rather than government school teachers having to fight every few years for a pay rise of a few per cent, they should be given a one-off increase of, say, 75 per cent.

The jump in pay should be phased in, alongside added training, so that there is a trade-off, rather than just boosting the cost of the status quo. Yes, there is reform under way via the Gonski review, but that is aimed at increasing resources for disadvantaged students, rather than changing the standing and situation of teachers.

Governments' budgets are about priorities, and education must be one of the highest priorities, if not the highest. There is money in the system to pay teachers what they merit, and to buttress

the quality of the system. In Victoria alone, just imagine what might have been achieved for our children had so much not been spent on such a big desalination plant? What about the \$1.5billion on an unnecessary transport ticketing system?

At the federal level, billions of dollars unnecessarily go to the wealthy via tax concessions on superannuation. There are actually idle people out there funneling family trust revenue into superannuation at a 15 per cent tax rate and pulling it out later with zero taxation; the top 5 per cent of income earners get almost 40 per cent of this tax concession. This is distorted to the point of obscene.

We live in one of the wealthiest nations and we can afford to pay teachers more. If we really do wish to have an economy driven by innovation, if we do want to return to high rates of productivity growth, if we do wish to avoid being Asia's quarry, if we do want equality of opportunity, we have to pay for it. This does not mean higher taxes - although, as a relatively low-taxed nation, we have room to lift taxes. What it means is adjusting our spending.

Our teachers work hard under pressure, and are generally a terrific bunch of professionals. But we clearly can - and must - do better. Introducing salaries in line with the pivotal importance of teachers would help attract the very best and brightest to the profession. The teaching ranks should be replete with master's degrees and doctorates.

I understand it is harder to teach some groups than others, and so measuring performance can be difficult. But it should not be beyond us to be able to assess teacher performance - and to reward it.

Education is one of the best investments we can make, and will pay us back handsomely. Our teachers deserve it - and our children need it. Michael Short is editor of The Zone. Twitter: @shortmsgs. [www.theage.com.au](http://www.theage.com.au)

## A TIME TO REMEMBER THOSE CALLED UPON TO SERVE THEIR COUNTRY

On National Servicemen's Day in February, the Minister for Veterans' Affairs, Warren Snowdon, urged all Australians to recognise the contribution national servicemen played during times of need.

"Known as 'Nashos', national servicemen were called upon to help strengthen Australia's defence forces.

"Today, we honour their courageous efforts and remember the sacrifice of the some 200 killed and 1,200 wounded during the Vietnam War.

"I am proud to see so many Australians in major and regional cities around the country paying their respect to these often unsung heroes on this important day," Mr Snowdon said.

Over 280,000 men were called up for National Service between 1951 and 1972, forming a strong backbone to Australia's defensive efforts. Some 20,000 served in places such as Vietnam, Borneo, Malaysia and Papua New Guinea.

Australia has had a long history of National Service, with the first scheme being introduced in 1911, and the fourth and final scheme re-introduced in 1964, before eventually being abolished in 1972. National servicemen are formally recognised at the

National Service Memorial at the Australian War Memorial and through the Anniversary of National Service 1951-1972 Medal.

"Compulsory service has always been a controversial issue in Australia, yet you can guarantee that each one of these men were proud to serve their country, something I know is reflected in the attitude shown by our troops serving overseas today.

"I am pleased the Australian Government has been able to support initiatives honouring our national servicemen. Most recently, the Townsville & District Branch of the National Servicemen's Association of Australia received funding to purchase a new flag pole which will be the focal point for their service today.

"I encourage all Australians to reflect upon the contribution that Nashos made to this country and to take time out of their day to remember their efforts," Mr Snowdon said.



Australian Government

VVCS – Veterans and Veterans Families  
Counselling Service

# REACHING OUT ON ANZAC DAY

**A**NZAC DAY CAN BE A TIME OF MIXED EMOTIONS FOR SOME VETERANS AND THEIR FAMILIES.

IT IS AN IMPORTANT TIME OF REMEMBRANCE AND RESPECT, AND PERHAPS AN OPPORTUNITY TO SPEND TIME WITH MATES AND LOVED ONES.

IT CAN ALSO BE A TIME OF ANXIETY AND PAINFUL FEELINGS.

IF YOU'RE FEELING DISTRESSED AROUND ANZAC DAY, REACH OUT FOR A HELPING HAND FROM A MATE OR FROM THE **VETERANS AND VETERANS COUNSELLING SERVICE (VVCS)**.

VVCS IS A FREE, CONFIDENTIAL, COUNSELLING SERVICE DEDICATED TO SUPPORTING THE MENTAL HEALTH AND WELLBEING OF THE AUSTRALIAN EX-SERVICE AND VETERAN COMMUNITY AND THEIR FAMILIES.

VVCS SERVICES ARE AVAILABLE FOR ALL AUSTRALIAN VETERANS, PEACEKEEPERS, ELIGIBLE MEMBERS OF THE DEFENCE FORCE COMMUNITY AND THEIR FAMILIES, ALONG WITH F-111 FUEL TANK MAINTENANCE WORKERS, THEIR PARTNERS AND IMMEDIATE FAMILY MEMBERS.

**IF YOU NEED SUPPORT, OR WOULD LIKE MORE INFORMATION, PLEASE CALL OR VISIT OUR WEBSITE.**

**CALL VVCS ON 1800 011 046\***  
24 HOURS A DAY ACROSS AUSTRALIA

**VISIT THE WEBSITE**  
**[WWW.DVA.GOV.AU/VVCS](http://WWW.DVA.GOV.AU/VVCS)**

\*FREE LOCAL CALL. CALLS FROM PAY PHONES AND SOME MOBILES MAY INCUR CHARGES.



# ANZAC Commemorative Tours

## Western Front and Gallipoli

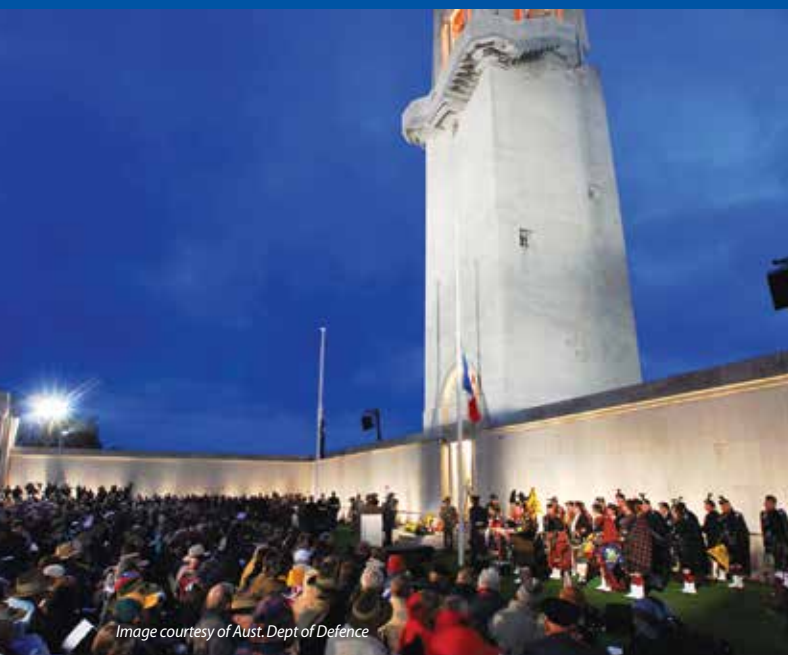
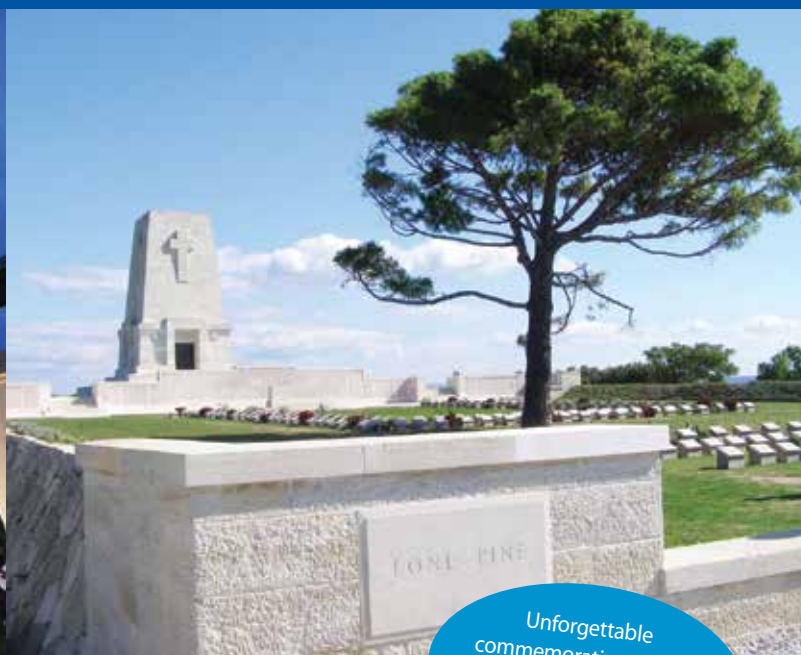


Image courtesy of Aust. Dept of Defence



Unforgettable commemorative touring experiences designed by expert War Historians

### ANZAC Day Tours

#### ANZAC Day on the Somme - 6 days

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

#### ANZAC Day on the Western Front - 10 days

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

#### All Quiet on the Western Front - 8 days

Staying three nights in Ypres (Flanders) and three nights in Amiens (the Somme) this tour has been specially designed to be enjoyed immediately after the ANZAC Day Commemorations, when the crowds have all disappeared, and it has become 'All Quiet on the Western Front'. Includes the services of an expert War Historian.

### Summer ANZAC Tours

(Operating May to September)

#### The Spirit of Gallipoli - 8 days

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

#### Turkey, Gallipoli and the Ottomans - 15 days

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

#### All Quiet on the Western Front - 8 days

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

#### The Complete ANZAC Experience - 15 days

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



For information on our 2014 ANZAC Tours  
call us on 1300 135 015 or visit [www.albatrosstours.com.au](http://www.albatrosstours.com.au)

Lic No TAG 1374\_ATG0532





## ANZAC Commemorative Tours – Gallipoli or the Western Front?

FOR MANY, GALLIPOLI IS SYMBOLIC OF THE BIRTH OF THE ANZACS YET MORE AND MORE AUSTRALIANS ARE DISCOVERING THAT AMONGST THE MUDDY BATTLEFIELDS OF THE SOMME AND FLANDERS THERE IS A MUCH BIGGER AND MORE COMPELLING ANZAC STORY TO BE TOLD.

The next few years will see the 100th year anniversaries of so many tragic events of the First World War - Gallipoli, Fromelles, Pozieres, Bullecourt, Passchendaele and of course, Villers-Bretonneux. And therefore, more and more people will feel the need to visit these memorable sites and moving locations that spawned the magnificent ANZAC Legend, to understand what went on, what actually happened and fully grasp the huge and powerful ANZAC story waiting to be told. A story of incredible valour and fortitude, amidst the carnage of human destruction which the world had never seen before.

To that end, Albatross Tours' new ANZAC Commemorative touring programme not only offers two very special ANZAC Day Western Front Commemorative tours but also a series of unique, tried and tested Gallipoli and Western Front Tours running every month throughout the European summer. With the April ANZAC Day commemoration crowds long gone, sensitive, in

depth touring, led by their highly experienced Battlefield Guides, becomes a simpler and incredibly rewarding experience. Specially designed, these European summer ANZAC tour programmes have also been timed so these fascinating tours can be combined, allowing the complete Gallipoli and Western Front ANZAC story to unfold.

As they say 'truth can be stranger than fiction' and bearing that in mind Albatross have spent over a decade assembling a proven team of War Historians, Battlefield Guides and specially trained Tour Managers. Experts who will lead these tours and breathe life into each tragic military campaign, making sure you only hear the true story and the real facts. An added bonus is that on each tour the pace is so much more sensible, staying at least 3, and often 4 nights at each absorbing location and using only selected, centrally located hotels, right where it all happened.

For more information on Albatross Tours' ANZAC Commemorative tour programme call 1300 135 015 or go to [www.albatrosstours.com.au](http://www.albatrosstours.com.au).

“THE AUSTRALIAN WAR MEMORIAL PROVIDES A GREAT SERVICE FOR AUSTRALIANS AND IS AN ICONIC INSTITUTION... THE WAR MEMORIAL IS FUNDAMENTAL TO US.”

The Last Post interviews  
Warren Snowdon,  
Minister for Veterans' Affairs,  
Minister for Defence Science  
and Personnel and Minister for  
Indigenous Health.

# WARREN SNOWDON

Warren Edward Snowdon is the federal member for Lingiari and was previously the member for Northern Territory, and has held these seats from 1987 to 1996 and from 1998 to the present.

Born in 1950 in Canberra, Warren attended St. Benedict's Primary School and St Edmund's College. In 1975, he completed a Bachelor of Arts degree at the Australian National University.

Warren first moved to the Northern Territory in 1976 to work as a teacher after gaining a Diploma of Education from Murdoch University.

He later moved to Alice Springs where he has lived for more than 30 years with his partner Elizabeth Verstappen. They have raised four children, Frances, Tom, Tessa and Jack in Central Australia.

Between 1978 and 1981 he worked as a researcher at the ANU's Centre for Resource and Environmental studies under the economist and Indigenous policy pioneer H.C. 'Nugget' Coombs. Warren co-authored several books on Indigenous culture and education with H.C. Coombs while Warren was working at the Centre.

Before being elected to Parliament in 1987, Warren was also a senior policy officer at the Central Land Council in Alice Springs.

Warren is an extremely active parliamentarian and has been a member of a number of parliamentary committees and sub-committees. He has served as Parliamentary Secretary to the Minister for Transport and Communications (1990-92), Parliamentary Secretary to the Minister for Employment, Education and Training (1992-96), Parliamentary Secretary to the Minister for Environment, Sport and Territories (1993-96) and Parliamentary Secretary (Territories) (1993-94).

In November 2007, Warren was appointed as the Minister for Defence Science and Personnel. Warren filled this Ministerial position until June 2009 when he was appointed Minister for Indigenous Health, Rural and Regional Health and Regional Services Delivery.

Following the 2010 election, Warren was appointed Minister for Veterans' Affairs, Minister for Defence Science and Personnel and Minister for Indigenous Health.

The Last Post: Thank you very much Minister Snowdon for joining us here at The Last Post for a chat. How have things been for you lately?

Warren Snowdon: Pretty busy to be truthful. Last week I was down Caloundra opening a defence recruiting centre and I met there with local RSL bosses. We had a good chat about working closer together and trying to provide services for younger veterans. A day later I was in Frankston, down in Victoria, at the Frankston RSL where we did two things. We launched an app called PDS Coach and you can have a look at that on the DVA website. We then opened a Well Being Centre, paid in part by the

Commonwealth, on a property leased by the Frankston RSL. The idea of that is to provide services for young veterans, which is a really positive thing.

TLP: The new centre down there, for young veterans is very important and I know it's where the RSL is heading, itself and I think you addressed that in a Foreword for The Last Post recently, regarding the importance of the RSL embracing the younger veterans who are set to appear on the scene very shortly. How important is that for you?

WS: It's my top priority. I've been talking with the RSL about it for a couple of years now. If we think broadly, what we've got in place in terms of support for veterans from the First World War, the Second World War, the Korean War, Vietnam, we know that generally speaking, their needs have and are being addressed. The health system works well, the support for families works well. There are a couple of issues that are contentious and will remain so and won't be resolved in the short term but they're not fundamental to the way we do our business. I think we're pleased with the services we provide for the older veterans. We have a lot of veterans widows on our books and of course, due to the fact that a lot of our World War Two veterans are passing away. The Vietnam Vets, the youngest of those are in their late fifties, early sixties. By the time our role in Afghanistan comes to an end we will have as many service people in action in the last ten years as we did in Vietnam. That means that we'll have a large group of people who are relatively young, some will be in their early twenties, who would have seen war service and we need to be looking after them. I think that presents a challenge for all of us but particularly for the ex-service



Peter Erdman Frankston- Young Veteran Liaison, David McLachlan- Victorian RSL President, Warren Snowdon. Photo: Department of Veteran's Affairs

“THE PRIORITY FOR ME IS THE NEED TO MAKE SURE THAT THE MENTAL HEALTH AND GENERAL HEALTH NEEDS OF VETERANS IS ADDRESSED.”

organizations who are used to looking after an older demographic. So, very clearly we have to work with those organizations and the RSL and make them relevant to current serving veterans and those recently retired from service. That's a huge challenge.

TLP: Do you see this injection of the younger brigade into the RSL and ESO's as a chance to revitalize those groups and to get your message across in a new way?

WS: I think that's certainly true. David McLachlan, the Victorian RSL President was at the launch on Friday at Frankston. He made a very good point, I thought. He said that these new services are not about us getting new members but about us doing our job. The membership will follow. If we see it as a membership drive it won't work. If we see it as an ongoing drive to provide services for younger veterans then over time it will work. The priority for me is the need to make sure that the mental health and general health needs of veterans is addressed. We don't want to repeat the mistakes of the past and we're doing all we can to make sure we don't. We must be engaging. We've made huge strides working with the Department of Veterans Affairs and Department of Defence working closely. The presence of our on-base advisory service around bases in Australia has made a great difference to the awareness of young,

servicing veterans about what DVA is and what their entitlements are and to direct them to people that can help them. As soon as someone walks through the gates at Kapooka as a recruit they are likely to become a client of the Commonwealth, either with Defence and or the DVA until they die. We must look after them. It may well be that their children and spouses are then also the responsibility of the Commonwealth. Our youngest client is a child and our oldest, over 100.

TLP: The services that are provided by the Federal DVA, is the message getting across?

WS: I think it's starting to. Everywhere I go, without exception, there is nothing but praise for the work the DVA does. Praise to for the contact officers and we're very proud of that. Overwhelmingly there's support for the DVA and the way it goes about it's job. Having said that, we, the DVA, need to track people. We know that some of the ex service people that leave the ADF will walk away and some will want nothing to do with the uniform again or with their units or with their unit's association. They're the people we're most concerned about because ultimately they're the people that may need the most help. We've got to find a way to encourage them to stay in contact. That's why the exercise down at Frankston is very positive. We need to make sure that the younger veterans networks are alive to the fact that it's alright

to put your hand up. You might think you're bullet-proof but there is always help available through our services. Most of the people that leave or separate from the ADF have served less than 7 years. If we agree that most joined when they were eighteen, nineteen or twenty, then most of them just mentioned are out in the mid-twenties. The medium serving time in the army is about four and a half years, if you think about that you've got young people who are yet to turn 25 who have potentially done a couple of tours in the Middle East and have now decided to retire. Once we transition out of Afghanistan we're thinking there may be an upswing in separation rates. It may not happen that way but it's on the cards because we'll be no longer in action. So, we need to be conscious of what that means in regards to our commitment to the services of veterans and their spouses and families.

TLP: We've got the anniversary of the beginning of World War 1 and of course, Gallipoli in 2015. What does that mean for you and the Government and how are things tracking there?

WS: Personally, for me, it means a great deal. My father's father and his brother's all fought and served in World War 1 in the Middle East, in Gallipoli and Western Europe. I had one Great Uncle who was wounded at Lone Pine plus relatives on my mother's side, who were brothers, who now lay in France and Belgium. The First World War means a lot to my family. I also understand the merit in helping people understand how significant Gallipoli was. It's a key part of our narrative. It's been romanticized by some quarters but was a very sad occasion with the loss of thousands of lives at Gallipoli and tens of thousands of lives on the Western

“BY THE TIME OUR ROLE IN AFGHANISTAN COMES TO AN END WE WILL HAVE AS MANY SERVICE PEOPLE IN ACTION IN THE LAST TEN YEARS AS WE DID IN VIETNAM. THAT MEANS THAT WE'LL HAVE A LARGE GROUP OF PEOPLE WHO ARE RELATIVELY YOUNG... WHO WOULD HAVE SEEN WAR SERVICE AND WE NEED TO BE LOOKING AFTER THEM.”

## "I'M A FORMER SCHOOL TEACHER AND I FIND THERE'S NOTHING MORE REWARDING THAN RELATING TO YOUNG PEOPLE, EXCHANGING INFORMATION... IT'S ALL ABOUT TEACHING AND LEARNING."

Front. A lot of that came about as a result of poor decisions by leaders.

TLP: The maintenance of veterans care and services is a backbone of what you're about but there are other sections of our services too.

WS: That's right. Last Post readers would know that we're involved in peacekeeping services and have been almost since the completion of the Second World War. We are very proud, all Australians, of our role in peacekeeping around the world.

TLP: The Australian War Memorial is of great importance, not only for history but contemporary roles for our services.

WS: The Australian War Memorial provides a great service for Australians and is an iconic institution. It seeks to tell a story, it seeks to commemorate. The Tomb of the Unknown Soldier is one of the most moving spaces you'll find in the country or the world. It's regarded as a place where most visitors to Canberra come. We've got challenges to make sure exhibitions are up to date and to meet contemporary needs. That's a job for the War Memorial Council, they are a very good council with the new head of the Australian War Memorial, Brendan Nelson. Actually, as we move towards the centenary of ANZAC the Commonwealth is investing \$27 million to update the First World War galleries. The new displays are another step forward in communicating with younger people. The War Memorial is fundamental to us.

TLP: You're known as a very busy Minister and you're often out and about meeting people of all ages and walks of life. Is it a great thrill to experience that mosaic of people in your role?

WS: For me, it's the best part of what I do. I'm a former school teacher and I find there's nothing more rewarding than relating to young people, exchanging information by being involved in conversations with these young Australians. It's all about teaching and learning. Times have changed but the quest and desire for knowledge hasn't. I've been in classrooms where out of about 30 students you've got four or five from Anglo-Saxon backgrounds. So there's young people whose heritage is from all over the world and they're talking and learning about Australians at war. There are different stories from the different backgrounds and they'll absorb it in their own way but the end lesson is how we look after our veterans and their families in this country.

TLP: What was it, for you, that made you want to get involved in politics and parliament?

WS: Very good question. I'd been very active as a young bloke, in youth groups in

the Catholic church. When I left school I was in a young Christian group. Then I went to university and got involved in student activities. By the time I left university I'd joined the Labor Party. I'd been involved with community-based activities. I felt it was alright to be a critic on the outside looking in but it was far better to get myself into a position where I could actually do something to enact change. Politics seemed to be the natural path. I'd always had a desire to be involved in public life. As a young bloke I wasn't quite sure where it would take me. Alongside working as a teacher and in the community it seemed that it (politics) was the place to be. If you want to make a difference to the policies being made you need to be where, or close to, the policies are being made. In parliament and if you're lucky enough to be in Government. I've been very lucky, first of all to be Australian and then as a serving Australian. I have to pinch myself at times. I've been put into a position where I can help others and I hope I have.

TLP: Was there a message that you carried into parliament, wanting to convey to the Australian people?

WS: Well, I had the advantage of working with a person many consider Australia's greatest ever public servant, Nuggett Coombs (Dr. Herbert Cole Coombs) for a number of years and he was a mentor of mine. I worked in Aboriginal communities with and for him. I was living in the Northern Territory and I thought that if I wanted to make a difference then I would have to enter parliament. My major imperative was to address the inequality around and the lack of justice for Aboriginal and Torres Strait Islander Australians.

TLP: What about the Aboriginal and Torres Strait Islander Recognition Bill. How important is that?

WS: It's very important. It's an important step towards the next step of proper constitutional recognition. I'm very lucky, having been involved in public life for almost three decades and I've seen the ongoing change in attitude towards the Aboriginal and Torres Strait Islander people. Unfortunately there's still small sections of racism around but that is generally not only directed towards our indigenous people but towards migrants etc. We now have a Native Title Bill where we accept Aboriginal rights to land and their cultural connections. We've had the most significant day in Parliament in my time with the "Sorry" from Kevin Rudd when he was Prime Minister. Very moving. Simple but ultimately, very important.

TLP: Yes, you've got to cross the t's and dot the i's before being considered a great country and maybe that was a step towards that, just as our relatively successful integration of others cultures into our own is looked at as being positive.

WS: Absolutely. Absolutely. It's an affirmation of our policies towards inclusion of multiculturalism. I live in Alice Springs and the population here has changed over the years. We've now got a small but significant number of African-Australians and they're making positive contributions to this town.

TLP: A member of Parliament since 1987, with a brief break in between.

WS: Yes, ha. A short holiday between 1996 and '98.

TLP: What's changed in that time?

WS: My god. A lot. Yes, a lot has changed. I think politics is a lot more trivial these days. I think there's too much naval gazing. There's a lack of the "vision thing". There's an insidious news cycle now that comes into play. Social media is demanding with responses. A lot of ill informed public comments from media commentators that wouldn't know their backsides from their elbows. The agenda is being pushed by those that used to be commentators but are now players and that's not helpful.

TLP: A thought that perhaps it might be helpful to take a deep breath and just cut the spin?

WS: Absolutely. When I first joined parliament, investigative journalism was really what the federal parliamentary press gallery was all about. And it was all around policy and it's no longer about policy. It has become more about personality. It's very hard to find people with depth of background in policy areas. That's not to say it's not there. I've got high regard for some journalists because of their depth of knowledge of policy background but we have to stop making policy by Twitter.

TLP: Thanks for joining us here at The Last Post, Minister. It's been a pleasure.

WS: Yes, thanks Greg. Perhaps finish off by saying that my father was also a veteran and his mates and I came to know them well, his service mates. Those of us who have never worn the uniform in anger, we are so fortunate. It's a blessing we're here and we should have utmost regard for our current serving men and women.

## "OUR YOUNGEST CLIENT IS A CHILD AND OUR OLDEST, OVER 100."

# TOM UREN A MAN OF LETTERS: POW, MP, AC

By Tony Wright



Ralph Heimans' portrait of Tom Uren

“I’VE been hit with open hands, closed fists, pieces of wood, iron bars and bamboo about two inches in diameter,” Tom Uren says.

He was hardly more than a boy then - a prisoner-of-war and slave of the Japanese in his early 20s on the Burma-Thai railway.

But Tom Uren would take many more hits as his long, often controversial life wore on, and he rolled with them all and refused to lie down.

In January, aged 91, with most of his opponents fallen away - and a lot of them forgiven by him, including the Japanese - he received the highest honour his nation can bestow on a civilian: Companion in the General Division of the Order of Australia.

Others so honoured were former Howard government foreign affairs minister Alexander Downer, astrophysicist and joint Nobel prize winner Professor Brian Schmidt of the Australian National University’s Mount Stromlo Observatory, and the director of the Australian Centre for Christianity and Culture in Canberra, the Reverend Professor James Mitchell Haire.

Mr Uren’s award states it is for “eminent service to the community, particularly through contributions to the welfare of veterans, improved medical education in Vietnam and the preservation of sites of heritage and environmental significance”.

All true, but it’s an inadequate summation of the life of the Balmain-born man who, impoverished, left school at 13 years and seven months.

He fought for the heavyweight boxing championship of Australia at 19 (and lost), marched into the hell of the Burma-Thai railway at 21, served the Labor Party as member for the Sydney electorate of Reid for 32 years, became his party’s deputy leader and a cabinet minister in the Whitlam government and later found himself consigned to the junior ministry for four years in the Hawke government.

As a whip-thin prisoner shipped from Thailand to Japan to labour in a copper smelter, he watched the sky discolour when the Fat Man atomic bomb was dropped on Nagasaki.

It stopped the war and freed him, but he became one of Australia’s leading anti-nuclear campaigners. The Japanese, he insists, were as much victims of militarism and fascism as anyone else.

Long a man of the Left, Mr Uren’s early excursions into the peace movement were so passionate that ASIO believed he was taking his instructions from the Soviets. When newspapers published the libel, he sued and eventually won enough for two holiday homes, which he took delight in calling the “Fairfax Retreat” in the bush and the “Packer Lodge” on the New South Wales south coast.

His insistence on marching against the Vietnam War earned him several stretches in jails, including Sydney’s Long Bay and Brisbane’s Boggo Road. Mr Uren was appalled by the dehumanising effect of the old jails, and used his influence to get at least one of his fellow prisoners a job in Canberra.

“So many people are crook on their fellows, but I just look for the love in people,” he says.

Often Mr Uren found himself talking, he says “to two-and-a-half dogs”. He was one of the early proponents of self-determination for the East Timorese, but no one seemed interested. He simply kept at it until it became mainstream.

The defining period of his life was the Burma-Thai railway. Taken prisoner on Timor aged 20, he marched into his first prison camp on the railway aged 21.

Always a big, strong man, he became known for his willingness to put his body between furious Japanese guards and his comrades, figuring he could take the beating that might kill a mate weakened by hunger, disease and slaving.

It was the influence of the camp commander, Lieutenant-Colonel Edward “Weary” Dunlop, that stayed with him. Colonel Dunlop, a surgeon, taxed fellow officers to build a small bank to buy medical supplies and food, saving the lives of many hundreds of men, and he ensured that the strong looked after the weak, the young looked after the old and the relatively healthy cared for the sick.

It was, Mr Uren says, collectivism - a principle he adopted for life and which during the Cold War found him branded a communist, though he never was.

He never forgot his fellow POW survivors, and fought a battle over 23 years to grant them extra benefits, arguing that they died younger and suffered greater illness than other returned servicemen. In 2011, Prime Minister Julia Gillard announced that all remaining POWs would receive an extra \$500 a fortnight.

Of the 22,000 Australian prisoners of the Japanese, only some 400 are alive now, but Mr Uren said Ms Gillard’s action displayed compassion and justice, which he valued above all else.

And his elevation to Companion of the Order of Australia?

“I just want to thank my fellow Australians for their support, their warmth and their love in my evergreen years,” he says.

Courtesy: [www.smh.com.au](http://www.smh.com.au)

# Charlie's silent agony



STORY:  
Bill Simpson

PHOTOS:  
Shairon Paterson

Seventy years on and the usually chirpy Charlie Harris still gets emotional when he talks about “that moment” in war. Closing in quickly on 90, Charlie still has tears in his eyes and heaviness in his heart when he thinks about the comrade who took a bullet and died in his place. The bullet could so easily have ended Charlie’s life, instead.

It was late 1942. Australia was at war with Japan. The Japanese were ruthlessly imposing their power across the Pacific. Their navy, air force and army troops were conquering everything in their path as they crossed the ocean.

Twelve months earlier, the Japanese had carried out their infamous attack on Pearl Harbour in Hawaii’s capital, Honolulu. They were deadly serious about invading any country which couldn’t defend itself. They saw it as theirs to plunder. They had Pacific domination and expansion in mind.

Now, they were in Papua New Guinea. Success there would open up a formidable front to Australia – their prize. Charlie wasn’t all that keen about going to war. But he did see it as his duty, with Australia called upon to defend itself against a Japanese invasion.

Several Australian battalions were in PNG hoping to repel the Japanese. Charlie, then a 19-year-old Salvationist from Sydney, was a stretcher bearer with the 55th/53rd Australian Infantry Battalion.

As the Japanese advanced across PNG, Charlie’s battalion was flown from the capital,

One moment in war that defined a life of gratitude.



Port Moresby, over the Owen Stanley Ranges to meet the enemy head-on in what became known as the battle of Sanananda. Almost 240 Australians were killed or wounded in two days of fierce, close-up fighting.

As bullets and shells exploded across the steamy and heavily timbered jungle, leaving men dead, maimed and wounded, Charlie’s job as a stretcher bearer was to collect the Australian casualties and return them to a temporary base established at the rear of the battle. It was life-threatening work. It was chaos at close quarters.

With fighting intensifying, a call went out: “Stretcher bearer!” Charlie saw it as his responsibility to answer the call. A newly arrived and eager Aussie stretcher bearer jumped first, beating Charlie into the battle.

A few minutes later, another call went out: “Stretcher bearer!” Charlie went. As he raced along a rugged bush track, he was met by soldiers coming toward him carrying a casualty on a stretcher. Charlie relieved the soldier at the front.

