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THE LAST POST

BI-ANNUAL ISSUE 10

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



FEATURING:

Bill Denny, Graham Cornes, Chris Burns, Ben Schneiders,
Anne Waddington-Feather, David Campbell, Sen Ricky Muir,
Sen Nick Xenophon

+ interviews with

LITTLE PATTIE

SOLDIER ON'S **JOHN BALE**

ROCK BIOGRAPHER **MICK WALL**

EDDIE MC GUIRE

TOM KENEALLY

PETER FITZSIMONS

DVA UPDATES
FINANCE
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FOREWORD

Senator the Hon. Michael Ronaldson

Minister for Veterans' Affairs / Minister Assisting the Prime Minister for the Centenary of ANZAC / Special Minister of State

We remember the deeds of all of those who lost their lives, those who survived and those who continue to defend our freedoms today.

One hundred years on from the First World War and the landing of the Australian and New Zealand Army Corps – the ANZACs – on the shores of Gallipoli in Turkey, we come together to honour all of those who have served our country.

We remember the deeds of all of those who lost their lives, those who survived and those who continue to defend our freedoms today.

We recognise the legacy and the tradition that our First World War soldiers, sailors, airman and nurses forged. A legacy that has been carried so proudly by those who have followed in their footsteps.

In our community today there are thousands of veterans who carry with them memories from different conflicts— the Second World War, Korea, Malaysia Confrontation, Vietnam and more recently Iraq and Afghanistan, as well as the many peace operations in which Australia has been involved. While today's experience of war is very different from that of our first ANZACs, it remains with veterans long after their service is complete.

This Anzac Day let us remember all those who embody the Anzac spirit; the values of courage, bravery, sacrifice, mateship, loyalty and resilience - and strive to emulate these values in our own lives.



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

Going to war – a tough decision on behalf of all Australians

I am reminded each day at the Australian War Memorial that, in the end, there are some truths by which we live that are worth fighting to defend.

Giving Australians an insight into – and understanding of – what the nation's leaders and diplomats have done to maintain peace and prevent conflict is no less worthy than that of telling our experience of war.

The Parliament, with some notable exceptions, is a reflection of society – men and women come from all walks of life, bringing with them the experiences that have formed their lives, their intellect, prejudices, interests and capacity to understand.

Some wars enjoy broad popular support – at least at first. Others do not.

These decisions are never taken lightly by those who make them. But they are informed with the best intelligence, military, strategic and diplomatic advice that can be offered.

The Prime Minister and key ministers know, along with their backbench, that they

will have to explain and defend their decisions extensively once made.

They know that Parliamentary Question Time is likely to be dominated with what will become increasingly difficult questions. They know that the media will relentlessly scrutinise, probe and question.

And of course, they also know that at some point there will be parents, widows, widowers and children whose questions will be hardest to answer. If you are not clear in your own mind why lives were lost in a particular cause, it will never be clear in theirs.

I have found over the years and in the many roles in which I have served that, in the end, you have to make your own decisions. In doing so, you seek and listen to the advice of experts in the particular field in which you are working.

In the end, you have to apply intellectual rigor to the process of exercising judgement in the very best interests of those whom you lead and represent – Australians.

From the Publisher: GREG T ROSS

With forewords from Federal Minister for Veterans Affairs, Hon. Michael Ronaldson and Australian War Memorial Director, Dr Brendan Nelson, we welcome you to this, the 2015 Anzac Centenary Edition of *The Last Post*.

In this edition, Senator Nick Xenophon and Defence Training Centre boss, Christ Burns speak out about the need to maintain a healthy a viable shipbuilding industry in South Australia and for the preference of Australia to build it's own submarines.

We interview Soldier On's John Bale about the history of his organisation and how it goes about helping our veterans reach out.

As usual we have DVA Updates and Finance and include a special feature on the growing national crisis of long-term unemployment with input from Ben Schneiders, Senator Ricky Muir and the Hutt Street Centre.

In Health we look at the new and exciting low level laser treatment being used successfully in the fight against tinnitus, migraine and fibromyalgia.

In South Australia sections of the veterans community are upset with the state government's decision to close the much loved but in need of repair, Daw Park Repatriation Hospital. The Repat has been serving the community for around 75 years. Veterans advocate Bill Denny AM BM, RSL SA and Vietnam veteran and former Repat Foundation head, Graham Cornes speak out on the subject.

Peter Fitzsimons speaks to us about his new book, *Gallipoli* from Random House and we interview Australian historian Tom Keneally about his *Australians* series of books. We

have a poem from award winning Australian writer, David Campbell, *Mothers and Sons*.

In *Travel* we have stories from RSL care SA's Ursula Thornquest and freelance writer Annie Waddington-Feather plus a look at 12 great Australian road trips courtesy of motorhomeroadtrip.com.

In *Councils and the Centenary* we look at Newcastle City Council and their stories of the Great War. Also, Martin Rogers and photographer Tim Searle cover the amazing story of Penrith's Poppy Park.

In *Music and Entertainment* we look at the resurgence in value of vinyl records, interview Little Pattie and rock writer Mick Wall with Jack P Kellerman's *10 Songs* and a look at a Neil Young album from the 70's. Also, Taj Worthington Jones looks at the classic Aussie play, *Summer of the Seventeenth Doll* in *Whatever Happened To...*

In *Sports* we look at AFL and the Centenary and NRL and the Centenary.

Plenty of good reading through to November. Remember too, *The Last Post*, now free and available at RSL's. ■

Greg T Ross
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gtrpublishing@live.com.au

Thanks on this edition to:

Thank you to the following people for their help in producing *The Last Post* – DVA, Australian Red Cross, National Library of Australia, Urban Initiatives, Lucy Rowles and the NRL, Patrick Keane, Michelle Klein and the AFL, Victorian Opera, RDNS, Clubs NSW, Australia Post, Bill Denny, Graham Cornes, Monique Bowley, Annie Waddington-Feather, Senator Nick Xenophon, Fairfax Syndication, Ben Schneiders, Senator Ricky Muir, Dr Mark Rogers and Your Healthy GP, WVA, Senator Michael Ronaldson, Caulfield/Elsternwick RSL, The Flying Saucer Club, Semaphore RSL, Coopers Brewery, House of Golf, Allan Yates, Kate Still, Dr Brendan Nelson and The Australian War Memorial, RSL Care SA, Hachette Australia, Eddie McGuire and the Collingwood Football Club, David Campbell, Allen and Unwin, Little Pattie, David Howell and Kokoda Historical, NewSouth Books, John Bale and Soldier On, Mates 4 Mates, Brisbane Lions, RSL SA/NT, Victorian Hearing, Working Title Press, Hutt Street Centre, Melbourne Football Club, Random House Books, Richmond Football Club, Thomas Keneally, Port Adelaide Football Club, Peter Fitzsimons, Mick Wall, The Bidet Shop, City of Newcastle, Vasey RSL Care, Royal Australian Mint, Universal Music, Health Direct Australia, Geelong RSL, AVCAT, Darwin's Barra Base, Parkinson's NSW, Hardie Grant Books, Folio Society, Adelaide Festival Centre, NJF Exercise Physiologists, Veterans SA, QLD Premiers Department, Brandnet, Murdoch Books, Catholic Schools Office, Hay High School. ■

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

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www.thelastpostmagazine.com

SUBSCRIPTIONS
www.thelastpostmagazine.com

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

COVER
Front Cover Image:
Courtesy of Philip Schuller/Fairfax
Syndication

THE LAST POST: eNEWS, NEWS

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

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

GALLIPOLI

This beautifully constructed book arrives in book stores just before the centenary anniversary of Gallipoli and achieves something truly remarkable by offering the reader not only unseen memorabilia from the Gallipoli war campaign but also presents a unique take on Gallipoli by bringing together an authoritative history by writers from all three sides of the conflict: England, Turkey and Australia.

Gallipoli: A Centenary Edition graphically illustrates the Gallipoli campaign using removable historic documents and memorabilia like official military orders, maps showing the campaign and letters and diaries written by soldiers on the front line proving itself the perfect gift for military history buffs, collectors or those who have simply become interested as the nation remembers the Gallipoli campaign 100 years later.

From 25 April 1915 to 9 January 1916, troops from Australia, New Zealand, the UK and Turkey engaged in a bitter struggle for the Gallipoli peninsula. The Allied forces wanted to forge a passage through the Dardanelles in order to create a sea route to Russia and capture the Ottoman capital of Constantinople. Despite having more troops and being better supplied, the Allies suffered devastating losses in the face of the brave and resourceful Turks. Gallipoli tells the story of this campaign in a unique and comprehensive manner, through three authors who expertly describe their country's role and the impact the conflict had. For the Turks it was a defining moment in their history, becoming the basis of the Turkish War of Independence, for the British it was almost the downfall of Winston Churchill and for the ANZACs Gallipoli was the birthplace of the ANZAC spirit.

Gallipoli: Centenary Edition captures the intricacies of battle, the courage of the soldiers from all four nations and the horrors of war in a truly timeless book that is of significant historic importance.

Author biography, place of birth & place of residence:

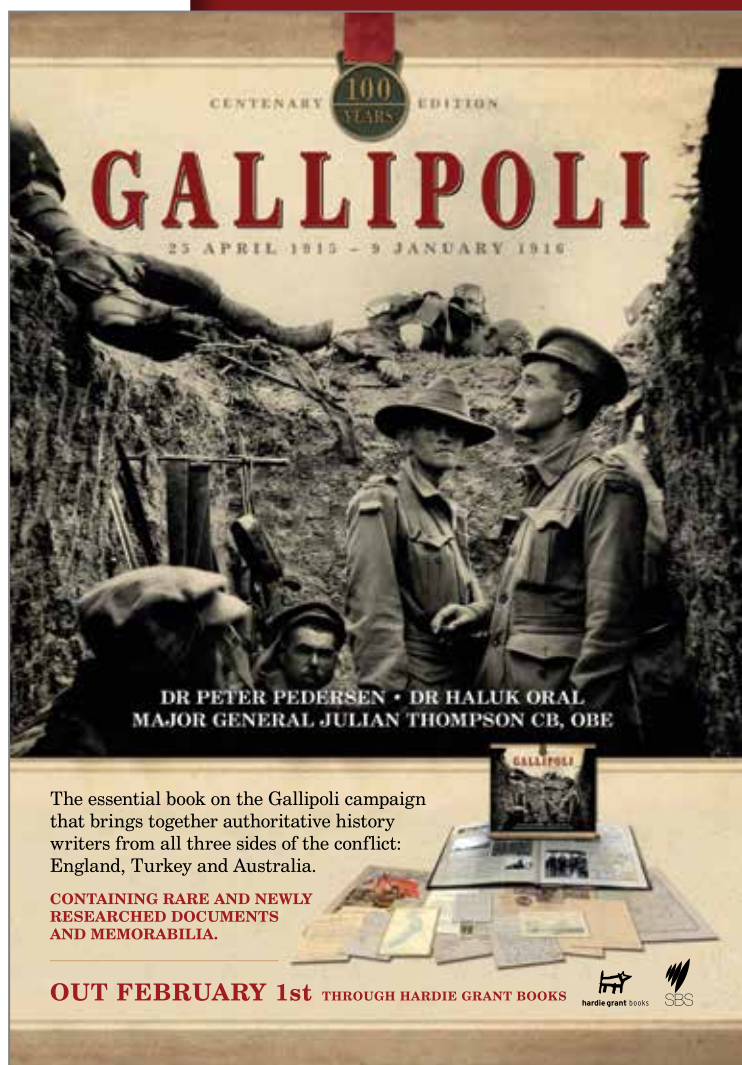
Dr Peter Pedersen is an expert in Australian military history. He was a Senior Historian and Head of the Research Centre at the Australian War Memorial. He has written six books on the First World War and frequently appears on television and radio.

Dr Haluk Oral is a Turkish historian. He studied at Istanbul University and Bogaziçi University in Turkey and Simon Fraser University in Canada. He now lectures at Bogaziçi University. He has written a number of books, including ANZAC 1915 and Gallipoli 1915.

Major General Julian Thompson CB OBE served in the Royal Marines for 34 years and commanded the Royal Marine Commandos and the two battalions of the Parachute Regiment during the Falklands War. Since retiring, he has been a visiting professor at King's College, London. He has written a number of books.

Gallipoli: Centenary Edition – Interesting features:

- Fascinating memorabilia and historic document: Featuring removable facsimile documents such as official military orders, maps showing the campaign and letters and diaries written by soldiers on the front line.
- Turkish point of view revealed.
- Text written by three authors, one from each country involved with the campaign, ensuring that each country's story is told in detail.



Title: Gallipoli
Subtitle: Centenary edition
Authors: Dr Peter Pedersen
Dr Haluk Oral, Major General
Julian Thompson CB, OBE
RRP: \$59.95
Pub Date: February 2015



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*Commemorating the past,
looking towards the future.*

ClubsNSW



ANZAC

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NICK XENOPHON: “EVIDENCE IS MOUNTING THAT GOVERNMENT IS SETTING UP THE NAVAL SHIPBUILDING INDUSTRY TO FAIL”

By Sen Nick Xenophon

“Is this really
as good as it gets?”

Like Jack Nicholson’s character in the comedy movie, *As Good as it Gets*, South Australians, indeed all Australians, should be asking themselves the same question over the PM’s submarine announcement in late February.

The problem is, the only laughs will be coming from overseas if we up to \$30 billion worth of your money is spent in building our future submarines offshore.

The Government’s announcement on how it would deliver the next fleet of submarines was a long time coming – problem is, like a dud torpedo, it lacked real impact.

The so-called competitive evaluation process has been left vague and wobbly.

It leaves plenty of wriggle room for the Government to finish the year with a bang – but the fireworks seem likely to be going off over Tokyo, not Adelaide.

The handshake agreement thought to have been secured between PM’s Abbott and Abe last year looks safe and sound.

As some of the nation’s leading and most experienced naval shipbuilding experts have told me privately, if the Government intended to have Australia build the next fleet of submarines, this was the time to make that decision.

Every design and construction decision made from now on by the three countries approached will be impacted by assumptions about where the submarines will be built.

It’s called a “build strategy” and it’s intimately linked to where the subs will be built.

But the Government claims it’s still officially yet to decide. Despite this, evidence is mounting that the Government – by accident or design – is setting up the naval shipbuilding industry to fail.

Due to inaction by this Government (and the previous Government too) the capacity of Australia’s naval shipbuilding industry is in sharp decline.

Unless and until the Government urgently announces, within weeks, that both the future submarines and frigates are to be built in Australia, our national strategic naval shipbuilding capacity faces collapse.

These shipyards, across three states, central to our future national security, need the Government’s tangible commitment to these projects.

Put simply, to deliver both future subs and frigates we need to hold on to our current capacity, a critical mass. Without it, we are not in the game. Defence knows this and wrote as much in a 2013 report.

There’s something smelly about this process and the whiff has been evident from the start.

South Australia is the home of the Australian submarine. It’s defence sector was built upon the Collins Class development which saw some hard lessons but a fantastic capability secured for the navy.

For Adelaide to retain and build on its defence industry sector in coming decades, including growing skilled jobs. It’s important that the Government deliver on its submarine promise.

That’s why the coalition made the promise and that’s why, if they break it, they in turn could be broken by the electorate come the next election.

What is needed from here is a clear commitment for an Australian build – what used to be a bipartisan, commonsense position – and a clear and well understood competitive tender process that would arrive at the least risk, best value-for-money submarine for Australia.

This whole dizzying, shambolic mess reminds me of the lyrics of a 1980’s song from *The Vapours*, which include: “You’ve got me turning up and turning down, and turning on and turning ‘round.’”

The song was, of course, *Turning Japanese* – a one-hit wonder. I reckon there’s a message there for the PM. ■

**Nick Xenophon is an independent
Senator for South Australia.**

We can build the Next Generation Submarines

By Chris Burns

Australia is certainly capable of building world class and highly effective submarines.

The success of the Collins Class submarines build and rebuild prove this in spite of the challenges encountered. In some respects, we are so good because of those challenges and the lessons we learnt resolving them. As Derek Woolner, an expert on the Collins class and defence procurement, has said: “The project to construct a successor to the Collins class has the significant advantage of being able to call on the considerable infrastructure and experience created in building those [the Collins] submarines.”

It is well understood that Australia’s submarine requirements are unique and that our future submarines will require a new or significantly modified design. Industry has never disputed the claim it cannot design a submarine alone. We would certainly require an overseas partner, with significant submarine build and export experience, to assist us with that aspect. But in terms of

the physical manufacturing and through life support of the vessel, we are extremely well qualified.

THE FUTURE

One of the most important lessons to take away from the Collins project is that experience is invaluable. It takes a lot of time, energy and money to build up the required skilled workforce to take on such a demanding and complex project. We have such a workforce now, we should be using it.

A local build brings far greater benefits to our nation in terms of our security, sovereignty and future economic prosperity than an overseas build. Building our unique next fleet of submarines offshore is an inherently high risk option from a geo-political and economic perspective.

If we disband our workforce now we lose all our hard earned experience and expertise

and if (or more likely when) Australia decides to take on another ship building project, we will effectively be starting from scratch again. All the experience, skills and knowledge gained from the Collins and other projects will be gone, making it even more difficult and would open the door for the same problems to be repeated.

Having a long term strategic ship building and maintenance plan would address this issue. It would give industry reassurance and confidence to plan and upskill for the long term ensuring we have the workforce and capabilities for many years ahead. We would then benefit from the numerous economic flow-on benefits provided by keeping work local, as well as ensuring our access to the technology required to maintain and upgrade our submarines, and thereby protect our long term security needs. ■

**Chris Burns is CEO of Defence
Training Centre Inc.**

Lark Force Wilderness Track, PNG

Words and photos by David Howell

Ghosts of soldiers past.
PNG's Lark Force Wilderness Track takes hikers into the heart of the jungle to where one of Australia's worst wartime massacres took place.

This year marks the centenary of the Gallipoli landings, however it also marks the 70th anniversary of Victory in the Pacific (VP Day) which signified the end of WWII. Many readers may be familiar with the Kokoda Track in the jungles of PNG but many may not have heard of the Lark Force trek on the island of New Britain.

During WWII Rabaul was the administrative capital of the Australian Mandated Territory of New Guinea. Its main strategic assets were an excellent harbour and two nearby airfields at Lakunai and Vunakanau. Growing Japanese militancy in the pre-war period convinced Australian authorities to fortify New Britain and the Australian Lark Force garrison was deployed there in March 1941.

The first Japanese air raid on Rabaul occurred on 4 January 1942, less than a month after the Japanese declared war. Five days later, RAAF aircraft spotted a Japanese invasion fleet off the nearby Japanese controlled island of Truk. On 20 January 1942, 100 Japanese aircraft struck the Lakunai and Vunakanau airfields. A fierce encounter followed and the three surviving Wirraways and a single Hudson were withdrawn to New Guinea. RAAF personnel destroyed the airfields and were evacuated by Empire flying boats soon after.

'EVERY MAN FOR HIMSELF'

At 1am on 23 January 1942, 5,000 Japanese troops came ashore at Blanche Bay, vastly outnumbering the 1,396 soldiers of Lark Force awaiting them. Resistance lasted only a few hours before Lark Force commander, Colonel John Scanlan, ordered the men to disperse in an 'Every man for himself' withdrawal. No contingency plans were in place for retreat, chaos ensued and Lark Force disintegrated.