A rifle slung across his shoulder caught a tree branch and Charlie was flung to the ground. As he picked himself up, he saw the face of the casualty he was carrying. It was the stretcher bearer who had gone before him at the previous call. He was dead – shot in the centre of his forehead.

“It could so easily have been me,” Charlie says. “I’ve never forgotten it. Whenever it comes back to me, I feel a heavy sadness. I have cried many times over this man.”

It’s the most memorable event of Charlie Harris’ war service. It isn’t often he talks about the war. He prefers not to. There is nothing good about war, he says, so why talk about it!

“I’m no hero. The heroes are laying in the ground in New Guinea and other places. They gave everything. They gave their lives. I came back.”



# To my son, I leave my piano. To the Salvos, I leave hope.

Include a bequest to The Salvation Army in your Will and leave behind a future for people in need. To find out more please call **1800 337 082** or visit us online at **[salvationarmy.org.au/wills](http://salvationarmy.org.au/wills)**

Please send to: The Salvation Army, GPO Box 9888, In Your Capital City.

**Yes, I'd like to know more about:** (Tick one)

Leaving a Bequest to The Salvation Army     Information to assist with preparing a Will

Name \_\_\_\_\_ Address \_\_\_\_\_

State \_\_\_\_\_ P/C \_\_\_\_\_

Email \_\_\_\_\_ Tel \_\_\_\_\_ Best time to call \_\_\_\_ AM/PM

I have already included The Salvation Army in my Will





# THE HON. DR BRENDAN NELSON

BMBS FRAC (HON) FAMA  
DIRECTOR OF THE AUSTRALIAN WAR MEMORIAL

Dr Brendan Nelson commenced as Director of the Australian War Memorial on 17 December 2012. Prior to this, he was the Australian Ambassador to Belgium, Luxembourg, the European Union and NATO (2009–12).

Born at Coburg, Victoria, in 1958, Dr Nelson studied at Flinders University, South Australia, where he graduated with a Bachelor of Medicine and Surgery. He worked as a medical practitioner in Hobart from 1985 to 1995. In 1993 he was elected unopposed as National President of the Australian Medical Association (AMA), becoming the youngest person ever to hold this position. During his time as National President, he campaigned on a wide range of social policy issues, including Aboriginal health and immunisation, and led the campaign against tobacco advertising and sponsorship of sport.

On 2 March 1996 Dr Nelson was elected to the Federal Parliament of Australia. After the 2001 election, he was promoted from parliamentary secretary to the Minister for Defence to Cabinet in the senior portfolio of Minister for Education, Science and Training. In 2006 he became Minister for Defence. In November 2007 Dr Nelson was elected leader of the Liberal Party of Australia, serving as Leader of the Opposition until September 2008. The following year he retired from federal politics before taking up his ambassadorial appointment.

In 1995 Dr Nelson was awarded the AMA's highest honour, the Gold Medal for "Distinguished Service to Medicine and Humanity". In recognition of his commitment to public health, he was awarded an Honorary Fellowship of the Royal Australasian College of Physicians, and in 2011 he received an Honorary Doctorate from Flinders University.

Dr Nelson is married and has three adult children; his interests include Australian military history, music, motorcycles, and tennis.

The Last Post: Welcome to The Last Post Brendan Nelson and to your new role as Director of The Australian War Memorial.

Dr. Brendan Nelson: Thank you very much. It's a privilege and an honour.

TLP: How intricately is the history of Australia tied up with the history of The Australian War Memorial?

DBN: In many ways it's one in the same. The Australian War Memorial really covers history from not long after the arrival of the First Fleet and it then, of course goes through to our present day and it covers the history of our nation.

TLP: Brendan, the centenary of our involvement in the First World War, that's coming up soon. What is planned for that?

DBN: Well, the Australian Government have established the Australian Centenary of Anzac Board which involves a wide range of well known Australians, including former Prime Minister's Malcolm Fraser and Bob Hawke. It's looking from an historical point of view but also employing more modern technologies to tell the story of the First World War and Australia. Of course, the dioramas that are so loved and respected by Australians which are themselves museum pieces in many ways, they will continue to have a significant role in telling the story in the re-worked World War One gallery. We're also, here at the Memorial, working on a number of other initiatives that will further support Australia's commemoration of World War One and we have sent those proposals to the Government for its consideration for approval and funding.

TLP: How exciting is it for you to be part of all this now?

DBN: I have had many opportunities and privileges throughout my working life, as a medical practitioner and leader, a member of Parliament, a cabinet Minister, party leader and diplomat but nothing has given me more enjoyment and satisfaction than what I've just embarked upon. One of my friends, when I told him I had been appointed as Director of the Australian War Memorial, he said, "You've got more important things to do than rearrange Australia's history". My response was obviously counter to that, telling him it was extraordinarily important. It's important not only in regards to our history but is also in regards to our future. Young Australians who are looking for a sense of meaning and purpose and identity who are

wanting to find values for the world that they want as distinct from the one they think they're going to get are increasingly looking towards that which is represented in Australia's military history. This, they find, not only within the War Memorial but it's outreach and Internet programs.

TLP: Is the value of democracy reconstituted during war? That is, are people more likely to take it for granted during long periods of peace. Is war a galvanising of democracy?

DBN: I do think so. At the age of 54 I've learned many things and one of the observations I've made is that the great paradox of life is that the things that are most important to us, we most often take for granted. Whether it's our families and close friends, living in an open and free society, benefitting from an Australian passport there are responsibilities that come with that freedom. It's only when these things we hold dear like freedom and democracy are threatened we realise the critical importance of these things in our lives. The first line in our national anthem says "Australian's let us rejoice, for we are young and free". Every day of the year, somewhere in the country, people are singing that. Maybe not everyone's thinking about the words deeply. Yes as a country we are young and yes, we are free. That's come about by the sacrifices of the generations of Australians who are represented by the Memorial. In those times of conflict or when we are engaged in peacekeeping we are all reminded of it. At the moment we are engaged in our longest war in Afghanistan. It's what we have that we are hoping to give to the Afghan's. The uniforms of our three services reminds us that there are some truths by which we live that are worth fighting for.

TLP: Yes and I suppose that is the very reason behind the Memorial, to remind us of the things you have just mentioned and to galvanise appreciation for democracy?

DBN: Yes, Charles Bean and John Treloar were determined that it shouldn't be a presentation that glorified war. Anyone that is looking for a powerful symbol of the importance of peace and a monument to peace needs only to spend a bit of time in the Australian War Memorial to understand that's always what we've fought for. It always reminds me, unfortunately, that peace



# "I'VE HAD MANY OPPORTUNITIES AND PRIVILEGES THROUGHOUT MY WORKING LIFE... BUT NOTHING HAS GIVEN ME MORE ENJOYMENT AND SATISFACTION THAN WHAT I'VE JUST EMBARKED UPON."

appears not to be a natural state of affairs. There are times when you have to fight to provide peace.

TLP: One of the great things about the War Memorial is that it is there for people of all ages.

DBN: One of the challenges for us is to see that every Australian, old or young or through birth or choice, feels a connection to the Memorial. I had the privilege when I was Defence Minister to deliver the Remembrance Day speech in 2006 and I remember saying, in part, that to feel a connection with this place, what it contains and what it represents, is to be fully Australian.

TLP: Your time in Europe, from where you've now returned. What, 2010 I think you went there. Did that reinforce your understanding of Australia's role in Europe and how we're viewed from a NATO perspective?

DBN: Yes, and I knew this anyway but every single day I saw evidence of the immense respect that is held for Australia. If you look at the recent vote for a non permanent position on the United Nations Security Council and the overwhelming support for Australia in the first round and that is a reflection of that. I was asked and often said to the North Atlantic Council and in public speeches I made, people would ask me what was Australia doing in Afghanistan. It was noted the distance between the two countries, a long way away from each other. I told them that Canberra is 11,000 kilometres from Kabul. We went to Afghanistan initially because of our alliance commitments with the United States and our allies after the United States was attacked with the murder of 3,000 innocent civilians, including Australians. We strengthened our resolve after the Bali bombings with the murder of 88 Australians. We continued to be there because we realised we had a responsibility to stand up to totalitarianism and the fundamentalism that is represented by those who hijacked the good name of Islam to build a violent political utopia, not only in Afghanistan and central and southern Asia but in other parts of the world. Also, as Australians, our Governments make decisions to

send our men and women into certain parts of the world because it is the right thing to do. To stand up to the Taliban's treatment of women and people that want political, economic and religious freedom.

TLP: You'd done quite a lot before becoming a politician with medicine and the AMA. Was Canberra a great learning curve for you?

DBN: Yes it was. I'd made a decision when I was 19 to do something in life that would make a difference to the lives of others. Which is why I switched from Economics to Medicine and then to other things. I never envisaged having anything to do with Canberra, let alone becoming a member of Parliament, Diplomat and now, Director of the Australian War Memorial. My observation as a young person that I now pass on to the young people of today is that you've got to choose to do things to which, in your heart, you feel you are best suited. There, you make choices that best serve the welfare of others and your country. When I lost the leadership of the Liberal Party, of course I was disappointed. My wife and I decided that was it, it was time to leave politics but I sought to find some other way to serve. I said to my wife, about a year ago in Brussels, if I try to turn what I have learnt over the years, to turn that into money, I will be unhappy. I needed to do something meaningful. In my view there are very few things more meaningful in my world than this job.

TLP: Your progress through public life has been diverse but steady and in that way, it makes a lot of sense, this appointment.

DBN: When I left Parliament, in my valedictory speech I said that becoming Defence Minister had changed me and my life that could at that stage be divided into halves. The first half, before I became Defence Minister and the second half with things that have followed since. The main reason I was attracted to the Brussels job, when Kevin Rudd offered it, was the NATO dimension. We had a very much cooler and underdeveloped relationship with NATO at that stage and I thought it would be an opportunity to serve our troops, Afghanistan

in particular, and Australia's strategic interests but my favourite part of my time in Belgium was the commemorative activities in Flanders. I used to go to the cemeteries and commemorative services as often as I could and I couldn't believe I was being paid to do it.

TLP: During your time in Parliament you were a strong advocate for Aboriginal health and immunisation. Does that still remain the case?

DBN: It still does. Whilst I have taken up different roles there are obviously still some issues I continue to feel strongly about. Indigenous health and the living conditions of far too many indigenous Australians. Public health, of which immunisation is an important part. Tobacco control and all of the issues from the environment and health and unemployment and those matters that occupied me in that domain, I still feel strongly about. Only last week I spent time with the Indigenous Liaison Officer here at the Memorial talking about indigenous participation in Australia's defence forces in war and in peace. We've identified about 7,000 indigenous Australians who've served in our military and I'm thinking about how we can best bring more of their stories to the public eye. That will be part of the World War One galleries. All Australians are equal.

TLP: Here at The Last Post, we will support anything you do in that area. The future of the Australian War Memorial. What would you like to see take place during your time here?

DBN: I've got a lengthy list of things I would like to see happen. What happens in an overall view is for the AWM Council to consider but I'm focused on a number of things. First of all, the introduction and adaptation of modern technology for the presentation of the collection we have. Ensuring that Australians are able to access those through those technologies without, necessarily having to come here. You should be able to have a connection to the Memorial whether you live in Albany or Cairns or East Arnhem Land or Alice Springs or Melbourne or Sydney. It's also a high priority to have a presentation of the Afghanistan campaign and that will come. In 2013 I'm determined we will have an Afghanistan story through the eyes of our service men and women who have been there, their partners and the Afghan's. I'm also looking at the closing ceremony at five

"YOU SHOULD BE ABLE TO HAVE A CONNECTION TO THE MEMORIAL WHETHER YOU LIVE IN ALBANY OR CAIRNS OR EAST ARNHEM LAND OR ALICE SPRINGS OR MELBOURNE OR SYDNEY."

# "I'D MADE A DECISION WHEN I WAS 19 TO DO SOMETHING IN LIFE THAT WOULD MAKE A DIFFERENCE TO THE LIVES OF OTHERS."

o'clock and how we may enhance that. I've also got a range of ideas on how we present our World War One sacrifices. And now of course, we are working with the council at the commemoration of Australian Peacekeeping forces and how we remember them.

TLP: The Last Post goes, of course to schools around the country. A message to them Brendan?

DBN: I would say that the Australian War Memorial is here to help you know and understand and reflect upon what your families and your ancestors have done for you and your country. As you get older, many of you will want to go to Turkey, to France, to Belgium, the Middle-East, New Guinea and other battlefields. My advice to you is, before you do so, contact the Australian War Memorial, ask us the information that you need and if you're able, please come here. I'd also say to those young students, in the Hall of Memory in which is the tomb of the Unknown Soldier, the values

of these men and women, if you want to build the world that you want then just have a look at those values and think about how they apply to you and your world and Australia.

TLP: Just before we go. Brendan, I know that you're a lover of music. What sort of music do you listen to?

DBN: Hah. Well, I don't like hip-hop or rap. I like country music, I love Slim Dusty. One of my dogs is called 'Sniff' after a Slim Dusty song called 'Sniff, the One-Eyed Diggers Dog'. I like a wide variety. I like Lee Kernaghan, Beccy Cole.

TLP: Have you ever been up to Tamworth.

DBN: Yes, of course. But I like a whole range of things, The Rolling Stones, Delta Goodrem, The Beatles, Van Morrison, Eric Bogle. Actually, one of the things I introduced to the Anzac Services when I was in Belgium was to bring over three ADF singers from each service and at the end of the Dawn service and the Anzac service throughout the days, to have

members of the public come forward and take a poppy cross with a commemorative message written by Australian school students and place it on a grave of their choosing while the singers sang 'The Green Fields of France' and 'And the Band Played Waltzing Matilda'. Very moving. That's another thing I'm working on here. As students come through the Memorial, I think we have about 140,000 students come through here each year, can we have those students write commemorative messages on crosses that can then be placed on an Australian grave in France, Turkey or Belgium.

TLP: Music's a very strong communicator. Perhaps you should get on your motorcycle and play them some of your songs up in Tamworth.

DBN: Hah. I don't know if they'd appreciate my guitar playing.

TLP: Thanks so much Brendan for taking the time to speak with us here at The Last Post.

DBN: It's a great pleasure, Greg.

## AIREYS, A PUB WITH NO FEAR THAT FITS THE VILLAGE SQUARE

By John Elder

**THERE** are country towns where the locals go to the pub to die. And in some measure, the quality of life - or even any life at all - at the pub is a sign of how much a town is in decline.

There is no stink of such decay at the Aireys Pub - although a year ago it was on life support.

Having lain dormant and empty for nine months, a group of 10 locals bought the three-acre site, sparing it from being turned into a caravan park or the kind of unit development that has come to dominate and change the character of nearby Lorne.

Two of the owners - Camberwell Grammar schoolmates Tim Wood and Phil Johnson - have spent the past 12 months running the pub as a version of "the town square". If anyone has an event in mind - be it a CFA meeting or a jazz night fund-raiser - the pub is where it comes.

"We've become integral to village life," says Mr Wood.

In April there was a literary festival, where 350 people met at the pub over a weekend to hear writers and thinkers such as Cate

Kennedy, Julian Burnside and Rodney Hall talk about books and ideas. Paul Grabowsky tinkled a few tone poems on the grand piano.

In June, when the Melbourne International Comedy Festival's Roadshow was playing at town halls, cultural centres and country town theatres, it did its only pub show in Aireys Inlet. During spring racing they had an Oaks Day where "the girls came in with their hats and had a good time". A month ago there was a surf film festival.

Whatever the city is enjoying as a matter of course, the Aireys boys seem intent on importing it to the main bar. It seems to be coming to life again as an extension of Melbourne cultural life. "We sort of say yes to everything," says Mr Wood.

What it means is some days there are 500 people for lunch, and the next day maybe 16.

"But we're yet to figure out how to make money from the events. Or generally. The fact is, you have to get your head around opening a business and losing money," says Mr Wood, who also runs a carpentry business.

Wages alone run to \$600,000 a year and during winter a chill descended that was financially frightening. "We were told it would drop off a cliff and you sort of run it as a semi-community service," says Mr Johnson. "But we still had people coming in for dinner, so it wasn't dead.



"The plan is to build winter around good food. These are still early days."

But now it's summer and in the past week Mr Johnson and Mr Wood have been exhausted by packed houses. "It's crazily busy right now," says Mr Johnson. "We can live with being tired when the place is going gangbusters."

Maybe they should change the name of the pub to the Lazarus Inn. It burnt down twice in bushfires but was quickly rebuilt. A story is told of an old lighthouse keeper who used to sit in the original pub. He'd drilled a small hole in the lighthouse so when the light swung around he could see it was still glowing. Perhaps he keeps a similar watch on the pub from the grave.

Courtesy: [www.theage.com.au](http://www.theage.com.au)

# THE FRIENDLIEST CLUB IN THE WORLD WELCOME TO THE MITCHAM RSL SUB BRANCH



## your rsl at work

No, they're not blowing their own trumpet.

The title of this piece comes from one of the recent new members of the Mitcham RSL Sub Branch. When it got around, behind the bar and into the offices of management, it became a catch-cry. And now it's a philosophy. Both members and staff aspire to make Mitcham, "the friendliest club in the world".

Situated on Belair Road in the leafy Adelaide suburb of Mitcham, the sub-branch has fewer than 200 members but what it lacks in numbers, it makes up for with enthusiasm. It is an active club, contributing annually a bursary to students at the local Mitcham Primary School and provides monetary support for the famous school to maintain its much acclaimed Walk Of Remembrance. The club sees its role as helping to keep an awareness, despite generational change, of the legacy and heritage of Australia's service men and women.

On Remembrance Day, last year around 25 sub-branch members attended Mitcham Primary with 750 students along with teachers, parents and dignitaries in attendance for a memorable ceremony and day. Wreaths were laid and the event proved so successful that the decision has been made to make the involvement an annual one.

Back at Belair Road, the club provides bar snacks on Wednesday's and Sundays and a rousing end-of-week get together on Friday's. It is there and then that a great cross section of friendly faces from the local community and beyond, gather for a drink and chat.

Club camaraderie is a focal point at the sub-branch with regular bus trips for members. Recent outings to Goolwa and the Clare Valley proved good for the club and its members. Back home a pool competition is held that sees Mitcham's best doing battle against other RSL's.

The friendliness of the club is enhanced by beer prices so low, the club believes them to be the lowest in South Australia. Friday nights are evidence of this when club members mix with the local community "drop-in's" who come for a chat, a catch-up and to discuss the happenings of the week.

Right now the club is planning extensions to improve the premises further. The President's Lounge, which is a new feature, has a full-size pool table, an 8-ball table, a large screen television and comfortable seating for members and guests.

Management, members and staff extend an invitation to all and say, "Welcome". The community spirit of the club seeks to employ the input of all in the area, both young and old, and continue to build what many see as being an example of how RSL's club's can be run. As one member put it, "Living the legacy is about involving the local community and schools to make sure the history stays alive." As part of that the Mitcham Sub Branch sponsors the nearby Hawthorn Hawks Under 16's and Clifton Gardens Juniors.

The Mitcham RSL Sub-Branch, at 61 Belair Road. Pop in to experience and share the spirit of the friendliest club in the world.



# Bettina Arndt



As one of Australia's first sex therapists, Bettina spent her early career writing about sex and talking on television and radio. She went on to become a leading social commentator through her writing and work on government advisory committees..

Her international best-seller, *The Sex Diaries*, uncovered the night-time drama played out in bedrooms everywhere - she dreads the hand creeping over, he spends his life grovelling for sex. *The Sex Diaries* was based on fascinating research involving 98 couples writing diaries about how they negotiate their sex supply.

Her latest book, the painfully honest, confronting and often hilarious *What Men Want – in bed* was also based on diaries . With every second man over fifty dealing with erection problems, Bettina offers advice on the new treatments giving men a new lease of sexual life.. Both books are available in all good bookshops and as ebooks.

The Last Post: Hi Bettina, thanks for joining us at The Last Post. How are things?

Bettina Arndt: My pleasure Greg, yes, thanks, things are fine.

TLP: Bettina, how important is sex to couples?

BA: Oh, yes, very important but sex shouldn't have a huge role in one's life and if it does it probably means there's something wrong. Ideally, if you're in a harmonious relationship sexuality is an important part of that but not an all consuming part. When it becomes all consuming is often when people feel deprived.

TLP: When did people first listening to what you had to say?

BA: Well, I hope they started listening when I started talking about these issues but back around 1973

TLP: You'd graduated shortly before that?

BA: Yes, I'd just finished my Masters. That's how it all began. As part of that I did a Masters on helping women reach orgasm and then after that, went out and had a very public role as editor of *Forum* magazine, working originally as a consultant and doing a bit of therapy and also working on the magazine getting

professionals to answer the letters and the articles and so on.

TLP: What was it like, that experience with *Forum*?

BA: Oh, wonderful. I had ten years with *Forum*. Fantastic experience. I had to put an editorial team together so I flew all around Australia meeting wonderful people, discussing sexual issues. Every year I went over to England and America meeting a lot of the famous sex therapists who were working at the time. So, yes, I had a wonderful early career.

TLP: What led you on your journey. Was it something you had wanted to do from a relatively young age or was it something you fell into?

BA: When I was being trained at the University of New South Wales as a clinical physiologist one of my teachers was interested in sex therapy and that meant that we were working in a general physiology clinic and a lot of people with sexual problems were coming to see us because there was nowhere else for them to go and I find it a very interesting area to work in.

TLP: What had set you apart from your peers, was it the fact there weren't many going down that road?

BA: Well, I decided I just didn't want to be a sex therapist. When I was doing my Masters I had these 60 women and I spent many months sitting with them hearing the stories of their lives and teaching them basic sex education, teaching them about their bodies, about what is involved in sexual response for women and I realised it was such an inefficient use of my time to do that one-to-one and I was very keen to get out there. This was 1973 and the big issue was embarrassment about talking about things and I thought there had to be a better way of doing it so I went out. I made a deliberate decision to work in the media. That's

why I was interested in working with *Forum* magazine and from that, from the beginning, I did a lot of constant media, radio and television talking about these issues to the public.

TLP: It was a near new topic to be discussed so openly in the early seventies.

BA: I often run into people who say, you taught me everything I know!

TLP: I remember, even as a teenager, seeing you on the television and thinking how you seemed to know what it was like to be a man, a young man back then of course. You had insight.

BA: Well, I was originally interested in working in therapy because of women. I'd worked with all these women and was very much caught up in the feminist movement and thought it would be a great area to help women because women were really missing out on sexual pleasure at the time. Inevitably what happened is that once I went out publicly to talk about this, men started to talk to me and anywhere I went men would take me aside and tell me about their problems. I'd be getting my car filled with petrol as you did in those days and the petrol bowser guy would start telling me about his erection problems. You name it, people talked to me. So I was able to look into men and I learnt a lot about what it's like to be on the other side of the fence.

TLP: Do you feel a lot of men had been waiting to talk about it?

BA: They still are. I get letters from men every week saying, "I've never told anyone this before..."

TLP: You mentioned embarrassment that some people may have felt discussing the subject. Do you think embarrassment can turn into anger because they're uncomfortable with your messages?

BA: Oh yes, there's no question that people who are uncomfortable can react that way. In the early days a lot of Doctors would say to me, "Oh, I never see these sexual problems you're talking about" and of course that's very obviously why. If you think about the Doctors you know you can always put them into two camps and that's the ones that you think you

"I OFTEN RUN INTO PEOPLE WHO SAY, YOU TAUGHT ME EVERYTHING I KNOW!"

## The Last Post chats with Bettina Arndt – Sex Therapist, Columnist and Social Commentator

“ ONE OF THE THINGS I’M DOING NOW IS DATING COACHING, IT’S MY NEW ENTERPRISE. I’M HELPING A LOT OF PEOPLE, INCLUDING SENIORS, WHO WANT TO GET STARTED IN ONLINE DATING”.

may be able to discuss such issues with or the ones who you would never discuss it with. We all have a very firm idea about who we could never talk to about sexual problems. But we pick it up pretty early. The doctors that are open to discussing it with you, we seem to pick that up. The ones that aren’t approachable send out a very firm message. Fascinating.

TLP: Yes, it’s reflected in being relaxed about something, anything I guess and then being able to discuss it. The late sixties, early seventies was a bit of a transitional period anyhow because before that, any discussion with the family doctor about sexual problems would’ve been very generic and, geez, maybe even vague.

BA: Yes, it still applies unfortunately. One of the issues I’m very caught up with after being in Perth last week talking about prostate cancer. That’s a classic area where there’s shocking statistics showing that men who’ve had prostate cancer treatment, after five years later 75% are still experiencing erectile dysfunction. That is all about doctors not doing their jobs properly. Particularly urologists not handling erection problems. A lot of those men should’ve recovered if they were given proper treatment soon after. A lot of urologists do the surgery and hand the man a Viagra script but they do nothing for penile rehabilitation. It drives me crazy. I do a lot of education with doctors. I spent ten years back in the seventies talking to doctors about these sorts of issues and not that much has changed. Patients expect better treatment and don’t expect to be written off because you’re a 55 year-old prostate cancer patient. You don’t expect to be told that you’re lucky to be alive. You expect the doctor to look after one of the major functions of the penis. The fact that he doesn’t do anything to help you may make you think there is nothing he can do for you. That’s not the case.

TLP: You’ve had a wonderful journey. You moved to New York City in the 80’s. What was that like?

BA: It was great fun, yes. Very enjoyable. I had five years living in New York. I was newly married and it was a big adventure, New York was a fabulous place to be. It was very interesting.

TLP: Did men approach you and want to talk about their problems there?

BA: No, because they didn’t know me, ha. It was quite nice to get away from all of that.

TLP: Well, now, you’ve got a new book out, *What Men Want – In Bed*, is that still new?

BA: Well, it’s my latest book but it’s a few years ago now.

TLP: It deals very much with what we’ve been talking about.

BA: Yes well one of the major focuses was on erections and how men are coping in the age of Viagra and some of the issues we’ve been discussing. It’s one of my passions, that area. It’s very sad how fewer men are properly accessing the treatments that are available. We live in a wonderful time for men because they needn’t just lay down and give up on their sex life as they get older. There are still these ghastly companies, you know those giant billboards you see. That is a company that’s making 70 million dollars a year ripping off Australian men by offering treatments that don’t work. They sign up guys to contracts worth 4 or 5 thousand dollars and they give them rubbish. It’s not just one company, there’s a whole string of them around, preying on vulnerable men and it’s infuriating particularly now that we have good treatments available. It’s the fact that these men may not be going to their local doctor or that their local doctor may not be handling it well, it means that these companies continue to thrive.

TLP: Pills?

BA: They have this thing called nasal technology, it’s a mixture of bits of drugs that actually do work but they won’t sell the proper drugs because they don’t have enough mark-up so they get bits of this and bits of that. It’s like putting ten soufflé recipes together and hoping they’ll rise. It doesn’t work. Research shows that they are not putting things in in the right quantity for them to work yet they have thousands of men signing up all the time.

TLP: Praying on the desperate. You have mentioned that marriage had become a dud deal for men. Do you want to explain that?

BA: Back in the 1950’s there was a famous book called ‘The future of marriage’ by Jesse Bernard and she said that marriage is good for men and bad for women and that’s, sort of, been the assumption for a long time that marriage is really good for men and that women have it hard but now I think that

opinion has really shifted. Once, women had to put up with whatever happened in their marriage, whether that was domestic violence or whatever, because they had nowhere else to go. Now men absolutely know that the boot is on the other foot because most men don’t want to leave their marriages, they’re very conscious of what will happen if they do, namely divorce. That outcome is hard on everybody but men are much more at risk of losing their families, that’s something that everybody knows. So they’re very vulnerable, men. I’ve known men, for instance, where they’ve had no sex for 20 years and they put up with it. Very often they’re very in-love with their wives and can be very emotionally dependant on them but they’re also conscious of how much they have to lose if they leave. It’s an enormous issue.

TLP: After the flourish of a new romance your relationship often takes on, or goes to a new level. You become, perhaps closer and the need for constant reminding of your worth through sex, diminishes. Is that right?

BA: Well, yes, it can be. The truth is that there is a huge gulf between men and women. For many men, sex remains as important as it ever was or is. It’s not about sexual release. Any man knows that he can masturbate, so it’s not about getting his rocks off. It’s about connection and many men are extremely miserable in relationships where they have to grovel for sex or where sex is handed out to them like meaty-bites to a dog. It’s really degrading for men to have to beg for sex and be expected to feel grateful if your wife will make love with you. Yet that’s the situation a hell of a lot of men are dealing with day in, day out. Women, on average, have a much more fragile, distractible libido and that really comes to the fore once they settle into their relationship. There are sexy women that really want sex but they’re more likely to be talking about single women. Women have a very strong drive at the start of their relationships but research is overwhelming to show how many women go off sex once their relationship has settled in. Everything gets in the way of women feeling like they want to have sex. We’re very distractible. If you take us away to a holiday in Bali we might really feel like having sex but men are often saying, “I took her off to Bali and nothing happened”. Ordinary stresses and

"IF YOU THINK ABOUT THE DOCTORS YOU KNOW YOU CAN ALWAYS PUT THEM INTO TWO CAMPS - NAMELY THE ONES THAT YOU THINK YOU MAY BE ABLE TO DISCUSS SUCH ISSUES WITH OR THE ONES WHO YOU WOULD NEVER APPROACH ABOUT SUCH MATTERS."

events that happen in normal relationships, all of them get in the way of women feeling like they want to have sex and that's much more the case than it is with men. There are men who go off sex, who have very little interest in sex and there are women who have very strong sex drives, there are exceptions to all these patterns. Generally though, if I walked down the street and asked "Who's not getting enough sex"? I'd have four to five times as many men waving their hands in the air. I had a diary or 98 couples who kept diaries for me for a year and it was only one-in-ten women who wanted more sex than their partners.

TLP: Sex with you can be spiritual and I guess that's important for a lot of people.

BA: It's the connection. And men don't want to live with their sisters. They expect to have that connection as part of their marriage, it's very important to them.

TLP: Another quote from you was that, 'Women hope men will change after marriage and they don't and men hope women won't change but they do'.

BA: Yes, that's not mine. It's always attributed to me but it's been around for years. I've always used it in my talks and I think it's very telling because it's captured the shift that has occurred and we have it now that a lot of women end up very unhappy in their relationships and they want to change their

men, even though they may have been very attracted to them in the first place, they see it as a work-in-progress where as many men are pretty happy in their relationships. Men are much more easily satisfied, I think.

TLP: There's another quote that says, "Getting married at 22 is like leaving a party at 9.30".

BA: Hah. Yes, well the feeling had become for many women that they need to do it all first and then settle down so that the average age for getting married is now in the late twenties. That's good but of course it introduces a lot of its own problems. There are a lot of professional women in their mid-thirties having trouble finding a suitable partner and missing out. There are many women who will never get married or have children. Yes, so that's the price of waiting until your thirties to settle down because there may not be enough chairs left when the music stops.

TLP: Is there light at the end of the tunnel, with relationships, humour would have to play a big part.

BA: Oh, yes it does but it's also about expectations. That's where we run into trouble, I think. This expectation that one person is going to provide everything for you. Women tend to have that high expectation and the result can be divorce. Over 2/3rds of divorces are instigated by women. That speaks for the fact that women's dissatisfaction is an overwhelming factor in the instability of relationships.

TLP: How are things for you now Bettina? Are you enjoying life?

BA: Oh, very much so. One of the things I'm doing now is dating coaching, it's my new enterprise and I'm having a lot of older couples, older people, men and women who want to get started in online dating as well as people who are on their own and too nervous to go through the whole prospect of looking for a partner. People are very bad at describing themselves and making themselves sound interesting. All of my career skills have come together for this purpose, I think.

TLP: making people happier?

BA: Yes, well I get a lot of people who tell me that I've helped them. I wrote an article recently about pelvic pain, which is a topic not often discussed and I'm still getting letters, three months later, from women all over Australia who are so happy that somebody is talking about that. That's the great thing about my position really. Me? I play bridge, go bike riding, I've got three fabulous grown-up children, I go on dates, I'm single. I go out with some lovely men. I love the theatre, all sorts of things.

TLP: About the dating service, how do people get in contact?

BA: Through my website. Just Google

TLP: Thanks for your time Bettina.

BA: It's been great to talk with you.

## SCIENTISTS CLOSE IN ON ANTI-AGEING DRUGS

Author: Kate Hagan  
Health Reporter The Age

A new class of drugs can switch on anti-ageing processes and has the potential to prevent various diseases including cancer, Alzheimer's disease and type 2 diabetes, research has shown.

In a paper published in the journal *Science* on Friday, a team led by University of NSW geneticist David Sinclair has shown that more than 100 molecules can activate an anti-ageing enzyme known as SIRT1 in human and animal cells in the laboratory.

Professor Sinclair said the SIRT1 pathway was "like a policeman that directs traffic in the cell" and prompted it to repair itself.

"There are a lot of repair processes in our body, for example repairing broken DNA or mopping up free radicals," he said.

"SIRT1 is at the centre of this and coordinates all of the activities in the cell, so if you activate it you're turning on tens, if not hundreds, of defence mechanisms in the body."

Professor Sinclair developed about 4000 molecules based on the compound resveratrol,

which is found in small quantities in red wine and can switch on SIRT1.

"We've made synthetic molecules that are hundreds of times more potent than the original red wine molecule, and over the past five years they've become more effective and potent," he said.

"We are trying to make something so potent that you only need to take a pill each day to get protection against or even treat diseases."

Professor Sinclair said resveratrol worked to keep healthy cells alive and kill cancerous ones, and to give cells energy to repair themselves. Studies of the molecules in animals have shown success in treating type 2 diabetes, inflammatory bowel disease and Alzheimer's disease.

GlaxoSmithKline has bought a company Professor Sinclair formed to develop the anti-ageing compounds. It has conducted some small studies to test the safety of the compounds in about a dozen patients with inflammatory bowel disease and psoriasis.

Professor Sinclair, based at Harvard University, said resveratrol-based drugs to treat those conditions could be available within five years.

"I think in future there will be a drug people could take for their psoriasis and those patients will be relatively immune to diabetes and Alzheimer's and cancer, and that's how we'd find out the drug could extend lifespan and prevent more than just one disease," he said.

He said drugs could one day be taken to prevent ageing, just as statin drugs were commonly used to prevent rather than simply treat cardiovascular disease.

He said work was under way to test the drug's ability to extend the lifespan of healthy mice "and that would be the proof that it really does slow down ageing".

"Some people are against anti-ageing research - part of it is because the world is full of snake-oil salesman, but this is real science," he said. "We don't want to make old people live longer but we hope to keep people younger for longer and free of disease, which I think can only be a good thing."

Professor Sinclair remains a scientific adviser to GSK but his research was independently funded.

# NEW CENTRE FOR YOUNG VETERANS

A new centre offering young veterans and their families a place to relax and access support services, such as counselling, has opened in Frankston, Victoria.

Opening the Frankston Young Veterans and Families Wellbeing Centre in February, the Minister for Veterans' Affairs, Warren Snowdon, said the Centre was the result of years of hard work and dedication by the local RSL and community members.

"This Centre is a first in Australia and ensures that the young veterans in Frankston have a welcoming place to socialise with mates and access support services for themselves and their families," he said.

Mr Snowdon praised the Frankston RSL for its efforts to continue to evolve its traditional service model to better meet the needs of younger veterans and their families.

"I congratulate the Frankston RSL and its members for developing new and innovative ways to engage the younger veteran community. I hope this centre will inspire more ex-service organisations to do the same," he said.

Frankston RSL President Brent Clyne says the Centre is a way to reach out to contemporary veterans and their families.

"It is a place for all young veterans, including those who've served in Iraq, Afghanistan and peace-keeping operations, and their families, to call their own.

"Young veterans have special needs and in the past veterans hadn't always accessed the care they needed. The Young Veterans and Families Wellbeing Centre will provide a place of trust, a safe place where young vets can have a chat and reach out for assistance if they need it."

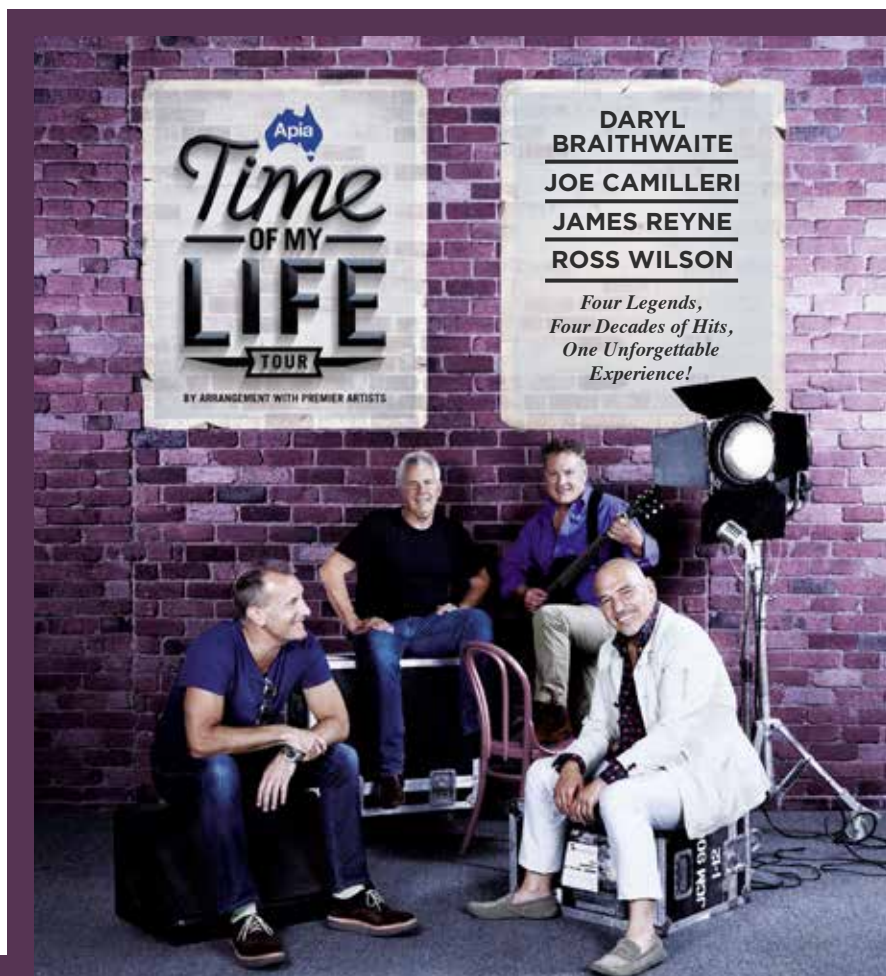
Mr Clyne said the Centre will be alcohol and judgement free and, although based on the strong traditions of the RSL, is geared towards a new generation of veterans with different needs.

The Australian Government provided \$73,000 in funding towards the Centre, through the Veteran and Community Grants program.

For more information on the Centre, join its Facebook page at [www.facebook.com/FrankstonVC/](http://www.facebook.com/FrankstonVC/).



For more information on Veteran and Community Grants visit [www.dva.gov.au/grants](http://www.dva.gov.au/grants).



**DARYL BRAITHWAITE • JOE CAMILLERI • JAMES REYNE • ROSS WILSON**

*Performing over two hours of hits with their band...*

**WED APRIL 24**  
**WARRAGUL**  
**WEST GIPPSLAND**  
**ARTS CENTRE**  
WGAC.ORG.AU  
03 5426 2456

**FRI APRIL 26**  
**MELBOURNE**  
**PALAIS THEATRE**  
TICKETMASTER.COM.AU  
136 100

**SAT APRIL 27**  
**GEELONG**  
**COSTA HALL**  
**GPAC**  
GPAC.ORG.AU  
03 5225 1200

**SUN APRIL 28**  
**BENDIGO**  
**THE CAPITAL**  
THECAPITAL.COM.AU  
03 5434 6100

**FRI MAY 3**  
**HOBART**  
**WREST POINT**  
**ENTERTAINMENT**  
**CENTRE**  
TIXTAS.COM.AU  
1300 795 257

**SAT MAY 4**  
**LAUNCESTON**  
**COUNTRY CLUB**  
**SHOW ROOM**  
TIXTAS.COM.AU  
1300 795 257

**FRI MAY 10**  
**ADELAIDE**  
**ENTERTAINMENT**  
**CENTRE**  
TICKETEK.COM.AU  
132 849

**SUN MAY 12**  
**PERTH**  
**CONCERT HALL**  
TICKETEK.COM.AU  
132 849

**THUR MAY 16**  
**TWEED HEADS**  
**TWIN TOWNS**  
TWINTOWNS.COM.AU  
1800 014 014

**FRI MAY 17**  
**BRISBANE**  
**CONCERT HALL**  
**QPAC**  
QPAC.COM.AU  
136 246

**SAT MAY 18**  
**NEWCASTLE**  
**CIVIC THEATRE**  
TICKETEK.COM.AU  
132 849

**SUN MAY 19**  
**SYDNEY**  
**THE STAR**  
**EVENT CENTRE**  
TICKETEK.COM.AU  
132 849

[www.apiatour.com.au](http://www.apiatour.com.au)



# Regional Matters

## KEMPSEY

### Kempsey Shire Council

The Kempsey Shire also known as the Macleay Valley Coast covers an area of 3,358m<sup>2</sup> hectares and is ideally located mid way between Sydney and Brisbane. Kempsey, the largest town enjoys a strategic location on the major east coast transport corridor and the North Coast Railway line.

Kempsey Shire shares a boundary with Hastings Shire in the south, Nambucca Shire in the north and Dumaresq in the west. Kempsey is the hub of the Macleay Valley and services the satellite towns of Bellbrook, Willawarrin, Kempsey, Frederickton, Gladstone, Smithtown, Hat Head, South West Rocks, Stuarts Point and Crescent Head.

Residents and visitors are attracted to the area because of its lifestyle, extensive leisure opportunities, pristine beaches, reefs and the Macleay River that meanders from the hinterland through to the coast. According to the Australian Bureau of Statistics' 2011 Census, there were almost 29,000 residents in the valley.

The area has a multi skilled and stable workforce that supports a range of industries including manufacturing, retail, agribusiness and tourism. Skills in trades and professional services also support our growing area. The Macleay Valley Coast offers a real lifestyle choice of beautiful beaches and hinterland as well as a cost effective business location.

### The Macleay Valley

The Macleay Valley Coast has uncrowded and unspoiled beautiful beaches, pristine water and countryside and peaceful bushland which hasn't been over commercialised. There are

no crowded pavements, no traffic jams and no building shadows across the beaches.

The Macleay Valley offers so much to see and do from surfing some of the best surf spots in the world at Crescent Head, to exploring the historic landmarks including Trial Bay Gaol and the Lighthouse at South West Rocks, experiencing the local food and heritage offered by Smithtown Frederickton, viewing the unique work of local artists at Gladstone, hiking up river through the national parks to relaxing in the peace and quiet of Hat Head and Stuarts Point.

One of the best parts of living in or visiting the Macleay Valley is that all of this is just a short drive away, offering the locals and tourists alike many choices for a relaxing day trip or weekend away.

### Kempsey

Kempsey and the surrounding Macleay Valley were first inhabited by the Dhungutti people. Kempsey's first white settler was Enoch William Rudder. In 1836, he surveyed the land for a private town and named it Kempsey as the countryside reminded him of Kempsey in Worcestershire, England. Settlers were drawn to the area in search of the rich stands of cedar and rosewood. Today, Kempsey is the commercial heart of the Macleay River valley and home to that famous Australian icon, the Akubra hat.

Shopping centres, speciality shops, restaurants, cafes and takeaways, 2 bowling clubs, RSL club, 5 hotels, tennis courts, squash courts, gymnasium, boat ramps, ten pin bowling alley, recreation centre, heated 5 pool swimming complex, children's playground horse racing track, greyhound track, churches;

TAFE college; Visitor Information Centre and art gallery. And an 18-hole golf club complete with grazing kangaroos.

### South West Rocks

South West Rocks is blessed with golden beaches and rocky headlands. A sub-tropical climate guarantees beach lovers a year-round opportunity to swim, surf, sail, snorkel, scuba dive, boat and fish in clear seas. The beach and rock fishing is outstanding.

Explore the historic Trial Bay Gaol and tour the Lighthouse in between enjoying activities at the beach and some of the best diving on the North Coast.

### Crescent Head

A welcome sign on the way into Crescent Head proudly proclaims it to be 'Where the Malibu Champions Surf', although short-board riders enjoy Crescent's legendary right-hand break as much as Mal riders do. Entrenched in Australia's surfing history, Crescent Head was proclaimed a Surf Reserve in 2008.

Crescent Head features worldwide famous surf spots set amongst national parks and aboriginal reserves.

### Gladstone

Established in the 1860s on a tight bend of the Macleay River, Gladstone (formerly Darkwater) soon became one of the valley's main wharfs and a thriving community. Today Gladstone's wide, leafy main street oozes charm and the pace of by-gone days, Gladstone has been transformed from a busy port to a funky historic village.

Gladstone boasts 19 beautifully preserved buildings, houses art galleries, specialty shops,





a café, hotel/restaurant, beauty spa and private homes. The most impressive building is the National Heritage-listed Old Court House.

### Grassy Head

At the end of a bush track leading through Grassy Head Reserve, honey-coloured Grassy Head Beach is washed with aquamarine seas and lies snuggled between dramatic headlands. Middle Beach sparkles invitingly to the north and to the south of Grassy Head; Back Beach is a slice of paradise.

### Stuarts Point

Stuarts Point is situated on the Macleay River Arm near Grassy Head and is renowned for fishing and boating and as a fertile growing region for macadamias, avocados, bananas and other sub-tropical fruit. Its cheerful village provides specialty shops, a bowling club, hotel, takeaways, tennis courts, a children's playground, boat ramps and a shady barbeque area.

### Hat Head

Hat Head village is nestled in Hat Head National Park and offers a relaxing lifestyle of shady

picnic areas beside the creek or beach, a bowling club, tennis courts, a post office, and takeaway food stores. Just 5.25 nautical miles offshore you can reach the Continental Shelf, where tailor, bream, jewfish, drummer, Spanish mackerel and marlin cruise the cobalt abyss.

Hat Head National Park has moderate walking trails that hug the coast and one of the largest 'live' sand dune systems in New South Wales. Keep an eye out for wonderful flora and fauna such like the Hawks, falcons, ospreys and eagles that soar overhead. Black swans, egrets, herons, spoonbills and ducks patrol the wetlands. In season, migrating whales perform acrobatic displays offshore.

### Smithtown

Life in sister-city, Smithtown (formerly West Gladstone) flows just as leisurely with the tide. Clinging to a droplet of land jutting into a V-shaped bend of the Macleay River and framed by emerald green dairy farms, Smithtown's wide, quiet streets speak of a prosperous past. A pleasant stroll through town passes 20 historic buildings or sites, including the Smithtown School of Arts built in 1900. Smithtown is home to the famous Milo.

### Frederickton

Frederickton overlooks the wide Macleay River and its fertile river flats. Once a private town named after Frederick Chapman, its main industries were shipbuilding, timber getting and pastoral pursuits.

Now famous for its pies, Frederickton offers a perfect rest spot on the Pacific Highway for a coffee and a bite to eat, a delicious gelato or a beer. Many of its private homes evoke a colonial past and it boasts a nine-hole golf course.

### Bellbrook

Heritage-listed Bellbrook's turn-of-the-20th-century architecture reflects an era when bullock teams laboured down the Main Street and cedar getters felled huge trees with two pit saws riveted together.

### Willawarrin

Historic Willawarrin has been a rest stop for travellers for centuries and there has been a pub here since 1893. Take a scenic drive back to Kempsey through state forest to Collombatti Lookout and Cedar Park Picnic Area beside the pristine Stockyard Creek.

For more information contact the Macleay Valley Coast Visitor Information Centre on 1800 642 480 or [www.macleayvalleycoast.com.au](http://www.macleayvalleycoast.com.au)



# Crescent Head

The beautiful coastal village of Crescent Head will captivate you with its unspoilt charm and beauty, pristine beaches and spectacular coastline.



Located midway between Sydney and the Gold Coast, Crescent Head is the ideal base from which to explore the Holiday Coast. Crescent Head enjoys warm, sunny winters and summers cooled by gentle ocean breezes, with the average temperature the same as the Gold Coast.

Picture it . . . A beach holiday at Crescent Head, one of the prettiest villages on Australia's Holiday Coast, reminiscent of the carefree holidays of the past, just awaiting rediscovery.



## CRESCENT HEAD RESORT & CONFERENCE CENTRE

The luxurious Crescent Head Resort and Conference Centre is set amongst 2 acres of native gardens in a relaxed seaside setting, and is an ideal base from which to explore the magical Holiday Coast.

All rooms feature high raked ceilings with exposed beams, ceiling fans and a lounge area opening out onto a semi private patio. All rooms have a kitchenette with tea and coffee making facilities, microwave, toaster and fridge; brand new flat screen TVs with inbuilt DVD; all linen, extra pillows and blankets and daily room servicing

## HOLIDAY MAGIC

Crescent Head Resort's Holiday Magic tours are a wonderful way to explore the beautiful Macleay Valley.

This 6 Day and 5 Night holiday includes luxury return coach travel, five nights resort accommodation, all meals, morning teas, wonderful day tours, and fully organised nightly entertainment.

We take pride in providing a variety of meals prepared daily by our Chef, with fresh, local produce.



Please contact us on **FREECALL 1800 656 030**  
or email [holidaymagic@crescentheadresort.com.au](mailto:holidaymagic@crescentheadresort.com.au)  
to discuss the needs of your group, or to obtain a copy of our itinerary.

**Crescent Head Resort & Conference Centre**  
**30 – 34 Pacific Street, Crescent Head NSW 2440 Ph. 02 6566 0121**  
[www.crescentheadresort.com.au](http://www.crescentheadresort.com.au)

For bookings: [reservations@crescentheadresort.com.au](mailto:reservations@crescentheadresort.com.au)

For group tours: [holidaymagic@crescenthead.com.au](mailto:holidaymagic@crescenthead.com.au)

## AKUBRA HATS

Akubra Hats is a fifth generation family owned company with its manufacturing operation based in Kempsey on the mid north coast of NSW. All Akubra Hats are Australian made at the Kempsey plant. Akubra has a rich history with the Australian men and women who have served with the Defence forces, supplying the world famous slouch hat since World War 1. During this significant period in Australia's history the supply of the slouch hat represented 80% of the company's annual production. Today this relationship continues albeit at a more modest 5% of annual production.

Recently, in a move welcomed by all Australians, the Department of Defence announced that future tenders for the supply of the slouch hat would require that the contractor shall ensure that this iconic symbol of the Australian defence forces be made in Australia. Akubra is proud to say that all slouch hats produced at its factory consist of 97% Australian materials and labour. The family owners hope to continue this tradition for another five generations.

**AKUBRA**

Still proudly flying our Flag.

*Akubra Hats, made in the true spirit of Australia. [www.akubra.com.au](http://www.akubra.com.au)*





The Kempsey-Macleay RSL Club is situated right in the heart of Kempsey's CBD, overlooking the mighty Macleay River.

The Kempsey-Macleay RSL Club was formed in 1949. The first Club occupied the original Memorial Hall before building new premises at the present site in 1956.

Renovations have recently been completed at Kempsey Macleay RSL Club. We now have a new alfresco gaming area for members and guests to enjoy. Café Fresh is also a new addition where you can enjoy a wide variety of light meals, snacks, hot and cold beverages. The Café is open from 10.00am every day. The RSL Club boasts large conference and function rooms, as well as great dining experiences in Ruby's By the River restaurant. The restaurant offers a \$10.50 special which includes a drink or you can choose from their wide variety of meals on the Blackboard Menu. Our fantastic waterfront setting and facilities make the Kempsey-Macleay RSL Club an ideal place to hold your conference, party, wedding or any other event you are planning. Our Club is your total entertainment venue, offering a variety of activities in a friendly atmosphere. Whether you're after a few drinks with friends or some free entertainment, the Kempsey-Macleay RSL Club is the venue for you.

Kempsey Macleay RSL Bowling & Sporting Club in Austral St, offers members and their guests a great variety of entertainment and activities, with something to suit everyone. With plenty of seating the Kempsey Macleay RSL Bowling & Sporting Club is a great venue for private functions and parties.

The Kempsey Macleay RSL Club prides itself in being a vital part of the local community. The Club not only sponsors local sporting teams but also regularly donates money to various individuals, schools and charities.

Anzac Day this year will be commemorated in a number of ways. Coffee will be served at the Memorial Hall from 5.00am for ex-service personnel before they march at 5.20am. The Dawn Service will commence at 5.30am at the East Kempsey Cenotaph. After the service breakfast will be available at the RSL Club. A second march will start at 10.30am with a service following that. The RSL Club will open at Noon with sandwiches being served. There are a number of services around the Macleay Valley so check with your local Sub-Branch for starting times.

The Club can be contacted by phone on (02) 6560 1111, via email at [admin@kmrsl.com.au](mailto:admin@kmrsl.com.au) or you can visit our website [www.kempseymacleayrsl.com.au](http://www.kempseymacleayrsl.com.au)



“OUR CLUB IS YOUR TOTAL ENTERTAINMENT VENUE, OFFERING A VARIETY OF ACTIVITIES IN A FRIENDLY ATMOSPHERE. WHETHER YOU’RE AFTER A FEW DRINKS WITH FRIENDS OR SOME FREE ENTERTAINMENT, THE KEMPSEY-MACLEAY RSL CLUB IS THE VENUE FOR YOU.”



## EDUCATION KINDLES A LOVE OF READING

By Simon Castles

The woman opposite me on the tram is reading. Instinctively I look to see what she’s reading. This is a public transport pastime, after all, something commuters have been doing for as long as there have been books – and public transport. But I can’t see what she’s reading, only that she’s reading a Kindle. So I go back to my book.

I don’t have anything against the Kindle per se, or any other e-reader for that matter. It was screens that took us away from reading, and maybe only screens can bring us back. But the increasing popularity of the Kindle is closing a chapter on a certain kind of people watching. For the Kindle makes it almost impossible to tell what strangers are reading. Everything is hidden from view.

In itself this may be no big thing – though I’ve always enjoyed reader browsing – but it does add to the sense that public transport and public spaces in general have become somehow lonelier in the digital age. That on the tram or train, in the street or mall, we are more disconnected from one another, even as we’re more connected than ever before.

The reason you can’t tell what Kindle users are reading, of course, is that e-books have no covers, at least not in the traditional sense. Some will say this is good, because you shouldn’t judge a book by its cover anyway. But I’ve never much liked this saying. As a kid I didn’t want to judge Peter Benchley’s *Jaws* by its cover, which showed a giant shark about to eat a clueless swimmer. So I read it, and it was about a giant shark that eats clueless swimmers. I didn’t go near water for three years.

But even if it’s true we shouldn’t judge books by their covers, what about those of us who

enjoy judging people by their books? Where does the Kindle leave us?

I’ve caught thousands of trams and trains and made thousands of snap judgments about strangers based on what they’re reading. This is hardly fair, of course – I know nothing about these people. But then strangers get to judge me on what I’m reading (a scary thought, particularly now I recall that *Power of Now* phase I went through), so at least it’s a fair exchange, and one that helps everyone pass the time. And it can be a long time that needs passing. I’m pretty sure I saw a woman read most of *War and Peace* on a single ride on the 19 tram along Sydney Road.

So the snap judgments are there to help smooth the ride. A young woman reading Sylvia Plath’s *Bell Jar* (probably a poet, possibly on Prozac, thinks Ted Hughes was a total shit). Middle-aged man reading *Harry Potter* (hasn’t had sex in a while, slight case of BO, always a good sport at fancy dress parties). Middle-aged woman reading *50 Shades of Grey* (also hasn’t had sex in a while, likes a clean home, recently bought some handcuffs). Student with a Trotsky beard reading Chomsky (vegan, wants his girlfriend to make him some clothes out of hessian sacks, will be a partner in a law firm before the decade’s out). A suit reading Ayn Rand (may not be human, possibly lizard inside like in *V*, planning world domination).

But whatever people are reading, I tend to like them just for reading. Yes, even those reading *Eat, Pray, Love*. OK, not really them. But still, mostly readers like other readers. And occasionally you glance across at a stranger on the tram and they’re reading one of your favourite novels, and there’s this wonderful zing, a feeling that maybe you’re looking at a kindred spirit. You want to say something to them, and I’ve seen people do just that. But even if you don’t say a word, there’s a small connection there, a spark of life in an otherwise dull trip.

The Kindle snuffs out these sparks by making the act of reading private to the point of secretive. In this respect, it is like the iPod, which has silenced the music of strangers in public. In the iPod age, everyone has their own private soundtrack as they walk the streets, which means the streets themselves no longer have a soundtrack. Music doesn’t bounce off walls, it just bounces about inside our heads. We’re all at a disco of one.

There’s plenty to welcome about this, of course, just as there is much to like about the Kindle. But something is lost as well; some street life and character is surrendered. These gadgets do throw up barriers between people. They allow us to be with one another but also to be distant, in our own little worlds. Increasingly we are “alone together”, in the words of psychologist and author Sherry Turkle.

But there is a paradox. For even as social spaces become less social, we’re sharing more than ever before on social media. We broadcast our favourite books, music and films widely, thanks to Facebook, Twitter, Instagram, Goodreads, Spotify etc.

All of which makes for a peculiar situation vis-a-vis the woman with the Kindle sitting opposite me on the tram. It’s quite possible that there are people on the other side of the world who know what she’s reading. But I don’t, and I’m a metre away. Simon Castles is an Age producer.



# Donnie Sutherland

Donald "Donnie" Sutherland (born Fairfield NSW, 1946) OAM is an Australian radio and television presenter, best known for being the host of Sounds on Australian television between 1975 and 1987. This show ran for more on-air hours than all other similar shows including Bandstand and Countdown.

While Donnie continued to work for radio station 2KY, at the start of 1999 Donnie linked up with the RG Capitol radio network to do a 6 hour once a week syndicated programme. "Donnie's Sounds of the 70's and 80's" doubled its audience after only 6 months and was heard Sunday night on 13 different stations across 4 states of Australia or all that year!

In 1997, Donnie began as an Australia Day Ambassador to Camden, And on Australia day each year he visits different regional areas in NSW in this Capacity.

In 2000, Sutherland was awarded the Order of Australia for his services to the Entertainment industries and for his charity work.

The Last Post: Good morning Donnie, welcome to The Last Post. How are you?

Donnie Sutherland: Always good, my friend.

TLP: What have you been up too?

DS: These days I do a lot of promotional work in clubs. Last year we launched 'Sounds Live On Stage' which we did down in Melbourne at the Casino and at the Enmore Theatre in Sydney. We had people like John English and John Swann and Marty Rhone, Normie Rowe. It was a good line-up of people who have been on Sounds over the years, in particular John St Peters, whose idea it was. We tied that up with ovarian cancer research – ROCAN – which John decided he would

support and tie that up with Sounds going back on the road as part of that fundraiser. We did a couple last year, in 2012 and we look like doing a lot in 2013. That's a major fact in what I'm doing at the moment but my general daily work is to, as I said, do promotional work in clubs. Some is attached to music and some to horseracing.

TLP: What's your connection with horseracing?

DS: Well, I was an apprentice jockey when I first left school and through that, I've always had a strong connection with people in the horseracing industry. I actually took up a job with a racing station in 198.....something and that was joining them in on the road promotions and that carried through until around 1998. These days I'm out on my own and do it through my own company. But, yes, music and the concerts, hopefully many of them to raise money for the ovarian cancer and to get us back on the road with all our mates.

TLP: To many of us you're eternally young because of your connection to Sounds but you had been around before that. You even had a go at being a pop star with 'Fairyland' in 1969, which I believe was one of the first stereo singles to be released.

DS: Yes, I was in a rock 'n roll band. After I got too heavy to be a jockey, I became a singer. We used to be called 'The Thunderbirds'. The boys who I worked with had two jobs, a day job laying bricks and at night we were out doing rock 'n roll in the various clubs. It just got too much for them. They decided there wasn't enough money in it, and that there would be more money in bricklaying. So they went their way and I did a solo thing, the single in '69 which was designed to get me a bit of notoriety and publicity so that I could get myself on radio. And that happened, '69 on a Sydney station, AM in those days, called 2UW. I'd also been writing a bit, doing columns for Go-Set magazine. Molly Meldrum and I. He started

writing for Go-Set and appearing on Happening 70 and Happening 71 and I did the same but out of Sydney. So we had a similar sort of career right up until the late 80's. Very coincidental. He ended up on TV, so did I. And the rest is history.

TLP: Back then, on Go-Set. Any inkling as to what was about to happen with you and television?

DS: No, not at all. But the Go-Set thing did help me get into radio. It really was a stepping stone, that whole era. I had the single out so that got a bit of radio airplay and that got my name around a little. I was doing the column and that had the same effect. Then, when a job became available, midnight to dawn on Sydney radio I was already good mates with Ward Austen who was a big DJ at the time and a few that were on-air, John Burgess was one of them. Baby John who is now in Perth. Anyhow, due to the friendships, they said they'd have a talk to the program manager and just tell him that the kids are now starting to know who you are and you'd probably do well, rather that go to the country, as was the norm. And that's what eventuated and it proved to be really good.

TLP: To get a first-up radio gig in the city is a rarity.

DS: In those days I think I was only about the third person to do it.

TLP: You were able to mix well with the music people you had on Sounds. How did you get that gig?

DS: Pure fluke. I actually knocked it back but luckily I was living with a girl, who I'm going to see in a couple of days, she's coming down to Sydney. These days she's married and living in Queensland. How it evolved, I was punting on racehorses because I'd lost my job on radio in Queensland after the Sydney one and I'd come back to Sydney and I was running some rock 'n roll dances with a good friend of mine, Sebastian Chase who was the man who brought Dragon to Australia, these

## "I'LL ALWAYS REMEMBER IN CHICAGO, WE DROVE INTO THIS AMPHITHEATRE WITH 50,000 PEOPLE AND LRB WERE DOING REMINISCING... YOU WERE SO PROUD TO BE AN AUSTRALIAN."

days he looks after a lot of well known acts including The Whitlams and the John Butler Trio I think it was. So Seb and I were running these dances around the suburbs of Sydney and I was punting. That included a lot of serious study of the form guides of course. So I was there at home on a Saturday morning and I saw on TV Graham Webb and his show which was the first of it's kind in the world. On that he had clips produced by Russell Mulchay who worked in the newsroom in Channel 7. These days of course he has charted a career as a successful film maker. He went out and did film so that Graham had a clip to go with the songs that didn't have clips. Russell was taking bits from old Elvis movies, from old Beatles movies and stuff like that. So a film library for these songs was being created and I happened to see Graham on the TV that Saturday morning. He was using music, band posters as a backdrop. I new Graham really well from the disco days in Kings Cross, he'd come in as a guest DJ. Graham was great at that, he'd been a former pirate radio DJ in England and I thought I'd give him a ring. So I gave him a ring and he suggested I come in to give him a hand. He was, he told me, also putting together a weekly 5-5.30 show weekly. So, yeah I went in and started doing record reviews on his morning show with the odd interview and stuff like that. When it was coming around to be the first day of colour (TV), March 1, 1975, the boss suggested to Graham that he use me as the compere, start a new show and you can be the Executive Producer. This was all happening behind the scenes and I didn't know about it. So they told me that Graham was going away for a week and asked if I'd fill in as compere, which I did and thought nothing of it. But that was their little test run. They liked it and offered me the job. They said it was a new show that was to be called 'Sounds Unlimited', which became 'Sounds'. I said I didn't want it because I'd had the job at 2UW was wiped out about a year later when they went talkback. I thought that this TV gig was going to be a similar thing, it'll last six months and then that'll be that. But the girl I was living with told me to take it and said, it doesn't matter if it lasts only three weeks, at least you can say you had a TV show. So I agreed to take it and it went for 13 years. It was just one of those wonderful flukes in my life.