Lark Force had comprised the Victorian 2/22nd Infantry Battalion and various artillery and support units. The 1st Independent Company, of 130 men, was stationed on nearby New Ireland. Seaward approaches to Rabaul were defended by ten obsolete Wirraway fighters and four Hudson bombers of No. 24 Squadron, Royal Australian Air Force (RAAF).

Although many men managed to escape New Britain by boat the overwhelming majority were captured by the Japanese. On 3 February 1942, 160 prisoners were massacred at the Tol Plantation on the shores of Wide Bay. On 1 July 1942, 845 Australian soldiers and 208 civilian internees, captured on New Britain and New Ireland, were killed when the Japanese transport *Montevideo Maru* was mistakenly sunk by the submarine *USS Sturgeon*. Another 60 Australian officers, six army nurses, 17 civilian nurses and female missionaries on board *Natuno Maru* reached Japan sometime later. There they remained

until liberated in September 1945. New Britain remained the main Japanese base throughout the Pacific War and it was from here that subsequent Japanese campaigns such as Kokoda and Guadalcanal were launched.

As a side note, 11 September 1914 marked Australia's first overseas operation as country. The Australian Naval & Military Expeditionary Force (ANMEF) seized the German wireless station at Bita Paka, near Rabaul, leading ten days later to the formal surrender of German New Guinea to Australia.

THE WALK TODAY

The Lark Force Wilderness Track is a 10-day walk and direct flights leave Cairns with Air Niugini weekly. While the modern settlement of Rabaul is located in Kokopo, the heart of the old Rabaul lies on the other side of Simpson Harbour along Mango Ave. It is here that Susie McGrade and the Rabaul Hotel are situated. Susie is one of the main drivers of the Rabaul Historical Society.

The first day comprises of site seeing and acclimatisation around the old township, including visiting the New Guinea Club which has survived volcanic eruptions, Japanese occupation, allied bombing and among other things once had Errol Flynn as a member. The whole of Rabaul is lined with over 200km of underground tunnels built by





slave labour during WWII. Susie even has a fortified concrete bunker system inside the grounds of her hotel. Yamamoto's bunker can be explored along with a visit to the Japanese Peace Memorial and Rabaul Yacht Club.

Day two starts off with a visit to Bita Paka War Cemetery and a chance to participate in a short memorial service for the Australian POWs who died in Australia's greatest tragedy at sea, the sinking of the *Montevideo Maru*. Then it's time for vehicle transfer to Arabam, near the headwaters of the Warangoi River, 30km southwest of Kokopo. Here you're met by local porters and guides before hiking to Maranagi village. There are creek crossings with rocks and log bridges to navigate. Accommodation is in the village guesthouse.

On the third day you trek to Rigel village, then to Lamingi to view Father Meirhofer's grave. The trek then moves southeast towards Adler Bay. Imperial Japanese Army positions litter the track en route to Mt Uragi. After a rewarding days slog, camp is prepared near the upper reaches of the Merai River. On days four and five the trek continues southeast to the Arrakus Creek area then onto Mt Uragi and Adler Bay village on the South Coast.

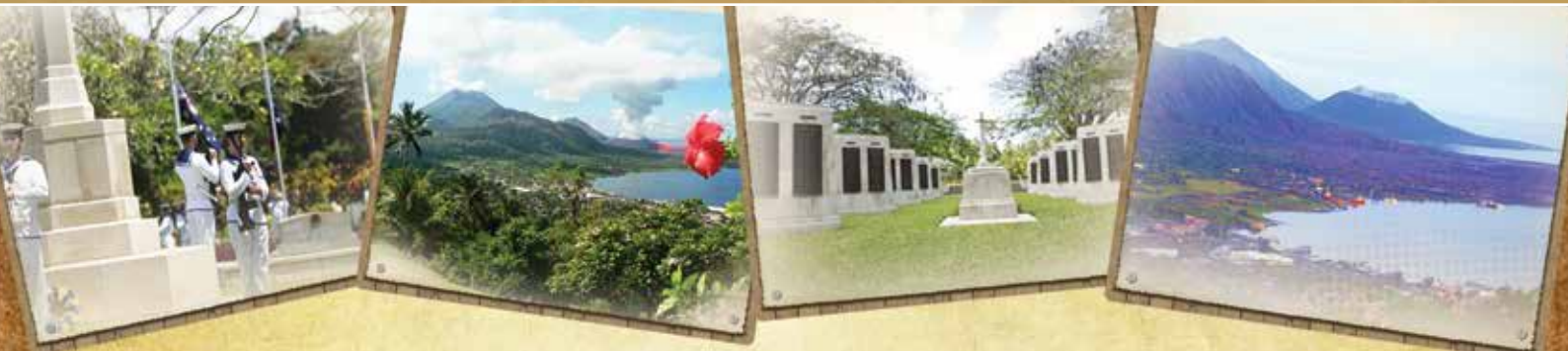
On day six you cross the headland after Eber Bay and walk along the coastal track to Kuluraka, taking care with the deep creek mouth at Murim Creek. Arriving at Karong village you experience the local customs and traditions of the Toli people.

On the morning of the seventh day you walk along the coastal track past Jammer Bay before continuing to Marunga village where

we will set up camp. The group arrives at Tol Plantation by banana boat on day eight. This is the site of the Australian POW massacre and a short service will take place at the Tol Memorial. After spending the night at Tol, you board a larger vessel on day nine and steam back to Rabaul for the flight out the next day.

The Lark Force Wilderness Track is a challenging but fulfilling walk that honours fallen Australian soldiers on a Pacific island and in a battle most of us have never heard of. We shall remember them. ■

For more info on the Lark Force Wilderness Track and visiting Rabaul for the 70th Anniversary of the VP Day visit www.kokodahistorical.com.au. The next trek is 17-26 August 2015.



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the war in New Guinea
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Join this 6 day fully guided tour of Rabaul where we will explore the battlefields and remember the war in the Pacific. You will participate in the official 70th Anniversary Commemoration and visit the WWII sites such as the Montevideo Maru Memorial, Bita Paka War Cemetery & much more.

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The Last Post speaks with John Bale

John Bale is founder and CEO of Soldier On. Soldier On helps physically and psychologically wounded members of the Defence Force. John recently took time out to speak with The Last Post about the work being done by his organisation.

The Last Post: Thanks for joining us here at The Last Post, John.

John Bale: A real pleasure, Greg.

TLP: Tell us a bit about Soldier On, John. How did it come about? How did you get it up and running? It's grown so quickly.

JB: Yes, it really has. Part of the narrative has been the huge support we've received from the Australian public. It started out as the result of the death of a mate of mine, Michael Fussell who was killed in Afghanistan in 2008. What I noticed as a result of Michael's death was the support for his family was phenomenal but the support for families of others that were wounded in the same incident didn't exist because, a, most Australians didn't know about it and b, really didn't have a conduit in which to support those individuals. That was different to other countries, especially our coalition countries we'd been fighting with in Afghanistan and Iraq. Compared especially to the UK and US who have a number of organisations who help the wounded and they'd been really able to coral the community for support for these individuals and their families of the wounded. That was really the genesis so with my wife and a mate of mine, we decided that we would do something and, lo and behold, it is where it is.

TLP: It's quite incredible. I was looking at the Soldier On website and for those that want to check it out, it's an amazing thing. You got, seemingly so much support there and I guess that's what it's all about – for you to know you're not alone and, down the track for the physically and mentally wounded service people to know they're not alone also.

JB: Yes, absolutely. When you were talking about how it's grown so quickly, that was one of the most important parts, when General Peter Leahy, who at the time we approached him to be a Patron immediately said "yes". And from there, he's turned into our Chairman. Having someone of that calibre and at that level, obviously as former Chief of Army at a time when we were embroiled

in the middle-east and elsewhere, having him support us at the start gave us immediate legitimacy. From that start we were then able to get all these other people onboard. That has really allowed us to build that legitimacy and, as you said, to show those that have been wounded and their families that they're not alone. Also, that either a lot of people that had sent them there and, or had been in command of them while they were there, still care about them, as does the Australian public.

TLP: Yes, and the testimonials must be amazing, through word of mouth obviously because that's one of the reasons this has spread. Have you been in contact with Soldier On in Canada?

JB: Yes, we were very lucky to partner with Soldier On in Canada for the South Pole exhibition so it was actually Team Soldier On was known as the Commonwealth Team originally then they changed it to Team Soldier on so, yes we had two Australian soldiers and they had two of their soldiers participating in



“WE FIND THAT ONE OF THE KEY THINGS THAT THOSE AFFECTED BY THEIR SERVICE WANT TO DO, IS TO GET BACK TO THEIR MATES AND THEY DO THAT BY VOLUNTEERING WITH US AS WELL.”

the team, so yes we've been talking to them. Soldier On, Canada is actually part of the Canadian Forces, so it sits in a very strange position, being part of that countries armed forces and being a charity. They've been around a lot longer than us and we've been learning from them as well. They are really amazing people and have been fantastic in supporting us. This is another thing we've been quick to jump on, to recognise this has been done before, overseas and there's so much we can learn in how to help, assist those that have been wounded. That has really helped us. We're not re-inventing the rule book.

TLP: Yes, it's quite inspiring for Australians, once again, if you go to the website, to see the events that Soldier On has around Australia, it's amazing.

JB: Yes, we've got a huge range of events that are based on the building of communities, of building a community around and inside those that have been affected by their service. We've put a lot of work into creating a whole range of activities, not only physical but to ensure that individuals can build up their skills to empower them through employment opportunities. A range of activities to help on that road to recovery, to re-inspire and for those involved to build themselves up. For families too, noting that families have usually taken a considerable weight and load and they are often the unsung heroes, so we'll be supporting them also. That's one of the really great things we're doing, in the event that you need help, if for instance you discharge from the forces and you find that hard to fill. Much better to be able to ring up a new mate who's been through something similar to you, to talk about that and through the spouses and families, to build up a new network. There's a lot of people who have been through this and they can support each other.

TLP: The events you're involved in reflect that. Be it something so seemingly simple like morning tea or even in surfing or mountain climbing. You've got cycling and 5k runs. It's about centred on feeling good, self-belief, I guess, being able to communicate both physically and verbally.

JB: Absolutely. A lot of the things we've spoken about, with the building of the community, that's a subset. With things like the surfing, you don't go there to build up a network, you go there first up to learn how to surf. But the underpinning of that is that the surfing is just part of that, the rest will follow. The whole package is to build up friendships and, once again, a community. The great thing about these activities is that there's

teamwork involved, there's new learning and a lot of parallels to being back in the military, except this time you get to share it with your family. All of that allows for some really fantastic growth and healing.

TLP: Yes, a lot of this comes from within, which is what you're aiming at. What about the sailing?

JB: We couldn't have done that without the Royal Perth and the South of Perth Yacht Club in Applecross. Both of them have supported us and this idea whole heartedly. They've been fantastic with their time and resources and also in helping the community with increased awareness of what's happening. They've actually given us a yacht, called Soldier On. And we, naturally enough sail that when we're there.

TLP: I'll have to get over there and get in the way.

JB: Great, we'd love to see you there.

TLP: How can people help Soldier On?

JB: there's a number of ways but the biggest way is to help with our fundraising and donate. We don't get any government support so it's very much a community-led activity. To take part in fundraising and donations ultimately gets you closer to the people you're helping. We do encourage the wounded and their families to get involved in that part of it so the community gets a better idea of their story while they're fundraising for them. And you get to see some smiling faces too. There's always a lot more that can be done. And it's not always about money. Sometimes people can offer their time or "things". So in-kind giving is also very much appreciated.

TLP: Yes, so whether it's time or money or an in-kind donation, it allows John and the team at Soldier On to continue their great work in helping the physically and mentally wounded veterans and soldiers in the recovery process. The future for Soldier On, what's up next?

JB: We want to have established across

Australia what we call, Reintegration, Recovery Centres. We've got three set up at the moment, one in Adelaide, one in Canberra, where I am and one in Sydney. We'd like to see those replicated across Australia, with a small number of core staff. We already have volunteers. We find that one of the key things that those affected by their service want to do, is to get back to their mates and they do that by volunteering with us as well. That's the core thing, the future for us. We want to establish these centres around Australia and we are then looking to set-up a Centre for Excellence, a larger facility that can in-house a lot of what we're doing at a higher level, with a larger scope, in Sydney. We're working on the funds for that, which you can imagine is quite considerable. Big plans but the men and women who have been through this, and their families, deserve nothing less.

TLP: Great stuff John. A lot of veterans appreciate your work daily, by participating and, as we said, word-of-mouth is important. We know Soldier On is doing some great work and will continue to do so with the support of the Australian public. Thanks very much for being part of this important edition.

JB: Thanks so much for your interest, Greg. Remember too, our website www.soldieron.org.au. ■

Advertisement



Authorised by the Queensland Government, George St, Brisbane.



A Modern tribute with old-fashioned values

There is no doubt most thinking Australians, military and civilian, appreciate the hardships faced by today's service men and women but there are few opportunities for people to actually express that appreciation publically.

In the lead-up to commemorations for the Gallipoli campaign, all Australians are being asked to share an online Diggers Tribute to remember our diggers of old, and to show our younger diggers across all services that we have their backs.

Stephen Davie, the head of Military Shop, says the online tributes will show our country's appreciation and pride for the men

and women who have continued to serve our nation in the tradition of our early diggers.

"Whether it's you, a family member, or a mate who served, this is a chance to reflect on your own experiences or to pay tribute to others," he said. "#DiggersTribute is a simple idea where everyone – from mums and dads through to the Chiefs of Services – can share a picture and message that shows we are thinking about service. It doesn't have to be a great photo, or even a new one. It just needs to be honest."

Mr Davie, whose company has supported all Services in commemorating major milestones, says even those without a personal or family link to service can contribute.

"I have a good mate who served for 26 years with Army. His two boys followed him into service in a family tradition of service to Australia that goes back to the Boer War. He lost his youngest to the effects of PTSD nine

years ago and also lived through a parent's anxious and sleepless nights as his remaining son deployed for three tours in Afghanistan. His oldest boy, like many who fought for our country, is also combating PTSD. Yet despite all that has happened they are a family proud of service. I, we, pay tribute to them."

"That's what the #DiggersTribute initiative is about. Paying tribute to service, long ago and now, and respecting the impacts it can have on Service people and their families. But it is also about our pride in service because that pride is justified."

"We've made it so easy to do even people who have never used social media will manage it and we are also giving away hundreds of gifts to inspire people to join in." ■

To see the Diggers Tributes or to add your own, go to www.militaryshop.com.au/DiggersTribute.





Ray Wilson: Still fighting a good fight

Ray Wilson is a striking figure of a man. At 30-years-of-age he is training as a semi-professional mixed-martial arts fighter and winning more bouts than he loses. He is in his prime - physically at least.

Emotionally he is coping with the impacts of posttraumatic stress; his own, in the mates' he served with, and also the devastation of losing his little brother to PTSD soon after the pair returned from a deployment to Timor back in 2006.

Ray doesn't talk about his PTSD, other than acknowledging he has it and is "working on it". The former Sergeant with the Intelligence Corps is a veteran of three tours in Afghanistan and despite having a military heritage that he can trace back to Australian service in the Boer War and service with the British in the American War of Independence, he has accepted that he can no longer soldier. Ray was recently discharged because of his PTSD. After 13 years in uniform, and the dream of soldiering since boyhood, he is adapting to civvy life.

"We certainly have a strong military presence with our family and I decided at a very young age that that was what I was going

to do," he says. "My father has been a soldier as far back as I can remember and I certainly looked up to him, seeing him in the uniform. So once I finished college I was straight down to the recruiting office to join and follow in the footsteps of my family. Subsequently my brother followed me a couple of years later.

"Service, and my perspective is particularly in the Army, is answering a call to something a little bit higher than yourself. And rather than having just a job, you have a lifestyle that comes with the essentials of mateship, honour and integrity."

Despite his own needs to adjust to civvy life, Ray, who learned with his brother's suicide that PTSD can rob families of the ones they love, shares more concern for the mates impacted by service and the families of those who serve, than for his own situation.

"The impact it is having on families, particularly spouses, and the parents of serving members - whether its exercise, operational or courses - it is a huge impact on the family environment. I think a lot of recognition is lost for the spouses and families of serving members. We spend a lot of time remembering those who've served but behind most of our great soldiers is a wife, children, brothers, sisters, uncles, and fathers... I've got mates who are a first generation soldier and their families have to learn the hard way what soldiering is about. I have the luxury of being born into a family of soldiers, sailors and airmen, so I sort of had

some understanding of what was expected of me."

Ray recognises that Australia's recent operational tempo, which has seen thousands of service men and women rotate in and out of areas of operation with sometimes little time between rotations, has had an impact on many who served but insists that understanding and support can make a major difference to how people cope.

"We've been involved in a number of operations across a number of different fronts with a lot of commitment and it's important to support these people (who serve) because not everyone comes back well.

"There is a big cost to soldiering and it's very important to acknowledge the service of the contemporary veteran and support them, particularly with their reintegration into society - into the civilian world if that's where they're going to go, so they can be a member of the nation that they served without feeling ostracised."

Australia in the Great War is proud to support Soldier On and the work this dedicated team is doing to for the rehabilitation of those wounded, both physically and emotionally, by service in today's wars. ■

If you want to know more about Soldier On, or need support, please visit soldieron.org.au/need-help. You can also contact Lifeline on 13 11 14.



History is helping today's diggers

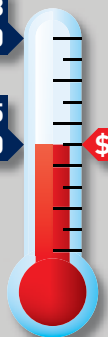
Please support today's diggers as we commemorate those who served in the Great War and other conflicts. Through *Australia in the Great War* we're raising much needed funds to help Soldier On continue its life-changing work with servicemen and women who have been wounded, physically and mentally, in places like Afghanistan and Iraq. In just 12 months we've raised \$250,000. By the centenary of Armistice in 2018 let's make this \$500,000. Ten per cent of every *Australia in the Great War* and *Gallipoli 100* purchase goes directly to Soldier On.

(10% donation to Soldier On from all wholesale and retail sales through Military Shop)

Armistice 2018
\$500,000

Anzac Day 2015
\$250,000

\$250,000





70 years on, radio man honoured for his bravery after flak attack

By Natasha Boddy

It was the height of World War II and on the night of March 13, 1945, under the cover of darkness, Halifax RG384 set out to carry out an attack on Frankfurt.

Adelaide man Kevin Dennis, a wireless operator and gunner who had worked as a bank clerk before enlisting in the Royal Australian Air Force, was on board when the mission took a terrifying turn for the worse.

After successfully carrying out the mission, the bomber was hit by flak, the flight engineer killed and the navigator and Mr Dennis badly wounded. The aircraft was so badly damaged it could not return to England and, although most of one foot was severed and his other leg wounded, Mr Dennis refused to leave his seat and continued relaying messages until the aircraft crashlanded at an airfield in France.

Months later, in May 1945, as Mr Dennis lay recovering in hospital, King George VI approved the award of the Conspicuous Gallantry Medal to him, the highest honour after the Victoria Cross and one of only 10 awarded to members of the RAAF during World War II.

Mr Dennis' medal eventually arrived in the mail, without much fuss or fanfare, although his courage had been described by King George as "of the highest order".

It may have taken seven decades, but on Sunday at the seventh annual Bomber Command Commemorative Wreathlaying Ceremony at the Australian War Memorial, the 89-year-old finally received the public recognition he deserved.

Applause rang out and those in attendance steadily rose to their feet as Mr Dennis made his way, with the aid of a walking stick, through the crowd to shake the hand of Governor-General Sir Peter Cosgrove.