TLP: Your persona fitted in so well with the whole thing. Were you like that outside of TV?

DES: Geez, I don't know what I would've done if that hadn't have come along. Where was I heading? I really wasn't heading anywhere. You know, it doesn't matter how hard you try to do something, if you're not meant to do

it, it won't happen. I believe strongly in fate and I believe that was written in my life story before I was born. It was meant to happen and it was good because it was a record-breaking thing. Film clip TV wasn't around until Graham Webb thought of it and then it became video TV and now it's everywhere. MTV came out to Australia and had a look at Sounds and Countdown about nine years after we'd gone to air and after that they decided to do their 24-hour music thing in America. It was a groundbreaking thing in the music industry.

TLP: A forerunner.

DS: Annie Wright from RCA, who was involved with the Abba Tour and then worked for Gudinski and went to America to open things up there for Michael. When she was in America, and this is in the late 70's if not the early 80's, they still weren't making film clips or video clips, they still hadn't cottoned-on to the fact that it was a great way to sell records and it had worked here, followed by England. America was a long way behind us in that area.

TLP: Any outstanding memories of your time on Sounds?

DS: It becomes a little blurred over time but I'll never forget the feeling. I went to America once to do a special on Air Supply, LRB and Rick Springfield. So Rick, Air Supply and Little River Band were all in the Billboard top ten over there at the same time. That was like, amazing. I don't think it'd ever happened before in the history of Australian music. So I went across to do an hour special on them. I'll always remember in Chicago, we drove into this amphitheatre with probably 50,000 people and LRB were doing Reminiscing and it was like, you were so proud to be an Australian. I was going to talk with these guys and here they are, in front of this huge crowd in America that showed how loved they were and they're doing this magic hit that went to number one in the States as well as here. You know when some people say that the hairs on the back of their neck stand up, that's the type of feeling I had. It was just sensational. There are memories like that that come back to you over time and what a great time it was. As you go through life, these memories come to you and you go, "Wasn't that fantastic". It was just a magical time.

TLP: Great times for viewers too. You must've thought how lucky you were to be on that ride?

DS: Not a day goes by when I don't admit to the luck of it all. I tried to hone my craft and to do it as well as I could. I was a stickler for studying everybody that I was to talk to. These days Google makes it easy but back then it was

much harder, often relying on what people from record companies told you and a lot of that was BS when they were just trying to hype a guy or a girl. I tried to cut through that to have a truer image of the artist come out. Often I'd tell the promoter not to BS me from the start and that I would look after them if they were just fair dinkum with me. A lot of people behind the scenes helped me to be as accurate as I could. If that authenticity came across, then I'm very proud of that.

TLP: Well, you received the Order of Australia, what in 2000, in recognition. Was that a moment too?

DS: That was a beautiful moment and it was brought about by a lady I know who worked for Parramatta Council. She told me how she'd watched the show and told me that I really deserved be given some sort of award for that and your work with charity. I've stuck with charities, right from the early days, from the late sixties until now. If someone wants something done, it's no charge and I go and do it if I can fit it in. Anyhow, Malama pursued it through the right channels and then I get a letter saying 'we are thinking of giving you this award, will you accept it?' I told the that, of course, yes, I would. I nearly fell over when I got the letter. I owe this lady a lot and she knows that. Malama was the one that started it all. More recently, I've been given the chance to be an Australia Day Ambassador and that allows me to get out to different areas each year and talk about how good it is to be an Aussie, about what it feels like to be living here and the fact that I owe this country so much for the great life I've had. That is another highlight of my year, every year.

TLP: We are lucky, Donnie and as it's often said, the best way to honour the legacy is to live good, strong, honest lives?

DS: Here, here. Yes, as part of the speech that I give I say that when I wake up in the morning, I thank God I'm alive and that I'm alive, in Australia. I've travelled to a lot of different places around the world, sailed around the world, stopped off in 50-80 countries I'd say and I can say, without a word of a lie that this is the best country to live in. We are the last frontier, it'd be awful if we stuff it up. There's always some things that we can work on but by and by, if you look out your window, you can actually see the sky. That's a day to day issue in some countries due to the pollution. Try that in London or Beijing. We owe it to the legacy to look after Australia.

TLP: Having Sounds live on stage. How's it feel to be back with all those people that were such an important part of your history?

DS: The both times we've done it have been absolutely fantastic. Every artist has improved with age. Normie (Rowe) is one of the hardest workers onstage, ten times better



"...WHEN I WAKE UP IN THE MORNING, I THANK GOD I'M ALIVE AND THAT I'M ALIVE, IN AUSTRALIA". "WITHOUT THOSE FELLOWS AND LADIES WE WOULDN'T HAVE THE COUNTRY WE HAVE TODAY...SO, A BIG THANK YOU TO THE DIGGERS AND ALL THOSE CONCERNED."

that in 60', 70's and 80's. You could say that about any of the acts. What we tried to do was to recreate Sounds. The performers would do 3 or 4 of their hits and then they'd come over to the couch, which we had onstage and I'd interview them. We had John Deeks and Debbie Newsome talking questions from the audience. So the audience got to get involved. The participation was beautiful. So that mutual involvement took the show from what was going to be two hours, three hours, to four hours. Then we had an hour in the foyer where they got to meet and greet the artists and have a bit of fun. These days, with photos in phones, everybody was getting shots of themselves with Jon English or Johnny Swann. Vicky O'Keefe did a duet with Johnny on the big screen. It was a really well put together show. I got so much joy out of it. It was like being back on Sounds, we used to have an audience, and there they were. I'm looking forward to doing them again, all over Australia, this coming year.

TLP: That relaxed feeling had a very in-house, inclusive thing about it, even at home with Sounds.

DS: Yes, that's one of the things that helped it work. Initially, on the set, we decided to have a couch or lounge, and there you go. Although we didn't have it for the first show, it was just me on a seat next to a record player. That's how far

back that goes. Records, ha. Australian acts over the years have had a world class standing, Men at Work, AC/DC. Even our newer acts are out there too. There used to be a lack of appreciation for Australian acts, overseas, in the 60's and 70's but not now. But it's so much different now, with radio stations. You have genres but, I tell you what, I would not know how to program a radio station these days. A melting pot. The music, for example, of the 2000's is a totally different brand to what it was.

TLP: So, you're glad you didn't become a jockey.

DS: Yes, hah. I was always on the heavy side and didn't get to ride in many races. A stone or 6kgs over the required weight. I couldn't cut off my leg to get a race even after I was offered a ride with a horse that ran in the Melbourne Cup.

TLP: Thanks a million Donnie for being part of The Last Post's Anzac Day edition. You are cemented in history.

DS: Well, I've been connected with Anzac Day for a long time. My Dad served in two areas over the Second World War, in the middle-east and in New Guinea. Without those fellows and ladies we wouldn't have the country we have today and we wouldn't be able to say we live in the best country in the world. So, a big thank you to the Diggers and all those concerned.

## OLDER BRAIN IS WILLING, BUT TOO FULL

By Douglas Quenqua

Learning becomes more difficult as we age not because we have trouble absorbing new information, but because we fail to forget the old stuff, researchers say.

Mice whose brains were genetically modified to resemble those of adult humans showed no decrease in the ability to make the strong synaptic connections that enable learning — a surprise to neuroscientists at the Medical College of Georgia at Georgia Regents University, whose findings appear in the journal *Scientific Reports*.

Yet as the modified mice entered adulthood, they were less capable of weakening connections that already existed, and that made it hard for them to form robust new long-term memories. Think of it as writing on a blank piece of white paper versus a newspaper page, said the lead author, Joe Z. Tsien. "The difference is not how dark the pen is," he said, "but that the newspaper already has writing on it."

The researchers focused on two proteins — NR2A and NR2B — long known to play a role in the forging of new connections in the brain. Before puberty, the brain produces more NR2B than NR2A; in adulthood, the ratio reverses.

By prodding mice to produce more NR2A than NR2B, effectively mimicking the postpubescent brain, scientists expected the subjects to have trouble forming strong connections. Instead, the mice showed no trouble creating new short-term memories, but brain scans showed that they struggled to weaken the connections that had formed older long-term memories.

"What our study suggests," Dr. Tsien said, "is that it's not just the strengthening of connections, but the weakening of the other sets of connections that creates a holistic pattern of synaptic connectivity that is important for long-term memory formation."

Courtesy: [www.nytimes.com](http://www.nytimes.com)

## VETERAN MENTAL HEALTH TRAINING FOR COMMUNITY NURSES

Investing in the health of more than 325,000 veterans, war widows and widowers, Minister for Veterans' Affairs Warren Snowdon in January launched a new online, interactive professional development course for community nurses.

Mr Snowdon said finding time to fit professional development into a hectic work and family life is difficult for most, but for busy nurses—especially those working in remote

or regional communities—it can be just about impossible.

"The vetAWARE course increases nurses' understanding of the common mental health challenges faced by veterans, and how to best support them and their families," he said.

The Department of Veterans' Affairs (DVA) contracts hundreds of community nurses around the country to provide health services to former and current servicemen and women, and war widows and widowers.

Mr Snowdon said that community nurses see our most vulnerable veterans and war widows in their own home and so are uniquely placed to recognise signs of mental distress. Even the most experienced nurses will benefit from knowing

where to refer their patients, and newer nurses will gain an insight into the mental health issues associated with war and war-like service.

"The interactive course was developed in consultation with nurses and other mental health professionals, and the feedback has been overwhelmingly positive," he said.

A community nurse from Queensland commented, 'I found this online training really great. I actually found it fun to do and the variety of interactive learning tools used maintained my interest.'

vetAWARE has been endorsed by the Royal College of Nursing Australia, and nurses who complete the course will achieve points towards their professional development requirements.



# VISITING GALLIPOLI OR FRANCE FOR ANZAC DAY?



Attending an Anzac Day Dawn Service overseas is a once-in-a-lifetime experience but it's important to come prepared.

Visitors to the Gallipoli or France Anzac Day Dawn Service are encouraged to visit the Department of Veterans' Affairs (DVA) website at [www.dva.gov.au/anzac](http://www.dva.gov.au/anzac) for detailed information on the commemorations, including how to register for important updates.

The update services provides regular email and SMS updates on what to bring and what to expect, including notifications of any changes to traffic arrangements or services.

Here is some helpful information on how to make the most of your trip to Gallipoli or France.

## TO MY HOME

I lay on the dreary desert  
And the glare makes my eyes feel sore,  
Dreams of beautiful Queensland  
And those happy days of yore.  
I can see the rippling river and the rolling  
fertile plain,  
I see the dear old homestead  
And the bright green sugar cane.  
I see my dear mother; I hear her calling me  
again  
And I think of how she cared for me,  
Glad to ease my slightest pain.  
And when this war is over I'm going  
straightaway back,  
To where I left my heart  
In that little tin roofed shack.

*Sergeant William Mann, Egypt March 1916.  
Killed in action, Mouquet Farm, France,  
September 1916.*

## Gallipoli

- The commemorations are held in a remote national park—you will need to make sure you have appropriate clothing, food and water with you.
- Ask your tour operator about what time you'll be arriving onsite, and where/when you will be picked up after the commemorations – there'll be many buses on the peninsula so make sure you remember your bus number too.
- Dress appropriately – there is no shelter at the commemorative sites and once you get off your bus, you will be exposed to the elements for up to 24 hours. Be prepared for freezing temperatures overnight, warm days, rain and wind.
- Large backpacks are not allowed on the site and need to be left on your bus. Ensure you have everything you need with you as you will not be able to return to your bus until after the end of all the services.
- Wear sensible walking shoes – you will need to walk long distances of up to 8 kilometres, up steep and uneven dirt roads. A moderate level of physical fitness is recommended to attend the commemorations.
- You can buy food and drinks onsite but alcohol is NOT permitted and will be confiscated.
- Many thousands of people attend the commemorations, the majority arriving on more than one hundred buses, so be prepared for long delays due to traffic and security arrangements.
- Gallipoli is a sacred place, close to the hearts of Australians, New Zealanders and the Turkish people – please respect it when you are onsite: take rubbish with you and avoid walking over the grave sites.
- Assisted mobility support is available onsite. Register your details with DVA as soon as possible to request assistance: email [gallipoli@dva.gov.au](mailto:gallipoli@dva.gov.au), or call (02) 6289 6274.

## France

- The Australian National Memorial commemorative site is two hours drive from Paris and 20 minutes from the Somme capital Amiens.
- From 5:00 pm on 24 April until 12 noon on 25 April the road running past the memorial is closed to all private vehicles. To attend the service you need to either be part of a formal tour on a tour coach, be booked on a shuttle provided by Somme Tourism Board or you can park in the neighbouring villages and walk between two to four kilometres to the site. For details on shuttle bookings visit [www.anzac-france.com](http://www.anzac-france.com).
- Assisted seating and mobility support is available for those who need help. Register your details with DVA as soon as possible to request assistance: email [france@dva.gov.au](mailto:france@dva.gov.au) or call (02) 6289 6261.
- The office of the Conseil General de la Somme provides tea, coffee and croissants to visitors after the Dawn Service. Ample toilets are available onsite.
- After the Dawn Service, bilingual community services are held in the nearby towns of Villers-Bretonneux and Bullecourt – all are welcome to attend.
- Dress appropriately – it can be very cold as dawn approaches and then warm-up later in the day for community services. Layers of clothing are encouraged.

For more information on commemorations at Gallipoli or France, including details on other overseas services, visit [www.dva.gov.au/anzac](http://www.dva.gov.au/anzac).

# ANZAC DAY

## AUSTRALIAN WAR MEMORIAL

ANZAC Day is arguably Australia's most important national occasion. It marks the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War: the landing on Gallipoli in April 1915. But the day goes beyond this anniversary; it is also the day on which we remember all Australians who served and died in all wars, conflicts, and peacekeeping operations. This sentiment is embraced by the Australian War Memorial, which hosts the annual ANZAC Day Dawn Service and National Ceremony.



National Ceremony, ANZAC Day 2011

The Memorial's recently appointed Director, Dr Brendan Nelson, believes that ANZAC Day is a time to reflect on the sacrifices of those who gave us what we have and make us who we are today. "This day makes you think carefully of what it means to be an Australian. One of the great paradoxes of life is that people take for granted those things that are the most important to them: family, education, democracy, free media and the rule of law. ANZAC Day ceremonies are a potent reminder to appreciate these things; they help reinforce how privileged we are to be Australians. As I walk into the Memorial, it is this of which I am reminded – as should we all," said Dr Nelson.

Having previously attended the Dawn Service and Lone Pine Commemorative Ceremony on Gallipoli, Dr Nelson believes that ANZAC Day

ceremonies at the Memorial offer the most poignant experience and place in Australia to honour those who have served our nation.

"The ANZAC Day ceremonies at the Memorial provide an opportunity for all Australians to feel a meaningful connection to the institution and what it represents: the soul of the nation. The Memorial represents our values, our beliefs, the way we relate to one another and see our place in the world – all of which have been shaped by the hard work and sacrifices of those men and women who now wear, and who have worn, the uniform of the Royal Australian Navy, the Army and the Royal Australian Air Force."

The ANZAC Day ceremonies at the Memorial assist Australians to remember and understand the enduring impact of war on our nation and to

communicate the significance and the continuing relevance of the rich National Collection the Memorial holds.

Dr Nelson believes, "All Australians who attend the ANZAC Day ceremonies at the Australian War Memorial will have a moving, emotional, educational and unforgettable experience".

### Dawn Service

ANZAC Day traditionally begins with the Dawn Service at the Memorial, a reminder of the dawn landing at Gallipoli in 1915. The screeching of the cockatoos in the early morning chill gives a distinctive Canberra touch to this special day of remembrance.

Time: 5.30 am – 6 am

(Suggested arrival 4.30 am onwards)

### National Ceremony

The National Ceremony commemorates the sacrifices of all Australian servicemen and women who have served our nation. The ceremony includes a veterans' march.

Time: 10.15 am – 12 noon

The Memorial's Commemorative Area will open 15 minutes after the ceremonies, giving visitors the opportunity to lay a poppy on the Tomb of the Unknown Australian Soldier, or beside a name on the Roll of Honour.

For more information, visit:

[www.awm.gov.au/commemoration/anzac](http://www.awm.gov.au/commemoration/anzac)

Hall of Memory and the Tomb of the Unknown Australian Soldier, ANZAC Day 2011





# Remember Me

## THE LOST DIGGERS OF VIGNACOURT

Until 31 July 2013 | Australian War Memorial, Canberra

This new exhibition features a stunning series of photographs depicting soldiers who have just stepped off the battlefields of the Western Front. Taken by an enterprising husband-and-wife team, Louis and Antoinette Thuillier, these recently discovered glass-plate negatives had lain undisturbed in the attic of the Thuillier family home in Vignacourt, France, for nearly a century.

*Courtesy Kerry Stokes Collection, The Louis and Antoinette Thuillier Collection*

Open daily 10 am – 5 pm

Closed Christmas Day

Treloar Crescent Campbell ACT 2612

[www.awm.gov.au](http://www.awm.gov.au)

| SGH



# Treasure Our Country

Susie O'Brien

FORGET about Ellen and Oprah and their squealing Americans. Forget about Nicole Kidman and that Australia movie.

And forget about Lara "where the hell are you?" Bingle.

The best advertisement for Australia is a 10-year-old children's book called *Are We There Yet?* by author and artist Alison Lester.

As Australia Day is nearly upon us, it makes sense to think, not only about how we promote our country, but about how we learn about our own country.

These days, fewer of us experience Australia.

Aussies are more likely to head to Indonesia or New Zealand.

This is why *Are We There Yet?* is such a treasure.

The book lovingly details the three-month trip around Australia by Alison's family when she was young.

Her family explored the big sights: Uluru, Sydney Harbour and the Great Ocean Road, but they also got off the beaten track and "surfed" at Wave Rock, went snorkelling at Turquoise Bay, got bogged on the Tanami Track and went beach-combing at Cow Bay.

They watched whales swim at Head of Bight, played with quokkas on Rottneest Island and cruised the billabongs at Kakadu.

Alison's dad drove, her mum read in the back, and her brother Billy said: "Are we there yet?"

It's a pity that we seem to be forgetting to travel here because the best way to understand this wide brown land is to travel around it.

The lure of \$6 pad thai, \$2 Rhonda and Ketut T-shirts and the promise of haggling over rip-off watches with someone earning \$20 a day is too strong. It's good that people want to see the world, but we shouldn't forget our own country and our own stories. Kids are too busy learning Indonesian and IT to learn much about Australian history and geography.

It means that in the absence of a deep understanding of our country, younger people are resorting to a shallow, jingoistic brand of nationalism.

This robs them of a sense of the real Australian story. I'm reminded of all this while on holiday near Cairns. In Far North Queensland, a traffic jam will involve cattle not cars, shop assistants always have time for a chat and call you "love" or "mate".

There are wonderful towns that haven't had all the interesting, old bits wiped away by prosperity and progress. At the museum in Mareeba, for instance, we rode in a real

rail ambulance and heard about a 1921 mine explosion that killed all the town's men.

Our kids don't appreciate the history, charm and stories as much as we adults do, preferring the flashy cable ski rides, chocolate factory, and waterslides at Sugarworld.

But at least they get to experience our great country first-hand, albeit from the back seat of a tiny rental car.

It reminds me of the holidays we took as kids. Living in Leigh Creek in the Flinders Ranges, we spent weekends exploring Wilpena Pound and towns like Oodnadatta and Coober Pedy. We explored the Pichi Richi Pass (which we called the Itchy, Itchy Arse) and watched the adults cry while reading the gravestones in towns like Blinman.

When we moved to Adelaide in 1980, we holidayed on the coast, marvelling at the shipwrecked Ethel at Edithburgh and towns named for old people like Keith and Millicent.

I dream of packing up the kids in a camper van and joining the grey nomads on a big loop around our wonderful country.

My husband would drive, I'd navigate and the kids would be in the back asking "Are we there yet?"

Courtesy: [www.theadvertiser.com.au](http://www.theadvertiser.com.au)

# JOIN

## THE SIXTH ANNIVERSARY PARKINSON'S NSW UNITY WALK & RUN



**Sunday 25 August 2013**  
**Sydney Olympic Park**

- There will be a 4km and 8km run around the iconic sites of Sydney Olympic Park, including the Sydney Athletics Centre.  
\*Course subject to Change.
- First 500 runners and first 1500 walkers to register online receive a FREE Unity Walk and Run T-shirt.



**BOTH MALE & FEMALE WINNERS  
OF THE 8KM RUN WIN 5 NIGHTS  
ACCOMMODATION WITH RETURN  
AIRFARES TO HAWAII. ALOHA!**

**HAWAII TOURISM**  
OCEANIA



**Register at [www.unitywalk.com.au](http://www.unitywalk.com.au)  
or [www.unityrun.com.au](http://www.unityrun.com.au)**

**In Australia someone is diagnosed with  
Parkinson's disease every hour of every day.**

**Join us to provide "Help for Today and Hope for Tomorrow".**

# Palliative care is **everyone's** business

Palliative care is an issue that will affect all of us at some point in our lives, whether as a patient, carer, family member, neighbour or friend.



**Palliative  
Care  
Australia**

PALLIATIVE CARE IS IMPORTANT TO ALL OF US. HAVING A DISCUSSION ABOUT END OF LIFE ISSUES IS SOMETHING WE ALL NEED TO DO, EVERY AUSTRALIAN FAMILY. WE SHOULDN'T WAIT TO DO IT OR PUT IT OFF, WE SHOULD ALL HAVE THESE CONVERSATIONS WITH OUR FAMILIES NOW.

Palliative care is about supporting people to live as well as possible until they die. It is about providing care based on that person's needs but also their preferences, for example the place they want to be cared for, the type of care they want to receive and the people they wish to be present. It is also about supporting the person's loved ones and carers through the process.

We are fortunate in Australia to have a good standard of palliative care, but unfortunately access to these services is nothing short of a lottery, predominantly determined by your location, but also affected by your diagnosis, the education of your health professional, your cultural background, and your age.

For this reason, Palliative Care Australia is making 2013 the year to make palliative care everyone's business. To ensure that we all have quality care at the end of life, and are able to live and die well, we all need to take responsibility for making this happen.

Of course, it requires the support of governments to ensure that we have adequate funding, resources and infrastructure in place to deliver services, and that our health professionals are all educated in caring for the dying, but it also requires support from you, your families and the wider community.

National Palliative Care Week is 19th – 25th May 2013 and during this week we'll be reminding everyone in our communities about the importance of palliative care and asking them to think about how they can make it their own business.

One way is to have a conversation with your family and loved ones about death, dying and

end of life care. We know that most people do have preferences about how they would like to be cared for at the end of life, however, they are not sharing these ideas with the people closest to them. Most of us trust our family and other loved ones to help make decisions about our care, but without actually having the conversation with them how will they understand what we want?

Everyone should have an advance care plan. Advance care planning is a process which ensures that an individual's choices for future medical treatment are respected, and that their beliefs, preferences, values and decisions are made known to their families, carers and health professionals.

We should also appoint substitute decision makers – the people who will be called upon to make decisions about our care if we no longer have capacity to do so ourselves. Your substitute decision maker should be someone you trust, who will listen carefully to your values and wishes for future care, and will follow those wishes to the best of their ability. Most states and territories have legal documentation you can use to write down your future healthcare wishes and appoint a substitute decision maker, if this is what you wish to do.

We should also educate ourselves about palliative care and the types of services available to us. Palliative Care Australia has a range of consumer information available on its website that can assist with this. We are also encouraging people to share their personal experiences of palliative care and leave a tribute to a loved one on our My Memories webpage.

Palliative care is important to all of us. Having a discussion about end of life issues is something we all need to do, every Australian family. We shouldn't wait to do it or put it off, we should all have these conversations with our families now.

Make palliative care *your* business in 2013.

Palliative Care Australia has a range of free consumer information available from [www.palliativecare.org.au](http://www.palliativecare.org.au)

To leave a tribute to your loved one via our *My Memories* page visit [www.mytribute.com.au](http://www.mytribute.com.au)

# 'LAST POST' AND PALLIATIVE CARE

Professor Ian Maddocks – Senior Australian of the Year



'*Last Post*' is an apt title for a journal that reaches out to retired or retiring persons. Its many possible meanings include urgent communication (catching the last post); 'lights out' at the end of a day well spent, or the moving elegy played on a single cornet or trumpet at commemorations of death.

Each has a particular message for palliative care.

**Communication** is a key element of palliative care practice. Open and honest sharing of realities is to be fostered, and approached sensitively, gradually. Patients and families need the best information about what is amiss, what will achieve the best outcome, and we insist, 'there is always something that can be done'. Many of us are fearful of death, and avoid talking about it. While respecting individual wishes and hopes, palliative care knows the benefit of expressing anxiety, fear or anger when severe illness threatens. We advocate a willingness to face uncertain futures squarely, and discuss future possibilities so that those close to us will know our wishes should unforeseen or grim events occur.

The '**lights out**' connotation of *last post* speaks of the final pathway, where palliative care walks with patient and family, offers skilled interventions to relieve pain and other

symptoms, listens to anxieties and meanings attached to dying, and builds a comprehensive support to enhance and sustain quality of life.

Initially, palliative care concerned itself with cancer, the most feared diagnosis. Cancer meant pain and steady dissolution. Nowadays many cancers are relieved with substantial periods of remission and comfort, and though certain cure may be elusive, attention to comfort and confidence and hope can be enhanced through concurrent involvement of palliative care. We aim to work alongside all who treat illness that can be terminal: oncologists, cardiologists, respiratory physicians, neurologists.

More recently, palliative care interest has extended to the problems of age itself, the losses of function that intrude and can include weakness (especially from stroke), poor memory (and dementia), unsteadiness, breathlessness, elimination difficulties, sleeplessness, muscle and joint aches and pains. The principles of palliative care apply just as strongly here – patient-centredness (listening to what matters to the patient); family involvement; comprehensive care (attention to physical, mental, emotional and spiritual issues); continuing care (no gaps in oversight and attention).

All aged care facilities and home care support agencies need those principles to practice good palliation in whatever site pleases patient and family best.

The last post trumpet call at Anzac Days or funerals, gathers multiple memories in its familiar cadences, especially for ex-service personnel, but also for any who remember and grieve. Bereavement care is a special component of palliative care. Grief often starts quite early as death and loss threaten, and may continue after death for a long time. Ceremonies of remembrance that capture some of the awe and beauty of the solitary trumpet call will help. Life may never be the same again, but talking about the death of a loved one, allowing feelings to release, and sharing hurt and anger and sadness with others will assist healing profoundly.



## We're here for you

Share your palliative care journey and leave a tribute to someone you love at [mytribute.com.au](http://mytribute.com.au)

**National Palliative Care Week**

19 – 25 May 2013

**Palliative Care**  
*everyone's business*

Funded by the Australian Government  
Department of Health and Ageing



Palliative  
Care  
Australia

# WHAT TO DO WITH YOUR SURPLUS INCOME?

By Joy Smith, Senior Adviser, Segue Financial Services [www.segue.com.au](http://www.segue.com.au)

A budget is designed to help you identify your spending habits and monitor and manage your cashflow. If your budget points to there being surplus income left over each pay, it helps to have a plan for these savings – otherwise you may be tempted to splurge on things you don't need and any surplus income will just slip through your fingers.

It might not sound like much, but that extra \$5, \$50 or \$100 a week in surplus income is the equivalent to \$260, \$2,600 or \$5,200 a year – expand that over 5, 10 even 15 years and you could be doing yourself out of some significant savings! Our savings calculator can show you the outcome of saving small amounts of money over a longer period of time.

So rather than just spend your surplus income, here are a few suggestions on what else you could be doing with it:

## MAKE EXTRA REPAYMENTS ON YOUR HOME LOAN

Making extra repayments on your home loan will not only help you to repay the loan quicker but it could also save you from paying a large amount of interest.

As an example a \$5,000 pa increase in home loan repayments on a balance of \$250,000 with an interest rate of 6.5% will reduce the term of the loan by years and result in interest savings of over \$27,000 over the years, which in turn means each repayment pays off more and more of the capital amount owing.

*Tip - You could either transfer surplus cash into your loan on a regular basis, or use a salary crediting arrangement. Salary crediting means having your surplus cash flow paid directly into your home loan. It enables surplus funds to reduce your outstanding loan as soon as possible*

## SET UP AN OFFSET ACCOUNT ON YOUR HOME LOAN

If you aren't certain of what you want to save for and may need access to savings in the future, you can still make extra repayments off your home loan but direct them to an offset account.

A 100% Offset Account operates as your normal transaction account, ensuring that you retain complete flexibility and access to your funds. It is a separate account to your loan, however, when your interest is calculated, the funds held in this account are 'offset' against your loan, effectively reducing your interest liability.

*Tip – Check with your lender first as fees may apply to establish this type of arrangement.*

## REPAY OTHER DEBTS

Repayment of debt can be one of the most beneficial strategies to put in place. By paying off your car loan and personal credit card debt sooner you will have more surplus income to invest or spend and you will save money in interest repayments and take a financial load off your shoulders.

*Tip – Focus first on those debts with the highest interest rate as these are the amounts that you are paying the most interest on and the ones that you will benefit most from making extra repayments to.*

## START SAVINGS FOR YOUR CHILDREN'S EDUCATION

Funding children's education can be a costly exercise, particularly if you intend to support your children through private school and into university. The earlier you start saving for your children's education the more compounding will work in your favour.

There are many ways to save for education costs and long-term investment options such as shares, managed funds, term deposits and specifically designed education funding plans may help you get there.

What all of these options offer is the power of regular saving and the benefits of dollar cost averaging over the years. We can explain how as an investor you can benefit from dollar cost averaging.

## SUPERANNUATION CONTRIBUTIONS

Making extra contributions to superannuation either on a pre or post tax basis can really boost the amount of money that you have to retire on.

Your options are to either have salary sacrifice contributions made by your employer to super (i.e. redirect money from your gross salary into super before tax is applied) or contribute to super from your after tax savings. Which is the better option for you will depend on individual circumstances and tax position and you should seek personal advice to determine the best approach for you.

*Tip - If you earn less than \$46,920 pa, the Government will match your after-tax super contributions. The co-contribution matching rate is 50c for every dollar of after-tax money you contribute up to a maximum of \$500.*

## PUT IT IN A HIGH INTEREST SAVINGS ACCOUNT

If you have future planned expenses such as a new car or an overseas holiday, if you put your surplus income in a high interest savings account it can grow with the power of compound interest while still giving you access to these funds when required.

You can set up a separate savings account and name it your planned expense such as "Holiday Account" or "My New Car" and arrange for a direct credit of your surplus income each pay cycle. It can be very satisfying to see your savings grow knowing that with each deposit you are closer to reaching your goal.

*Tips – Some internet savings accounts can offer higher interest than traditional savings accounts. If these accounts don't provide ATM access it can help you avoid the temptation to access these savings for other purposes.*

## SUMMARY

There are many ways you can use your surplus income to accumulate wealth and save. Most importantly though is to have a plan and stick to it. Small regular investments can add up to large saving over the long term.

**Call Lucy or Joy at Segue Financial Services – 03 95091599 - to arrange an obligation free meeting for more ideas when it comes to achieving your goals.**

## IF YOU DON'T WANT DRAMA IN YOUR LIFE

- Don't use interest free loans to purchase large items if you can't meet repayments comfortably
- Put in place an appropriate will given your family arrangements
- Ensure you have appointed an enduring guardian regardless of how young or old you are
- Seek personal advice before making new and significant investments

If you feel some drama coming, don't wait until it's too late, get in touch with Segue as there may be something we can do to minimise it.