A humble Mr Dennis, who lives in Adelaide, said the recognition was "a big thrill" that had been "entirely unexpected".

"It's a great recognition. It's something that normally anybody else would have done in the same circumstances but I happened to be there and I happened to be recognised – one of the many," he said.

Mr Dennis said it was sad remembering his fallen comrades. "You've got to think of all the people that you knew during the war and aren't here to join us," he said.

His son John said seeing his father recognised made for "a very special moment".

"It's one of those things that they won't tell you much as you're growing up. I was probably over 40 before he'd open up – I basically said to him if you don't tell me, it's going to die with you. It's a pretty interesting story – he's had it pretty tough. I'm pretty proud of him."

Dozens of people braved cooler temperatures and rain to pay their respects to the 10,000 Royal Australian Air Force personnel who served with Bomber Command during World War II and to remember the 4050 who were killed.

The ceremony coincided with the release of a commemorative collectable coin to mark the 70th anniversary of the retirement of the Avro Lancaster W4783, affectionately known as "G for George". ■

A commemorative coin can be bought online for \$13.50 through the Royal Australian Mint or through the Australian War Memorial shop.

Have you thought about Low Level Laser to treat pain?
(or Tinnitus, Migraine, Fibromyalgia.... the list is so long we can't mention everything here!)



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www.yourhealthygp.com

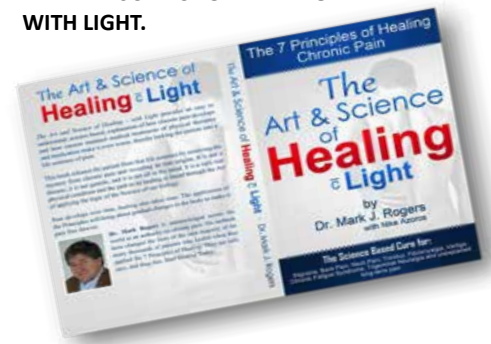
Laser Therapy has been successfully used to treat pain for a very long time. Europe and the Eastern Bloc countries have been using laser since the 1970's with enormous success. Australia is still in the process of accepting this astonishing method of healing, but Dr Mark Rogers, Founder and CEO of Yourhealthygp has over 16 years of experience with Low Level Laser. He has trained and studied in Southern Germany, Prague, Canada and the U.S.A, and keeps up to date with the latest advances in lasers.

A childhood injury (when hit in the head with a swing) caused him Migraines, Tinnitus and back pain for many years. When he discovered the benefits of LLLT for soft tissue injuries, he resolved to help others benefit from the technology, not only because of its effectiveness, but also because it is:

- Non-invasive
- Non-toxic
- Easily applied and painless
- Perhaps more importantly, there has NEVER been any adverse effects.



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



NOW FOR SOME TERRIFIC NEWS

April is a great month for those in pain. The first step on your path to being pain free is an hour-long initial appointment, when your medical condition is discussed and assessed, and a digital image is taken, like the one below.

BEFORE & AFTER DIGITAL IMAGES
OF A PATIENT WITH NECK/BACK PAIN



The standard cost is \$100.00, but for the month of April 2015 we are offering a free assessment. So....if you are in pain (or have Migraine, Tinnitus, or Fibromyalgia) and would like some help, call us and book an initial consult.

You have nothing to lose but your pain.

Breakthrough on chronic pain

By Sue McGreevey, Massachusetts General Hospital Public Affairs

New imaging study paves way for potential new treatments. For the first time, scientists have found evidence of neuroinflammation in key regions of the brains of patients with chronic pain, according to a new study from Massachusetts General Hospital (MGH), a Harvard affiliate.

By showing that levels of an inflammation-linked protein are elevated in regions known to be involved in the transmission of pain, the study paves the way for the exploration of potential new treatment strategies. Published online in the journal *Brain*, the study also identifies a possible way around one of the most frustrating limitations in the study and the treatment of chronic pain — the lack of an objective way to measure the presence or intensity of pain.

“Finding increased levels of the translocator protein in regions like the thalamus — the brain’s sensory gateway for pain and other stimuli — is important, since we know that this protein is highly expressed in microglia and astrocytes, the immune cells of the central nervous system, when they are activated in response to some pathologic event,” said Marco Loggia of MGH-based Martinos Center for Biomedical Imaging, the lead author of the report.

“Demonstrating glial activation in chronic pain suggests that these cells may be a therapeutic target, and the consistency with which we found glial activation in chronic pain patients suggests that our results may be an important step towards developing biomarkers for pain conditions,” explained Loggia, an assistant professor of radiology at Harvard Medical School.

While numerous studies have clearly associated glial activation with persistent pain in animal models, none have previously documented glial activation in the brains of humans with chronic pain. The current study initially enrolled 19 patients with chronic lower-back pain and 25 healthy controls. In a subset of 10 patients and nine pain-free controls — carefully selected from the initial larger group based on sex, age, and genetic characteristics — brain imaging studies were conducted with the Martinos Center’s integrated PET/MR scanner using a new radiopharmaceutical that binds to the translocator protein (TSPO).

Loggia and colleagues found that the levels of the protein in the thalamus and other brain regions were significantly higher in patients than in controls. The PET signal increases were so remarkably consistent across participants, Loggia noted, that it was possible to spot which were the patients and which were the controls just by looking at the individual images prior to detailed statistical analysis of the data.

Another interesting finding was that among the patient participants, who had been asked to report their current levels of pain during the imaging session, those with the highest levels of TSPO reported lower levels of pain.

Loggia explained, “While upregulation of TSPO is a marker of glial activation, which is an inflammatory state, animal studies have suggested that the protein actually limits the magnitude of

glial response after its initiation and promotes the return to a pain-free, pre-injury status. This means that what we are imaging may be the process of glial cells trying to ‘calm down’ after being activated by the pain.

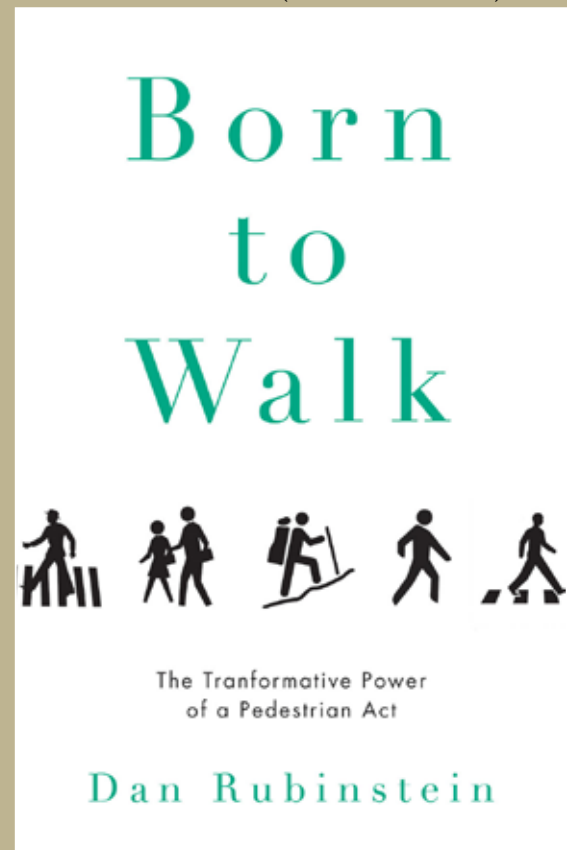
“Those participants with less pain-related upregulation of TSPO may have a more exaggerated neuroinflammatory response that ultimately leads to more inflammation and pain. While larger studies would be needed to further support this interpretation, this evidence suggests that drugs called TSPO agonists, which intensify the action of TSPO, may benefit pain patients by helping to limit glial activation.”

Loggia noted that the ability to image glial activation could identify patients for whom the drugs targeting the process would be most appropriate. Future studies should investigate whether the same glial activation patterns are seen in patients with other forms of chronic pain or whether particular “glial signatures” differentiate specific syndromes or pathologic mechanisms. ■

Additional co-authors of the *Brain* paper include senior author Jacob Hooker and Bruce Rosen of the Martinos Center. Support for the study includes grants from the National Institute of Neurological Disorders and Stroke, National Center for Advancing Translational Sciences, and the National Center for Research Resources.

News.harvard.edu/gazette.

New from ECW Press (NewSouth Books)



2015 Gottschalk Medal awarded for studies of cell life and death

Structural biologist Dr Peter Czabotar has won the Australian Academy of Science's 2015 Gottschalk Medal for his research to understand the proteins involved in cell life and death.

The Gottschalk Medal, named in honour of biochemist Dr Alfred Gottschalk, recognises outstanding research in the medical sciences by young and mid-career scientists.

Dr Czabotar, a laboratory head in the institute's Structural Biology division, is discovering the three-dimensional shapes and structures of key proteins involved in cell death, at the atomic scale. The research will help to improve our knowledge of the key structural and molecular changes that control cell death.

"The body has to eliminate unnecessary or diseased cells in the body in a controlled way," Dr Czabotar said. "Programmed cell death – or apoptosis – is controlled by

a delicate balance of pro-survival and pro-death proteins in the cell that tell it when to live or die."

In diseases such as cancer, there is an abundance of pro-survival proteins, making these cells resistant to programmed cell death.

"Using scientific facilities such as the Australian Synchrotron, we have discovered the structure of key pro-survival and pro-death proteins, helping us to determine how these proteins are switched on or off to trigger death," he said.

"This has already enabled the development of drug-like compounds that could potentially treat disease, for example compounds that block pro-survival proteins in some cancers, forcing the cancer cells to die."

While cell death evasion occurs in diseases such as cancer, other disorders such as neurodegeneration occur when cells die too rapidly. "By preventing cell death we may be able to treat these debilitating conditions," Dr Czabotar said.

Dr Czabotar said he was honoured to win the 2015 Gottschalk Medal. "Science is a collaborative venture, and I am extremely

grateful for the support and expertise afforded to me by my colleagues," Dr Czabotar said. "In particular, I am very thankful to Professor Peter Colman, head of the institute's Structural Biology division, for the leadership and guidance he gave me while establishing my research career."

Institute director Professor Doug Hilton congratulated Dr Czabotar on receiving the Gottschalk Medal. "Peter is a remarkable researcher who has made an incredible contribution to cell death research," he said. "In 2013, Peter won the institute's Burnet Prize which recognises our outstanding early-career researchers, so it is pleasing to see him receive national recognition for his achievements."

Previous winners of the Gottschalk Medal from the institute include Professor Ben Kile (2013), Professor Gabrielle Belz (2008), Professor David Vaux (2000), Professor Doug Hilton (1998), Professor Alan Cowman (1993), Professor Nick Nicola (1986) and Professor Tony Burgess (1981). ■

Discover a rare and stylish way of retirement living, by a name you can trust.

RSL Care SA is a proud not-for-profit charitable care provider serving the ex-service and wider community for almost 100 years.

Whilst being a separate entity, there are close ties to the Returned & Services League of Australia (SA Branch). RSL Care SA offers all South Australians a number of options for retirement living, residential aged care and affordable housing in various locations throughout South Australia.

RSL Care SA is committed to continuing to provide care and support services, with the recent purchase of Hamilton Retirement Village and Sturt Village in the inner south western suburbs. Now, they are pleased to announce a rare and special style of retirement living in Adelaide's eastern suburbs, with two unique and beautiful homes in Myrtle Bank.

To look over the plans and discover a new, sophisticated and stylish way of living in retirement, call Jodie on 0408 400 839 or visit rslcaresa.com.au.

Built for the discerning retiree, these two, stylish and architecturally designed three bedroom homes also feature:

- Clever north-facing aspects, which offer plenty of light and space
- Double garage with automatic roller door and internal access
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- Ducted reverse cycle air-conditioning and solar panels
- Access to the adjacent retirement village's dining room where residents can enjoy the option of a 2 or 3 course meal or light meals from the onsite café.
- Opportunity to be amongst like-minded veterans - to date the village is primarily occupied by veterans or their spouses.
- Join in and experience significant on-site celebrations for Anzac Day, Remembrance Day etc

Ideally located in close proximity to public transport means the city is within easy reach via Glen Osmond Road or Fullarton Road.

What's more, access to Burnside Village, Unley Shopping Centre, the Arkaba precinct and a variety of restaurants, shopping, cafes and medical facilities are close by. ■

new release

discover retirement living at myrtle bank

Welcome to a unique retirement living opportunity in Adelaide's eastern suburbs.

Nestled in a quiet, tree-lined street in Myrtle Bank and only minutes from transport, restaurants, shopping and entertainment, you'll discover the finest life has to offer.

RSL Care SA is building two architecturally designed 'five-star' homes, set within lovely gardens and private surrounds. Each home boasts three spacious bedrooms with double garages and will be fitted with all the modern day conveniences - offering you a sophisticated lifestyle second to none.

Even better, you won't have to lift a finger, as your front garden and general maintenance is maintained by RSL Care SA.

To discover a new sophisticated, and stylish way of living in retirement. Call Jodie on 0408 400 839.



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4 Glenrowan Avenue, Myrtle Bank

NEW GENOME EDITING TECHNOLOGY HELPS STUDY AND TREAT BLOOD CANCERS

Melbourne researchers have developed a new genome editing technology that can target and kill blood cancer cells with high accuracy.

Using the technology, researchers from the Walter and Eliza Hall Institute were able to kill human lymphoma cells by locating and deleting an essential gene for cancer cell survival.

The research, published in the journal *Cell Reports*, provides a 'proof of concept' for using the technology as a direct treatment for human diseases arising from genetic 'errors'.

Dr Brandon Aubrey, Dr Gemma Kelly and Dr Marco Herold adapted the technology, called CRISPR, to specifically mimic and study blood cancers. The Walter and Eliza Hall Institute has one of the most advanced CRISPR laboratories in Australia, established and led by Dr Herold.

Dr Aubrey, who is also a haematologist at The Royal Melbourne Hospital, said the team used the CRISPR technology to target and directly manipulate genes in blood cancer cells.

"Using preclinical models, we were able to kill human Burkitt lymphoma cells by deleting

MCL-1, a gene that has been shown to keep cancer cells alive," he said. "Our study showed that the CRISPR technology can directly kill cancer cells by targeting factors that are essential for their survival and growth. As a clinician, it is very exciting to see the prospect of new technology that could in the future provide new treatment options for cancer patients."

The CRISPR/Cas9 system works by efficiently locating and targeting particular genes of interest in the whole genome. It can either target the gene to introduce mutations that make the gene non-functional, or introduce changes that make mutated genes function normally again.

Dr Herold said pharmaceutical companies around the world were already investing millions of dollars to develop CRISPR as a tool for treating genetic diseases such as cancer.

"There is a lot of excitement and a significant amount of resources being invested worldwide to use CRISPR technology for treating patients," Dr Herold said. "The technology can directly target any gene in the person's genome, therefore overcoming many common drug development problems.

"In our study, we showed for the first time that it is possible for CRISPR technology to

be used in cancer therapy, however CRISPR is a unique approach that could potentially be used for treating any disease that is caused by genetic mutations. The speed at which we are now able to make specific changes in the DNA will also accelerate basic research discoveries in the lab," Dr Herold said.

More than 50 research groups from around Australia have sought Dr Herold's expertise and are working with the laboratory to adapt the technology for their own research.

Dr Herold said CRISPR was a very new technology with many advantages over existing tools. "CRISPR is a rapid, easy and efficient technology with the best results for genome editing," he said.

"In addition to its very exciting potential for disease treatment, we have shown that it has the potential to identify novel mutations in cancer-causing genes and genes that 'suppress' cancer development, which will help us to identify how they initiate or accelerate the development of cancer.

"The technology dramatically shortens the time frame for fundamental research, allowing us to speed up the discoveries that could be translated to better diagnostics and treatments for the community."

The research was supported by the National Health and Medical Research Council, Leukaemia Foundation, Kay Kendall Leukemia Fund and Victorian Government. ■

SUPPORT RED CROSS CALLING

As Australia prepares to commemorate the landing of the first ANZAC troops in Gallipoli 100 years ago, Red Cross asks that we also remember to support Red Cross Calling.

Just like the thousands of Red Cross volunteers who worked so hard to support our ANZAC troops in 1915, Red Cross volunteers still continue to care for those who need it most.

In years to come, many people will still turn to Red Cross for help in times of crisis and Red Cross is determined to be there when they do.

Red Cross Calling is the one time of year when local Red Cross members, community groups, schools and individuals can all work together to raise money for Red Cross through street collections, fundraising events or neighbourhood doorknocks. ■

To make a donation, or to find out how you can get involved with Red Cross Calling go to redcrosscalling.org.au or phone 1800 008 831.



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Phone 1300 736 995 for all appointments.

Veterans and Hearing loss

As a War Veteran you would undoubtedly have been exposed to a high degree of loud noise. Such exposure can result in a noise-induced hearing loss. This hearing loss is permanent in nature (a sensorineural hearing loss) and affects the high frequencies such as high pitch sounds like women's voices, children's voices and the consonants of speech. The low-frequency hearing is still usually good. However, because background noises are often low in pitch, this hearing loss creates difficulties hearing and understanding speech, especially in noisy situations like restaurants and other gatherings.

Hearing can decline in both volume and clarity, so no two individuals will have exactly the same difficulties. Many people also suffer from Tinnitus – a noise noticeable in the head or ears in the absence of an external noise. For some people tinnitus is annoying, for others it can be very disturbing. Wearing a hearing aid often helps to mask this tinnitus and reduce the disturbance.

It is important to have a full diagnostic hearing test that evaluates all of these parameters. This helps determine if amplification would be of benefit and gives an indication of how successful hearing aids would be. If hearing aids are recommended, it is ideal to wear them all day. Amplification from hearing aids stimulates the auditory nerve and keeps that hearing nerve active as well as helping to maintain clarity.

Let hearing aids become part of your everyday life. This will enhance your quality of life as you won't feel left out of conversations; you can join in all the activities you enjoy; hear all your family and friend's conversations; improve your balance by being more aware of your surroundings; and improve your overall general health.

Australian Government Hearing Services Program for eligible Veterans

The Australian Government Hearing Services program provides eligible people with access to hearing services at no cost, including hearing assessments, management, advice and support, and the fitting of fully-subsidized hearing devices where needed. This may be in the form of hearing aids, a TV device, FM unit, doorbell etc. The program is managed by the Office of Hearing Services in the Department of Health.

Are you eligible?

You are eligible for this program if you are:

- The holder of a Gold Repatriation Health Card – for all conditions
- The holder of a White Repatriation Health Card – for conditions that include hearing loss
- The holder of a DVA Pensioner Concession Card
- Dependent or spouse of one of the above categories.

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Australian Government

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- The Stepping Out Program, a 2-day 'transition' program for ADF members and their partners preparing to leave the military
- Changing the Mix, a self-paced alcohol reduction correspondence program
- Operation Life Workshops
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www.dva.gov.au/health/vvcs

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

WVCS



Veterans and Veterans Families Counselling Service

A service founded by Vietnam veterans

'HEALTHY' FAT TISSUE COULD BE KEY TO REVERSING TYPE 2 DIABETES

Preventing inflammation in obese fat tissue may hold the key to preventing or even reversing type 2 diabetes, new research has found.

Researchers from Melbourne's Walter and Eliza Hall Institute, with colleagues from the RIKEN Institute, Japan, found they could 'reverse' type 2 diabetes in laboratory models by dampening the inflammatory response in fat tissue.