# Retirees (over age 60) with \$800K-\$1.3M ...

(excluding your home)

- Are you missing out on Centrelink or OVA Pension and Fringe benefits- up to \$34,000 p.a. (couple)?
- Are you missing out on INDEPENDENT advice?
- Learn how you can retain your Centrelink pension and enjoy lower fees when moving to Aged Care.



## CENTRELINK AND OVA PENSION AND BENEFITS

- Guarantees income for life if you qualify
- Guarantees increases each year to keep pace with inflation
- Not affected by stock market fluctuations
- At aged 65 a FULL Centrelink Pension is equal to investing \$498,000 at 5% for your life expectancy (couple)
- Centrelink Specialists advise and manage the strategies for maximum benefits
- Your Centrelink application and ongoing requirements are managed for you

## SPECIALIST HELP WHEN MOVING TO AGED CARE

- Retain CLK DVA pension
- Assist with locating the place that best suits your needs
- Assist with understanding the fees
- Assist with retaining the family home if desired
- Keep Aged Care Daily fee to a minimum
- Keep Aged Care Accommodation Fee to a minimum

### \* Emily & John's Story

Emily and John – both aged 60 – had just retired. They had \$425,000 in super; \$14,000 cash at bank; \$459,000 from the sale of an investment property; \$129,000 share portfolio. Emily and John wanted an income of \$65,000 p.a. increasing each year to keep up with inflation. They have earmarked \$35,000 for a new car and \$60,000 for two overseas trips in the next 5 years. With the right strategies and structures Emily and John were able to qualify for almost a full Centrelink pension and all the fringe benefits when they reached age pension age. Their planning included the flexibility of self managed superannuation and an actively managed share portfolio focused on managing the downside risk in a volatile and uncertain market.

\* Names changed to protect privacy



## DON'T WAIT ANY LONGER AND RISK LOSING VALUABLE BENEFITS INSIST ON INDEPENDENT ADVICE

*Call Joy or Lucy on 9509 1599 to schedule an obligation free consultation to assess the benefits available for you*

**SEGUE**  
your financial direction

**WHO CAN YOU TRUST?** Segue Financial Services is a group of leading investment advisers and self-managed super fund specialists committed to improving people's lives through a living financial plan... From one generation to the next Segue focuses on continued education and up to date knowledge, looking for and finding possibilities and opportunities to enhance your lifetime goals. A unique combination of strategies, structures, investment returns and services that provide long-term financial benefits *and* satisfaction not readily available elsewhere.

► Financial Planning ► Active Investing ► Portfolio Services

Segue Financial Services Pty Ltd. AFS Licence 255257.

General Advice only. Recommendations and figures quoted are examples only. You should seek advice before taking action

Suite 2 307-313 Wattletree Road Malvern East VIC 3145 Australia T 03 9509 1599 F 03 9509 1577 E spp@segue.com.au W segue.com.au

# RSL LIFECARE CEO RON THOMPSON VISITS THE SOLOMON ISLANDS FOR EXERCISE BOSS LIFT, FEB 24 - 28, 2013

“I love a sunburnt country,  
a land of sweeping plains,  
of ragged mountain  
ranges, of droughts and  
flooding rains”.

When I think of Australia, I am drawn to these iconic words of Dorothea Mackellar, written over a century ago, vividly describing the country she loves. Similarly, an organisation that we can all be proud of is the Australian Defence Force. Their struggles are etched in Australia’s history and psyche to name just a few the ANZACS of Gallipoli, the strong and brave who endured the Western Front, the Rats of Tobruk, the battlers at Kokoda who turned the enemy around, those who answered the call in Korea and Vietnam, and more recently Iraq and Afghanistan.

I have just returned from spending four days with the Army Reservists serving in “Operation RAMSI” in the Solomon Islands. I was part of “Operation Boss Lift” where the Army brings together employers and supporters of Army Reservists with the soldiers themselves. We gain an insight into what our men and women do in their Army life and what they can seek to achieve in their civilian life. I jumped at this chance and had high expectations – and I must say it was an awesome and very rewarding experience. The opportunity to be part of such a team, even for just a few days, was moving and eye-opening. Observing training and practice for riot control, viewing a Section on patrol, participating in an ambush operation, observing a Section attack and retreat, handling and firing different weapons (badly – you certainly do not want me as a soldier protecting you!), driving around in the army vehicles, and even eating army rations – well it is hard to describe but for

me they were all experiences I have never had and were all great in their own way.

No doubt about it, a great experience – and to see the way the Solomon Islanders strongly welcome the presence of the Army was also great to see.

And if it stopped there it would have been a great trip. All the “Bosses” came away impressed and overwhelmed by what we observed and experienced. The experience exceeded all our expectations – I repeat all of us felt this way.

What made it an AWESOME trip for me was observing our Army Reserves in action together. These men and women come from all walks of life and are spending months together in close confines. Whilst they are all different, they were all one – the respect, dignity and quiet professionalism was moving to watch. The obvious care the men (and women) have for each other was palpable – and overlaid with that great Aussie mateship and gentle ribbing that Australians are great at dishing out. I expected to see professionalism. I expected to see people working well and knowing what they were doing and achieving their goals and targets. I expected to witness camaraderie. But I did not expect to see the level of professionalism, nor the level of quiet respect, nor the way through observation, glances, quiet words and swift actions, the soldiers quickly supported each other and were always looking out for each other. I repeat – always looking out for each other – someone was always there to help their mate.

All “bosses” were allocated an individual Reservist to be our “host” during our stay. Private Harry \_\_\_\_\_ drew the short straw and had to look after me! A gentle giant of a man, I could not have asked for a better person to spend time with – articulate, well-spoken, enquiring and informative, I found this young 23 year old quickly putting me at ease and engaging me in conversation and going out of his way to show me around and explain things – a great



guy who is a wonderful ambassador for the Army Reserve. And a good bloke to joke around with. Thanks Harry – you made the trip super awesome for me – I look forward to catching up with you when you get back – and now I am gone and not wasting your time get stuck into your study again.

My only regret is that I was not “embedded” further with the soldiers. There was no opportunity to go out on operation for a few days or to actually live and shadow your “host” – ie participate in activities such as their PT (or to the best of your ability anyway), do their daily activities – the mundane and the interesting ones. Obviously that can’t happen for a number of reasons but that enmeshing would have been brilliant...not sure that Harry would think the same though!

If these (mostly young) men and women of the Army Reserve serving in the Solomon Islands represent a key part of the future of the Australian Defence Force, and of Australia itself, we are in very, very good hands. My thanks to the Australian Defence Force and the Army Reserve for giving me and my fellow participants such an opportunity.



# This is the Life!

RSL LifeCare villages are happy, friendly places with a genuine sense of community – a real heart, where your friends and family are always welcome. We have been providing care and service since 1911 and are dedicated to continuing in the ANZAC spirit.

## Our Villages

<b>Austral</b>	Tobruk Village .....	(02) 8777 2000
<b>Ballina</b>	Ex-Services Village .....	(02) 6686 2383
<b>Byron Bay</b>	Bayside @ Byron .....	(02) 6685 3301
<b>Cherrybrook</b>	Lakes of Cherrybrook .....	(02) 9875 3146
	Cherrybrook Gardens .....	(02) 9481 0578
<b>Galston</b>	Rowland Village.....	(02) 9653 2638
<b>Griffith</b>	Soldier-Settlers Villages.....	(02) 6964 9430
<b>Hawks Nest</b>	Peter Sinclair Gardens.....	(02) 4997 0767
<b>Lismore</b>	Chauvel Village Goonellabah	(02) 6624 5010
	Fromelles Manor.....	(02) 6626 2900
<b>Narrabeen</b>	RSL ANZAC Village.....	(02) 8978 4236
<b>Nowra</b>	Dumaresq Village .....	(02) 4422 4488
<b>Penrith</b>	Governor Phillip Manor .....	(02) 4724 9300
<b>Picton</b>	Queen Victoria Gardens.....	(02) 4683 6900
<b>Port Macquarie</b>	Le Hamel .....	(02) 6584 1258
<b>Tea Gardens</b>	Tea Gardens Grange .....	(02) 4997 2262
<b>Thirlmere</b>	Taara Gardens.....	(02) 4681 8566
<b>Wagga Wagga</b>	The Grange Lifestyle Village ..	(02) 6926 4400
	Remembrance Village.....	(02) 6925 5717
<b>Yass</b>	Linton Village .....	(02) 6226 1899
<b>Head Office</b>	.....	(02) 9982 6666

**LifeCare @ Home** – Canberra (02) 6162 0313,  
Great Lakes (02) 4997 0767, North Sydney (02) 9982 6666,  
North Coast 1300 306 855, Riverina (02) 6925 5717,  
Southern Highlands (02) 6226 1899,  
Western Sydney (02) 4724 9323

Yes, please send me an Information Package as per my details in the form below:

**Mr/Mrs/Ms. First Name:** \_\_\_\_\_

**Surname:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

**Village of Interest:** \_\_\_\_\_

Mail to: RSL LifeCare, PO Box 56, Narrabeen NSW 2101

Email: [administration@rsllifecare.org.au](mailto:administration@rsllifecare.org.au)

# THEN SOMEONE YELLED OUT 'CONTACT'

By Nathan Davies, Advertiser Newspapers Limited.

Thirty years ago John Schumann wrote a classic Australian track that not only topped the charts but also helped to heal the rift between Vietnam War veterans and an initially indifferent civilian population.

NATHAN DAVIES spoke to the former Redgum lead singer about the seminal anthem *I Was Only 19* and its legacy.

JOHN Schumann had wanted to write a song about the Vietnam War for years - he just needed to find a way in. The laconic singer-songwriter and former Redgum frontman remembers the veterans he knew speaking freely among themselves but clamming up in front of others, scarred, perhaps, by not only what they'd seen but also the treatment they'd received on returning home.

Growing up in suburban Adelaide in the 1960s, Schumann saw the older boys packed off to fight in South-East Asia only to return as damaged goods - sullen and edgy and angry at a world that couldn't understand, or didn't care, what they'd been through. He clearly remembers telling a veteran mate to slow down during a drive through the Adelaide Hills, and his friend telling him matter-of-factly that he had no idea what danger was. "I knew some Vietnam vets that had come back fundamentally altered," Schumann says. "You have to remember that Vietnam veterans came back from a bitterly divisive war to a society that wasn't able to distinguish between a war that they opposed and the soldiers that the government sent to fight that war. "So those guys, they zipped up and battened down a bit."

Even World War II veterans, people who knew better than most the horror of battle, were reluctant to recognise the sacrifices made by those who fought in the jungles of South-East Asia. "The RSL, in lots of instances, rejected them," Schumann says. "I've had so many veterans say 'well, society doesn't understand what I've been through, but at least the RSL will', but they found all these old boys from World War II saying 'that wasn't a war, son - you weren't in a real war'. "There was no place they could go where they felt there was some solidarity and understanding. Put yourself in that situation - it must have been pretty heartbreaking, I reckon."

So Schumann decided to do what he did best, write a song. That song was *I Was Only*

19. It has been adopted by Vietnam veterans as an unofficial anthem that also helped bring the experience of the war into the homes and hearts of Australia. "Jackson Browne said in one of his songs 'a good song takes you far'," Schumann says. "Well, ain't that the truth." But it couldn't have happened without Mick . . .

*Mum and Dad and Denny saw the passing-out parade at Puckapunyal it was a long march from cadets.*

*The sixth battalion was the next to tour, and it was me who drew the card.*

*We did Canungra, Shoalwater before we left.*

Mick Storen, the song's protagonist, was the brother of Denny, the woman who would later become Schumann's wife. Mick and Schumann got on well and were happy to chat over a beer, but the subject of his time in Vietnam was never raised until one night after a Redgum show Mick agreed to share his story - but with conditions. Schumann recorded their conversation and played the tapes to himself on the road for months. After finally sitting down and penning *I Was Only 19*, Schumann eventually found the courage to play the song for Mick at a family barbecue.

"It's a long time ago now, but I remember a stunned silence the first time I played the song for Mick," Schumann recalls. "When I played it to other Vietnam veterans apart from Mick, stunned silence was a common first reaction. I thought I've really hit a raw and angry nerve here. "But Mick, he just looked at me - remember I didn't know this bloke very well at this stage, he was the brother of my then girlfriend - and I just remember him saying 'you better go see Frankie'."

*Then someone yelled out 'Contact', and the bloke behind me swore.*

*We hooked in there for hours, then a God almighty roar; Frankie kicked a mine the day that mankind kicked the moon God help me, he was going home in June.*

*I can still see Frankie, drinking tinnies in the Grand Hotel On a 36-hour rec leave in Vung Tau.*

*And I can still hear Frankie lying screaming in the jungle.*

*'Til the morphine came and killed the bloody row.*

"Frankie" was Frank Hunt, Mick's best mate who lived in the southern NSW town of Bega. Frank bears both emotional and physical scars from the war and still carries pieces of shrapnel in his back. The now infamous landmine crippled one of his legs, forcing him to resort to using a wheelchair to get around on bad days. However, it wasn't actually Frank who stepped on the mine. "I'm not sure how it happened now, but at some

point in time we agreed that we'd fit Frankie up with stepping on the mine, when in fact it was the skipper, Lieutenant Peter Hines, that stepped on the mine," Schumann says. "That rifle company that Mick was in, that was in the Long Hai hills. They were devastated to lose their skipper - they loved him and respected him. "They were very loyal and careful not to have his memory diminished by anything at that time, so Mick suggested we fit Frankie up with stepping on the mine and, of course, we had to check that Frankie was prepared to wear that. "For some reason or another they were on patrol and they stopped for a break in the middle of a minefield. Frankie was close and he got a fair belting from the mine, but it killed the skipper. "When the choppers came in for the dust-off, they triggered another mine - it was a real shitfight."

*And can you tell me, doctor, why I still can't get to sleep?*

*And why the Channel 7 chopper chills me to my feet?*

*And what's this rash that comes and goes, can you tell me what it means?*

*God help me, I was only 19.*

The famous line about the helicopter was, again, a piece of poetic licence, but one that struck a nerve with Vietnam vets. "Once again, that was a bit of imagination," Schumann admits. "But when I did write it, almost every veteran said 'F-k, mate, I don't know how you got that - that's exactly what happens'." Almost subconsciously, Schumann had gone to the heart of what would later be called post-traumatic stress disorder. "It's been called a million things over the years - shell shock, soldier's heart, battle fatigue - and as they've come to understand more about the condition, it's acquired various psychological descriptors," he says.

"But ultimately it's the same thing. You cannot put human beings under prolonged stress like that - in constant fear of their lives - without it having an effect. "I certainly didn't say 'OK, now I'm going to introduce post-traumatic stress disorder'. I just told a story. I didn't set out to write a musical treatise on PTSD, but in a sense, in part, that's what I did."

"In four minutes and 19 seconds I was able to explain to the rest of Australia what was going with our Vietnam veterans."

An incident at Adelaide's Mile End Hotel helped drive home to Schumann just how seriously Vietnam vets took *I Was Only 19's* status as an unofficial anthem. Schumann was drinking at the pub with a vet mate when the house band trotted out their own version of the song, which at the time was riding high in the charts. "The room was pretty full, as they used to be in those

days, and when the lead singer saw me come through the door he launched into their version of 19, which was about a buck's show," Schumann remembers. While, in one sense, Schumann found the cover vaguely amusing in a "boysy sort of way", his mate thought otherwise. "This singer came into the dunny while we were in there and I could feel this serious aggro," he says. "My veteran mate turned the lead singer around, pinned him up against the wall and said 'If you ever f--k with that song again I will find you and I will kill you - that is a promise'. Then he dropped him in the trough."

Thanks to The Sunday Mail, Adelaide.

## LET GAY PEOPLE MARRY: DOYLE

Jason Dowling, City Editor for The Age

In an impassioned defence of gay marriage, Melbourne lord mayor Robert Doyle says government has no place in people's bedrooms and should be happy if "people find each other, love each other and develop strong partnerships".

Government should say "it is not our business to determine who you should love", Cr Doyle told Fairfax Media.

His stance contrasts sharply with that of new Premier Denis Napthine and is likely to put pressure on the Liberal Party he once led in Victoria. As lord mayor, Cr Doyle signs relationship declaration certificates for ceremonies at the Town Hall.

Cr Doyle, who has spoken of growing up in a non-traditional family, urged the state and federal governments to change laws to allow same-sex marriage.

"Don't try and define what a family unit is. A family unit is a family unit that functions," he said.

"I didn't have a father from when I was very young, wasn't in my life at all. I was raised by my mother and she is still the most admired person in my life. Don't tell me that we weren't a family unit because there wasn't a father in the family."

The lord mayor, who is a patron of gay and lesbian radio station Joy FM, said it was time for change.

"Same-sex marriages should be treated in exactly the same way as heterosexual marriages," he said. "It is time we actually said Melbourne is one of the most tolerant, diverse cities in the world, that is what we should be proud about."

His comments come in the same week as US television star Ellen DeGeneres said that Dr Napthine was wrong for opposing same-sex marriage and the US Supreme Court considered the legality of gay marriage.

Cr Doyle said: "I think we've all moved on. I think it's time to say this doesn't need to be a divisive issue. It is not the job of government to stare into people's bedroom windows. It is not the job of government to tell couples whom they should love and spend their lives with.

"What we should be happy about is that people ... develop strong partnerships, that's what makes good community.

"I think you have got to be a bit careful about judging others. What you should strive for is ... personal fulfilment in relationships and hope that all others in our community have exactly the same opportunity."

Melbourne city councillor Richard Foster said he also supported marriage equality. Read more: [www.theage.com.au](http://www.theage.com.au)

## IMP ON THE LOOKOUT FOR NEXT CROP OF MARATHON RUNNERS

The Indigenous Marathon Project's hunt for the next crop of champions to tackle the 2013 New York Marathon has started.

Are you, or do you know, and outstanding young Indigenous male or female aged 18-30 who has the natural running ability and strong sense of determination to take on the training required to run a marathon?

Are you committed to changing Indigenous Australia and promoting the importance of health and wellbeing in remote communities?

You might be just the person we are looking for.

No formal running experience is required, just the right attitude and a commitment to achieving your best.

The Indigenous Marathon Project started in 2010, when former World Champion marathon runner Rob de Castella selected a team of four Indigenous men to tackle the gruelling 42km course through the streets of New York.

Since then, Indigenous men and women from across the country have joined alongside 47,000 other competitors to complete the run of a lifetime.

Alice Springs runner Korey Summers, who is preparing to run the Tokyo Marathon in three weeks following the cancellation of the New York Marathon last year, said he wanted to be a part of IMP to be a role model in his community, and inspire young people to lead an active lifestyle.

"I have enjoyed everything about IMP, from the travelling to different parts of the country

and competing in different running events to meeting new people and learning more about my running," he said.

"IMP brings a sense of pride within Indigenous communities, and having an athlete and role model that has been selected into IMP inspires many other members of a community to come together as one, forming a stronger bond."

Darwin based athlete Emma Cameron, who will run the Boston Marathon in April after sustaining an injury late last year said she had never once thought about training for and competing in a marathon before she applied to be part of IMP.

"I have really enjoyed having this once in a lifetime opportunity to train for a marathon, with the support of my IMP family," she said.

"I have enjoyed meeting other like-minded Indigenous young people that want the best for our people, our families and our communities. IMP is like another family to me, and I am very fortunate to be a part of that."

The 2013 team will follow in the footsteps of IMP members before them and remain in their communities, while training for the marathon, and will undertake a Certificate IV in health and leisure.

Applications will remain open until early March, when dates of a national tryout tour will be announced.

To apply to be a part of IMP in 2013, please visit the IMP website at [www.imp.org.au](http://www.imp.org.au). Application packs can also be sent out. For more information, please contact Laura Oldfield on (02) 6260 5750 or 0438 523 543.



Some of the 1335 Australian graves at Thanbyuzayat War Cemetery



Oscar Dewar, MBE, the Commonwealth War Graves Commission Regional Manager in Myanmar with Brigadier Chris Appleton (Retd) at Taukkyan War Cemetery. Oscar will shortly retire after 38 years of service to the CWGC in Myanmar.

Two labour forces, one based in Siam and the other in Burma worked from opposite ends of the line towards the centre. The Japanese aimed at completing the railway in 14 months and work began in October 1942. The line, 424 kilometres long, was completed by December 1943.

'The Railway' has come to represent the depths of inhumanity in war. On a pittance of rations and without the basics of medical care, men slaved through the deluges of the monsoon and the searing temperatures of the dry season to carve the railway through the mountains with little more than hand tools; all this under the relentless 'speedo'—the Japanese guards' brutal drive to stay on schedule by working the prisoners even harder and faster. The railway camps produced many victims, but also heroes who helped others to endure, to survive, or to die with dignity.

After the war, the graves of those who died and whose remains could be recovered (except for the Americans, whose remains were repatriated) were transferred from camp burial grounds and isolated sites along the railway into three cemeteries: at Chungkai and Kanchanaburi in Thailand and at Thanbyuzayat

in Myanmar. Of the Australians who died and whose remains were recovered, 1362 were buried at Kanchanaburi and another 1335 Australians were buried at Thanbyuzayat.

While Kanchanaburi War Cemetery in Thailand is very well visited, Thanbyuzayat in Myanmar is literally at the end of the line and is only visited by a hardy few. Until recently, travel to Myanmar was difficult for Australians, but the improving political and security situation there is seeing an increasing number of visitors. Depending on the season, it can take up to eight hours by road to travel from Yangon (the capital of Myanmar) to Thanbyuzayat.

There are two other war cemeteries close to Yangon—the small Yangon War Cemetery, the site of an annual ANZAC Day dawn service conducted by the Australian Ambassador to Myanmar, and the large Taukkyan War Cemetery. These cemeteries

# The End of the Line..

by Chris Appleton

The notorious Burma-Thailand Railway, built by Commonwealth, Dutch and American prisoners of war, was a Japanese project driven by the need for improved communications to support the large Japanese army in Burma.

Approximately 13,000 prisoners of war died during its construction; at least 2,815 of them were Australians. An estimated 80,000 to 100,000 civilians also died in the course of the project, chiefly forced labour brought from Malaya and the Dutch East Indies, or conscripted in Siam (Thailand) and Burma (Myanmar).

hold the Commonwealth war dead of the Burma campaign, including a small number of Australians.

The Commonwealth War Graves Commission's cemeteries in Myanmar are maintained by a small but dedicated team of locally employed staff. Through the long years when Myanmar was difficult to visit, these men continued to maintain the cemeteries.

In March 2013, Brigadier Chris Appleton (Retd), Director of the Office of Australian War Graves, visited Myanmar to thank these men. His visit was the first by a representative of OAWG since 1988. On a 40 degree day at Thanbyuzayat, other visitors included a busload of Myanmar university students, several Swedish backpackers and three Australians from Sydney.

Despite the extremes of climate, the war cemeteries in Myanmar are meticulously maintained, like Commonwealth War Graves Commission cemeteries throughout the world. Largely unseen by Australians for many years, the efforts of the men who maintain them on our behalf is a testament to the Commonwealth's pledge to those who died, that 'we will remember them'.

## ADVERTISEMENT



### Australian Government

### Department of Veterans' Affairs

### Office of Australian War Graves

#### TRYING TO FIND BURIAL LOCATIONS FOR THOSE WHO DIED DURING THE WORLD WARS?

Information about where individual Australian and Commonwealth war dead from the First World War and the Second World War are buried or commemorated can be found by visiting the Commonwealth War Graves Commission website: [www.cwgc.org](http://www.cwgc.org)

Details of Australians who died on active service with Australian and Allied forces can be found on the Roll of Honour and Commemorative Roll. Visit the Australian War Memorial website: [www.awm.gov.au/research/people/](http://www.awm.gov.au/research/people/)

Service records of Australians who served in the First World War and the Second World War can be found at the National Archive of Australia [www.naa.gov.au](http://www.naa.gov.au)

If you can't find what you're looking for online, contact the Office of the Australian War Graves. Send an email to [wargraves@dva.gov.au](mailto:wargraves@dva.gov.au)

# RACISM DEMANDS ACTION

from all of us by Lucas Walsh

The latest racist attack on a bus highlights why it's unacceptable to simply be bystanders.

Earlier this year we saw another high-profile incident of racism, this time involving ABC journalist Jeremy Fernandez, who allegedly received a tirade of defamatory and racist abuse from a Caucasian woman after commenting that her daughter was poking him from the seat behind.

One particularly abhorrent aspect of the incident was that children were present - both his daughter and a daughter of the perpetrator. Appalling as the incident was, we shouldn't be surprised - particularly when we look at some of the evidence about the prevalence and impact of racism on young people in Australia.

In 2009 the Foundation for Young Australians and Deakin University published a study of more than 800 young people in Australia in which they found that more than 70 per cent had experienced some form of racism.

Those from migrant backgrounds who had been in Australia less than five years were six times more likely to experience some form of racism, ranging from negative comments relating to their cultural background, to threatening behaviour. Young women from migrant backgrounds were among the worst affected.

While young indigenous Australians reported fewer racist incidents than their peers from migrant backgrounds, qualitative data from interviews suggested a more pervasive

experience of racism in everyday life. And those experiencing racism included Anglo-Australians.

Another study published in 2009 by the Foundation for Young Australians on youth attitudes to racism found that people aged 18 to 24 were more accepting than the overall population of aspects of multiculturalism such as inter-racial marriage. Just over a quarter of those surveyed indicated a belief that some groups do not "fit" into Australian society.

Another disturbing dimension of Fernandez's experience was that not only did the bus driver fail to intervene but allegedly told him "It's your fault, mate. You could have moved." An attitude persists in which those at the receiving end of racism are expected to manage the problem by moving to another place - perhaps to a place where they "fit in".

In Fernandez's case, this is presumably somewhere out of the way of the Caucasian responsible for the racist abuse. But in a society whose history is forged by cultural diversity, and which apparently rejects racial exclusion, where is it that this man and his daughter should sit?

A second implication arises from the inaction of the bus driver: the "bystander effect". What is it that makes some people not intervene in these situations in which someone is experiencing bullying, violence or abuse?

The FYA/Deakin study found that in schools just over half of students would report racism to a teacher, while less than a third would approach their school counsellor. Twelve per cent would report it to police, while some would approach a health professional. Many young people who experience racism take no action in response. Lack of trust is one key reason. Robert, a boy born in Montenegro, said: "All I know is I don't trust no one, even if you're my closest friend ... 'Cause everyone can do the dirty on you ..."

It is hard for people to stand up when they are unsure if those around them will assist. And those who are in a position to assist may be too scared for the same reason. This is the bystander effect.

Organisations such as the Australian Human Rights Commission have been developing strategies targeting those present in these kinds of incidents who are neither the direct

perpetrator nor recipient of abuse. At the foundation of these strategies is a belief in the idea that inasmuch as we all have rights and responsibilities, such as travelling on a bus and feeling safe while doing so, we also have a duty to respect and protect the rights of others.

Fernandez referred to the incident last week as his "Rosa Parks moment", referring to the incident in 1955 when the African American woman refused to give up her seat in a bus to a white person. This incident became a symbolic catalyst for change that was propelled by the civil rights movement in the US.

Today in Australia, we are still seeking to articulate ways of addressing and regulating racist behaviour and other forms of discrimination and prejudice through actions such as the recently proposed and controversial anti-discrimination laws. But these represent a response to only part of the problem. The cultural and attitudinal contexts in which racism takes place are complex, persistent and deeply rooted in how we define identity and belonging.

The evidence outlined above suggest that not only is racism pervasive in the places where young people live, such as schools and local neighbourhoods, but is also related to how they define who "fits" in society and who doesn't. And while the language of policy around multiculturalism and cultural rights are under fierce debate, we have yet to articulate another means of describing and therefore addressing widespread racism in Australia today.

Finding ways to address the bystander effect is an important part of how we can address racism. Another is to unambiguously affirm and nurture the cultures of diversity that must be present if the rights and other forms of legal recognition of diversity are to have any practical meaning in the everyday life of Australians, young and old.

Schools are a good place to start. And we must do more than recognising this through the conventional "food and festivals" or one-off events like Harmony Day. We are talking about the very fabric of identity and society in contemporary life.

Associate Professor Lucas Walsh is associate dean of education at Monash University (Berwick) and senior research fellow at the Foundation for Young Australians. Read more: [www.theage.com.au](http://www.theage.com.au)



# SUPPORT THE FAMILIES OF OUR FALLEN AND WOUNDED HEROES

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

Legacy offers more than just financial aid. We give the widows and families of our deceased veterans hope.

Young families and children don't just receive pension advocacy and financial hardship relief, but also education and development support.

Disabled dependents receive enduring care, social inclusion, independence skills, and the support they need to make the transition to residential care.

Ageing widows who have been left behind receive trusted advice, protection from social isolation, and financial support so they can live at home with pride and dignity.

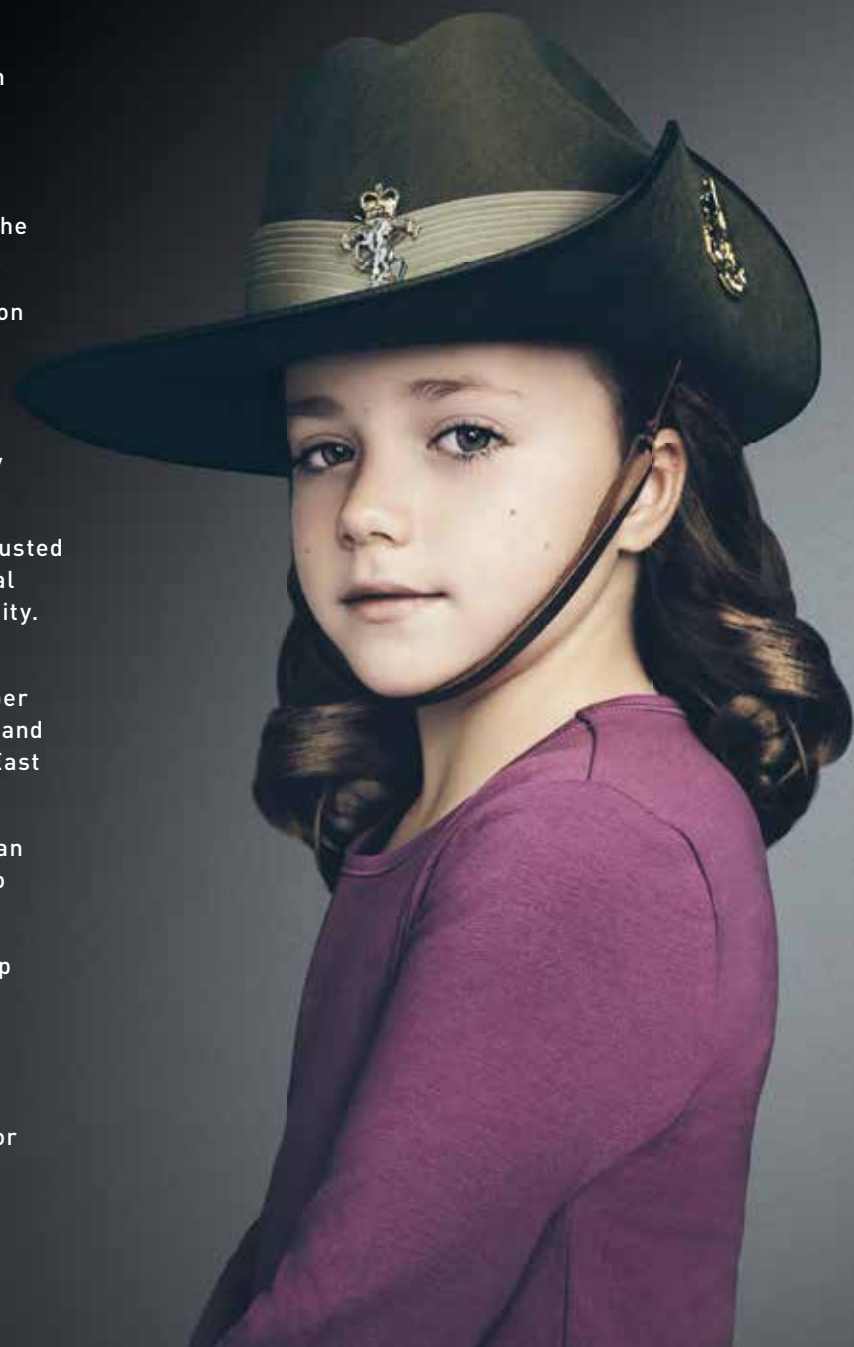
Currently we support the families of over 100,000 deceased and incapacitated veterans. But this number continues to grow, with many Australian servicemen and women participating in active service in the Middle East and on peacekeeping missions around the world.