Dr Ajith Vasanthakumar, Dr Axel Kallies and colleagues from the institute discovered that specialised immune cells, called regulatory T cells (Tregs), played a key role in controlling inflammation in fat tissue and maintaining insulin sensitivity. The findings were published in the journal *Nature Immunology*.

More than 850,000 Australians are estimated to have type 2 diabetes, which is the most common type of diabetes, and its prevalence is rising. The disease is strongly linked with 'lifestyle' factors, such as being overweight or having high blood pressure. Long-term complications of type 2 diabetes

include kidney, eye and heart disease, and there is no cure.

People with type 2 diabetes have reduced sensitivity to insulin, a hormone that normally triggers uptake of glucose by cells, and their cells no longer respond to insulin appropriately. This decrease in insulin sensitivity is thought to be a result of long-term, low-level inflammation of fat tissue in people who are obese.

Dr Vasanthakumar said Tregs acted as the guardians of the immune system, preventing the immune response from getting out-of-hand and attacking the body's own tissues. "When Treg numbers are reduced, inflammatory diseases such as diabetes and rheumatoid arthritis can occur," he said.

Recent studies have shown that fat tissue has its own unique type of Tregs, which disappear from fat tissue during obesity. "The fat tissue of obese people has lower numbers of Tregs than the fat tissue of people in a healthy weight range," Dr Vasanthakumar said. "Without Tregs, inflammation-causing cell levels increase, and this rise in inflammation can lead to insulin resistance and high blood glucose levels, a classic hallmark of type 2 diabetes."

The research team discovered a key hormone called IL-33 (interleukin-33) was

able to selectively boost Treg populations in fat tissue, effectively halting the development of type 2 diabetes, or even reversing the disease in preclinical models.

"Treating fat tissues with IL-33 restored normal Treg cell levels, which reduced inflammation and decreased blood glucose levels," Dr Vasanthakumar said. "Treatments that mimic IL-33 could have the potential to reduce obesity-related inflammation and type 2 diabetes."

Dr Kallies said the research underscored the importance of 'healthy' fat tissue in maintaining a healthy body. "We can no longer think of fat tissue simply as energy storage," Dr Kallies said.

"Fat tissue is increasingly being recognised as a crucial organ that releases hormones and regulates development. Keeping our fat tissue healthy is important for our general wellbeing, and our research highlights the important role it plays in preventing disease."

The study was funded by the National Health and Medical Research Council, the Australian Research Council, the Sylvia and Charles Viertel Foundation and the Victorian Government. ■

Article courtesy www.nature.com.

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Alzheimer's breakthrough uses ultrasound technology

Clem Jones Centre for Ageing Dementia Research director Professor Jürgen Götz and Queensland Premier Anastacia Palaszczuk at UQ's Queensland Brain Institute.

Queensland scientists have found that non-invasive ultrasound technology can be used to treat Alzheimer's disease and restore memory.

University of Queensland researchers discovered that the innovative drug-free approach breaks apart the neurotoxic amyloid plaques that result in memory loss and cognitive decline.

Welcoming the findings today at UQ's Queensland Brain Institute, Queensland Premier Anastacia Palaszczuk said they could have a wide impact for the community.

"The Government's \$9 million investment into this technology was to drive discoveries into clinics, and today's announcement indicates that together with the Queensland Brain Institute, it was a worthwhile investment," Ms Palaszczuk said.

"I want my Government to encourage more of this type of innovative research.

"Our Advance Queensland initiative aims to increase research and discoveries like this and to put this state's research at the forefront internationally by supporting local researchers and helping to keep them in Queensland.

"These exciting findings will hopefully be of benefit to all Australians in the future."

QBI Founding Director Professor Perry Bartlett said the discovery – a result of 'game-changing' work performed at the Queensland Brain Institute's Clem Jones Centre for Ageing Dementia Research – was made possible through the support of the State and Federal Governments and philanthropic support led by the Clem Jones Foundation. "The farsighted investment of government and philanthropic partners has allowed us to build the research excellence and capacity required to make major discoveries such as this," Professor Perry Bartlett said.

"I believe the work opens up an entirely novel avenue for future therapeutic treatment."

Clem Jones Centre for Ageing Dementia Research director Professor Jürgen Götz said the new treatment method could revolutionise Alzheimer's treatment by restoring memory.

"We're extremely excited by this innovation of treating Alzheimer's without using drug therapeutics," Professor Götz said.

"The ultrasound waves oscillate tremendously quickly, activating microglial cells that digest and remove the amyloid plaques that destroy brain synapses.

"The word 'breakthrough' is often misused, but in this case I think this really does fundamentally change our understanding of how to treat this disease, and I foresee a great future for this approach."

Alzheimer's affects more than two-thirds of dementia patients, and approximately a quarter of a million Australians.

The total number of dementia cases in Australia is expected to rise to 900,000 by 2050.

"With an ageing population placing an increasing burden on the health system, an important factor is cost, and other potential drug treatments using antibodies will be expensive," Professor Götz said.

"In contrast, this method uses relatively inexpensive ultrasound and microbubble technology which is non-invasive and appears highly effective.

The approach is able to temporarily open the blood-brain barrier, activating mechanisms that clear toxic protein clumps and restoring memory functions.

"With our approach the blood-brain barrier's opening is only temporary for a few hours, so it quickly restores its protective role," Professor Götz said.

Research has been conducted using mice with an Alzheimer's model, with the next step being to scale the research in higher animal models ahead of human clinical trials, which are at least two years away.

"This treatment restored memory function to the same level of normal healthy mice," Professor Götz said.

"We're also working on seeing whether this method clears toxic protein aggregates in neurodegenerative diseases other than Alzheimer's and whether this also restores executive functions, including decision-making and motor control." ■

Findings of the research, "Scanning ultrasound efficiently removes amyloid- β and restores memory in an Alzheimer's model", are published in the journal *Science Translational Medicine*. www.uq.edu.au.

WORDS OF WISDOM ON AGEING

A new online resource aims to change community perceptions of ageing and inform a positive ageing agenda.

Experiences of Ageing in Australia, a project initiated by Healthdirect Australia and led by La Trobe University, took researchers across the country to interview 56 older Australians in their own homes to find out what is important to them as they age and what it feels like to be getting older.

What the researchers discovered was at odds with what many associate with getting older - it's not all about illness, decline, doom and gloom - instead people continue to adapt and grow. The research revealed some common themes:

- The body winds down but ageing is not all bad.
- Wisdom, knowledge and acceptance come with age.
- Staying connected with family, friends and maintaining interests are important for ageing well.
- Older people are an untapped resource with a lot to contribute to society.

The research data has been published in an easily accessible website format to provide support and information for older people, their family and carers.

For example, many of the older people interviewed offered their advice about what is important for ageing well. Men advised

other men to keep up their interests or take up new hobbies as they retired such as playing golf, reading or gardening. Women emphasised the importance of keeping active physically and participating in social groups.

The value of the research is that it fills an important gap in our knowledge on the lived experience of ageing. By gaining insights into ageing from those who are actually experiencing it, the research also has the potential to inform the development of government policy and services for older people. The project participants wanted health providers to listen to them, to be tolerant, patient and understanding. They felt it was important that this was taught in health professional training as well as reinforced in the workplace. When it came to developing policy, older people had a clear message for Government, perhaps best summed by one of the participants, Barrie:

"We're not a burden on society, we've got something to contribute." ■

The research findings are freely available online as video, audio and written excerpts from the interviews. Visit: www.healthtalkaustralia.org to learn more.



Above: The research was officially launched by Senator The Hon. Mitch Fifield. He agreed we should talk positively about ageing and the opportunities an ageing population provides, saying: "The fact that we are an ageing population is unalterably a good thing. The fact I like is that we have 3,000 centenarians in Australia right now. An ageing population is a great opportunity for mentoring of younger people. We should be optimistic about this."



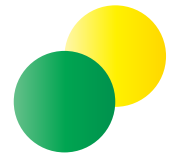
Above: Research participants Chris Jeffery, Nora Lee Maingard and Katherine Cummings share their personal experiences with policy makers and health service providers at the launch event in early March.

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- **Medicare CDM** patients require a 'Referral Form for Individual Allied Health Services under Medicare for patients with a chronic medical condition and complex care needs' for the management of their condition, (5 sessions per year).

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Dairy products are a great source of calcium, which are important for strong bones and teeth. However some varieties can be high in fat, specifically saturated fat. A diet high in saturated fat increases the risk of obesity, high cholesterol and other chronic health conditions like Type II Diabetes and Cardiovascular Disease.

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Avoid going to the supermarket when you're hungry

Always remember to write and bring a shopping list with you when you go to the supermarket. Being organised removes the temptation to buy unhealthy foods. It will also help your wallet when you reach the check out!

For more tips and information on how to find your nearest NJF Dietitian , please contact NJF Wellness on 1300 890 507.

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GOVERNMENT LAUNCHES MENTAL HEALTH APP FOR PAST AND PRESENT MILITARY PERSONNEL

A new mobile phone app to help serving and ex-serving ADF personnel manage stress and build their psychological resilience is available to download for free from the iOS app store and Android Google Play.

Minister for Veterans' Affairs, Senator the Hon Michael Ronaldson and Assistant Minister for Defence, the Hon Stuart Robert MP, officially launched the High Res app in March, saying it was part of the Australian Government's innovative approach to improving mental health outcomes for defence personnel and younger veterans.

"We recognise the unique nature of military service, which is why we are developing these specifically designed resources for the Defence and veteran community," Senator Ronaldson said.

"We also recognise the current generation of Defence personnel and younger veterans generally engage with support services differently to older veterans. That is why we are actively developing new products such as High Res."

The High Res app features two major functions:

'Stress Management' helps users manage their immediate reactions to a stressful situation. The app prompts users to test their physical, cognitive, emotional and behavioural reactions and helps them adjust their response with the use of tools on the app.

'Performance Training' helps to optimise mental performance with regular resilience training and will assist users to better respond to future challenges at work and in life.

The High Res app has been developed in collaboration with the Department of Defence and is based on Defence's BattleSMART self-management and resilience training program.

Minister Robert said the app used Cognitive Behavioural Therapy tools and

applied them to daily stress management and resilience training.

"We know we need to exercise our bodies to get fit, but how often do we exercise our minds? Being resilient means having the ability to deal with difficult situations and knowing the right response to use at the right time," Minister Robert said.

"The High Res app is like having a resilience toolbox in your back pocket to use whenever you feel the need to. Ultimately, it will help manage stress and over time build mental strength."

High Res is the latest example of DVA and Defence using emerging technology to help the defence community, including families, to raise awareness of mental health issues and improve access to professional support.

Other samples include the At Ease website, the PTSD Coach Australia and ON TRACK with the Right Mix mobile apps. ■

For more information, people are encouraged to visit the At Ease website, www.at-ease.dva.gov.au.

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WHEN returned serviceman Ralph recently came across an advertisement for a Bidet toilet seat, he honestly felt, from the things he was reading, that this could quite possibly be the answer to his prayers.

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He felt that with some of his long experience medical conditions including hemorrhoids and some personal issues for Caroline, the fact that the Bidet could wash and dry them both without the need for toilet paper, would prove very beneficial and provide much needed relief and peace of mind.

Making some initial inquiries, Ralph and Caroline were amazed to see the features that were now available. Apart from comfort and health factors, the warm seat, warm water wash, and a warm air dryer could all be operated and adjusted via a simple-to-use remote control unit.

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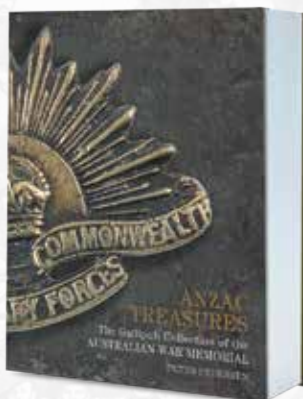
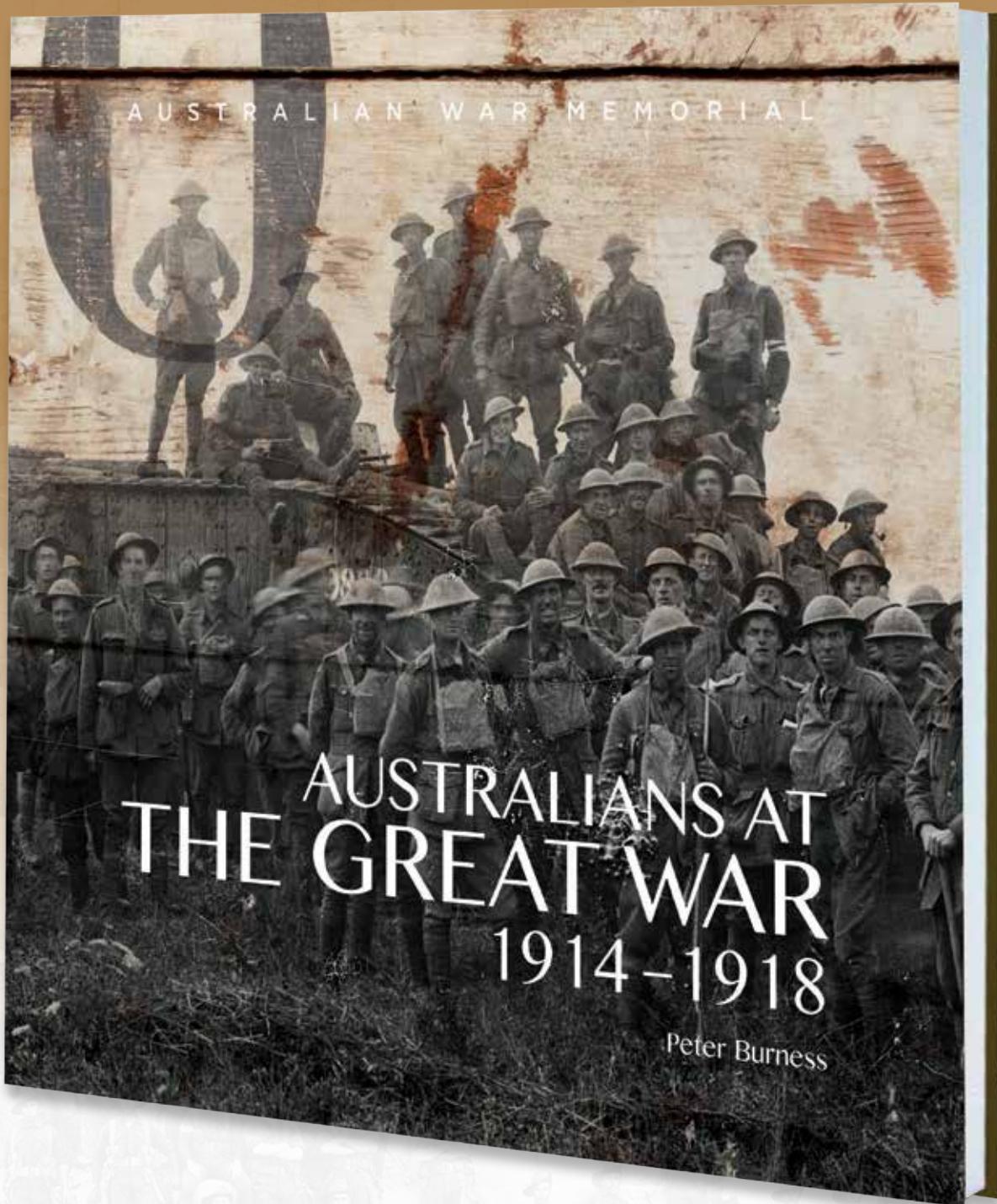
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ANZAC Dawn service is the last drop in veterans' bucket list

The aged care residence for veterans and war widows at RSL Park in Frankston South has a long tradition of commemorating ANZAC Day.

So, like many Australians wanting to commemorate the Centenary of the Gallipoli landing in 2015, Residential Manager Jan Semple wanted to do something special. Of course, her first thought was Gallipoli. Thinking about it some more, she realised the Gallipoli Dawn Service would be a beach too far. But the Australian War Memorial in Canberra might just be possible.

When she mentioned it to a group of veterans at RSL Park, they all wanted in. Several of the veterans said that being at the Dawn Service in Canberra would grant "the last wish in their bucket list".

"Arranging a trip to Canberra for six of our veterans to attend the Dawn the Service wasn't going to be easy but it is a practical demonstration of our duty of care, our history and legacy," says Jan.

RSL Park is one of five not-for-profit residential facilities managed by Vasey RSL Care around Melbourne.

Jan and the staff at RSL Park know how important it is for these six men, aged in their late 80's or early 90's, to attend the historic Centenary of ANZAC Dawn Service at the War Memorial.

"When they were fit and in their prime, they answered their country's call and put their lives on the line. Being able to attend the Centenary of ANZAC Dawn Service at the Australian War Memorial is their last chance to officially remember their mates and their sacrifice," Jan says.

The six veterans making the pilgrimage are: Kevin B, Ron Benton, Roy Brazier, Tony Guest, Robert Holmes and Graham Outhred.

Ron Benton with a combined service record of 30 years, first with the Royal Navy during World War II followed by another 26 years with the RAN, saw action in the Korean War aboard HMAS Murchison in the battle of Han River, and then sailed on escort duties aboard HMAS Derwent in the first years of the Vietnam War.

Ron is suffering from bone cancer. "I may not be in the best of health," he says, "but I'm going to hang in there, because people have made such a big effort to get us there."

Ron's right. There certainly has been a big effort made to arrange the trip for the veterans and six personal carers who'll be with them day and night while they are travelling.

The major support has come from local RSL Sub-Branches and Vietnam Veterans Associations on the Mornington Peninsula coordinated by John Biles, a Vietnam Vet of 4RAR who is Vice-President and Welfare Officer of Seaford RSL. In total four Sub-Branches contributed almost \$10,000 towards the pilgrimage of the RSL Park veterans. There have also been significant sponsorships by Vasey RSL Care's investment adviser, UBS Wealth Management, and service contractor, Midnight Express, with smaller amounts contributed by the Defence Bank and TENA/Asaleo Care.

The veterans have also received important personal in-kind support from Akubra Hats and Piccadilly Circus Coats to ensure they look the part and keep warm during the cold and dark of Canberra's pre-dawn ANZAC Day chill.

Kevin Berry, another member of the RSL Park contingent, who is also a veteran of the Korean War, says he "really eager" to be in Canberra for the Dawn Service. Kevin has a copy of his uncle's World



War I citation for a Military Cross won in the battle of Polygon Wood. Kevin says he grew up listening to his uncle's stories of the war and watched as the scars of the war and the memories ultimately took their toll on his health.

Serving in Korea with 2RAR, Kevin was involved in the terrible battles of the Hook in the final two days before the cease fire between the North and South. In a desperate, last ditch bid to capture the heights above the major road south to Seoul, the Chinese launched wave after wave of men against securely entrenched Australian and American troops. After two days of almost non-stop fighting, the Chinese gave up the battle having lost upwards of 3000 men killed and possibly 10,000 wounded. The next day the armistice was signed and both sides withdrew two kilometres, creating the DMZ.

"This ANZAC Day will be a chance to remember all the chaps who went through all those battles," says Kevin. "I feel it very deeply, but they can never be repaid. All we can do is remember. Lest we forget." ■



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CLOSURE OF THE REPAT – YOUR ANZAC CENTENARY GIFT!

By Bill Denny, AM BM

The ex-service community was enormously saddened at the recent announcement of the closure of the Repatriation General Hospital (the Repat)

There is simply no place for it in the government's "Transforming Health" plan.

The closure of the Repat will see the end of a unique piece of our State's military and social history. For 74 years the hospital has provided professional and compassionate care, tailored to meet the specific needs of the veteran and war widow community.

Many have come to treat the Repat as a second home. Men like Bill Schmitt who was in an out of the Repat for almost a year upon his return from World War II where he had been imprisoned at Changi for three and a half years. And as I write these words and some sixty nine years later, Bill is currently a patient in the Repat.

The culture of the Repat is unique. It lives and breathes a tangible military culture. That culture can never be replicated.

The Repat has as a part of its ethos a "Veterans Service Guarantee". A charter of

special services that the state government has guaranteed to members of the veteran community and war widows – reduced waiting times for appointments and elective surgery are just two of the most important.

The state government's handling of the Repat issue was shameful.

Promising to "consult" with the ex-service community they did nothing of the sort!

The time allowed for consultation was too short – a mere four weeks.

Nevertheless, well-meaning ex-service organisations and individual veterans worked extraordinarily hard to get their submissions completed.

It made no difference and within days of the end on the "consultation" period the state government announced the closure of the Repat. The "consultation" was a "sham"! The state government simply didn't care what the veteran's community thought!



And so, after more than 74 years of treating veterans and war widows, the Repatriation General Hospital will be no more.

What a wonderful "gift" for our Veteran's community in this our ANZAC Centenary year. What an appalling way to acknowledge the service and sacrifice of the men and women who have given so much to our nation. ■

IT IS FOLLY FOR A GOVERNMENT TO INTERFERE WITH THE ICONIC REPATRIATION HOSPITAL

By Graham Cornes, OAM

The Repatriation General Hospital has served many wonderful needs over the years and has a very important role ahead, says Graham Cornes.

For more than 70 years, the Repatriation General Hospital at Daw Park has been a symbol of respect for and appreciation of the sacrifices that war veterans have made.

It is a special place — more than a hospital.

Hundreds of thousands of veterans and their families have been touched, indeed caressed, by the special care it has offered over the decades since the conflagration of World War II.

It is political folly for a government to interfere with such an icon. Yet our State Government is threatening to do exactly that. Yes, it is an older facility and yes, the number of veteran in-patients has reduced to approximately 10 per cent, but the hospital continues to provide other specialised and

vital services, particularly to an ageing population.

Of those many services, the most vital veterans' health service the Repat provides is in the area of mental health.

The renowned Ward 17 has become a restorative haven for those suffering post-traumatic stress disorder.

Ward 17 simply cannot be "absorbed" into the health system. To that end, Minister Jack Snelling has promised a \$15 million "rebuild" of Ward 17, but where?

The real risk is that those veterans needing the care of Ward 17 will simply disappear into a system that is not specialised to treat them.

This can manifest in other social issues, such as homelessness and domestic violence.

With the younger veterans from the conflicts in the Middle East and poignantly, the increasing number of female veterans with specific needs, the predicament is compounded.

Those who work at the Repat will tell you it is unlike any other hospital. As well as the many and varied services it provides, it is the spirit of the place that is uplifting.

"It's not like going to work", or "It's like belonging to a family" are sentiments often heard.

The Government cannot tamper with this spirit. The Minister for Veteran's Affairs, Martin Hamilton-Smith, knows this better than anyone. Not only is he the local member who grew up across the road from the Repat, he has been an elite soldier.

He knows the significance of the site, and it is unimaginable that he would not use his influence to ensure a better outcome for veterans.

It is 2015 — exactly one hundred years after the genesis of Australia's cultural soul, the Gallipoli landing.

While Gallipoli was a disaster and an indictment of the folly of detached politicians and incompetent generals, the courage and selfless sacrifice of the ANZACS defined a young nation and established a template for our nation's youth.

Yes, war is folly, but the sacrifices and the wounds are not. Institutions such as the Repat Hospital were established to heal the wounds.

General Douglas MacArthur immortalised the words of an old barracks song when he said "Old soldiers never die, they just fade away."

The egotistical MacArthur, lost in his delusions of grandeur, was wrong. Old soldiers do eventually die, but others continually take their place.

Institutions such as the Repat are not only outstanding healthcare facilities, they are monuments to our nation's courage and spirit. You don't tear such a place down — you preserve it. ■

News Corp Australia.
Graham Cornes is a Vietnam veteran and past chairman and patron of Foundation Daw Park, which raises funds for research and facilities/amenities at the Repat.

THE RSL SA BOARD'S RESPONSE TO REPAT HOSPITAL CLOSURE

The RSL SA Board responded quickly to the South Australian Government's Transforming Health Review and their decision to close Ward 17 at the Repatriation General Hospital.

Forums for RSL members were facilitated in metropolitan Adelaide and regional centres including Mt Gambier, Clare and Port Lincoln. Members were also invited to submit their own concerns and questions via email.

Feedback from this consultation process were summarised by the

RSL SA Board and presented to the South Australian Government.

The major issues outlined from RSL members were:

- The loss of specialised and centralised services at the existing Daw Park site
- The proposed spread of existing services across multiple sites
- The lack of information surrounding any new site
- The lack of focus on Veteran's Health Care in regional areas

The RSL SA Board has received confirmation from the South Australian Government that Veterans will be consulted in relation to future services at the Repat and the proposed \$15 million PTSD Centre of Excellence.

The RSL will also continue its work with a number of bodies which directly feed into Government decision making on health. These include the Veterans Health Advisory Council and the Veterans Mental Health Advisory Panel. ■

Lieutenant Commander Sam Jackman new RSL boss.



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

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

It is believed that Lt-Cdr Jackman is eager to continue reforms that she oversaw in her home state.

The 48-year old has a history of supporting veterans health and is keen to modernise the RSL.

Lt-Cdr Jackman joined the Royal Australian Navy in 1987 after a year in the Royal Australian Air Force.

The RSL, which celebrates its centenary next year, has more than 240,000 members and 1500 sub-branches around the country.

The last woman to head the RSL was Betty Healy. ■

THERE'S NOTHING WRONG WITH ME: THE VETERANS JOURNEY INTO THE PTSD MINEFIELD

Bob Walter served in Vietnam. After National Service, he went on to develop a successful business career. In 2010 he crashed. Suddenly he was unable to work and could barely function. His wife Sharyn had to step in and take charge. Bob was diagnosed with post traumatic stress disorder.

This led him to Ward 17 at the Repat Hospital in Adelaide. The Day Patient PTSD program was a turning point. The PTSD team provided professional and compassionate care. They offered counselling and education about how to manage the condition, which gave Bob and Sharyn hope.

As part of his healing – Bob found that writing poetry helped. He later discovered other veterans and partners who had written poems, or short stories, about their own journey with PTSD.

Bob has now published these in a book called: ***There's Nothing Wrong with Me: The Veterans Journey into the PTSD Minefield.*** The book is intended to help people touched by PTSD.

The book touches on recruit training, war service, mateship, and the sense of

betrayal and rejection from the anti-war movement. It then provides detailed insights into what it is like for the veteran and their partner, who must learn to live with PTSD in their lives.

The book has relevance to veterans and families from all conflicts and highlights the vital role of partners and carers. It has received positive reviews from a wide range of readers:

Air Chief Marshal Angus Houston AC, AFC (Ret'd) *I commend Bob for increasing community awareness of Post Traumatic Stress Disorder and its effects on veterans and their families.*

Major General John Cantwell AO, DSC: *PTSD sufferers can draw strength and hope from poetry. Bob Walter's poems echo with understanding, compassion, forgiveness and hope. I have found encouragement and peace in reading them. I commend Bob's work unreservedly.*

From a Vietnam veteran: *I found as a veteran I could relate to most (if not all) of the situations described by Bob in this book. I recommend it should be read by all veterans, wives, carers and importantly their children.*

From a wife (and widow) of a Vietnam veteran: *As a widow of one veteran and now married to another, I have found so much help and benefit from reading these poems. I have given a copy to our daughter so she can "see" her father and understand the "why" of her dad's behaviour.*

From the daughter of a veteran: *Your book not only deepened my understanding of what PTSD is and does, but also opened my eyes to what my own parents have been through. I was almost completely unaware of the pain and suffering they have endured.*

From a veteran of a recent conflict: *After reading the book I felt that Bob Walter was spot on with PTSD. This is a condition that is suffered by all soldiers, particularly after discharge when they have no Unit support.* ■

There's Nothing Wrong with Me retails for \$20 with all profits going to The Repat Foundation for PTSD research. The book is available online at www.veteransjourney.com.au. Ph: (08) 8165 0109, or from The Repat Foundation, Daw Park, SA Telephone (08) 8275 1039.

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EXPEDITIONARY FORCES TO NG

From "Personal Reminiscences" By S.W. Osborne. Printed in the Port Pirie Recorder, August 14 1937

Twenty three years ago today, on August 14th 1914 – more than 60 South Australian members of the Royal Australian Naval Reserve left Adelaide for Rabaul and New Guinea—volunteers who had enlisted for foreign service and had the distinction of being the first Australians to see active service entirely under their own officers.

Many of these were former Royal Navy and Royal Australian men, but the contingent—which left by the Melbourne express on the Saturday afternoon under the command of Warrant-Officer A. Cameron (now of the Tramways Trust)—included four juniors under 21 who, however, had had naval training.

The party proceeded to Williamstown, Victoria, and thence to Sydney. At these two places naval drafts made up the strength of that line of service to 200, so it will be seen that South Australia's contribution compared favorably with those of the more populous Eastern States.

These embarked on the P. & O. Company's steamer, Berrima, which had been fitted up and armed as a cruiser, flying the commission pennant. A battalion of New South Wales infantry also embarked at Sydney, and the Berrima cleared the Heads on August 19.

Commander Beresford (then in charge of Williamstown Naval Depot) was the leader of the naval reservists when the contingents left Sydney.

The course was set for Palm Island off the coast of Queensland, where both the naval and military units of the expedition landed for maneuvers. It was there that two Australian submarines joined the Berrima.

It may be mentioned that on embarking, the reservists were given a rifle, bayonet, and kitbag, but so hurried was the start that no uniforms could be served out. There was thus much mixture about the costuming of the crowd. It was not until they were approaching Palm Island and while still afloat, that the uniforms arrived.

A FORMIDABLE CONVOY

Leaving Port Moresby, the convoy consisted of H.M.A.S. Australia, Sydney, Melbourne, and Encounter, three destroyers, the two submarines, the steamers Grantlia?? (Hospital ship), Aorangi (store ship), and the Kanowna: the last named having on board a battalion of Queensland infantry. Shortly afterward, however, the Kanowna left the line, and for some reason that has never been made clear, took no further part in the expedition.

FIRST AUSTRALIAN KILLED IN WAR

Rabaul was reached on September 11th when the Australia swept the harbor but no traces of enemy ships could be seen.

A party of naval reservists was landed at Herbertshohe, the objective being the dismantling of the wireless equipment at Bitapaka, this being one of three powerful stations controlled by Germans in the Pacific, the others being established at Samoa and Yap (the Caroline Islands, north of the equator).

The cruisers Scharnhorst and Gneisenau had both visited Herbertshohe prior to the Australian naval and military expedition reaching there.

Midway between the shore and station the party met with armed resistance at the hands of native police led by German officers. The result was that the following members of the invading force were killed—Lieut. -Commander Elwell, Capt. Pockley (of the A.A.M.C.), and A.B. Williams and A.B. Street. Several were seriously wounded including AB. Moffatt, who died soon after being taken aboard the Australia for treatment. Many of the native police boys were killed in this engagement.

A.B. Williams was the first victim on the attacking side, and thus was the first Australian killed in the Great War.

WIRELESS STATION DISMANTLED—GOVERNOR FLED

When the wireless station was reached the huge masts had been dismantled and the wireless station put out of action by the Germans.

The Governor of New Guinea had fled to Toma and refused to surrender until H.M.A.S. Encounter had shelled his headquarters. Some time later he came into Herbertshohe and surrendered with all his police boys and German officers.

Kokopo (previously Herbertshohe) was very much in the news in connection with the recent earthquake.

The military contingent landed at Rabaul without encountering any resistance. The official proclamation was made in the public square at Rabaul some days later, among those present being Admiral Patey (HMAS Australia) and Col. Holmes, who was appointed the first Administrator.

SUBMARINE MYSTERY

After this the naval reservists settled down to patrol duty at Herbertshohe while of the military force portion was stationed at Rabaul and other parties were scattered about the islands.

Lieut-Commander Bracegirdle (now private secretary to the Governor-General) was the commanding officer of the Herbertshohe garrison. Later he went overseas in charge of the naval bridge train.

The units of the naval convoy, after having concluded their patrol work, scattered and took up other jobs, the Australia and Sydney later leaving with the flotilla which sailed from Albany with the first troops for Egypt.

One of the submarines that went on patrol duty there never returned, and the manner of its disappearance remains a mystery to this day. The other one, which accompanied this expedition, was later captured in the Dardanelles.

FOOTBALL IN THE TROPICS

The naval reservists continued to do patrol duty at Herbertshohe, where, however, malaria accounted for several deaths.

In spite of the climatic conditions and fierce heat experienced in a region only four degrees south of the equator, the good old Australian game of football was played and enjoyed by the Australians at Herbertshohe.

All garrisons having been relieved by militia from Australia the members of the expeditionary force returned home early in March. 1915. Thus ended an episode about which little has been heard and for which no medals or decorations were awarded. It was merely a job of work quietly and efficiently performed.

Members of this expedition afterward were found in Egypt and France, those who were naval reservists having resigned to enlist in the military forces

Among the juniors in the South Australian section of the naval reservist contingent was Mr. H.C. Vianello, formerly of the Pirie Post Office, afterwards Postmaster at Barmera, Georgetown, Laura, Pinnaroo, and Tanunda. ■

Peter Fitzsimons

"...OUR BLOKES MARCHED AWAY AS SONS OF THE BRITISH EMPIRE AND THEY RETURNED AS AUSTRALIANS".

The Last Post: Those eight months that we spent in Gallipoli after the landing in 1915, what effects did that relative short period of time have on Australia's history?

Peter Fitzsimons: Yes, that's the question, why after all the battles we've had, do we keep going back to Gallipoli? What was it all about. The answer is, and it took me a long time to get to this is that there was a notion in Australia at the time that you weren't a serious country, you weren't a real country until you had shed blood in battle. When the news came through on the eighth of May that there'd been a landing at the Dardanelles and how our blokes had stormed the beaches and stormed up the cliffs, Australia stopped on it's axis. It was, "you bloody beauty, we've done it", that was long before we knew there were 2000 casualties on that day. But that's why Gallipoli was so revered, it's because we had proven ourselves in battle. A lot of people would say that the importance attached to this day is not attached to, say, the signing of the Constitution and they're right but it is what it is. And, yes, it's a bit hard to get excited about the Governor-General, you know, "he took the pen and signed it and we became a nation". Well, there were a few brass bands but it's not a story that can grip

the imagination so

Gallipoli became the founding story.

TLP: We were a different country back then and it was a turning point in so many ways.

PF: Very much so and what was fascinating to me was that our blokes marched away as sons of the British Empire and they returned as Australians. It was a growing sense of Australianess. When they went away there was a sense that the British officer class, for example was going to be superior and the British soldiers but they suffered at the hands of the British generals. There was a growing belief that we were as good as these bastards. After Gallipoli there was a push for us to have our own army but an independent Australian army was knocked on the head by the Brits in London, the Imperial War Council but we were never the same again. We became an independent nation, through that war.

TLP: There's lot's of great moments in history that signal change but back then Gallipoli represented the strongest change we'd ever had. The symbol of Gallipoli is such a strong emblem, even for Australians these days, or seems to be, is there a danger of the facts getting lost and I think that's what you've tried to have a look at in the book, isn't it?

PF: Yes, very much. I try to do history of the wars, I don't want to do a dry account, just the facts maam. I want my books to live and breathe. I want accurate detail to bring life to these characters.

TLP: That's very interesting because, I forget the poor chaps name but one instance there you've detailed the story of a couple of Aussies going back to London, they'd been injured. One of them had had, I think, his left arm amputated and he was doing okay.

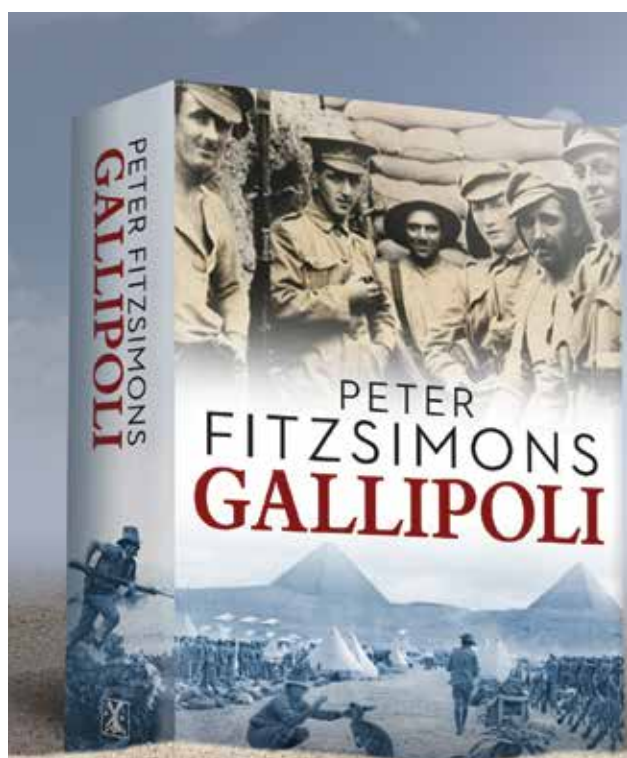
PF: Syd Ferrier.

TLP: That's right. Syd died and he'd been recovering and that little note that his mate wrote to his mother.

PF: Yes, and the last words as he died, was "Mother". That's a very moving story.

TLP: It took me right there and you with such information at hand, whether it's this or Ned Kelly or Eureka, you must be there?

PF: I walked the Kokoda track, I was one of the few Australians in 2003, 2004 to get into Tobruk. I've been to Mawson Hut, which was quite an exercise to get there, I did all of the Ned Kelly country and of course, Gallipoli and I'm going there again. I'm honoured to be the Herald's correspondent at Gallipoli for the Centenary. ■



HISTORY WITH
GRIT
PASSION
DARING
HEROES

History comes to life with
PETER FITZSIMONS



Thomas Keneally

Thomas Keneally AO is a novelist, playwright, actor and historian. The Last Post speaks with Thomas about his life, Australia's history, his Australians series of books and this country's cultural surge since the 1950's. In this interview conducted in late 2014, we also discuss 'Australians 3', the third volume in his unique history of this country. Available through Allen and Unwin.

The Last Post: It's a pleasure speaking with you Thomas. Australians, the third in the series, released recently, following Origins to Eureka, I think and then Eureka to the Diggers and now this. What is the importance of Australian history being taught with us having had such a rich vein of history. Do you think it has been taught enough to Australians?