For nearly a century Legacy has supported Australian Defence Force families in times of great need, but to continue we need your help.

Support the organisation that supports you, and help us keep a promise to our mates who have made the ultimate sacrifice.

Please give generously.

To find out how to make a donation or to fundraise for Legacy call 1800 534 229 or visit [legacy.com.au](http://legacy.com.au)



TO DONATE, CALL 1800 534 229 OR VISIT [LEGACY.COM.AU](http://LEGACY.COM.AU)

# MORE *powers,*

The spread of coercive powers means the civil and legal rights you take for granted may not be as secure as you think, writes John Watson.

THEY can compel you to hand over evidence. You can be forced to answer questions in secret hearings and then prohibited from telling anyone about it. You may not be a suspect, but if you fail to comply you risk a long spell in jail.

These are coercive powers. Who has them? A surprisingly long list of federal and state agencies do.

Among the most powerful is the Australian Crime Commission, which made headlines with its report on doping and criminal links to sport. Chief executive John Lawler says the ACC used its "full suite of powers" for this, including more than 30 coercive interrogations in secret.

So why aren't any prosecutions under way? "The purpose of such an operation is not to make arrests," Lawler told a Senate estimates hearing after the report's release this month. "The purpose is to understand the threat, risk and vulnerabilities [in sport]."

Malcolm Stewart, vice-president of the Rule of Law Institute of Australia, says the commission is "the most secretive body in Australia" after the spy agencies. Yet, he says, it released a report based on incomplete investigations and untested intelligence. "I can only describe that report as a smear on sport in Australia."

The question some people are asking is whether the results of the ACC investigation justify the use of coercive powers, such as denying someone the right to silence.

In the last parliamentary sitting year, another eight Commonwealth acts were passed that nullify that right, according to the Institute of Public Affairs.

Stewart says rule of law principles are not adhered to as much as they have been in the past. "You see this massive spread of powers governments are giving themselves."

How draconian are Australia's security laws? Stewart is blunt: "We are the worst in the [Western] world."

The Rule of Law Institute was set up in 2009 in response to the growth of agencies' powers "in what we thought was an uncontrolled way", Stewart says.

For example, he says, at one time state agencies had to prove a person was guilty before they could take punitive action. Now, in many circumstances, that person must prove they have not done anything wrong.

The reversal of the onus of proof began with the Tax Office and has spread to employment and unfair dismissal laws, occupational health, "unexplained wealth" seizure powers, and anti-discrimination legislation.

Chris Berg, an IPA research fellow, says: "Regulators have just been thrown these extra powers that used to be the purview of law-enforcement agencies - powers that are often greater than police have."

As coercive powers spread, the integrity of the rule of law is being discussed more frequently in legal circles. In several cases, the judiciary has ruled against measures that offend the rule of law, such as new laws on bikie gangs that restrict freedom of association and movement.

These laws have elements of the control orders adopted as anti-terrorism measures in Britain in 2005. Britain is bound by the European Convention on Human Rights and had to repeal the law. In Australia, such measures spread, "with no protections as apply in the UK", says Stewart. "In the US, too, you have a much greater focus through the Bill of Rights on explicit legal rights." US agencies, for instance, are constitutionally bound to show probable cause to get search warrants.

As early as 2000, a Senate report found several Australian agencies had greater entry-

and-search powers than the federal police. In 2001, the September 11 atrocities triggered a rush to boost the powers of security and law-enforcement agencies. Federal and state parliaments have passed about 50 anti-terrorist laws, the Law Council of Australia estimates.

ASIO, in particular, was transformed from a pure intelligence agency to one that can detain and interrogate anyone in secret. Some of its powers have rarely or never been used. Because of the risks of abuse, says Stewart, "If powers have been used in circumstances that were not intended or if they simply have not been used, they should simply be removed."

Similarly, organised crime and gangland violence have been invoked to justify having state crime and corruption commissions with the powers of a royal commission.

Joe Catanzariti, president of the Law Council of Australia, says it has long been concerned by the impact of coercive powers, especially when not limited to the most serious and complex cases. And many agencies' powers have little to do with terrorism or organised crime.

A 2008 Administrative Review Council inquiry into six federal agencies' coercive powers notes those agencies are responsible for revenue collecting (Tax Office), revenue spending (Centrelink and Medicare) and corporate regulation (Australian Securities and Investments Commission, the Australian Prudential Regulation Authority and the Australian Competition and Consumer Commission).

Other federal bodies with coercive powers include the Commonwealth Director of Public Prosecutions, the Australian Commission for Law Enforcement Integrity, the Commonwealth Ombudsman, and the Immigration Department.

The Howard government's Australian Building and Construction Commission had great power over industry workers, while the ACC's powers were extended to indigenous violence and child abuse. Even the Human Rights and Equal Opportunity Commission has some coercive powers, as does the new Clean Energy Regulator.

# FEWER

# rights

by John Watson

In Victoria, roughly one person a week has given evidence in secret hearings before the Chief Examiner (an independent office created in 2004 during gangland wars). Police can trigger the compulsory process by satisfying the Supreme Court other approaches have been exhausted.

Although admissions cannot be used directly in court, the use of leads that result is a grey area. The power to jail those who remain silent and then bring them back for questioning under threat of more jail time has been used.

Other state agencies with coercive powers include Victoria's Office of Police Integrity and its successor, the anti-corruption commission (IBAC), the Victorian Ombudsman and the Auditor-General.

Another development is the widespread sharing of information obtained by coercive means. New changes in the law allow the ACC to share its intelligence with police forces, customs, state crime commissions, government departments and private companies.

Civil Liberties Australia opposed the changes, describing the ACC as Australia's answer to the FBI and CIA, whose "history of abuse" sounded the alarm on sharing secret intelligence.

But others, such as Australian Olympic Committee chief John Coates, believe the Australian Sports Anti-Doping Authority's access to intelligence does not go far enough and want ASADA to be able to compel witnesses to give evidence.

Adding to civil libertarians' concerns is the lack of checks and balances on coercive powers. Their use does not even necessarily require court approval. The crime commission's board, for instance, authorises its use of special powers.

In 2002, as the ACC was being set up, the former chairman of the National Crime Authority, John Broome, warned a parliamentary committee the new governance structure institutionalised the ability of police to draw on "fishing expeditions" for intelligence and evidence.

The ACC board is chaired by the Australian Federal Police head and includes state and territory police chiefs whose own forces cannot compel suspects and witnesses to co-operate. The rest of the 15 board members lead agencies with coercive powers: the ASIC chairperson, the ASIO director-general of security, the ATO commissioner, customs chief executive and crime commission chief (a non-voting member). Every one, except for the secretary of the Attorney-General's Department, has an interest in the material turned up by coercive powers.

Civil liberties and legal groups say coercive powers are becoming a regular tool, which is eroding the common law right to remain silent.

Federal surveillance laws are even used by local councils, which have access to residents' mobile phone records over matters as trifling as unregistered pets, and Australia Post, which made 772 metadata requests in three years to June last year. The requests are self-authorised.

"There's no bureaucracy that doesn't want more powers," Berg says.

Coercive powers are rarely reduced, he says, and the more agencies have them, the greater the risks of abuse, especially when they are independent agencies cut off from traditional lines of ministerial and parliamentary responsibility. Stewart says it's hard to assess the uses of the powers, which are neglected in most agencies' annual reports. Even when abuses come to light, the righting of wrongs is rarely adequate. Secrecy provisions applied to an inquiry into the wrongful detention of Indian doctor Mohamed Haneef for 12 days in 2007 meant the exact roles of the AFP and federal DPP were never made public.

Just over two years ago, the Australian National Audit Office found that, in every one of 113 audited cases, Centrelink breached government investigation standards to extract information from people.

Actor Paul Hogan's battle with the Tax Office triggered a dawn raid on his financial adviser's home by 10 armed AFP officers. Hogan was barred from leaving the country when he was not charged with any offence.

Only in response to parliamentary questions on notice did the then Australian Building and Construction Commission admit it had relied on 203 defective notices to attend compulsory interviews, thus unlawfully forcing 203 workers to appear before it to give evidence in secret and without legal representation.

Corporate regulator ASIC can also compel people to answer questions under oath in private hearings in which rules of evidence and privilege against self-incrimination may not apply. In late 2010, then ASIC chairman Tony D'Aloisio confirmed in Senate estimates that coercive powers had been used 18,625 times in three years. Only then, in return for greater wire-tapping powers and access to phone records, did ASIC agree to improve its annual reporting.

ASIC's record is patchy when it comes under scrutiny. In one case, the judges even questioned the regulator's motives for its vigorous pursuit of Andrew Forrest's mining company Fortescue.

As Berg observes, the chipping away at the rule of law is happening at both ends of the ideological spectrum: a case can be made to control union thuggery as easily as for corporate skulduggery.

"The real worry is that governments are able to paint various sectors as obvious bad guys," he says. The public forgets the rule of law serves to "protect the innocent".

Stewart also blames political "auctions over law and order" for fuelling the growth of an "incredible swath of legislation in this country".

Berg says the ACC report has been "a bit of a wake-up call to a lot of people" and he hopes the "extraordinarily aggressive intrusion on the liberties of sportspeople" may be a turning point.

Might the spread of coercive powers now get more attention, or even be halted? "We know that powers do get rolled back, but first there has to be substantial public pressure on politicians to do so," Berg says.

John Watson is a senior writer. Thanks to Fairfax. For more: [www.theage.com.au](http://www.theage.com.au)



A newly restored film about the naming of Canberra in 1913 captures a glorious moment of national optimism before the Great War, and provides a glimpse of one of its heroes.

Miguel Gonzalez reports.

Our nation's capital celebrated its 100th birthday recently and, to mark the occasion, the National Film and Sound Archive of Australia (NFSA) completed the digital restoration of ***Naming the Federal Capital of Australia, March 12th 1913*** - a silent film shot by acclaimed director Raymond Longford and cinematographer Ernest Higgins.

This film captures the formality of the event, of the morning when 500 invited guests, 700 mounted and artillery troops, and a public crowd of more than 3000 locals witnessed the formal naming of Canberra. Foundation stones were laid by Governor-General Lord Thomas Denman, Prime Minister Andrew Fisher and the Minister for Home Affairs, King O'Malley. The national anthem was played (which, at the time, was God Save the King although Advance Australia Fair was also performed) and Lady Gertrude Denman announced the chosen name for the new-born federal capital.

The footage shows the troops from the Australian Field Artillery, Light Horse and New South Wales Lancers. The clear images capture the 'calm before the storm' that was 1913; a time of optimism and national pride that would soon be interrupted by war. The following year these men would leave Australia behind to fight at the other side of the world, in Gallipoli or the Western Front. We do not know how many of them were injured or killed. We know, however, what happened to one of them.

The Naming of the Federal Capital... features Major General William Bridges in conversation with Minister for Defence Senator Pearce. Born in Scotland in 1861, Bridges migrated to New South Wales in 1879. He founded the Australian Military College in Duntroon, ACT, in June 1911.

Bridges went down in history as the first Australian General to be killed in the First World War. He was the commander of the 1st Australian Division during the landing at Anzac Cove on 25 April 1915. Bridges was shot by a Turkish sniper on 15 May, and died three days later.

Bridges is also the only Australian killed in that war whose remains were repatriated. His body was returned to Melbourne; the funeral was documented by the Australian Gazette newsreel in 1915. The resulting film, which is preserved in the national audiovisual collection, shows the funeral procession leaving St Paul's Cathedral in Melbourne, and continuing through the city (NFSA title: 100257). General Bridges was buried at Duntroon, in a grave designed by Canberra planner Walter Burley Griffin.

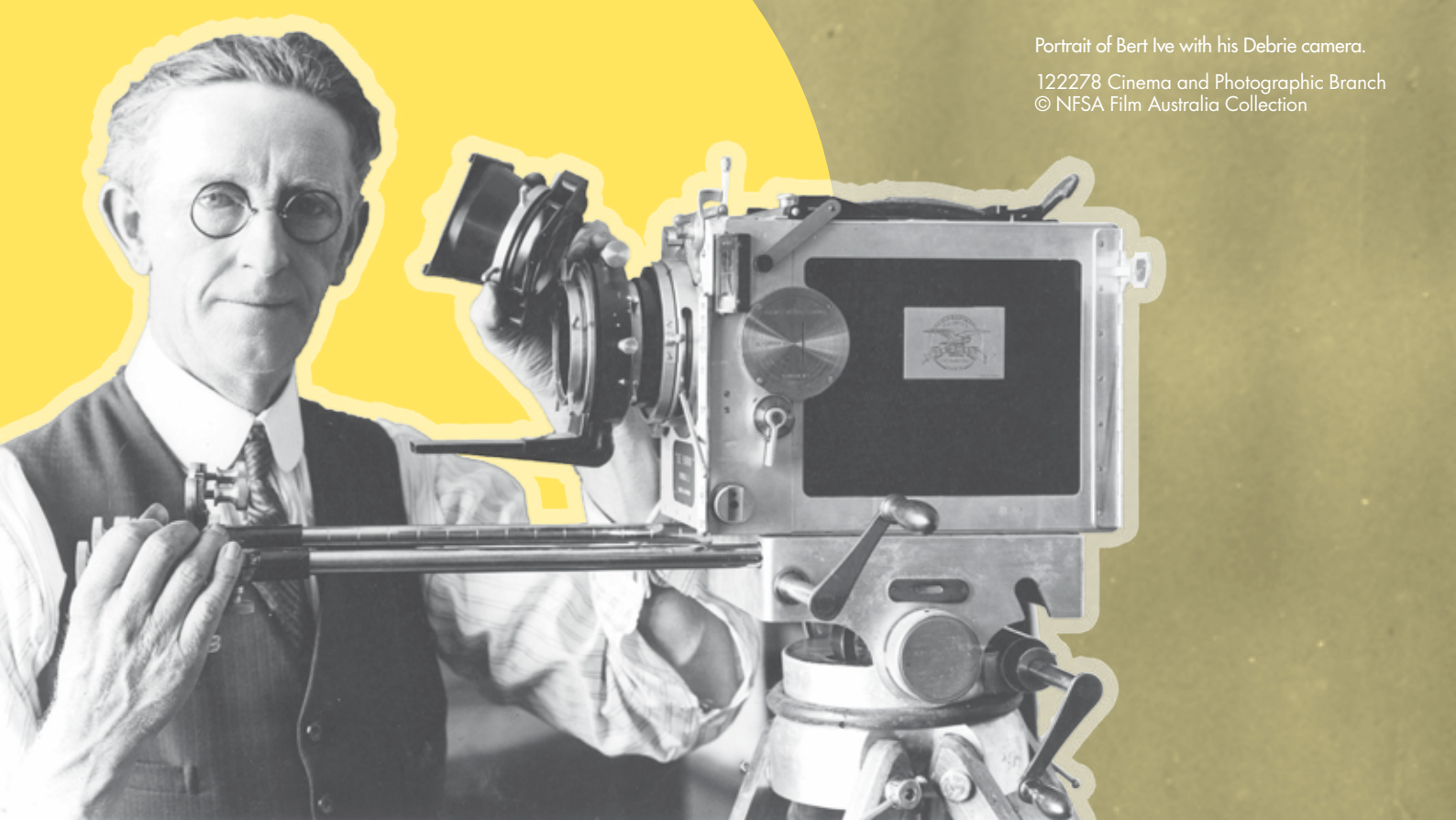
One hundred years later, the Naming the Federal Capital film has been digitally restored and made available to all Australians. It is an example of how the NFSA, Australia's living archive, is able to reflect and celebrate the past and make it relevant not only to our present, but also our future.

Naming the Federal Capital can be viewed on the NFSA YouTube channel ([bit.ly/YSciJs](https://www.youtube.com/channel/UCYSciJs)). The film (and its audio commentary by NFSA Curators Jennifer Coombes and Meg Labrum) is also featured in the new Imagining Canberra DVD, which includes other titles such as The Opening of Canberra, Australia's Capital City (1927), Guide to Canberra (1958), Play Centre Idea is Popular in Canberra (1949), Canberra Dog Fanciers Parade Their Pets (1950), and Canberra is Now Australia's Garden City (1950). The DVD is available from [nfsa.gov.au](http://nfsa.gov.au)

Miguel Gonzalez is the Manager, National Media, at the NFSA [miguel.gonzalez@nfsa.gov.au](mailto:miguel.gonzalez@nfsa.gov.au)

Portrait of Bert Ives with his Debie camera.

122278 Cinema and Photographic Branch  
© NFSA Film Australia Collection



# Celebrating 100 years of the nation's audiovisual memory.

DISCOVER THE FILM AUSTRALIA COLLECTION ONLINE.

Explore these Australian stories on our YouTube channel, order a film from our online shop and enjoy the *Telling the World* exhibition now on at the NFSA in Canberra.

Visit us online to explore, play and learn with Australia's living archive.

[nfsa.gov.au](http://nfsa.gov.au)



NATIONAL  
FILM  
& SOUND  
ARCHIVE

australia's  
living  
archive

rebuilding lives

huttST  
CENTRE



# WALK A MILE IN MY BOOTS

The colder weather poses added challenge for people who are homeless. The mornings are busy at Hutt St Centre with many people having experienced a cold, uncomfortable and restless night.

The people coming through the door are looking for a hot meal, warm shower, toilet, the opportunity to wash their clothes, and respite from the cold. But perhaps even more so, they are looking for a friendly face, and to feel safe and secure. Not everyone has slept-rough; many people are couch-surfing or in temporary accommodation such as boarding houses. Barely surviving on the margins of society, many forgo food and heating in order to pay basic bills.

Hutt St Centre assists people with their immediate material needs, but importantly, provides the tools to help improve their lives. There are many causes of homelessness: poverty, unemployment, domestic violence, family breakdown, poor physical health and mental illness, drug and alcohol addiction, financial difficulties, and lack of affordable housing amongst the most common. At Hutt St Centre, there is no judgement, just a commitment to most effectively address everyone's needs.

Showers, laundry facilities, visiting health professionals, an aged city living program for older clients, recreation activities, education and training, legal aid and assistance with finding housing are all services provided to the 200 plus homeless people who visit Hutt St Centre each day.

## WALK A MILE FOR A PURPOSE

Hutt St Centre is challenging you to find out what homeless and vulnerable people face each cold winter morning – walking the streets to get breakfast, a cup of tea and a hot shower – by experiencing that life for one hour, walking one mile.

Walk a mile in my boots is held during National Homeless Persons Week, on Friday 9 August. The walk starts at 7:30am at the corner of North and East Terrace and finishes at South Terrace with a 'Hutt St Centre BBQ breakfast' in the parklands.

Schools and community groups unable to attend the city walk are encouraged to organise a walk in their local community. Hutt St Centre can provide flyers and forms to help with community based walks.

Walk a mile in my boots will support and bring attention to the needs of Adelaide's homeless and disadvantaged during National Homeless Persons Week 2013.

For more information and to register visit [huttstcentre.org.au](http://huttstcentre.org.au) or call 08 84182500.



### Janine's story

Janine\* experienced severe and abusive parenting from her mother as a young child, and devastatingly this treatment continued throughout her youth when she was in foster care. The brutal conditions of her life in foster care led Janine to runaway as a teenager and experience years of homelessness.

Janine had to deal with the pain of what she experienced while living with her foster parents alone; she had no family or friends to talk to and became increasingly isolated. She also had to cope with being a woman sleeping rough with limited access to food and shelter, and struggling with limited literacy skills.

Janine came to Hutt St Centre after being referred for assistance to find supported housing. As part of Hutt St Centre's support services Janine was linked into a mental health service to help work through her anger management; provided assistance in seeking financial support; aided with appointments to seek housing; and provided day-to-day living necessities to help her get back on her feet.

Recently Janine and her Hutt St Centre case manager reassessed her goals which revealed a new goal - obtaining her driver's licence. Together they found an organisation which works with people facing disadvantage and who struggle with learning, to help gain their Learner's permit. The organisation has a subsidised fee which is affordable for those on a low income. They are currently in the process of booking Janine into lessons, and investigating subsidised driving lessons for her through the government funded scheme 'keys2drive' program. This is a stepping stone to giving Janine more independence and boosting her confidence.

Janine is currently living in supported housing and her lease has just been extended for another six months, with it likely to be rolled over to permanent housing.

(\*name has been changed to protect privacy)



# John Bois

John Bois is the bass player with legendary Australian country, blues rock group The Dingoes.



He works as a teacher and has been living in the United States since The Dingoes toured there in the late 70's. His memory and observations of that tour and latter day stories are recalled in his recent book release, *Dingoes Lament*. Published by Melbourne Books, *Dingoes Lament* has received wide praise and is available through the publisher and outlets such as Greville Records in Prahran. John recently spoke to *The Last Post* about the book, The Dingoes and his life in America.

The Last Post: Hi John and welcome to The Last Post.

John Bois: Hi Greg.

TLP: Your new book, from Melbourne Books, *Dingoes Lament*. How was that, writing that, for you? How did it come about?

JB: We'd done a lot of reflecting over time, Kerryn and myself especially. Kerryn and I had stayed on in the United States, a lot of the time together, after The Dingoes broke up for the first time, you know, trying to get things going for us both. We naturally swapped stories of our time together in the band and eventually I wanted to write it down. Once I started it I began to get sucked into it, more and more. I was pretty far into it before I even had a chance to pause, so I just kept going. I was working during the daytime and writing mostly at night.

TLP: Did the strength of your recollections surprise you?

JB: Yes, it worked through the voices I think. Once I started to write the characters down, it led me into it. I did do some minor rearranging. It's not 100% accurate. I made it more concise. I wrote the story over 4 or 5 years, so there was a bit to be shortened. I did, more or less, a summary of the group's time in the United States.

TLP: It was an important moment in time for The Dingoes, going over there, an a lot of it seemed to hinge on what happened with, oh, the tragedy to Lynyrd Skynyrd.

JB: They were our manager's main income. It was their income and earnings that really supported us during our time over there. And when they went down that really pulled the rug from underneath the feet of our manager and we were left pretty much high and dry. How do I feel about it? Geez. In Australia we had our fans. Wherever we played, people would know us and our songs. In the United States we went from town to town. There was, because of that, no one group of people that ever came to know us so each time we played we had to win over the audience. That can be and did get to be stressful. If we had done it again it would have been good to be located in one place and grown out of there instead of the way it was done. So, by the time that happened, we were pretty road weary. We'd been travelling a lot and life on the road gets to be pretty tiresome.

TLP: Yeah, hanging around the same people all the time.

JB: Yes, true but if I was ever going to hang around a bunch of blokes again for that time, they'd be the guys I'd do it with. It was great fun, a lot of the time and it's been great to get back together with them as recently as we have.

TLP: Are they like brothers to you John?

JB: They are, absolutely.

TLP: *Five Times the Sun*, released, what in '77. A great album and it got such great reviews. How come do you think that didn't follow through to sales?

JB: There's so many things that come into play there. We got some radio airplay but not enough, if you know what I mean. I think part of it was that Peter Rudge, our manager, had the notion that this would be an incremental step up. The plan was to travel around the small clubs, release the album and then get some airplay and then move up to the slightly bigger venues. The plan was to go on tour with the Skynyrd's and play the bigger stages and small stadiums but, of course, after the accident, that didn't happen. We were underexposed, there's no doubt about that. Playing the smaller venues, it was hard, almost impossible to get any momentum going.

TLP: There was a small moment. You joined a select group of artists to get rave reviews in *Rolling Stone* for example.

JB: That was wonderful, yeah. When that happened it was like, "Wow, here we go, right". But, no, it didn't convert. I can't explain that. I suppose there have been artists that received

good reviews from *Rolling Stone* and didn't make any money but, yes, it was a great review. We did get some airplay but not enough and, as we were competing for airplay, who else but Dire Straits should arrive on the scene with, what was it, 'Sultans Of Swing'? We had 'Smooth Sailing' out and in some markets they were forced, or they had to make a choice between this new act coming out with 'Sultans of Swing' and The Dingoes. In many of those markets, 'Sultans of Swing' won out.

TLP: Have you ever addressed that case of bad timing to Mark Knopfler?

JB: He's such a major talent. He's deserved every bit of success he's had so no regrets there. If we had have released 'Smooth Sailing' a couple of months before, or after, who knows. The book has a look at that in regard to there not being one standout thing that was the cause of what happened with us. It was, once again, a number of things. It's almost like the planets have to be aligned. Unless it's a talent that's undeniable like Stevie Wonder for example. It wouldn't matter when he came out.

TLP: It's mentioned in the book, how the group came into New York City in your bus and there, in Times Square was a neon sign welcoming you to New York. Did it happen like that?

JB: It was a real thrill (laughter), yeah. To arrive in Times Square and see it up there and our manager had planned it so it would be that way. A bit of a buzz, that's for sure. America, here we are.

TLP: Enough perhaps for Chris Stockley to put down a beer?

JB: He'll never forgive me for that portrayal in the book. Anyone that knows him would understand that what was said about him is probably true (laughter).

TLP: Talking of the book again, the characters come to life so much. A movie in the making?

JB: Be my guest. Let me know, that would be wonderful. Yes, the characters are what kept me going, writing it. They are rich characters and, thanks to them, they let me use their names. The dialogue is from memory so it's not 100% but close to it. Where there were gaps it's what I imagined their characters saying. My memories just not that good. I didn't have a tape recorder with me all the time, what, 30 years ago? They all helped and were so broadminded about it though. Broderick for example was saying that every person is the sire of their own novel and he was giving me the right to say whatever. When



he writes a book he says he's going to be naked with RM Williams boots on. Ha.

TLP: You spoke before about life on the road. Did your band of humour keep you going?

JB: Such a fun, great bunch of men. Humour was always there even at the darkest times. And to tolerate each other, you have to have that don't you? Five alpha males together...I'm not sure how "Alpha" we were really (laughter) but, you put those five men together for all those years with no escape, on the road without wives and families.

TLP: You were in a couple of groups before The Dingoes. Did you ever have an idea that you'd be joining them?

JB: Well, I was in Greg Quill and Country Radio with Kerryn. He used to see me play in a group called New Dream and we would chat together at parties and gigs about the bands around at that time. We both had similar ideas about wanting to do something more 'Australian' rather than replicate the British and American sound. That was probably impossible to escape but at least we wanted to have an Australian flavour. So when I joined Country Radio and Kerryn had already joined and we had those hits, 'Gypsy Queen' and 'Wintersong' and we got quite a reputation. Our main plan was to get overseas to Canada. That seemed like it was going to happen but then that fell through. Kerryn then had the notion that he wanted to perform his songs and form a band called The Dingoes. So he left and I stayed on in Country Radio until that seemed to be disintegrating so I left and joined Kerryn in The Dingoes. I hadn't planned to join The Dingoes but they weren't even formed. I joined after a couple of months but by that stage they were already creating a bit of a buzz around Melbourne.

TLP: Do you remember the first time you picked up your bass guitar and started playing with The Dingoes? JB: Mmmmm. Yes, yes, I remember. We were playing in a small room in a place in Balwyn, I think. It was just like a living room, maybe smaller and I felt like, yeah,

"I HADN'T PLANNED TO JOIN THE DINGOES BUT THEY WEREN'T EVEN FORMED. I JOINED AFTER A COUPLE OF MONTHS BUT BY THAT STAGE THEY WERE ALREADY CREATING A BIT OF A BUZZ AROUND MELBOURNE."

this is something special. I'd seen them play and the sound was so fresh. I was on the same wavelength. It was an easy fit and great to play. With John Lee, what a driving drummer and it was a great ride. Felt very natural. I especially enjoyed doing that first album, The Dingoes. We really nailed that in the studio and it was a lot of fun to do. We'd play gigs and then come back to the studio to record and I loved that. We produced that ourselves, with John French. It was very much an all-in effort.

TLP: It had a live feel, that first album and that was a big part of what you did. Great live. You all fitted so well together.

JB: I mention it in the book. We didn't have any particular stage act. It was just the personalities. And Broderick. Gosh. How zany is he? Brilliant and great. It must be what it's like to be in The Rolling Stones. You just sit back and play while Mick Jagger gets up and entertains the crowd and Broderick's very much like that although he's a fully fledged musician as well. He makes you comfortable on stage because of that and he makes you laugh, he's a comedian as well as singing great songs. We had a gig just recently, around Christmas and it was hysterical.

TLP: Your 2010 Australian Tour to promote your album Tracks, went down very well with Australian audiences. The album is new but recognisable.

JB: Yes, we all tried to make it true to The Dingoes. One of the things that helps, well, if you listen to the first album and the one's after, they don't sound dated to me. Some bands, if you listen to their work from the seventies, it's like, oh god, it's obviously from that time frame. But, no we don't sound like that and one of the reasons is that it's close to the roots of music. To country and blues. Timeless really. Kerryn, at the start of the 2010 tour played a

blues song from a blues musician and it was like saying, yeah, we're still into the blues. So, yeah, I think that's at least part of why we still sound like The Dingoes.

TLP: Broderick with Carson, way back when, he was an extraordinary harp player then.

JB: God yeah, he's a brilliant harp player. One of the best in the world. There's no doubt about that. To record with him, he riffs, straight off the top of his head. Spur of the moment stuff that is brilliant.

TLP: Mad Dog, the bus driver in your book. Did he really exist?

JB: No, he was a combination of three or four people. There was one guy, he had a prosthetic leg, so I gave that to Mad Dog. But generally, he was a combination of characters.

TLP: Any plans to do another book and are you still teaching in Florida?

JB: Yes, I'm still teaching at High School and yes, I would like to do another book if there's a demand for it. That's yet to be seen. Sequel or prequel. Maybe a book about the early days before the American thing.

TLP: Will The Dingoes play together again?

JB: If it was up to me, the answer would be yes but it's not up to me. I doubt it but you never know. But I want to congratulate you on the magazine...my birthday's on Anzac Day. It's a national holiday each year and respect for all the services. I was moved because when we played at The Caravan Club in Oakleigh and we were rehearsing and they were doing The Last Post so we stopped. It was such a moving experience. I mean it encompasses a wide group of people and we owe a lot. I hope the service men and women know that. It's hard to put into words.

TLP: If it's about living good lives then you've done that by being part of a group that gave joy to a lot of people. A positive part of history, so thanks.

JB: Thank you Greg, can't wait to see the edition.

## AUSSIE MOVIE ICON PAT LOVELL DIES, AGE 83

*"Pat was a warm wise woman with an infectious laugh and an equally infectious passion for film. The movies she produced helped to create our cultural identity. She broke the pack ice for women producers of her generation and inspired those she mentored from later generations. She was generous with her encouragement and her hard won knowledge. I enjoyed every moment I ever spent in her presence. She made a difference. Her life was a life well lived."*

Anne Lambert,  
Australian actress and counsellor

PATRICIA Lovell, the movie producer behind Australian classics Gallipoli and Picnic at Hanging Rock but better known to children of the '60s and early '70s as Miss Pat from the TV show Mr Squiggle, died in January, aged 83.

Lovell reportedly died on Saturday the 26th from liver cancer with her children, son Simon and daughter Jenny, by her side.