Thomas Keneally: Well, I think it has been extensively taught, especially when I was a kid, not always well but it's a matter of the emphasis being a bit askew. I think the heavy concentration on World War 1 and it's a big event but the fact that the world wars are singled out to be subjects of special attention, is a little askew for a nation that isn't an imperialist nation, that doesn't have a big citizen army or so many other things that are part of countries where wars have occurred. So I think that the emphasis is interesting but there's great latitude about how you can teach it. Basically, I think understanding, in a true sense, the nature of our history, is part of the mark of a citizen. You have to know where we've come from to have any real input into where we're going. I think it could be more studied because, as I try to show in volume 3 of Australians, it is a very rich social history indeed. It is specifically in social history that you're dealing with ordinary people, not just the great captains of politics. I deal with them of course, also but it's interesting to see them through the lens of people you've never necessarily heard of before. One of the issues, for example, Australians servicemen in Japan after World War 2, beginning love affairs and then proceeding to marry Japanese women. This was a great crisis for White Australia. So, through their lives you can look at what life was like in the nineteen 50's, you can

see the cross cultural crisis that a Japanese woman falling in love with an Australian soldier was. And then the problem, how in the hell do you get to live together in Australia with the White Australia? These issues are dramatic, along with the proposition of how did the Australians of the 1950's accept these girls and what were the attitude of their parents as well as the soldiers parents? So, as a touchstone of our society, you can look at a lot of aspects through the eyes of one Japanese bride married to an Aussie in the 1950's. That sort of social history as well as our political history is fascinating to me and it's sort of a tale untold in volume 3.

TLP: It's been an exciting time, post-war. We had Donald Horne taking a closer than was comfortable look at Australia, the great novel, My Brother Jack. The movie, They're A Weird Mob. There was a lot going on.

TK: Yes. It's just passed the fiftieth anniversary for My Brother Jack, out in 1964. The fiftieth anniversary of my first book too.

TLP: Yes, that was The Place at Whitton?

TK: That's right, yeah.

TLP: How did it feel for you to get that first book out?

TK: Well, it was quite miraculous to get it published because people in my world didn't get books published. They didn't write books to begin with. Australia was a fairly naïve country and we were certainly in a state of post-colonial naivety. And it's astounding to see how bright kids are now. I look at my grandchildren and realise that at 14, they've got more worldly nouse and more emotional sophistication than I had in my twenties. Getting a novel published back then was huge and it was like a message from on-high, saying "this is what you have got to do". Of

course, I didn't have to do it at all. I could've just written one and given it away but it was what I wanted to do so, without knowing anything about the industry, I set myself to make a living as a writer. It is possible but it's a bit like being a primary producer, you can't predict when the cheques are coming in. You can't predict if there'll be a cheque. But I was naïve enough to say, "Oh, I'll give it a go".

TLP: Were you in the seminary in Manly then?

TK: No, I'd left. And through it, I was game enough, through the novel getting published, it's not why I wrote it but I found out it was quite a social, it provided social opportunities. I met my wife through her reading my novel. And having a novel to be read makes up for being a very plain fellow, as I was.

TLP: It's oil for the wheel when you write, isn't it. I think three years later you had Bring Larks and Heroes? And that was something you'd had in mind for a while?

TK: Yes, it was. And I was always and remain to this day, fascinated by the convicts. I'm fascinated by it because we were the only country that began as a purpose designed penal settlement. Other countries, like the US had convicts from Britain and so did Canada, Nova Scotia and so on but they were not designed specifically as a penal colony. So our creation story as settlers is a very different one from that of say, America, Canada or anyone else. Yes, I'm very interested in convicts as a subject and wrote a book called The Commonwealth of Thieves and from that, Patrick Gallagher of Allen and Unwin suggested I do these histories. I was crazy to take it on, the last folly of my old age. I was crazy to try it.

TLP: What can we learn about ourselves from these three-in-a-series books?

TK: I hope the first thing that we realise is that, given, my generation grew up with this huge sense of inferiority and of our country not being the appropriate arena of theatre or movies or literature. We grew up with this huge inferiority complex. The first thing I wanted to prove is that we're very correspondent, you look at Adela Pankhurst, daughter of the great suffragette, who in her life is everything from a communist to a right-wing internee, in an internment camp in World War 2. You suddenly realise that this is an exorbitantly interesting history. And of course, World War 2 adds to the fascination. I wanted to emphasise, in the interests of drama, the private armies are fascinating, the armies of the new guard and the old guard. The idea of private militias that would come to the aid of governments if there was revolution. This was a further dimension to the depression but it doesn't get much emphasis but there were thousands of armed

men involved and it's not a small story at all. And I'm very interested in women because I've seen in my lifetime, born in 1935, I've seen the whole ascent of women to this point. I've seen them break loose in World War 2 and become riveters and work in industry. Then, back to the kitchens in the late 40's and then a slow excretion of appliances to make their life easier and give them time to have opinions and a presence and then, of course, the rise of feminism in the 1960's. These were, altogether phenomenal events. I think one of the things that is going to happen in volume 4, is that in the 1960's we were still convinced that we had the right set up with high tariffs and a social program based on those high tariffs and on our exports and so, Liberal and Labor Governments didn't question the welfare programs of those days so you had, for example, the university scholarships which were proposed by Chifley and passed by Menzies. They changed the face of Australia because they validated kids who hadn't previously been able to go

to university, they allowed them to go to universities. I have to acknowledge dear old Menzies a legacy and I wish this present tribe would look at the fact that Menzies was engaged in opening universities. Since we've been globalised the old compact between Australian governments and the people, is diminished. The financial rating agencies don't like our social programs. They'd rather the sort of economists that run the world, that there were no social programs because they feel it diminishes global wealth, etcetera.

TLP: What has led to that, do you think?

TK: The pressure of world economics. It doesn't look at ordinary kids and say, if we invest in him now, he will ultimately become an engineer or a dentist and end up paying us back, what was spend on his or her education. That sort of thinking, sadly, is not the fashion anymore. Dear old Gough said to me, "I knew, if I gave you guys a few thousand dollars, you'd end up paying it back, many times over in tax". That was intelligent thinking. Investing to get a return.



"MY GENERATION GREW UP WITH THIS HUGE SENSE OF INFERIORITY AND OF OUR COUNTRY NOT BEING THE APPROPRIATE ARENA OF THEATRE OR MOVIES OR LITERATURE."



"I THINK UNDERSTANDING, IN A TRUE SENSE, THE NATURE OF OUR HISTORY, IS PART OF THE MARK OF A CITIZEN. YOU HAVE TO KNOW WHERE WE'VE COME FROM TO HAVE ANY REAL INPUT INTO WHERE WE'RE GOING."

TLP: I was about to mention, after WW2, things sped up increasingly and change suddenly became the norm. I mean, by the time Gough was elected, he highlighted the change between the parties as being a change from the old to the new.

TK: Yes. He kept bi-partisanship on a few things, immigration, thank god and Fraser, to his credit, kept immigration a bi-partisan approach. It's a pity that ever went out of fashion too. These men knew that once you let the dogs of racism, of race hysteria, once you set them running, you never get them back into the kennel. We had all our racial twitches, which is very interesting to examine, during that period of our history. Yet there were also areas of great enlightenment in our community as well. As there are today. I'm trying to say here, look, you can talk about the bad stuff and the good stuff. You can talk about Aboriginal massacres and still look at what the settlers did. Nobody said that everything had to be perfect. The black and white armband thing is an unnecessary choice.

TLP: Yes, we have to be honest. Politicians might see it from one side of the fence or the other but we have to be honest.

TK: Yes. What is a settlement for us can be a dispossession for Aborigines. One thing also, oh yes, the 1950's. I tend to take on the idea that the 1950's were a dumb, happy time, although it was definitely the decade of the suburban sprawl and everybody having a job, of course it's not the same as everyone having a job they'd like but nonetheless it was full employment. Yet in that decade you had the Korean War, the Malayan emergency and the onset of Vietnam. In Australia you had the fascinating story of the Atom bomb explosion. I try and tell these stories from the view of ordinary people. The major political game that was going on was that Britain wanted to use Australia as a logistics base but they really didn't want to share the technology with Australia. Australia entered into this series of tests, hoping that they would receive the latest technology. Throughout the 50's these tests, which began as very popular, they became

"IT'S HARD TO REMEMBER HOW STARVED WE THEN WERE FOR SEEING OURSELVES DEPICTED ON STAGE, IN MOVIES AND NOVELS."

to run out of credibility. At the beginning of the 50's, most Australians thought there'd be a nuclear war before the end of that decade. It wasn't all quite as dull as some might have you believe.

TLP: Looking back, it was quite exciting. We were on the cusp. We had the cultural evolution with television and....

TK: And the Olympics.

TLP: Yeah.

TK: You had the crisis over Hungary. The Hungarian Olympic team, while they were in Melbourne, their country was taken over. That's a fascinating story. The Russians pulled out of Budapest, so the athletes came to Melbourne. And then, while they were in Melbourne, the Russians moved back in and crushed the rebellion. And so you had a lot of the Hungarian team seeking asylum. Yeah, very interesting period of history. From the 30's also, very interesting and I'm trying to say, look, this is fascinating but we have a mixed plate here, like any other country and community, we're not made up of perfect human beings and we can't have a perfect history. And throughout, there's the slow, strong resolve and growth of Aboriginal leaders which will become most apparent during the 1960's.

TLP: Gough Whitlam played a role in that, too.

TK: Yes, indeed. Gough, of course will be in Volume 4 but Gough is in Volume 2 as a highly opinionated, politically astute flight navigator of a bomber squadron throughout the Pacific. His war career is very interesting. He flew hundreds of missions in fact, he certainly flew a great deal in WW2.

TLP: I first saw you in 'Devils Playground', Tom when I was 20 years old. Magnificent stuff. And 'The Chant Of Jimmie Blacksmith' also. You've had a real input into this country's cultural education and awareness yourself.

TK: Yes, well I hope that Volume 3 covers that and Volume 4, where I've tried to take on the modern world, not convinced I'm quite up to it but I'll do my best.

TLP: Is there less truth being told now. Is that too much to say?

TK: Well, ok, I mean, blokes like Hawkey couldn't help themselves and all these advisors weren't tinged of men like Hawke and Keating and even of Howard. These men claimed the room in which to be individuals. Now we've got, well, they're far too scripted and they're often badly scripted. You can almost hear an advisor saying, "Tony, you ought to say you're



going to shirt-front Putin, they'll love that". And the "girlie-man" thing. How they could not see that was offensive to women.

TLP: We read *Australians 3* with great interest and we thank you for your continued input and observations of Australia's cultural, artistic, general history and where we might be going for the future and we hope it goes on for many more years. You've been a great Australian and you continue to be.

TK: That's most kind of you to say. In each book there's quite a bit about the arts.

TLP: Did movies like 'Don's Party' hold up a mirror to us?

TK: Oh, yeah, so did 'My Brother Jack' and Australians used to see their life depicted in television and popular culture and novels and so on but in those days, there wasn't nearly as much of that. Hardly much at all and certainly very few depictions of urban or suburban life and so these works were gratefully received in the 1960's. It's hard to remember how starved we then were for seeing ourselves depicted on stage, in movies and novels. Most of what we read and received and watched came from beyond the seas, from other places. So, we had a feeling that maybe that's where real life was and that we had to get on with wool growing and cricket and stuff we're good at. That is one aspect of that period in history that it's very hard to recapture at the time, our desperate cultural hunger to see ourselves depicted in any way at all.

TLP: I remember seeing 'They're A Weird Mob' and 'Newsreel' and they were great examples of self-observation. Thanks again for being part of this. I feel we could go on for hours.

TK: Hah. Yes, it's been a pleasure. By the way, this is the first interview for this book. You're a first. ■

GORDON KERR



A SHORT HISTORY OF
THE
VIETNAM WAR

Available now from NewSouth books

A SHORT HISTORY OF THE VIETNAM WAR

On 8 March, 1965, 3,500 United States Marines of the 9th Marine Expeditionary Brigade made an amphibious landing at Da Nang on the south central coast of South Vietnam, marking the beginning of a conflict that would haunt American politics and society for many years, even after the withdrawal of US forces in 1972.

For the people of North Vietnam it was just another in a long line of foreign invaders. For two thousand years they had struggled for self-determination, coming into conflict during that time with the Chinese, the Mongols, the European colonial powers, the Japanese and the French. Now it was the turn of the United States, a far-away nation reluctant to go to war but determined to prevent Vietnam from falling into Communist hands.

A Short History of the Vietnam War explains how the United States became involved in one of its longest wars, a conflict that, from the outset, many claimed it could never win.



STUDENT'S WORK WINS RSL ART PRIZE

Northern Beaches Secondary College – Manly Selective Campus student Gabrielle Picard was recently awarded First Prize (Years 11-12) in the 2014 RSL ANZAC Art Awards.

Gabrielle's work, entitled 'Emotions', was one of eight divisional prizes awarded to students from Years 1 – 12, TAFE and university, from across the state.

Gabrielle was presented her prize by His Excellency General The Honourable David Hurley AC DSC (Ret'd), Governor of New South Wales, at Government House, Sydney.

She said that she was inspired to create the pencil and charcoal work, highlighted with water colours, to wind down just before her HSC exams.

Studying both HSC History and Art certainly helped guide Gabrielle in her creation of the work.

"I wanted to focus on the family aspect of the ANZAC experience," Gabrielle said.

"Soldiers experienced so much stress and tension, missing their homes and loved ones."

"I did a lot of research in order to get the uniform right, too," Gabrielle said.

"I read stories about soldiers' homecomings, about how they took their wives' hair ribbons with them for luck,

and how there were so many conflicting messages 'back home' about what the soldiers' experiences were."

Gabrielle included some poignant symbolism in the work, as well.

"The soldiers running in the background 'morph' into tombstones, to show how they were running towards their deaths.

"And the hand on the soldier's shoulder could either be the hand of mateship, or it could be a hand which is trapping him in a foreign place, not letting him escape."

More information on the awards can be found on: www.rslanzacartawards.com.

The various division winners were:

- Years 1 & 2 – Zayden Berger – St Augustine's, Narromine
- Years 3 & 4 – Mila Bockaroska – St Thomas More's, Brighton-le-Sands
- Years 5 & 6 – Jessica Honor – Our Lady Help of Christians, Epping
- Years 7 & 8 – Mikayla Li – Reddam House, Bondi
- Years 9 & 10 – Kaluumn Lee Maple – Home schooled, Mullion Creek
- Years 11 & 12 – Gabrielle Picard – Northern Beaches Secondary College, Manly
- TAFE – Tami Cameron – National Art School, Darlinghurst
- University – Janelle Thomas – UNSW Art & Design, Randwick



Be a real time robot tracker and help robots help science!

People of all ages are being sought to help map uncharted areas of the sea floor currently being explored by underwater robots.

A team of roboticists, scientists and underwater robots is currently at Scott Reef, 400 kilometres north of Broome in the Timor Sea, photographing its relatively unexplored sea floor. They are using the Timor Sea as a test site to find ways to expand the

electronic view of the seafloor and overlying waters.

In the last 10 days the robots have methodically taken hundreds of thousands of photographs of the floor -- too many for scientist to analyse all of them in detail. Now the researchers are asking the general public to help label these images. They have created an online tool allowing anyone to view an image and, with the help of a key, identify what's in that image.

This labelling will identify the composition of the seafloor, identifying sand, seaweed and coral. It will also help the team work

more effectively by improving the methods used by robots and algorithms to label images themselves. It will also help the scientist analysing the data. "The more pictures we have that are labelled, the more data we have to train algorithms and the more accurate they become at classifying the images themselves," said Dr Ariell Friedman who has been working on these automated systems. ■

Anyone wanting to be part of this exercise can start labelling from:

helpscience.marine.acfr.usyd.edu.au.

MONEY SURVIVAL GUIDE FOR STUDENTS

Juggling part-time jobs with full-time study is a challenge for many students.

The University of Technology website reports a student requires a minimum of \$17,472 to \$25,896 a year for living expenses.

Rent at \$200 to \$300 a week is their main expense, the next is a weekly food bill of \$100; leaving very little for anything else.

Alison Taylor, from the National Union of Students (NUS), says a lot more students today are living under the poverty line. Some cannot afford text books or even continue their degree after paying weekly living expenses.

"I've heard students say they can't even afford a packet of noodles for the rest of the week. If they can't eat properly they can't study; the potential there is to drop out of uni," says Taylor.

"In the workplace some are taken advantage of because they are not aware of the workplace rulings, such as equal pay once you turn 18. It's important they know their rights within the workplace, otherwise some will work two or three jobs just to survive."

Most universities offer financial counselling service. This is a good place to point you to the right direction she adds.

"The problem with this service is they are so booked up due to not enough funding. Otherwise, most student unions have a welfare officer. They can help students with food banks and emergency housing. If you're living away from home and you're struggling to feed yourself, you're also missing out on social events; the isolation can lead to other issues."

Twenty-two-year old Jamie Nicholson moved house four times before settling in with his girlfriend's family. The constant moves along with juggling part-time work and university were detrimental to his studies.

"I was living in a shared house with two other students. Most of my money went towards

rent and food. It's very hard living with two other students who also work in hospitality. They had lots of parties and made studying near impossible. This affected my grades and I ended up failing my units," he says.

"I was working behind a bar until 4am, five nights a week, and then have to get up early to go to uni. This impacted on my grades. I'm moving in with my girlfriend's family to save a little money on rent."

Recently, Nicholson received a break from bar work with a paid internship. His employer pays his rent and the rest of his money is through youth allowance.

"While I am earning less, my life is more structured and this has been reflected in my studies. I received two credits and a pass. I realised how important structure is to my studies."

Michael Arbon, 25 years old, is in his final year of his MBA at Torrens University in Adelaide. Arbon made the decision to study online and work as a personal trainer to pay for his university fees.

"Being self employed means I can dictate what hours I can work and this has been a huge advantage," he says.

"The job has worked well because I can work early mornings and evenings and study in between. I can still attend lectures. Depending on my studies I can reduce my workload. I am also determined not to have any debt, including HECs debt.

"Finding a balance with work, study and my personal life is challenging. I've obviously had some lean years. It's about looking at the bigger picture. I've just landed a job with a mortgage brokerage firm. My plan now is to reduce my personal training hours and ease into my role."

Alex Wilson, from Savingsguide, says many young adults find themselves in tight financial situations, partly because of the rising cost of living but also a big factor is simply learning to budget. He adds it's not how much money you make – it's how smart you are with what you earn.

Even the lowest income can be enough if you eat right, limit your drinking and find ways to enjoy yourself without cash. Here's

Wilson's tips on how to handle the big issues.

JOBS

- Work out exactly how much you earn an hour; now remember that number and compare it with anything and everything you go to purchase.
- Opt for jobs that involve tipping. Standard retail jobs can be less demanding, however, when working in a job that involves customer service in hospitality, regardless of whether you are serving drinks, waiting tables or cleaning dishes, you are entitled to your share of the weekly tip jar. It is also tax free!
- Jobs that offer generous tips include delivering gourmet pizzas, working in bars and being part of a larger team in a restaurant or pub.

CREDIT CARDS

- Be careful not to sacrifice the future for today. Avoid credit cards and try to live within your means, no matter how low the interest rate.
- If you do have credit card debt, opt to transfer your debt to a zero per cent interest credit card offering a balance transfer promotion.
- Stay away from credit cards that offer reward points; these types of cards are only beneficial for people spending many thousands a month. The points simply are not worth it when you are young.

WHEN MONEY IS REALLY TIGHT, CONSIDER THESE OPTIONS

- Sell excess stuff; release the money you over-spent in the past.
- Cancel a few daily expenses; drink coffee at home, eat in more. Find general ways to pay less for everyday small items.
- Reduce your social life; it's not about quantity, it's about quality.

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‘Educating for Today and Tomorrow’ in Broken Bay Catholic schools.