Lovell began her career in radio and television and apart from Mr Squiggle also appeared in the original TV version of Beauty and the Beast.

She became the anchorwoman for the early morning Sydney Today Show in 1969, where she later met director Peter Weir who went on to direct the Australian Film Institute (AFI) award-winning films Gallipoli and Picnic at Hanging Rock.

Lovell also produced the critically-acclaimed films Break of Day and Monkey Grip.

From 1996 to 2003 she worked as Head of Producing at the Australian Film, Television and Radio School.

Lovell was awarded an MBE and Order of Australia and also received the Raymond Longford Award from the Australian Film Institute in 2004 for her work.

Courtesy: AAP

# 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.

## Geelong RSL

50 Barwon Heads Road.  
Belmont, Victoria

03 5241 1766

"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."



# 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!*



# Australian of the Year Awards 2013

Publishing icon and health care champion Ita Buttrose AO OBE has been named Australian of the Year 2013 at the Australian of the Year Awards.



## Ms Buttrose was presented with the Australian of the Year award by The Prime Minister, The Hon Julia Gillard MP.

South Australia's Emeritus Professor Ian Maddocks AM was named Senior Australian of the Year 2013 for his lifetime of health care achievements; inspiring refugee and mentor Akram Azimi of Western Australia was named Young Australian of the Year 2013 and Indigenous community leader Shane Phillips from NSW was announced as Australia's Local Hero 2013.

The Australian of the Year 2013, Ita Buttrose, was acknowledged for her extraordinary and inspiring achievements in a groundbreaking media career and her role in raising awareness of health care and media issues.

Ita was born in Sydney's Potts Point and attended Dover Heights Home Science High

School and Sacred Heart Convent School in Sydney's eastern suburbs.

She began her career as a 15 year old copy girl at The Australian Women's Weekly and quickly became a cadet journalist on the women's section at the Daily Telegraph and Sunday Telegraph. At just 23 she was appointed women's editor of these two newspapers and, in 1971, created Cleo magazine for Sir Frank and Kerry Packer. It was an instant hit, becoming the top selling monthly women's magazine and propelling Ita to national celebrity status.

Three years later she was appointed editor of The Women's Weekly. In 1980 she became the first woman editor of an Australian metropolitan newspaper - the Murdoch owned Daily Telegraph and later the Sunday Telegraph. She was the first woman appointed to the News Limited Board in 1981.

In parallel to her stellar media career, Ita continues to champion social and health issues.

Since 2011 she has been National President of Alzheimer's Australia and is also Vice President Emeritus of Arthritis Australia. She has been Patron of Macular Degeneration Foundation since 2005. Now aged 71, Ita also uses her national profile to raise awareness of breast cancer, HIV/AIDS and prostate cancer.

Ita's children Kate Macdonald and Ben Macdonald were in the audience at the Canberra awards event to see their mother honoured.

The Senior Australian of the Year 2013, Emeritus Professor Ian Maddocks AM, is one of Australia's pre-eminent palliative care specialists and a passionate advocate for the cause of peace.

He has been a key leader for many years in both the Medical Association for the Prevention of War and the International Physicians for Prevention of Nuclear War - an organisation which was awarded the Nobel Peace Prize for its work in 1985.

After promoting the development of palliative care in southern Adelaide for some years, Professor Maddocks was appointed Professor of Palliative Care at Flinders University in 1988, pursuing a rigorous teaching and research program as well as caring for his patients.

He was elected first President of the Australian Association for Hospice and Palliative Care and first President of the Australian and New Zealand Society for Palliative Medicine. Recognised internationally for his work in palliative care, tropical and preventative medicine, Professor Maddocks' texts are used world-wide.

Ian's awards over the years include the inaugural Bethlehem Griffiths Medal for research in palliative care. Now 82 years of age, Professor Maddocks continues to supervise postgraduate students and care for the terminally ill.

Ian was born in Hamilton, Victoria. He attended primary schools in Linton, Charlton

Have you got a question for the Australian of the Year?

Then head to [australianoftheyear.org.au/inthespotlight](http://australianoftheyear.org.au/inthespotlight) or tweet @ausoftheyear and ask a question.

Or, if there's someone you think should be considered for the Australian of the Year Awards 2014, nominate them now at [www.australianoftheyear.org.au](http://www.australianoftheyear.org.au).



and Mordialloc and went to high school at Mordialloc-Chelsea High School and Scotch College in Victoria. He studied at Melbourne University from 1950 until 1955. Professor Maddocks holds seven degrees obtained from 1961 through to 2000.

Ian is married with three children and five grandchildren and lives in Seacliff, South Australia.

The Young Australian of the Year 2013 is 25 year old mentor Akram Azimi of Marangaroo in Western Australia. Akram arrived in Australia from Afghanistan in 1999 as a refugee. His journey in Australia took him from 'an ostracised refugee kid with no prospects' to becoming his school's head boy.

An outstanding student at Warwick Senior High School, he topped the tertiary entrance exam scores among his classmates. He's now studying a triple major - law, science and arts - at the University of Western Australia.

Intent on giving back to his adopted country, Akram uses his leadership and pastoral skills to help young people in remote and rural Western Australia. In 2011 he co-founded a student-run initiative *I am the other*, set up to raise awareness about Indigenous issues in universities.

His philanthropic roles have included working with True Blue Dreaming, which helps disadvantaged remote Indigenous communities. For three years, Akram mentored young Indigenous people in the Looma community

in the Kimberley region and he has mentored primary school students in the small farming community of Wyalkatchem, in WA's wheat belt. He is also mentoring a Special Olympics athlete to help raise community awareness of disability issues.

Akram was born in Kabul, Afghanistan. He arrived in Australia in 1999 with his mother and brother. He lives with his family in Marangaroo, Western Australia.

Australia's Local Hero 2013 is Indigenous community leader Shane Phillips of Redfern, Sydney. At 48, Shane is a respected member of the Redfern Aboriginal Community in Sydney and is regarded as the voice of the community on issues including juvenile justice and Aboriginal deaths in custody.

He is the full time CEO of the Tribal Warrior Association, a non-profit organisation directed by Aboriginal people and Elders that offers training for employment and helps at the grassroots level with emergency relief for struggling families.

Shane also operates a mentoring program to help Aboriginal and Torres Strait Islander young people. The concept is uncomplicated: it's about forming good habits, guiding by example, including everyone and acknowledging achievements.

Shane is also credited with improving the relationship between his community and the police. Since the 2009 introduction of the *Clean Slate Without Prejudice* program run

in collaboration with the police, the number of robberies committed by local youth has declined by 80 per cent.

Born and raised in Redfern, Shane is an outstanding community leader, respected for his great integrity and capacity to work hard and get things done. He attended Alexandria Primary School and Cleveland Street High School. He is married with three children and still lives in Redfern.

The Australian of the Year Award recipients were selected from more than 2000 nominations submitted by the public.

Mr Ian Narev Chief Executive Officer of the Commonwealth Bank, which has been the major sponsor of the Australian of the Year Awards for more than 30 years, congratulated the recipients of this year's awards.

"The 2013 Australian of the Year Award recipients are outstanding role models for us all, with their leadership, achievements, passion, and contributions. We are inspired by the difference that these exceptional Australians have made to their communities and I wish them the best of luck in the future" said Mr Narev.

Ita Buttrose, Professor Ian Maddocks and Akram Azimi will take part in Australia Day activities by attending the National Flag Raising and Citizenship Ceremony in Canberra tomorrow morning. They will then join Shane Phillips in Sydney, where they will participate in celebrations at Darling Harbour ahead of the fireworks spectacular.



# ANZAC DAY & THE AFL

## SAINTS TO CREATE HISTORY WITH NEW PARTNERSHIP

St Kilda Football Club is delighted to announce a partnership with Wellington City Council in New Zealand, which will see the Saints become the first AFL club to play for AFL Premiership points outside of Australia.

In a history making agreement between St Kilda FC, the AFL and Wellington City Council, the Saints will play at Westpac Stadium in Wellington, New Zealand on ANZAC Day in 2013.

Next year, St Kilda Football Club will celebrate its 140th Anniversary and Saints' President Greg Westaway said this announcement marks another major milestone in the Club's rich history.

"This is a significant moment, not only in the history of the St Kilda Football Club but also for the AFL."

"St Kilda, with the strong support of the AFL, is very proud to be at the forefront of promoting and growing our sport internationally," Greg Westaway said.

This agreement will see an annual AFL Premiership game played on ANZAC Day at Wellington's world-class Westpac Stadium. The start time for this will see the match played after the traditional game held at the MCG and broadcast live into Australia.

The AFL has confirmed St Kilda's opponent for ANZAC Day 2013 will be the Sydney Swans.

"ANZAC Day is historically and culturally significant to Australians and New Zealanders, and St Kilda is honoured to have the opportunity to be part of what will be an historic day," concluded Mr Westaway.

The intent for the St Kilda FC, the AFL and Wellington City Council is for this to be a long term commitment, with an initial term of the agreement set for three years, on the basis it satisfies all parties' objectives after the first year.

While this agreement has the potential to deliver long lasting commercial benefits to the Saints, Club Chief Executive Officer Michael Nettlefold said it is also the Saints intention is to work closely with the AFL through a number of existing community programs in New Zealand, particularly throughout the Wellington region.

"From the outset, the Wellington City Council has shared our vision and can see the unique opportunities this partnership presents for all parties," explained Mr Nettlefold.

Wellington City Council's Sports & Events Leader, Councillor John Morrison said; "This is a fantastic opportunity for New Zealand's capital city and the country. We thank St Kilda for their professionalism and enthusiasm for the partnership and the support of the AFL for bringing this concept to our city".

"We are looking forward to showcasing the AFL game and in turn promoting Wellington to all AFL fans," Councillor Morrison added.

The AFL is also pleased to be working closely with VECCI and business groups in both Australia and New Zealand to create a unique 'business/trade/tourism platform' using this historic match in Wellington and the on-going partnership as its underlying theme.

AFL Chief Operating Officer Gillon McLachlan said he wanted to thank the Wellington City Council and the St Kilda Football Club for their



St Kilda took 10 players to Wellington in the last week of January for a promotional visit. Photo: AFL Media



Training in Wellington. Photo: AFL Media

work in achieving this partnership. "This is a landmark agreement with the Wellington City Council for St Kilda to play a premiership season match outside of our country for the first time."

"By commemorating ANZAC Day and the shared history around this day for our two countries, we will again strengthen the bonds between New Zealand and Australia, and further expand the growth of our game."

"The AFL has always been a meeting place for business and the opportunity for creating better trade links across the Tasman was seen by us as an important part of our program and we are very pleased with the response so far," concluded Mr McLachlan.

VECCI CEO Mark Stone congratulated the St Kilda and the AFL on promoting this initiative and said that they were working towards announcing a business to business program in the near future.

"VECCI, St Kilda and the AFL have recognised this is a unique opportunity to get leading companies together around such an iconic game on such an iconic day. It will be a forum not to be missed," said Mr Stone.



The colour of the Anzac Day games. Photo: NRL

# ANZAC DAY & THE NRL



A pilot delivering the Spirit of ANZAC Cup. Photo: NRL



Ferris Ashton. Photo: NRL

## It's the final training session before the October 2012 Test between Australia and New Zealand in Townsville and the Kangaroos stars have just finished their Captain's Run.

The session is closed to the public, but there's a special band of supporters who have taken their seats in the stands, at the request of the Australian team.

They are a proud group of Townsville-based Diggers injured in action during the war in Afghanistan.

Having met the players at a training session earlier in the week, they have returned as special guests, this time with their families, to soak up at the atmosphere of a private session with the team and bearing a gift that is now a valued fixture in the Kangaroos camp.

The gift is a shirt the boys have labelled from the 'Wounded Warriors', on which is listed the names of each of the Diggers – as well as the injuries they sustained during their tours of Afghanistan.

As the session concludes and the players begin to move towards the sidelines, the Diggers and their families join them on the field to make the special presentation and share a heart-felt moment with the team.

"It was a humbling moment, really didn't know what to say at the time," says Australian, Queensland and Melbourne Storm captain Cameron Smith, who accepted the treasured offering on behalf of the team.

"Here was this group of blokes who had risked their lives, they all suffered serious injuries, and here they are with their families presenting us with a gift and saying how much our team means to them, and all I could think was how men and women like them inspire us.

"It meant a lot to us to win that game and have some of the boys join us in the sheds afterwards to celebrate."

That shirt has been a constant companion with the Kangaroos since, hanging proudly in

the team's dressing room for the Townsville Test and this year's ANZAC Test in Canberra, and it will be on the plane with the boys to the United Kingdom in October for the Kangaroos' World Cup campaign.

It is a testament to the proud connection Rugby League has with the Australian and New Zealand Armed Forces.

It's a bond that dates back to World War I and which Rugby League has commemorated with special ANZAC Day tribute matches since 1926.

Now each year the NRL plays two traditional NRL ANZAC Day matches – the Dragons v the Roosters in Sydney and the Storm v the Warriors in Melbourne – which have become some of the most celebrated events of the season.

Each features an inspiring yet solemn tribute to Australian and New Zealand servicemen and women, past and present, whose sacrifice and service hold a special place in the hearts of everyone.

"I am honoured that I get to represent the Storm and really all Rugby League players on ANZAC Day in our match with the New Zealand Warriors," Smith says.

"It is our biggest home match of the season and that reflects the significance of the occasion.

"This day is more than just a footy match, it's our way of saying thank you to everyone in the Armed Forces who dedicate their lives, and who have sacrificed their lives, to serving others."

This year's ANZAC Day match in Sydney between the Dragons and Roosters will also feature a tribute to two Rugby League heroes who served Australia in wartime.

The Spirit of ANZAC Medal, presented to the player of the match in the traditional ANZAC Day match between the Dragons and Roosters, will now be named the Ashton-Collier Medal in honour of Roosters legend Ferris Ashton and Dragons great Bill Collier.

The medal tribute comes after the passing of Ferris earlier this year, aged 86.

One of the game's greatest and most loved characters, Ferris served on board the destroyer HMAS Quickmatch in World War II.

He was a champion player who represented at every level and a media pioneer famous for his 'Controversy Corner' battles with the legendary Rex Mossop.

Ferris played 27 matches for Australia, including eight Tests, and was a member of the 1952-53 Kangaroos tour to England.

A life member of the Roosters, he played 84 matches for Easts in the years 1950-56, captaining the side in many of those years.

In recent years, Ferris and Bill had become revered symbols of the war era representing Rugby League's war heroes during the ANZAC Day ceremonies at the Sydney ANZAC Day match.

"It's always a special day, the ANZAC Day match against the Dragons, says Roosters vice-captain Jared Waerea-Hargreaves, whose father, Wayne, served in peace keeping forces around the world.

"Ferris is a legend at the Roosters, he loved the club, and he was so proud to be part of the ANZAC Day match.

"This year really will be a match to honour him along with all the troops serving around the world."



Photo: Allen & Unwin

## A NEW BOOK BY PETER REES

# LANCASTER MEN



Photo: Allen & Unwin

They flew the most dangerous sorties of World War II, yet the Aussie heroes of Bomber Command have never been truly honoured. It's time for us to hear their stories.

More than 10,000 young Australians served in Bomber Command, an appointment that came with intense training and a high level of risk. These boys flew raid after raid over France and Germany knowing the odds were against them since one in three died in the air. As Peter Rees reveals, their bravery has barely been recognised;

The more I researched and interviewed veterans, the more I realised that history had treated them harshly. It was time for their stories to be told in their own words. It also was time to re-assess the bombing of Dresden,

for which their reputation has been unfairly tarnished for far too long.

In the aftermath of Dresden, Bomber Command veterans were shunned by their own governments because the purported civilian death count of 202,040 (a figure derived from Goebels office) was seen as an atrocity, rather than a normal war operation.

Fundamentally altering our understanding of the action, *Lancaster Men* is the first publication outside Germany to publish the recalibrated figure of between 18,000 and 25,000 civilian deaths. Further to this tarnishing, when these men returned to Australia, they were greeted as 'Jap dodgers' and accused of 'hiding in England while we were doing it tough'.

But *Lancaster Men* is far from a doom and gloom account of WWII. Rees goes to enormous lengths to preserve the individual voices of these men. From their hair-raising stories of battle action to the surprisingly funny moments of life on the ground, these Aussie heroes managed to make the best out of their wartime experiences... however dangerous they were.

### [ABOUT THE AUTHOR](#)

Peter Rees has been a journalist for more than forty years, working as federal correspondent for the Melbourne Sun, the West Australian and the Sunday Telegraph. He is the author of *The Boy from Boree Creek: The Tim Fischer Story* (2001), *Tim Fischer's Outback Heroes* (2002), *Killing Juanita: a true story of murder and corruption* (2004), *The Other Anzacs: The Extraordinary Story of our World War 1 Nurses* (2008) and *Desert Boys: Australians at War from Beersheba to Tobruk and El Alamein* (2011). He is currently working on a biography of Charles Bean to be published in 2015.



# RED CROSS STALWART WITH A STORY TO TELL

A survivor of the war in the Pacific, an eye witness to the destructive impact of phosphate mining on a small island community, and a lifelong worker for Red Cross all describe one amazing woman who has long called Melbourne (Brighton) home.



Born in Wonthaggi to British parents Maureen White spent most of her childhood on the remote and phosphate rich island of Banaba (Ocean Island) where her father worked for the British Phosphate Commission.

The decline of this tiny island and its people, her evacuation to Australia after being taken prisoner by German raiders during the Second World War, and her sixty years working for Red Cross in Australia, Indonesia and Japan all make fascinating reading in a book released in time for Anzac Day by Maureen's close friend and biographer, Denise Farrugia.

Maureen and Denise first met when they were neighbours in North Brighton in 1997.

Denise remembers that "At age 73 Maureen was still coordinating Brighton's Meals on

Wheels Service, assisting with Red Cross Calling and helping to distribute aid packages to disadvantaged people in the Brighton area.

"Now in her eighties Maureen has been awarded life-time membership of Red Cross and has featured in many articles, books and television programs about the involvement of women in the war effort.

"Her service to Red Cross included working in hospitals during WWII, repatriating prisoners of war from Japan and Indonesia, helping to set up country Units in Victoria, serving as Director of Hospitals and Community Services for Red Cross, assisting with Red Cross Calling and initiatives in Malaysia and Papua New Guinea.

When she was six Maureen's family moved to the guano rich island of Banaba where her father



took up the position of Overseer of Phosphate Mining.

"At the time Banaba was the administrative capital of the Gilbert and Ellice Islands now known as Kiribati and Tuvalu" says Denise. "Unfortunately, despite all the good work that was done by the European settlers on Banaba phosphate mining led to the loss of the Islanders' home and their way of life.

"The Banabans had signed away their land to the British Phosphate Commission and sadly were moved away from their home during WW11. When they could not return after the war they were all relocated to Rabi in the Fiji group.

"Maureen White – a biography" is a compelling story available in print from the author and in digital form from [smashwords.com](http://smashwords.com)

## FEMALE INDIGENOUS STUDENTS GET A SPORTING CHANCE

In February it was announced that three hundred female indigenous students in Queensland and Northern NSW will benefit from new Sporting Chance programs, run by Titans 4 Tomorrow (T4T). It is designed to help them stay in school and complete their education

Minister for School Education Peter Garrett said the Gillard Government is providing \$630,000 over the next year to establish three new Sporting Chance Academies, which use student interest in sport as a way to keep them engaged in school.

The announcement was made today with the Gold Coast Titans and indigenous education ambassadors singer Jessica Mauboy and surfer Joel Parkinson ahead of the annual All Stars NRL game.

"With the establishment of these new academies, around 300 girls will receive the individual attention and support they need to stay on track, finish their education and get a job," Mr Garrett said.

T4T is a not-for-profit entity of the Gold Coast Titans which delivers the football club's various community programs with a strong emphasis on supporting Indigenous youth.

The T4T Sporting Chance Academies will assist 11 schools in three regions:

T4T programs aim to support Aboriginal and Torres Strait Islander young people and communities through improved education and employment outcomes with activities that enhance school attendance and retention.

"The T4T Academies draw on parents and the wider Indigenous community to help students engage with the program and their schooling," Mr Garrett said.

"Students will have opportunities to improve their employability with training and skills development including life skills.

"The program aims to build the self-esteem of participants and provides positive role models for young Aboriginal and Torres Strait Islander students.

"I've seen first-hand the good work of other Sporting Chance Academies, and I'm really excited that we are able to expand the program to 11 more schools."

Sporting Chance is a national program with 75 projects currently running; assisting 13,200 students and, by the end of 2013, the Gillard Government will invest \$58 million.

An evaluation of the program in 2011 found that more than 90 per cent of participating students said they feel positive about school, and there was a higher proportion of girls who said school was a place they like to go each day.

"This Government is determined to close the gap between the education results of Indigenous and non-Indigenous students and we are investing in programs we know lift results," Mr Garrett said.

Under the Government's National Plan for School Improvement, every Aboriginal and Torres Strait Islander student will be entitled to extra funding, whichever school they attend. Every Indigenous student will also have a personalised learning plan to help them achieve their best.

For further information, visit:

[deewr.gov.au/sporting-chance-program](http://deewr.gov.au/sporting-chance-program).

# THE ANZAC LEGEND

## MALTESE CONTRIBUTION AT GALLIPOLI

by Frank L Scicluna OAM, Hon Consul for Malta in South Australia

**ANZAC Day - 25 April - is probably Australia's most important national occasion. It marks the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War.**

ANZAC stands for Australian and New Zealand Army Corps. The soldiers in those forces quickly became known as ANZACs, and the pride they soon took in that name endures to this day.

In fact, the young Turkish soldiers on one side and the young Australian soldiers on the other, were both innocent victims of cruel and imperialist policies of the major super powers of that time.

Australians, fought against the enemy, alongside with the British Empire Army and Navy in the land of Turks - Anatolia. The tragedy of Gallipoli, the history and the events of 1915, do not diminish with the passing of the years. Gallipoli remains an unforgettable part of the military heritage of Britain, Australia and New Zealand, and of many regiments and naval units that took part. It was the most infamous holocaust the world has ever known.

The combined British, French New Zealand and Australian troops landed at dawn of the 25 April 1915 at the Gallipoli peninsula. They landed along a dangerous coastline and were met with devastating resistance by the Turkish army who were at a very advantageous point on the hillside. The Anzacs landed on the eastern side as part of an operation involving 75 000 troops. Something went horribly and tragically wrong. The plan was that the troops land close to an open plane but instead they found themselves a mile north to the north and facing steeply rising ridges and gorges.

Initially, their plan was to surprise the enemy at dawn but instead they found themselves on the firing line from the Turkish defenders. 2000 of the 16 000 Anzacs were killed on the first day.

Among those who died at Anzac Cove during this terrible siege was a Maltese/Australian soldier by the name of Charles Bonavia. His body, like many others, was never found.

Several Maltese/Australians, including Charles Emanuel Bonavia, fought side by side with the Australian troops. Bonavia was born in Sliema and arrived in Australia as a bachelor aged 24 years. Son of Emanuel and Giorgina Bonavia of 331 St Paul Street, Valletta, Charles was a draughtsman by profession (Malta University) and enlisted with the Australian and New Zealand Army Corps in the Australian Imperial Force [Reg. No. 157] on 9 September 1914 as a Private aged 27.

Bonavia was allocated to the 11th Battalion of 'B' Company. Together with his unit, he left for overseas duty from Fremantle, Western Australia, on the Transport ship A11 Ascanius on 2 November 1914, and saw service in Egypt and Gallipoli. Private Bonavia's name is inscribed at the war memorial in Canberra, ACT.

The seven Maltese young men who paid the ultimate price with their lives on the battlefield ranged in age between 24 and 31 years. Four were killed in action in France, two in Belgium and one in Gallipoli, Turkey.

Another 30 Maltese Australians were engaged in combat in Gallipoli and the Western Front but were fortunate to survive

and return to Australia as ANZAC survivors. A smaller number also served with the Australian Army as support personnel, such as, motor drivers and labourers.

Other Maltese whose names are forever recorded at Helles Memorial overlooking the Dardanelles are Major Herbert Sammut who died when he was in command of Essex Regiment and Lieutenant Herbert Huber. Huber was a member of the Royal Inskilling Fusiliers and was killed few hours before the British forces successfully evacuated from the Turkish soil. Unfortunately, their remains were never discovered.

Many other Maltese migrants were among the casualties at Gallipoli. There were 800 Maltese labourers serving under Maltese officers in Gallipoli. A young private, Andrew Camilleri, was 26 years old when he was killed in enemy action.

Indeed, Malta played a significant role in the Gallipoli campaign in 1915, not only as a back up base for the royal navy but also as one of the major hospitals in the Mediterranean. There were also convalescent centres and looked after 58 000 servicemen wounded during the World War I when Malta earned the title "Nurse of the Mediterranean". A number of them found their last resting place on Maltese shores.

There are 1500 British, 202 Anzac servicemen from Australia and 72 from New Zealand buried in Malta as well as French, Indians and Egyptians together with 26 Turkish prisoners. This was Malta's greatest contribution to the Allied's efforts during this terrible war.

### ANZAC War memorial in Malta

An Anzac memorial is nearing its completion in the Floriana Argotti Botanical Gardens, Malta - the first Anzac monument outside Australia. The aim of the Anzac memorial in Malta is mainly to remember and honour the many Australian and New Zealand soldiers who died and are buried in Malta during World War I and in subsequent battles elsewhere in World War II, during which Malta featured prominently.

From the five competition entries, it was the work of Ganni Bonnici that was chosen. The two figures, which it incorporates are life-size and made of bronze, while the rest is constructed from local materials. The idea behind his design was not to represent war and weapons, but rather the humanity that defended it and those who lost their lives fighting for their country. Not only soldiers perished but also their families suffered, so Mr Bonnici chose to incorporate a man and a woman in the memorial. Keeping it simple, so that its interpretation would be open to the viewer's imagination, the artist said.

The Anzac monument will help to cement the already very good relations between Malta, Australia and New Zealand. Let us all endeavour to start a tradition whereby those Australians visiting the Memorial at the Argotti Botanical Gardens in Floriana, place a flower on the steps, were the ANZACs who are permanently resting in Malta are commemorated.





# THE WILLIAMSTOWN RSL SUB-BRANCH

Williamstown RSL Sub-Branch  
128 Ferguson St Williamstown 3016  
Ph (03) 9397 7642

The Williamstown RSL Sub-Branch is conveniently located on the corner of Ferguson Street and Melbourne Road in Williamstown at the entrance to the popular Williamstown Tourism Precinct. We're located close to public trains and buses and it is a short walk to the waterfront of Port Phillip Bay at Nelson Place and Williamstown Beach.

The Club is open 7 days and lunch and dinner is also served 7 days a week with a variety of menu options. On our weeknights we run an array of specials such as Pot & Parma deals, Steak Nights and discounted meal nights for members. Williamstown RSL is open from 9am to 11pm Monday to Wednesday, 9am to 1am Thursday to Saturday and 11am to 10pm Sunday. We also run a courtesy bus on Friday and Saturday evenings from 6pm.

Facilities include a members bar, restaurant, function room, outdoor smoking area, billiard room and we cater for weddings, birthdays, christenings, presentation nights, corporate meetings, social and community events. The Williamstown RSL provides quality live entertainment, dining and hospitality. Way Out West Roots Music Club operates within the

Williamstown RSL and have been providing live entertainment to the west for over 10 years, in the last 12 months hosting the likes of Chain, Madder Lake, Kevin Borich, John Hammond, Charlie Musselwhite and many more.



## GALLIPOLI UPDATE

In an update on the Centenary of Anzac program, Minister Assisting the Prime Minister on the Centenary of Anzac, Warren Snowdon, announced in February that the Governments of Turkey, Australia and New Zealand have formally agreed to the capacity of the Anzac Commemorative Site for the 2015 Dawn Service.

Mr Snowdon said the three Governments had carefully considered a detailed report on the safe carrying capacity of the Anzac Commemorative Site, and agree to the findings that the attendance should be 10,500.

"To ensure the safety of visitors, extensive investigations have been conducted and the capacity is based on a rigorous independent analysis," Mr Snowdon said.

"In addition to safety, the capacity also considers the geographic challenges of the site. Surrounded by thick scrub, steep terrain, bounded by the Aegean Sea and protected by heritage and conservation measures means the site cannot be expanded."

Mr Snowdon said 8,000 places will be made available to Australians and a further 2,000 places will be available to New Zealand with the remaining 500 allocated to official guests and representatives from Commonwealth and other nations.

"There may be close to one million Australians who can trace a direct family link to those diggers who landed at Gallipoli in 1915 and there is also expected to be interest from descendants of former military members, war widows, current serving members and their families, young Australians and individuals with an interest in Australia's military history.

"The allocation of places will be decided by process of a ballot. An announcement on how the ballot will operate will be made in the coming months. We anticipate the ballot will be held early next year and there will be ongoing consultation with New Zealand.

"A ballot is the fairest and most equitable method, ensuring a transparent and open process for allocating attendance places," he said.

All Australians will have the opportunity to register, with successful applicants provided appropriate time to make their travel arrangements.

"The Australian Government appreciates the ongoing cooperation and support from Turkey in allowing us to hold commemorations on Turkish soil. Our long-standing relationship and combined dedication to preserving and protecting the Gallipoli battlefields is paramount," Mr Snowdon said.

For more information on the Anzac Centenary visit [www.anzaccentenary.gov.au](http://www.anzaccentenary.gov.au)



... now all you have to do  
is choose your destination.

**NEW WEBSITE LIVE**



Talk to the experts.

Email [enquiries@surftravel.com.au](mailto:enquiries@surftravel.com.au)

Call 02 9222 8870

Facebook Surf Travel Company

THE **SURF TRAVEL** CO.

[SURFTRAVEL.COM.AU](http://SURFTRAVEL.COM.AU)



# The untouched, raw and rolling waves of Papua New Guinea

Remember the time when it was only you and a mate out there amongst the rolling swell, dropping onto each wave with raw energy, knowing that when the wave of the day came along it was yours?

That time is now in Papua New Guinea. From November through April, Papua New Guinea is home to some of the world's vastly unexplored surf breaks. The swell season kicks in and numerous breaks along the north facing coastline come alive. Remote, untouched and certainly uncrowded, Papua New Guinea is a true surfer's Eden.

Surfing was introduced in Papua New Guinea after an intrepid pilot left his surfboard behind in Vanimo village in the 1980s. Since then, a Surf Management Plan has been established with a goal to develop sustainable surf tourism in Papua New Guinea.

Papua New Guinea is located in the tropics just south of the equator and is the second largest island in the world, with some 600 outer islands, atolls and coral reefs. Renowned for its spectacular surfing and diving in crystal clear waters with amazing pristine reefs and today the island's Surf Management Plan ensures there is a limit on the number of surfers in any region meaning no crowds, no drop-ins, and a guarantee that you will get to surf the wave of the day.

Top tips on where to surf in PNG

In the New Ireland region, directly around Kavieng, there are seven or so reef breaks. Travelling down New Ireland's east and central coasts you also have an abundance of rarely surfed breaks, whilst the outer islands off New Ireland offer the same quality and variety of waves. The St Matthias group of islands, New Hanover and the inner islands around the New Britain Province are still raw and full of discoveries waiting to happen. Surfers have access to a variety of rights and lefts that are generally in the vicinity of 3-5 foot but

occasionally peak at around the 6 foot mark, testing abilities.

One of the best breaks in Madang is at Ulingan Bay. Located approximately 180 kilometres north of Madang town, the only way to get to Ulingan Bay is by sealed road along the beautiful north coast of Madang. Once there, you are rewarded with uncrowded waves and the most consistent swell magnets in Papua New Guinea.