By Dr Tony Bracken

EDUCATING FOR TODAY

The Broken Bay Community of schools places student learning and wellbeing at the centre of all its endeavours. What does this mean?

It means that learning is at the core of everyone’s activity throughout the whole system, from leaders in the Catholic Schools Office, to principals, to teachers, to parents, to students. Learning is everyone’s work- and our students are the beneficiaries of this combined learning. This learning is relevant for today, where skills, knowledge and values are applied to enrich students’ lives in the here and now.

If the high overall performance in external tests is any indicator, Broken Bay students certainly reflect the quality of their classroom learning.

Equally important are learning opportunities that cater more widely for the development of the whole person and their creative potential. Students’ sense of the sacred is nurtured in both primary and secondary Catholic schools in Broken Bay, their appreciation and respect for life is fostered, and their empathy toward others

reflected in everyday experiences of service, outreach and leadership.

For example, student in Years 5 across Broken Bay primary schools attend a leadership skills camp in preparation for the leadership that every student will demonstrate in Year 6, and Year 6 leadership roles are distributed across many portfolios. Broken Bay primary schools also provide a variety of opportunities for students to have their ‘voice’ in what happens throughout the school through student representative structures and participatory processes.

Catholic secondary schools in Broken Bay encourage students to lead within their school community, their parish community, and as advocates for social justice in the wider society. ‘Beyond the school gate’ engagement can provide older secondary students with experiences that build confidence and skills in public advocacy- for example by involvement in the Sydney Alliance, a grass roots, non-denominational advocacy alliance focused on social justice.

EDUCATING FOR TOMORROW

The richness and breadth of learning experiences in Broken Bay schools- contributing to the development of the whole person- also means we are building future capability in our students. In a real sense teachers ‘touch the future’ when they teach.

We need future leaders that can transform society. The emphasis on the growth of the whole person at the core of Catholic schools provides an environment where leadership as service with a clear moral purpose is cultivated. This kind of leadership can be transformative.

Broken Bay Catholic schools are hubs of rich learning for today and places of growth for the leaders of tomorrow. ■



DR TONY BRACKEN



Dr Tony Bracken is the Assistant Director of School Improvement at the Catholic Schools Office for Broken Bay Diocese, NSW. He oversees a focus on learning and school improvement across all schools in the system. Previously a principal for 6 years, Dr Bracken is now responsible for school cultures that represent the voices of students and encourage student leadership.

New Anzac Memorial Project

St Brendan's Catholic School at Lake Munmorah is excited to be launching a new project to mark the 100th anniversary of the Gallipoli landings.

The project is called Honouring Our Local Diggers and will incorporate a remembrance wall and garden. "We're very excited about this project and are really looking forward to getting it underway," School Principal Luanna Fletcher said.

"The project will be a lasting legacy for our school and help our students develop a better understanding of Anzac history and appreciation of the Anzac spirit."

The remembrance wall and garden will be ready in time for the Centenary on 25 April.

"Our students will be involved in helping to create the garden and the multi-media displays for our remembrance wall. They will also produce a commemorative book. I am sure they will remember their involvement in this project for a long time into the future," Ms Fletcher said. "It is very humbling to have this opportunity to be part of such a significant event."

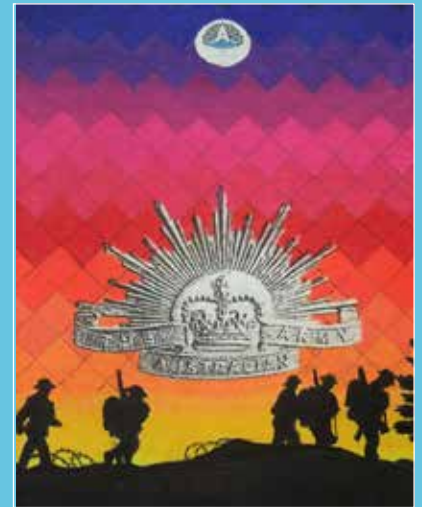


When the project is completed the school will hold a special commemoration for Anzac Day, inviting local RSL members, families of local diggers and other community members to join them.

"That event will not only mark the 100th anniversary of the Gallipoli landings, it will also value the school's involvement in a significant piece of Australian history," Ms Fletcher said.

The project was made possible due to a Federal Government grant under the Anzac Centenary Grants Program. The school was delighted to be the recipient of a \$9,469 grant for the project after working with the office of Jill Hall, MP.

Year Six Student Wins ANZAC Art Award



Jessica Honor, a Year 6 student at Our Lady Help of Christians Catholic School in Epping recently took out the prestigious statewide ANZAC Art Award for the Year 5-6 category.

The Art Award is an art competition held by the Returned Services League (RSL) and is open to all NSW school students. This year, the theme for the prize was "Gallipoli" in recognition of the centenary since the Battle of Gallipoli in 1915. The winners of each category receive cash prizes, with the major Premier's Prize being a trip to the Kokoda Track in Papua New Guinea.

"The standard of work this year was again incredibly high, showing a depth of maturity and understanding of what it means to serve your country," said Patrick Medway, Arts Award co-ordinator.

Our Lady Help of Christians had two other students, Elizabeth Honor and Chelsea Wong, selected in the top thirty in the competition – quite an achievement for the primary school. The leading thirty artworks will have the honour of being displayed during the March-April commemorative ANZAC period.

The Premier's Prize of a trip to the Kokoda Track, and the leading schools awards were announced at the Sydney prize-giving ceremony hosted by the NSW Governor, His Excellency General The Honourable David Hurley AC DSC (Ret'd)

Mary Hor, Principal of Our Lady Help of Christians, said, "I am very proud of Jessica for producing this artwork and the way she has shown great appreciation for the story of our ANZACs."

Community of Catholic Schools

DIOCESE OF BROKEN BAY

Guiding your child through the most significant stages of their development from infant to young adult

We offer students and their families the experience of a Catholic community and education focused on the formation of the whole person and a vision of life inspired by Jesus' teachings. There are 44 Catholic systemic schools (35 Primary, 8 Secondary, 1 K-12 school) in the Diocese of Broken Bay, educating over 17,000 students throughout Sydney's North Shore, Peninsula and Central Coast regions.

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SCHOLARSHIPS

HELPING CHILDREN TO A BETTER FUTURE



The Australian Veterans' Children Assistance Trust (AVCAT) is a not-for-profit organisation. AVCAT administers bursaries and scholarships to help children, and in some cases grandchildren, of the Australian ex-service community with the costs of full-time education. The most deserving candidates are provided with financial assistance to facilitate their tertiary studies.

AVCAT relies on the generosity of the ex-service and business community as well as private donors. If you would like to find out more about supporting AVCAT or applying for a scholarship, please contact us:

"It means the world to me that someone I don't know cares about my education and believes I have potential."

2014 Recipient

T:02 9213 7999

E:avcat@dva.gov.au













W:www.avcat.org.au

APPLICATIONS OPEN 18 AUGUST



ARE YOU ELIGIBLE TO APPLY FOR A SCHOLARSHIP OR BURSARY THROUGH AVCAT?

TEST YOUR ELIGIBILITY NOW

1. Are you a child or a grandchild of an Australian veteran?
YES Go to Question 2.  **NO**  You are NOT eligible!
2. Are you an Australian permanent resident?
YES Go to Question 3.  **NO**  You are NOT eligible!
3. Are you enrolled or planning to enrol in tertiary studies for a minimum of one year?
YES Go to Question 4.  **NO**  You are NOT eligible!
4. Will you be studying full-time next year?
YES Go to Question 5.  **NO**  You are NOT eligible!
5. Are you or will you be eligible for Centrelink's Youth Allowance?
YES Go to Question 6.  **NO**  See Note 1 below.
6. Are you under 25 yrs of age?
YES  **NO**  See Note 2 below.

Please contact AVCAT for more information.

NOTES:

1. Scholarships are awarded to those students in disadvantaged circumstances as determined by the means test eligibility for Youth Allowance. You need to be *eligible* for Youth Allowance even if not receiving it.
2. If you are older than 25 years you will need to explain the reasons for your delay in tertiary studies.

To find out more please feel free to contact AVCAT:

E: avcat@dva.gov.au or P: 02 9213 7999 or go our website: www.avcat.org.au

Kingston Heath Reserve is the latest memorial to be upgraded by the City of Kingston and designers, Landscape Architecture and Urban Design firm Urban Initiatives.

By **Kate Heron and Jason Isaks (Urban Initiatives)**

Four memorials have been upgraded in recent years including Beeson Reserve, Mentone Parade Gardens, Parkdale War Memorial and now, on the 100th Anniversary of the ANZAC landings in Gallipoli, Kingston Heath Memorial Gardens.

Grass and semi-mature trees surround the existing memorial, located north of the Cheltenham/Moorabbin RSL and within Kingston Heath Reserve. The new design will deliver a bold aesthetic, a generous layout for ceremonial gathering and greater connection to the RSL building. Transcending time and place the Kingston Heath Memorial will utilise traditional stonemasonry techniques, granite and bluestone with etched text and images to create an enduring legacy.

The gathering space will feature war memorials for World War I, World War II and the Boer War. Lighting each of these monuments, and the flagpoles, will create a dramatic dawn and dusk experience. The remaining memorial plaques will be relocated, consolidated and arranged in chronological

order on two granite stone walls. These smaller memorial spaces, on either side of the gathering space, also offer the opportunity for more introspective contemplation with seating and subdued lighting. Formal hedges, garden beds and additional trees to the north will create a stunning backdrop to the memorial and blend it into the park setting.

The City of Kingston and their partnership with Urban Initiatives has demonstrated a commitment to delivering beautiful memorials that honour and commemorate the enlisted men and women from the area who lost their lives serving Australia.

“Local memorial gardens play a key role in providing the community with beautiful, peaceful places to reflect, remember and learn about the service and sacrifice of so many.

These important projects will help restore local memorial gardens and ensure our community pays respect to the thousands of Australian servicemen and women who have fought to protect our country.”

– **Mayor Geoff Gledhill - City of Kingston** ■



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Charles Bean's Anzac landing

From the bestselling author of *Anzac Girls* (as seen on ABC TV) comes the remarkable life of Charles Bean, Australia's greatest war correspondent.

At first, Charles Bean heard the noise faintly, carried by a wind gust off the barely visible shore of Gallipoli.

There was a distant knocking, a sound like someone holding up a small wooden box and hitting the inside of it with a pencil. But the sound grew louder, and louder. Bean's heart leapt.

'To my mind there is no mistaking it whatsoever . . . It is the distant echo of rifle firing — first few shots, then heavy and continuous.'

The time was 4.38 a.m. on Sunday, 25 April 1915, a day that would fuse Charles Bean and Australian history.

The official Australian correspondent, Bean was on board the troopship *Minnewaska* with Anzac headquarters staff, sailing from Lemnos to Gallipoli.

There were those on board who doubted it, but within a few minutes they all knew he was right: there was heavy firing going on in the shadowy hills ahead. They could not see

the flashes but they could hear the crack of rifle fire.

At 4.55 a.m., 'a bang' shook the *Minnewaska*. Bean watched as 'a huge bilious yellow cloud for a moment sprang out from the side of one of the warships just south of us.'

The infantry on the deck below Bean ran to the side, 'cheering, delightedly'.

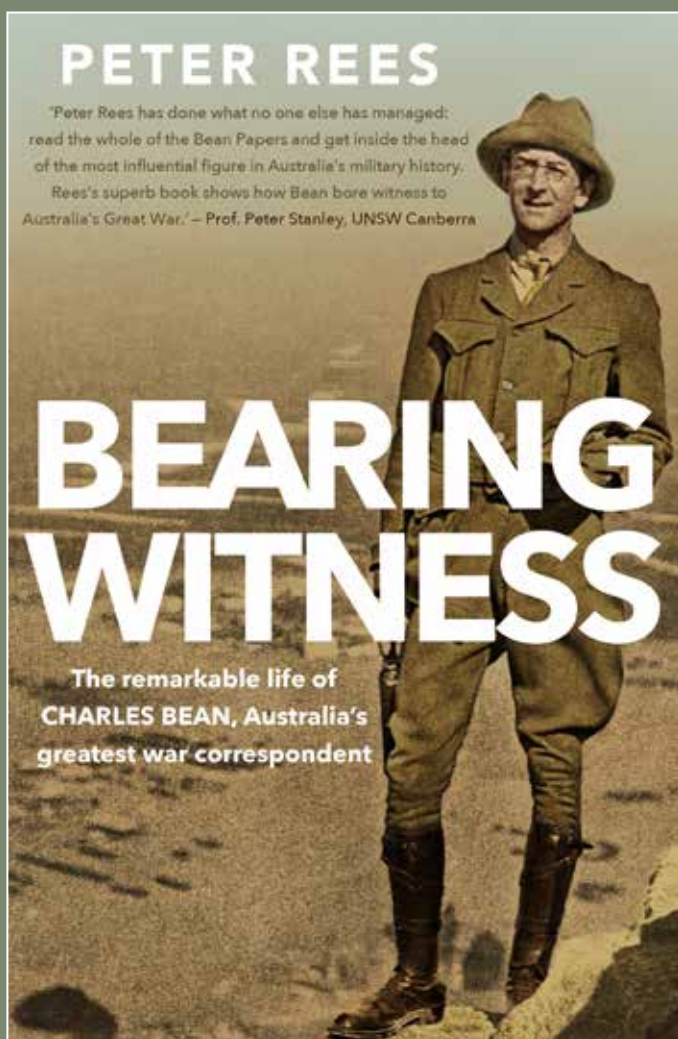
At dawn he watched as troops climbed down rope ladders to go ashore. He saw the men dash across the beach to a sheltering bank, some fixing bayonets as they ran.

At 9.20 a.m. it was Bean's turn to join them. Jumping out of a boat, he waded to the beach and scrambled up a cliff.

He thought he heard insects, possibly bees, flying overhead: 'Then for the first time I realised it must be a bullet.'

Charles Bean's chronicling of the Anzac Legend had begun. ■

***Bearing Witness* by Peter Rees is published by Allen & Unwin, RRP \$32.99.**



ABOUT THE AUTHOR

Peter Rees was a journalist for more than forty years, working as federal political 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*, *Tim Fischer's Outback Heroes*, *Killing Juanita*: a true story of murder and corruption, *Anzac Girls*: The Extraordinary story of our World War I Nurses, *Desert Boys: Australians at War from Beersheba to Tobruk to El Alamein and Lancaster Men*. He lives in Canberra.

Anzac virtues

captured in a triangular coin



2015 \$5 Fine Silver Proof Triangular Coin

The Anzac legend, a story filled with heroism and sacrifice is told through this fine silver 2015 \$5 Anzac Centenary Triangular Coin. Crafted to the Royal Australian Mint's world renowned proof standard, it captures the Anzac virtues of courage and mateship.

Following the sell-out success of the 2014 *Lest We Forget Triangular Coin* and the 2015 *Anzac Centenary Two Coin Set* ballot, this limited edition, commemorative triangular coin continues the tradition of remembrance.

Secure your piece of commemoration today.

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THEIR SPIRIT
OUR PRIDE
2014-18

Mothers and Sons

© David Campbell

I have walked with my son down that long, lonely road
to the place where he lies in his grave;
for the rest of my days I will carry that load,
and will grieve for the life that he gave.

For he died, not in battle, with courage and pride,
as a soldier Australia might mourn,
but alone and forgotten, a gun by his side,
in the light of a grey winter's dawn.

And I wonder, in hindsight, just what we can do
as we watch all our sons go to war,
for I found, on returning, he no longer knew
what my love for him meant any more.

He was sullen and bitter, and tended to curse,
with a drink that was always close by...
when the booze took control it got very much worse,
and I dreaded the look in his eye.

For he wasn't there with me, but far, far away,
where the horrors he saw killed his soul,
as he fought with the demons that haunted each day,
and the spectre of death took its toll.

For it cast a long shadow, and gave him no peace...
like a cancer it crippled his mind...
and I heard him each night as he cried for release,
as he pleaded to leave it behind.

But his words came to nothing, they vanished like mist
in a valley that's warmed by the sun,
and the man that I knew simply ceased to exist
in a battle that couldn't be won.

He was lost in the gunfire, the heat and the dust,
with the mortar's dull roar in his ear,
always doubting, uncertain of who he could trust
on a killing ground governed by fear.

For a suicide bomber could be a young boy,
or a woman just wandering past
with an innocent thing like a soft, cuddly toy,
that might butcher them all with its blast.

And he looked in the eyes of those mothers and sons
in the hope that he might understand
what the future would hold when the hammer of guns
didn't echo in that savage land.

All he saw was a mirror of what he might be,
and a body that could have been mine,
in the bloodshed surrounding the quest to be free,
as his men put their lives on the line.

But the worst of it all, he would say in a voice
that was ravaged by anguish and pain,
was the knowledge each moment could bring the wrong
choice,
and their sacrifice might be in vain.

So I watched as the trauma took over his life,
as the drink and the drugs broke his heart,
for he lost his two children and once-loving wife
when the world he had known fell apart.

The support that he needed was simply not there,
for despite all the promises made,
it's the sick and the injured who can't find the care
in the ongoing price to be paid.

It's a road that so many have followed before
when the ghosts of the past will not die,
and it's we who remember these victims of war...
all the mothers who weep where they lie.



In marking the centenary of ANZAC Day, Victorian Opera has developed a new work that creates a space for remembrance through music, story and images.

By Victorian Opera's Artistic Director Richard Mills

In *Remembrance*, we trace the ANZAC legacy through chapters; beginning with the Declaration of War to the eventual homecoming.

We commemorate the terrible battles of the Somme and the Western Front, the compassion of the medical staff and the euphoric sense of the adventure of enlistment, embarkation and training in Egypt.

We explore the defeat of Gallipoli and the profound disillusion of the return home, often to unemployment and difficult personal and domestic circumstances. We also reflect on the emergence of the traditions of comradeship, service, sacrifice and heroism which expressed something truly unique in the soul of a young nation and which has been and is valued as sacred by succeeding generations.

This was a war commemorated in song, at a time when singing was a natural part of Australian life. Men sang at work, people sang at parties and families spent their evenings round the piano in an important tradition that we have lost today. It is this expression through song that lends itself naturally to *Remembrance*.

To recount this legacy, we have sourced letters, popular songs of the time sung by the soldiers and those at home,

photographs from home and the front, newspaper clippings and commemorative lists.

Our story is told by the young artists of Victorian Opera and acclaimed Australian opera and recording artist David Hobson who plays a War Correspondent. The young artists are roughly the same age as so many young men and women in the Great War, so their involvement is poignantly appropriate.

Remembrance is simultaneously a musical documentary, an elegy and a drama. As Victoria's state opera company, it is our duty to speak to and for people and share uniquely Victorian stories. We have done this through music and material, celebrating this centenary anniversary that remains so significant in our history and national identity. ■



Victorian Opera's Remembrance

Performance Dates:

MELBOURNE

13 August, 7.30pm, Arts Centre
Melbourne, Hamer Hall

BENDIGO

15 August, 7:00pm, Ulumbarra Theatre

WODONGA

31 August, 10:30am & 7:30pm, The Cube
Wodonga

WARRAGUL

3 September, 8:00pm, West Gippsland
Arts Centre

SHEPPARTON

12 September, 7:30pm, Eastbank Centre



QANTAS PROUDLY SUPPORTS GALLIPOLI CENTENARY

The Australian Government and Qantas today announced a collaboration to support ANZAC Centenary activities marking the 100th anniversary of the Gallipoli landings.