Vanimo, a small town in the province of Sandaun, boasts an idyllic location for surfers who are looking to catch a wave without a couple of hundred "mates" in the water. The ability to travel to the different local surfing spots by foot, land and sea provides great variety for surfers who choose Vanimo. All breaks are easily accessible and don't require any marathon paddling efforts. Lidos Right is an endless wave peeling over a mostly sand-covered rock bottom. The size and direction of the surf means that Vanimo's breaks are mostly never-ending and provide plenty of selection.



Photo: Swilly



Photo: World Surfaris

**WILD ON THE BEACH LORNE**

Shop 4a Mountjoy Parade Lorne  
(Opposite the bridge)

Vintage beach art, decor,  
homewares, collectables and  
more very cool stuff for  
your beach pad!

## EMMA'S BOUND FOR BOSTON

A gutsy run by Emma Cameron in the 30km event at the Stromlo Running Festival in February has earned her a spot on the start line of the world-famous Boston Marathon in April.

The Darwin based athlete, who conquered the gruelling course complete with challenging hills and rugged terrain, she was happy just to finish the race.

"The run was one of the most challenging things I have ever done, especially with all the hills, and the steep terrain made it really hard to get into a rhythm," she said.

"I am feeling really good about Boston now, and I am confident that I can get through the 42km. I am looking forward to getting home and getting stuck into some solid training." Project Director Rob de Castella, who has been mentoring Emma as part of the Indigenous Marathon Project squad since she was selected in March last year, said he was overwhelmed by what Emma had achieved.

"12 months ago, Emma didn't know much about marathon running, and never believed that she could have conquered 30km and be on track to run her first marathon," he said.

"The self-belief and determination that Emma carried with her throughout the run,

even when it got hard and she wanted to stop, was amazing, and to see that in our athletes is what IMP is all about."

While in Canberra, Emma was also the first 2012 squad member to receive her Certificate IV in Health and Leisure.

Emma returned to Darwin after the run and continued training before flying out for the marathon on April 15.



Tim Rowe, Rob de Castella, Emma Cameron and Nadine Hunt after the run



Emma and Nadine Hunt (former IMP runner, and now IMP staff member) crossing the finish line

# Galapagos Duck

## "FRESH & CRISPY DUCK!"

Charles Darwin's observations in the Galapagos Islands in 1835 were crucial to the development of his theory of natural selection explaining evolution... that only those best adapted to their environment, will survive.

In 1969, a group of jazz musicians formed to play the winter season at The Kosciusko Ski Chalet in Charlottes Pass. They named this new band Galapagos Duck (in deference to a Spike Milligan sketch rather than our famed scientist).

Along with trailblazers like the late, great Graeme Bell and then stars like Don Burrows, George Golla and the Morrison brothers, Galapagos Duck put Australian jazz on the map. They've won national and international awards... played throughout America, Asia and Europe... performed all the big jazz gigs from Montreux to the American Museexpo and the Singapore International Jazz Festival... and played and recorded with the likes of Nina Simone and Ray Charles, James Morrison, Tommy Emmanuel, Don Burrows, Winifred Atwell, The Australian Dance Theatre and The Australian Ballet.

The band's latest lineup includes one of the originals - sax player Willy Qua (who harks back to 1973) - along with bass player/guitarist John Conley who boasts a mere 30 year association with the band. Then there's renowned jazz drummer John Morrison (eldest



of the famed Morrison clan), Richard Booth (sax, clarinet, flute and steel drum) and Wil Sargisson (keys), who was only born after the original Galapagos Duck had been playing The Basement for 11 years!

This latest line-up seems to have endowed the band with a new impetus and a reinvigorated mission to tour, both here and overseas.

Reviewer Lloyd Bradford Syke recently wrote in Australian Stage: "The Duck have lost none of their vigour, enthusiasm, dexterity, versatility or skill. In fact, they're probably playing better than ever; which, after 43 years, is saying something!"

Live, the twin-turbo saxes of Qua and Booth delineate the melody line of the new look Duck. Conley contributes his truly funky bass while Morrison's Buddha-like frame bobs constantly as

he bops out the beats. And Wil Sargisson is superb. In Syke's opinion: "I don't believe I've ever seen or heard a pianist more brilliant, in any genre."

Musically they cover all bases, making sure they don't disenfranchise the Dixieland or Be-Bop traditionalists while taking an occasional tour to Latin climes... the next minute there's a real Django vibe, redolent of Gypsy and Jewish influences. The band's catholic tastes make for a truly eclectic set list, but if anything, it seems 'The New Duck' is moving more towards a Gospel-Blues-Jazz-Rock fusion. The band swings hard, their performance irresistibly upbeat and positive.

The new Galapagos Duck is nothing less than a powerhouse. The band has now survived for over 40 years, evolving all that time, adapting to ever-changing environments at every turn...

Darwin would have loved 'em!

## The Band

The band began in the late 60's while the members were engaged in a winter season at the New South Wales skiing resort "The Kosciusko Chalet" Charlottes Pass. After returning to Sydney band continued to work and became well known in the Australian Jazz and music scene during the 70's when it was the house band at the emerging Jazz night club "The Basement" near Circular Quay.

Since these humble beginnings the 'Duck', it has been suggested, has become the best known jazz band in Australia and a household name throughout the Country.

The band has worked and continues to work in Concert Halls, Night Clubs, at Jazz Festivals, in the Recording Studio, and on Radio and Television.

Although the membership has changed, of necessity, the direction of the band has always remained the same and that is to create a performance experience that while jazz oriented is able to be appreciated and enjoyed by everybody.

## Discography

Ebony Quill  
Endangered Species  
Habitat  
In Flight  
Lonely George  
Magnum  
Out Of The Blue  
Right On Cue  
St James  
The Removalists  
This Time  
Voyage Of The Beagle





### Willy Qua

Tenor Sax, Alto Sax, Soprano Sax, Drums / Percussion

A founding member of the Galapagos Duck, Willy was an integral part of the band as came to prominence at the Basement Jazz Club in the early 70's.

Willy has also worked with many of Australia's finest musicians including James Morrison, Don Burrows, Johnny Nicol, Billy Fields, Renee Geyer and Marcia Hines plus international jazz & blues stars like Dave Brubeck, Nina Simone, Barney Kessel, Herb Ellis, Mark Murphy, Mel Lewis, Earl Hines, Jimmy Witherspoon, Georgie Fame and soul legends Sam & Dave.

Willy has performed with the Elizabethan Trust Orchestra, played percussion with the Old Tote Theatre Company, worked on stage with the Australian Ballet, NSW Dance Company and the Stuttgart Ballet. He has written film scores and has played on some 30 records & CDs with a wide variety of artists.



### John Morrison

Drums, percussion

John Morrison ("The Cat in the Hat") has delighted audiences for more than 30 years with his humour and dedication to sounds that swing! Voted Australia's best Big Band drummer, his big band "Swing City" was selected to open the Sydney 2000 Olympics.

Throughout his career John Morrison and his many groups have headlined every major event and festival in Australia. As the eldest of the Morrison family, John has spent much of his musical life playing and recording with his younger brother James Morrison.

At age 8, John began playing cornet in the school brass band and by the age of 10 had built his first drum set from pots and pans. In these early few years he played many different instruments and styles but jazz drumming was to be his calling.

John's driving swing feel has been heard with many internationally well known artists including James Moody, Scott Hamilton, Richie Cole, Christian McBride, John and Jeff Clayton, Garry Dial, Jimmy Witherspoon, Eartha Kitt, Bobby Gebert, Don Burrows, George Golla, and Bob Barnard.



### Wil Sargisson

Piano, Keyboard

A professional pianist since the age of 13, Wil is recognised as one of the finest players to emerge from the New Zealand music scene in some time.

In 1994, aged 13, Wil became the youngest solo performer to ever play at NZ's National Jazz Festival in Tauranga. In the years since, Wil has played at almost every major jazz and blues festival in New Zealand.

In 1998 Wil released his first solo piano album titled "Steppin' Out", which received great praise in reviews.

Wil's festival performances include: Noosa Jazz Festival (x4), Manly Jazz Festival, Kangaroo Point Jazz Festival (with James Morrison), also Wil is the only New Zealander to ever perform at the prestigious "Piano Night" concert at Tipitina's in New Orleans.

Other notable musicians Wil has performed with include Lillian Boutte (New Orleans' official "Ambassador of Jazz"), Joe Krown (pianist for blues legend Gatemouth Brown), Conal Fowlkes (pianist for Woody Allen's jazz band), Tom McDermott (pianist for Pete Fountain), Efrem Towns of the Dirty Dozen Brass Band, Jon Cleary's band 'The Absolute Monster Gentlemen' and New Orleans pianist/singer Marcia Ball.

Will has been a valued member of the band on many occasions since 2009.



### Richard Booth

Saxes, Clarinet, Flutes, Steel Drum, Bass

He has two degrees in music with 30 years professional experience in performance having started playing in clubs and concert halls at the age of 12.

His abilities extend far beyond just the Saxophone to include all the Saxes, Clarinets, Flutes, Steel Drums, Bass, Trombone, Piano and Percussion. He has performed or supported many notable musicians and bands including The Doobie Bros, Foreigner, Billy Crash Craddock, Bob Malone, The Foundations, Jimmy Barnes, James Blundell, Keith Urban, Deni Hines, Col Nolan, James Gadson, Lee Thornberg, The Maori Volcanics and many more across Australia, Europe and the USA.

He can be spotted in the background of many DVD's, numerous CD's and film tracks. His ability to play many styles of music and various instruments makes him a valuable addition to the line up of the 'Duck'

### Some Career Highlights

Based in Sydney Australia the Galapagos Duck was an integral part of the foundation and success of the Jazz Club 'The Basement'. The band performed in the club continuously for 16 years during which the Basement became known as one of the greatest Jazz Clubs in Australia and the World.

The 'Duck' also toured extensively all throughout Australia visiting the Capital cities on many occasions and performing frequently in country areas including the remote areas of Western Australia and the Northern Territory.

International performances have included the following festivals:

- Montreaux Jazz Festival in Switzerland,
- Jazz Yatra Festival in Bombay (Mumbai),
- Musexpo in U.S.A. ,
- Manilla Jazz Festival in the Phillipines
- Singapore International Jazz Festival,
- Queenstown Jazz Festival in New Zealand
- Norfolk Island Jazz Festival.
- Lord Howe Island
- Vanuatu Jazz Festival

Aside from festivals there have been extremely successful performances in England, Germany, France, Switzerland, Belgium, China, Indonesia, Vietnam, Thailand and Laos.

Having always drawn members from the very best of Australian musicians the Band has shown its versatility through work with Dance including :

- 'Superman' with the Australian Ballet,
- 'Austorizon' with the Australian Dance Theatre (choreographed by Ross Coleman) in Adelaide
- A Work for the Comscapes Dance Company Malaysia, performed in Kuala Lumpur that was very successful in raising money for the World Wide Fund For Nature.

There have been many appearances on Television including the Bi-Centennial TV spectacular and appearances on 'Hey Hey Its Saturday' also the Band has also been involved in Film – writing and performing the soundtrack for 'The Removalists', and appearing in the Australian Films 'Rebel' and 'Emerald City'.



# Walford

## Celebrating 120 years

On Wednesday, January 30 Walford students and staff celebrated 120 years of the Anglican school exceptionally educating girls.

This wonderful achievement will further be commemorated with a Jubilee Year program of special events and celebrations throughout 2013.

Birthday cake (with 120 candles) and a round of Happy Birthday were enjoyed by all girls from Reception to Year 12 and every 2013 student was presented with a Jubilee badge. The badge incorporates the school motto "With Truth and Courage" encircled with the year 2013.

Chaplain Reverend Tracey Gracey officiated over the Jubilee Service which included a visit from a friendly 'ghost: representing Walford's founder Miss Lydia Adamson. But ghost or no ghost, Walford's spirit and commitment to educating girls is alive and well.

Walford began 120 years ago on Monday 30 January 1893 in the front room of the family home of Miss Adamson in Fisher Street, Malvern. The first advertisement calling for

enrolments was published in The Register on 23 December 1892 and then again on 25 January it simply read:

*MISS ADAMSON, UNLEY ROAD, MALVERN School opens Monday, January 30.*

*Private lessons given in Music and Drawing.*

Walford not only survived two World Wars and two Depressions but it continued to grow and thrive into the much admired school that it is today. When Miss Adamson opened the Collegiate School for Girls, Malvern, I wonder if she had even imagined that it would be one of Australia's leading girls' schools in 2013.

In 1910 and 1911 Miss Adamson travelled to England and visited her mother's birthplace at the village of Walford in Hereford shire. Then upon her return to Adelaide she re-named her school Walford for the commencement of the 1912 school year. Lydia passed away at the age of 51 years after a period of ill health, having shortly before sold her school, Walford, to



one of her teachers, Miss Ellen Benham, who was one of the first female science graduates of Adelaide University in 1892 with second class honours in Geology and Physiology. The science wing at Walford is named in her memory.

As is often said, it is the people who give an institution its character and strength and make it a success. Walford is grateful to the strength of leadership, quality of teachers and the loyalty of its remarkable old scholars who have made it the fine school that is celebrating 120 years and many more to follow.

Old scholars and friends of Walford are invited to join in the celebrations throughout the year. A Jubilee Walk of the school will be held on Tuesday, May 28 for anyone who is interested in learning more about the fascinating history of Walford Anglican School for Girls.



CERTIFIED  
**wild fox wines** *organic*



Multi award winning  
**Wild Fox Organic Wine**  
**PRESERVATIVE FREE range...**

**SHIRAZ**

**MERLOT**

**CABERNET SAUVIGNON**

**ROSÈ**

- 90% approval rating from consumers
- Ideal for the sensitive wine drinker
- Enjoy quality wine without the headaches



*'wild in taste, mild on nature'*

...also available our convenient  
**PICCOLO BOTTLE** range



**SAUVIGNON BLANC**  
**CHARDONNAY**  
**ROSÈ RAW WINE**  
**SHIRAZ ORGANIC & RAW WINE**

**MERLOT ORGANIC & RAW WINE**  
**CABERNET SAUVIGNON**  
**ORGANIC & RAW WINE**  
**SPARKLING WINE/RED**

- Cost effective way to trial our many different varieties
- Nice addition to any Christmas gift
- Order a dozen online for only \$60 plus GST & receive your Last Post discount



## **SPECIAL OFFER for Last Post Readers...**

For every order of Wild Fox Organic Wine (750mL or 187mL piccolo) receive 10% DISCOUNT.

Enter online [wildfoxwines.com](http://wildfoxwines.com) or phone 08 8342 532 & quote the code 'last post'



*'for fox sake'...* [wildfoxwines.com](http://wildfoxwines.com)

*Wild Fox Wines are proud supporters of Last Post Magazine and the RSL*



Minister Snelling with 2013 VAC Members (Back L-R Mr Gerry Harrison OAM, LCDR John Godwin RANR, Mr John Gillman, GPCAPT Robert Black AM (Retd), Mr Chris Burns CSC, COL Bill Denny AM (Executive Officer), LTCOL Jack Gregg, Mr Michael Benyk JP, Ms Cheryl Fittock, BRIG Laurie Lewis AM (Retd) & BRIG Tim Hanna AM. Front: Mrs Helen Adamson, Mr Bill Schmitt AM, Minister Snelling, Dr Pamela Schulz, Sir Eric Neal AC CVO (Chair), Mr Leon Eddy and LTCOL John Spencer OAM RFD (Retd). Absent: Mr Michael von Berg MC).

## A MESSAGE FROM SOUTH AUSTRALIA'S MINISTER FOR VETERANS' AFFAIRS

A recent ministerial portfolio re-shuffle has seen me add the portfolios of Health and Ageing, and Mental Health and Substance Abuse to my Veterans' Affairs and Defence Industries duties.

Many of the responsibilities of my new portfolios have a particular relevance to some veterans and I look forward to the synergies that will arise now that I am responsible for these at times related areas.

I am particularly pleased that I will become closer to South Australia's Veterans' Health Advisory Council (VHAC). The VHAC is a talented group and I am looking forward to joining with them to progress the development of the Framework for Veterans' Health Care, which they were instrumental in developing.

In 2008 the Government of South Australia created a Veterans' Affairs portfolio and subsequently a Veterans' Advisory Council (VAC).

The VAC is the body that makes representations to the State Government on behalf of the veterans' community or, when requested, provides advice to government about any veterans' related matter. This initiative has been embraced by the veterans' community, which is increasing important as the nation approaches the Centenary of ANZAC.

I would like to congratulate the newly appointed members of the VAC. We are privileged to retain the services of Sir Eric Neal AC CVO as Chair and welcome five new members. My thanks go to those who are not continuing on the VAC in 2013 for the service they rendered during their tenure.

The VAC has been assiduous in raising issues that are important to the veterans' community. Prominent among these is the Ministerial representation about the taxation treatment of wounded soldiers who are required to return to Australia for medical reasons. A deputation

was made to the Joint Standing Committee on Foreign Affairs, Defence and Trade by VAC member and State President of the Royal Australian Regiment Association, Mr Michael von Berg MC when the Committee visited Adelaide recently. I am hopeful of a favourable outcome.

Another of the many issues the VAC has advocated for recently is the recognition of the Vietnam service of the Civilian Surgical and Medical Teams as "qualifying service" to allow them cover under the Veterans' Entitlement Act. The VAC has been advocating for this since 2009. Recently, new evidence has come to light and I was pleased to write a letter of advocacy to the Hon Stephen Smith MP, Minister for Defence and the Hon Warren Snowdon MP, Minister for Veterans' Affairs. I was also interviewed for the national current affairs programme "The Project".

I recently visited our troops in Afghanistan and was immensely impressed with the entire Australian Defence Force. These brave men and women continue to represent us in a professional way in enormously trying circumstances.

ANZAC Day is nearly upon us. As we do every year, we pause to remember those who have lost their lives in our service and those who have died subsequently. We particularly remember the young men and women who are serving on our behalf as I write you this note.

Lest we forget.  
Hon Jack Snelling MP  
Minister for Veterans' Affairs



Members of the Aboriginal and Torres Strait Islander War Memorial Committee (L-R) Mr Frank Clarke (ex 5 RAR) , Mr Les Kropinyeri, (ex 9 RAR) Ms Lowitja O'Donoghue AC CBE DSG (War Widow) , Mr Gil Green (7 RAR) , Mr Frank Lampard OAM (National Serviceman) with artist Mr Robert Hannaford.

# THE ABORIGINAL AND TORRES STRAIT ISLANDER WAR MEMORIAL

Aboriginal and Torres Strait Islander men and women have volunteered to serve Australia in every conflict in which Australia has been involved from the Boer War to the present day.

Much of this service was rendered at a time when aborigines did not enjoy full constitutional rights and were discouraged or prohibited from enlisting, prompting those who wished to enlist to remain silent about their cultural heritage. Despite these barriers, aborigines did enlist and rendered distinguished service in all theatres of conflict. Some were decorated for gallantry, wounded or taken as prisoners of war. Others were killed in action and now lie forever in another country.

Until recently Aboriginal and Torres Strait Islander service has largely been unrecognised. This comes as something of a surprise in a country that places such emphasis on loyalty, a fair go and mateship - all important aspects of the ANZAC spirit. As we head towards the centenary of ANZAC this is the perfect time to remedy this anomaly.

In 2008 a plan was created to remedy this oversight. A committee of Aboriginal and

non-Aboriginal South Australians was formed to create a national Aboriginal and Torres Strait Islander War Memorial here in Adelaide.

The Aboriginal and Torres Strait Islander War Memorial Committee is headed up by a mix of Aboriginal and non-Aboriginal people. The membership is varied but includes private individuals as well as representation from the State Government, Reconciliation SA, the Aboriginal Council of Elders, the Returned & Services League of Australia (SA Branch) and the Department of Veterans' Affairs.

The memorial will be an Australian first and will honour the memory and contribution made by Aboriginal and Torres Strait Islander servicemen and women in the defence of Australia. It will demonstrate community respect and instil a sense of pride in all those who served. It will be an enduring symbol of the effort of so many who have served and

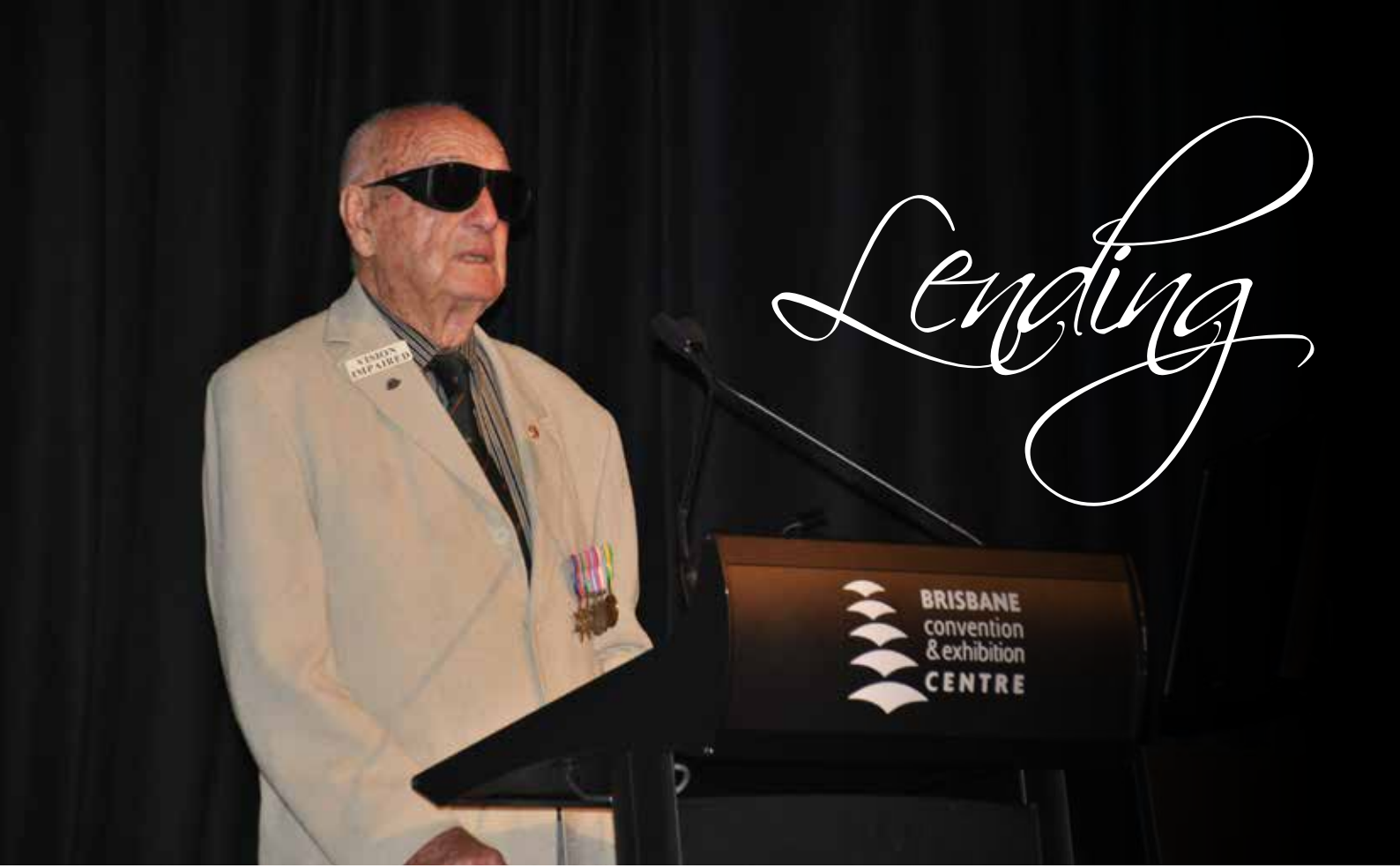
provide a peaceful setting to contemplate those lost at war.

The fundraising appeal for this impressive memorial has been enormously successful. Led by Appeal Co-Chairs Sir Eric Neal AC CVO and Bill Denny AM, the Appeal Committee has raised over \$1,000,000.

The memorial has been commissioned and well known and recognised sculptor Robert Hannaford has commenced work in his studio at Riverton. The Aboriginal and Torres Strait Islander War Memorial Committee Chair, Ms Marj Tripp and Deputy Chair, Frank Lampard OAM, recently visited Robert with the committee and saw that the clay models are almost ready for the bronze casting process.

A "Ground Breaking Ceremony" will be held on the Memorial site on Friday, 31 May, 2013 following the Aboriginal Veterans Commemorative Service at the South Australian National War Memorial on North Terrace that commences at 10.30am. All are welcome and encouraged to attend both these events.

For further information please telephone Keith Harrison at the RSL on (08) 8232 0322.



He has never forgotten his mates and each year, as the patron of the annual Rotary Kokoda Memorial Walk, encourages others to remember Kokoda and its toll on the thousands of young men that lost their lives. He was again called to remember them just last year, when he was invited by the army with three other veterans to return to Papua New Guinea on Anzac Day 2012 and commemorate Kokoda's 70<sup>th</sup> anniversary.

And at 94 years-of-age, returning to Papua wasn't so easy. Especially as Bill now walks with assistance.

Which is how Bill and Kevin Young were introduced. Bill needed modifications to his Gold Coast home to make his daily life easier, but the costs were significant.

Kevin said, "When we heard about Bill needing a hand, we had to help. To me, Kokoda was our most significant battle in WW2. It's very important we honour the victory we achieved and the men that made it happen. The Japanese were literally on our door step and the threat of being invaded was very real. If it wasn't for soldiers like Bill, and others like him on the front-line, the war might have made it to mainland Australia. So when you have a chance to help someone who gave so much, you do."

Kevin and Kathy have a long history of stepping in and lending a hand. Together they established a grass roots charity called Club Cares to help the members of their Property Club (a division of The Investors Club).

"Property Club is a business we've run for nearly 20 years that teaches members, with even just the average income, how to make the most out of investing in property. We also provide a range of support and financial services for property investors. But the best part of Property Club is that it's become more like an extended family, with over 130,000 members. If one of our members hears of someone needing assistance, we rally together through Club Cares to make sure they have the right support network available," said Kevin.





# a handful

Bill Bellairs is one of a handful of WW2 Kokoda veterans still with us today.

In the Kokoda campaign he was a Corporal in the signals section and fought in battles at Deniki and Isurava.



Kevin and Kathy have also supported many others recipients across all the states of Australia. Over the last three years they have donated nearly \$1 million dollars to the Red Cross to establish a youth homeless support and service centre in Brisbane. Named the Young Centre in honour of their support to the Red Cross, the facility is designed to assist young people in finding and sustaining employment and learning the life skills necessary to live a better life. It also offers temporary accommodation and job skill training. "The centre's aim is to help young people find employment instead of being on the street," Kevin said. While they are there they will also learn other skills to help them maintain their employment," continued Kevin.



Kevin said: "We're glad our relationship with the Red Cross presented this opportunity to give back to Bill for all that he has given in service to our country".

[www.clubcares.com.au](http://www.clubcares.com.au)



**WE ALONE PROTECT BUYERS**

# JOIN US TO PROVIDE "HELP FOR TODAY AND HOPE FOR TOMORROW"



## The Big Ride 4 Parkinson's

4-5 May 2013 | Sydney to Parkes NSW

*Get your motors runnin'. Head out on the highway - for charity. Lookin' for adventure at the end of the ride - The Big Dish!*

Parkinson's disease affects 80,000 Australians and the Parkes region of western NSW has one of the highest incidences of Parkinson's disease per capita in the country.

With your support, we hope to fundraise a substantial amount of money, which will help us to improve services for the Parkinson's Community across NSW, especially in regional and rural areas, like Parkes.

**To register and show your support visit:**

<http://thebigride4parkinsons.gofundraise.com.au>

Don't let  
Parkinson's  
fly under  
the radar

### PLEASE LEND A HAND TO FIND A CURE

- For someone living with PD for 12 years, the average lifetime financial cost is around \$144,000, which is on par with the lifetime financial cost of cancer (\$165,000)
- PD is the second most common neurological disease, after Dementia
- 10,500 new cases of PD were diagnosed in 2011
- 30 new diagnoses every day
- 19% of people living with PD are of working age (15-64)
- Approximately 1 in 350 people in Australia lives with PD



### RUDY'S STORY

Rudy's passion has always been motorbikes.

When diagnosed with Parkinson's disease Rudy was just 46 years of age.

Now 54, he is restricted to a radius of 100 km and cannot ride at night. Imagine what that means to someone who has enjoyed the wide open spaces for most of his life.

Parkinson's NSW helps Rudy by providing regular counselling every month and helps guide Rudy on optimising his medication.



Parkinson's NSW

Phone 1800 644 189

Email [pnswn@parkinsonsnsw.org.au](mailto:pnswn@parkinsonsnsw.org.au)

Visit [www.parkinsonsnsw.org.au](http://www.parkinsonsnsw.org.au)



PARKES SHIRE COUNCIL

# NEW PENSION RATES FOR VETERAN COMMUNITY

New pension and income support payments rates for veterans, their partners, war widows and widowers across Australia came into effect from 20 March 2013.

The Minister for Veterans' Affairs, Warren Snowdon, said the increase is part of the bi-annual indexation process. Veterans, partners, war widows and widowers will also receive a boost to their payments through the Clean Energy Supplement, a regular payment under the Household Assistance Package to help meet household costs associated with the carbon price."

The first payday which will include payments under the new rates will be 4 April 2013.

PENSION	OLD RATE (PER FORTNIGHT)	NEW RATE (PER FORTNIGHT)	INDEXATION INCREASE COMPONENT	CLEAN ENERGY SUPPLEMENT COMPONENT
Service Pension—single	\$772.60	\$808.40	\$22.30	\$13.50
Service Pension—couples	\$1,164.80 couple \$582.40 each	\$1,218.80 couple \$609.40 each	\$33.60 \$16.80	\$20.40 \$10.20
War Widow Pension	\$783.60	\$820.70	\$23.40	\$13.70
Income Support Supplement	\$234.40	\$241.50	\$7.10	Nil
Special Rate (TPI) Pension	\$1,182.00	\$1,238.20	\$35.50	\$20.70
Intermediate Rate Disability Pension	\$802.30	\$840.40	\$24.10	\$14.00
Extreme Disablement Adjustment	\$652.70	\$683.70	\$19.60	\$11.40
100 per cent General Rate of Disability	\$420.00	\$440.00	\$12.60	\$7.40

**Notes:**

*(1) Veterans in receipt of a Disability Pension below 100% will receive \$7.40 for the Clean Energy Supplement.*

*(2) Veterans in receipt of Disability and Income Support Pensions are entitled to receive both payments of the Clean Energy Supplement.*

A full list of the new pension indexation rates is available at [www.dva.gov.au](http://www.dva.gov.au) or by calling 133 254 or 1800 555 254 from regional Australia.

Reductions to deeming rates also take effect. The lower deeming rate will decrease from 3 per cent to 2.5 per cent for total financial investments up to \$45,400 for single pensioners or \$75,600 for a couple. The upper deeming rate will decrease from 4.5 per cent to 4 per cent for balances over these amounts.

Around 70,000 members of the veteran and defence communities will benefit from these changes.



# WILLS FOR LIFE

## Everyone should have a Will. Do you?

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

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

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

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

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

Call **1800 649 685** or email [bequests@redcross.org.au](mailto:bequests@redcross.org.au)

the  
power of  
humanity



TLP0413

**Please return this coupon to:** Louise Turner, Australian Red Cross, GPO Box 2957, Melbourne VIC 8060. Alternatively call **1800 649 685** or email [bequests@redcross.org.au](mailto:bequests@redcross.org.au).

- Please send me a FREE information booklet on making or updating my Will
- I am interested in leaving a gift in my Will to Red Cross
- I have already included Red Cross in my Will

the  
power of  
humanity



Title \_\_\_\_\_ First name \_\_\_\_\_ Last name \_\_\_\_\_ Telephone \_\_\_\_\_  
Address \_\_\_\_\_ Suburb \_\_\_\_\_  
State \_\_\_\_\_ Postcode \_\_\_\_\_ Email \_\_\_\_\_