Minister for Veterans' Affairs and Minister Assisting the Prime Minister for the Centenary of ANZAC, Senator the Hon. Michael Ronaldson made the announcement alongside Qantas Group CEO Alan Joyce at the airline's Sydney Jetbase.

"The Anzac Centenary is a milestone of special significance to all Australians as the First World War played such an important role in defining us as a nation and as a people" Senator Ronaldson said.

The Government appreciates the generous contribution of Qantas in supporting this significant period of commemoration and ensuring that more Australians can travel to Turkey for the services.

Qantas has added a special flight for Australians travelling to Turkey for Anzac Day – the Boeing 747 seats 364 people and will depart Sydney for Istanbul on 21 April, via Perth.

"This additional flight is a great initiative by Qantas, and will provide the opportunity for many Australians who received a ticket in the ballot to travel to this historic Anzac Day commemoration," Senator Ronaldson said.

Qantas has a strong connection to Gallipoli where two of its founders served, Sir William Hudson Fysh KBE DFC (1894 – 1974) and Paul McGinness DFC DCM (1896-1952).

Qantas has agreed to provide return flights for the widows of Australian First World War veterans travelling to Turkey for Anzac Day commemorations at Gallipoli. The widows, aged in their seventies to early nineties, will attend the commemorations as official guests of the Australian Government and will travel as part of an official mission party.

The widows will each be accompanied by a carer and support staff from the Department of Veterans' Affairs (DVA), including nurses and an Australian Defence Force doctor.

Following an expression of interest process undertaken last year, DVA is continuing to work with the widows and their carers to ensure their fitness for international travel in April.

"Qantas is proud to be working with the Australian Government and the Department of Veterans' Affairs to support the Centenary of ANZAC events," said Qantas Group CEO Alan Joyce.

"We are honoured to be carrying war widows and their carers to Turkey so they can attend commemorative services at Gallipoli.

"Two of Qantas' founders, Paul McGinness and Hudson Fysh both

served with distinction in the First World War and today, their legacies remain strong as do our ties with the services of the Australian Defence Forces."

Senator Ronaldson said that while Anzac Day 2015 in Gallipoli will be a key commemorative event in the Anzac Centenary Programme, the programme will extend until November 2018 when the 100th anniversary of the armistice will be observed.

"Those without attendance passes for Anzac Day 2015 may consider visiting Gallipoli on 6 August 2015 for the Battle of Lone Pine commemoration service. Australians can also attend a Dawn Service in Australia or watch the television broadcast of the Gallipoli and Villers-Bretonneux services on the ABC" he said.

The ballot for attendance at Anzac Centenary commemorations at Gallipoli is now complete. A waitlist, for those who were unsuccessful in previous allocations, is open until 31 March 2015 to reallocate places that become available. Only those with a ballot attendance pass can attend the official Anzac Day commemorations at Gallipoli in 2015. ■

For more information on Anzac Day commemorations at Gallipoli in 2015 visit www.gallipoli2015.dva.gov.au or visit www.anzaccentenary.gov.au for information on the Anzac Centenary Programme.

PENSION INCREASE FOR VETERANS

Veterans, their partners, war widows and widowers across Australia will see an increase to their pensions from 20 March 2015 as part of the bi-annual indexation process.

As pension rates are calculated on a daily basis, the next pension paid after the 20 March increase (on payday 2 April 2015) will be paid partly at the old rate and partly at the new rate. The first full payment at the new pension rates will be 16 April. A summary of pension rates is available online at www.dva.gov.au/media.

Deeming rates have also been adjusted. From 20 March 2015, the lower deeming rate has been reduced to 1.75 per cent while the higher deeming rate has been reduced to 3.25 per cent. The reduced deeming rates mean that income support pensioners with financial assets such as cash, shares and bank accounts will have less income included in their assessment and may therefore receive a higher rate of pension. ■

Pensions are indexed twice a year in March and September. A full list of pension rates are available on www.dva.gov.au or by calling 133 254 or 1800 555 254 from regional Australia.

100 STORIES REFLECT 100 YEARS OF ANZAC

Australian Defence Force members have recorded personal messages that reflect what the Centenary of Anzac means to them.

One hundred stories, reflecting on 100 years of Anzac, will be published throughout 2015 to highlight the significance of the Anzac Centenary to current serving members of the ADF.

Vice Chief of the Defence Force, Vice Admiral Ray Griggs said the Anzac Centenary was an opportunity for servicemen and women to remember those who had gone before them.

"The first Anzacs played a significant role in forging Australia's national identity and defined our national character. They left a strong

and enduring legacy that is carried forward by the men and women of the ADF today," VADM Griggs said.

"These personal messages provide an insight into the significance of the Anzac Centenary to the men and women who continue to serve Australia and its national interests today." ■

Commencing in March, three messages will be published each week at www.defence.gov.au/events/centenaryofanzac, and will be disseminated on the various Defence social media including @DeptDefence and @VCDF_Australia twitter accounts.

OPERATION MANNA-CHOWHOUND: 'AS HISTORICALLY IMPORTANT AS D-DAY'

In the dying days of World War Two, the RAF, RAAF and USAAF conducted one of the most risky, most glorious, yet most unsung bomber operations of the war, relying on the Nazis to keep their word not to fire on bombers as they flew at just a few hundred feet. Players in the drama included Allied Supreme Commander General Eisenhower, his chief of staff General Bedell Smith, a teenaged Audrey Hepburn, spy and James Bond creator Ian Fleming, a German-born prince, the Nazi governor of Holland, and thousands of young Allied airmen. The previously untold story is revealed in seasoned historian Stephen Dando-Collins' gripping new book *Operation Chowhound*, published around the world this April by Palgrave Macmillan.

By the beginning of 1945, 3.5 million Dutch civilians in German-occupied Holland were facing starvation. The Germans reduced food supplies and cut off power, creating what the Dutch still call the 'Hunger Winter'. One of the starving civilians was fifteen-year-old Audrey Hepburn, the future Hollywood star. She and her mother, the Baroness Van Heemstra, were living outside Arnhem.

Meanwhile, exiled Prince Bernhard of the Netherlands pushed within military circles for relief for the Dutch. But Prime Minister Winston Churchill suspected Bernhard's loyalty. For, although he'd taken Dutch citizenship on marrying Princess Juliana in 1937, Bernhard was German-born, and his brother was serving in the Wehrmacht. Churchill called in MI5's Commander Ian Fleming to vet Bernhard. Fleming had

cultivated Bernhard's friendship and even knew that Bernhard's favourite drink was a vodka martini, shaken not stirred. But, unaware that Bernhard had been a Nazi party member and German spy, Fleming gave him a full security clearance.

In Holland, the Nazi governor, Arthur Seyss-Inquart, was thinking about saving his own skin come war's end. Behind Adolf Hitler's back, he commenced secret negotiations to allow the Allies to feed the Dutch. On April 17, Eisenhower's chief of staff, American general Walter Bedell Smith, called in RAF air commodore Andrew Geddes and instructed him to come up with a plan to drop thousands of tons of food to the Dutch by air.

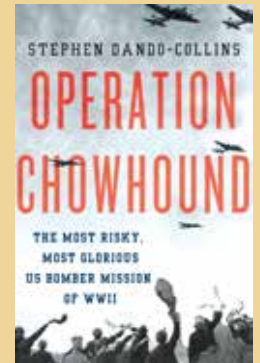
There were neither enough transport aircraft nor parachutes, so Geddes would use 900 Lancaster and B-17 heavy bombers, flying at 300 feet and simply opening their bomb bays to let food tumble out. In less than two weeks, Geddes had pulled together the logistics for history's greatest airborne mercy mission to that date. A mission Geddes would rate 'as historically important as D-Day.'

Secret meetings between senior Allied and German officers at Achterveld in southern Holland agreed in principle that German troops wouldn't fire on Allied bombers flying low along prescribed air corridors. On the morning of April 29 two 'guinea pig' Lancasters, one piloted by the RAAF's Peter Collett of Sydney, dropped food on the outskirts of The Hague, without incident. That afternoon, under the codename Operation Manna, 240 Lancasters dropped



food at six targets. Still, German guns held their fire.

Four hundred RAF bombers made drops the next day, and on May 1, 400 American B-17s joined the campaign under the codename Operation Chowhound, followed by 400 Lancasters flown by Britons, Canadians, and Australians in both RAF squadrons and the RAAF's 460 Squadron. But the Nazis still hadn't signed the Achterveld agreement. Would the Germans keep their word? As 800 bombers flew to Holland, would the Jerries continue to hold their fire? Or were thousands of Allied airmen flying into a huge trap? ■



VALE THE HON. THOMAS UREN AC

"I've travelled a long way in my political spectrum but I still stand back to those basic fundamentals of life that it is right of the strong to look after the weak and the young to look after the old and the fit to look after the sick.... That's what life's all about. And that simple philosophy that I drew out of my experience of serving under Weary has grown."
- Tom Uren AC

It is with great sorrow that I extend my condolences to the family and friends of The Hon. Thomas 'Tom' Uren AC. Mr Uren, a Second World War veteran and former Labor Minister, passed away earlier this week. Mr Uren was dedicated to serving his country and will be greatly missed.

Born in the Sydney suburb of Balmain, Tom Uren wanted to pursue a boxing career, but his dream was cut short by the start of the Second World War. At 18 years old, Mr Uren joined the Army and served as a Bombardier with Artillery's 2/1 Heavy Battery which was deployed to West Timor in December 1941. When Timor fell to the Japanese he was taken prisoner.

From Timor he was taken to Singapore and spent time in Changi before being sent to work on the Burma-Thailand railway. On the railway, he considered himself one of the 'lucky ones' who was placed under the command of Lieutenant Colonel Edward 'Weary' Dunlop. Having survived the

brutality of the railway he was sent to Japan and was there when the war ended.

Mr Uren's wartime experiences, especially his time as a prisoner of war, shaped his thinking for the rest of his life, and was central to the values he took into his political career. He once said:

I've travelled a long way in my political spectrum but I still stand back to those basic fundamentals of life that it is right of the strong to look after the weak and the young to look after the old and the fit to look after the sick.... That's what life's all about. And that simple philosophy that I drew out of my experience of serving under Weary has grown.

Following the war and another brief stint in the boxing ring, Mr Uren joined the Australian Labor Party, entering Federal Parliament in 1958. In 1972 he became Minister for Urban and Regional Development in the Whitlam Government, setting up the Australian Heritage Commission and the National Estate and creating new national parks.



He served his electorate of Reid in Western Sydney from 1958 until his retirement from politics in 1990.

Mr Uren was one of Australia's most respected politicians and will be greatly missed. He stood by his beliefs, never wavering in his constant fight for peace and justice.

I send my deepest sympathies to Tom Uren's family and friends.

My thoughts and prayers are with them. ■

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

EASIER ACCESS TO MENTAL HEALTH SUPPORT FOR VETERANS

Under new arrangements announced by the Federal Government in January, it will now be easier for veterans to access mental health support under new arrangements announced today.

Minister for Veterans' Affairs, Senator the Hon. Michael Ronaldson said tackling the mental health challenges for veterans and their families was a key priority in the Government's plan for improving services for Australia's service men and women.

"Currently, veterans and eligible current and former members of the Australian Defence Force (ADF) are able to access treatment for psychiatrically-diagnosed PTSD, depression and anxiety disorders, whatever the cause."

"Under these arrangements, known as non-liability health care, there does not have to be any link between the mental health condition and military service for the individual to access these services."

"I am pleased to announce that under the new arrangements, veterans and eligible current and former members of the ADF who are diagnosed with these conditions by vocationally registered general practitioners and clinical psychologists will also be able to access these non-liability health care arrangements."

"By extending access to non-liability health care to those who are diagnosed by a GP

or psychologist we can make sure people are given access to these services as quickly as possible. Early treatment is vitally important in addressing conditions such as these," Senator Ronaldson said.

Senator Ronaldson said the extension of the non-liability health care built on the Abbott Government's strong record in providing better services to Australia's veterans.

"The Government also previously expanded these services to include treatment for alcohol use disorder and substance use disorder and made changes to allow a greater number of people with peacetime service to be eligible for these treatments."

"The key to good mental health is to take action early and I encourage all veterans and veterans' representatives to familiarise themselves with the revised arrangements and when required, to seek help that is available," Senator Ronaldson said.

A psychiatrist's diagnosis is still required for compensation claims relating to mental-health conditions. ■

For any further information on mental health support for veterans and their families, contact DVA or visit the At Ease website at at-ease.dva.gov.au

TIM MCCOMBE OAM

It is with great sadness that the Minister for Veteran's Affairs, Michael Ronaldson noted the death, in January, of the National President of the Vietnam Veterans Federation Australia (VVFA), Tim McCombe OAM. The Minister also extended his condolences to the family and friends of Tim.

Tim passed away on Saturday, 31 January 2015, at Bowral District Hospital, New South Wales.

Tim McCombe OAM was a veteran who devoted his time to lending a hand to other veterans and current serving men and women.

A regular soldier himself, Tim served in the Australian Army from 1964 to 1973 in locations including Malaya, Borneo and Vietnam. During the Vietnam War he served as an infantry soldier from May to August 1967 with the 2nd Battalion, The Royal Australian Regiment and was severely injured by a mine explosion.

At the time of his passing he was the National President of the Vietnam Veterans Federation Australia (VVFA), and NSW Branch President of the VVFA's affiliate, the Vietnam Veterans Peacekeepers and Peacemakers Association of Australia (NSW Branch) Inc. Both of these organisations support Vietnam veterans and work with those returning from current and recent deployments.

Tim was a strong advocate for his fellow veterans. As an original member of the Ex-Service Organisation Round Table he contributed greatly to the conduct of the group and its significant representation of the veteran community since 2009. His insight and contribution will be missed.

Tim was also a member of the Veterans and Veterans Families Counselling Service National Advisory Committee (NAC) from 1986 - 1993 and again from 2007 - 2012. In this position he championed the needs of veterans of all ages and all backgrounds and assisted the NAC in understanding many of the barriers facing veterans and their families in the access to services.

Minister Ronaldson noted that, whilst he was in opposition and in Government Tim had provided frank and fearless advice. Minister Ronaldson expressed that he will be forever grateful.

In recognition of his services to veterans Mr McCombe was granted the medal of the Order of Australia (OAM) in 2001 and was also awarded the Centenary Medal that year. ■

VOICES OF BIRRALEE CHOIR HONOURED IN PRESENTATION

In February, Brisbane-based community choir Voices of Birralee was presented with special uniforms ahead of their upcoming performance in France.

Their European appearance is part of official Anzac Day Centenary services.

The choristers received their uniforms from the Minister for Veterans' Affairs and Minister Assisting the Prime Minister for the Centenary of Anzac, Senator the Hon. Michael Ronaldson.

Congratulating the choir on their appointment for the important services, the Minister said,

"Voices of Birralee will perform at the Anzac Day Dawn Service at the Australian National Memorial at Villers-Bretonneux and the Australian service at the Digger Memorial, Bullecourt, as part of this year's Anzac Centenary commemorations, Villers-Bretonneux is a site of great importance in Australia's history and is the location of the main Anzac Day service in France. Some 2400 Australians became casualties in the fighting around Villers-Bretonneux in April 1918.

"This is the most significant period of commemoration and to be selected to perform at these important

international events is both a tremendous honour and recognition of the choir's outstanding reputation", Senator Ronaldson said.

Recognising the choir's previous contribution to commemorative and national events here in Australia and overseas, the Minister wished Voices of Birralee the best for the upcoming performance in France.

Voices of Birralee's Artistic Director, Ms Julie Christiansen OAM, said that Voices of Birralee was honoured to be selected to participate in the Anzac Centenary commemorations on the Western Front in 2015. ■

FUNDING HELPS DEAKIN COMMEMORATE ANZACS

Minister for Veterans' Affairs, Senator the Hon Michael Ronaldson, along with the Federal Member for Deakin, Michael Sukkar, announced in March, funding of \$95,255 to support three projects honouring Australia's servicemen and women in the Deakin electorate. The funding is part of the Anzac Centenary 2014–18.

Minister Ronaldson said the projects would provide the community with a great opportunity to commemorate the nation's servicemen and women during the Centenary of Anzac period.

"The Centenary of Anzac is Australia's most significant period of commemoration and I would encourage all residents in the Maroondah area to remember the service of our Anzacs and of the hundreds of thousands of defence personnel who have continued their legacy and traditions," Minister Ronaldson said.

"As a nation we owe a great debt to the men and women who have served in wars, conflicts and peacekeeping operations at our country's request.

"I am extremely proud to be here with Mr Sukkar to announce these projects that will provide the local community with a great opportunity to honour our troops, particularly the 102,000 who have given their lives for our nation," Minister Ronaldson said.

The three projects to receive funding are:

\$63,575 to Maroondah City Council to hold the 'Building Bridges: the Anzac Legacy in Maroondah' exhibition and develop an educational resource to commemorate the Anzac Legacy;

\$16,180 to the Rotary Club of Ringwood to hold a Maroondah Schools Anzac Commemorative Service and establish a Peace Garden in Ringwood; and

\$15,500 to Croydon Historical Society to publish a book titled 'Lest We Forget – the Anzacs of Maroondah'.

Mr Sukkar congratulated the three organisations for their work in leading local community commemorations.

"It is outstanding to see local community groups becoming involved with the Centenary so enthusiastically," he said.

"It is clear that a lot of thought and work has been put into these important projects which will ensure that our community will have a number of options for commemorating 100 years of service.

Mr Sukkar also thanked the members of his Centenary of Anzac Local Grants Committee, who encouraged community groups to apply for the funding and recommended the projects to the Minister for approval.

Two other projects within Maroondah have previously had funding confirmed through the Centenary of the Anzac Local Grants Program – Heathmont Uniting Church (\$1200), which will hold an Anzac sing-along-concert on 22 April; and Eastern Regional Libraries (\$1025), which is creating a website with the names and details of servicemen and women from eastern Melbourne. ■

LAUNCH OF RSL SPIRIT OF ANZAC GREVILLEA

A special plant propagated especially for the Centenary of Anzac was launched in March at the Melbourne International Flower and Garden Show by the Minister Assisting the Prime Minister for the Centenary of ANZAC, Senator the Hon. Michael Ronaldson.

Senator Ronaldson said the RSL Spirit of Anzac Grevillia was a distinctly Australian plant that would provide a sense of 'home' at international memorial events.

"The hardy, attractive shrub will be a floral tribute to the first major military action by Australian and New Zealand forces at Gallipoli 100 years ago," Senator Ronaldson said.

"The grevillea was cultivated by Perth's Botanic Gardens and Parks Authorities, with the vibrant red colours serving as a reminder of the harsh realities of war and the bloodshed on the battlefields.

"Planting this grevillea at commemorative sites and cemeteries within Australia and overseas will provide an intrinsically Australian element to the final resting place of those who sacrificed all for their country," Senator Ronaldson said.

The selection of the RSL Spirit of Anzac grevillea is particularly significant as it is the only plant that has approval to include 'Anzac' in its title.

"The word Anzac holds special significance for Australians, and will be commemorated in various ways during the Centenary of Anzac, where we as a nation mark a century of service and

sacrifice, encompassing all wars, conflicts and peace operations in which Australia has been involved," Senator Ronaldson said.

"I have given the RSL special permission to use the word Anzac in the plant's name. This rare honour acknowledges the special link between the RSL and the original Anzacs. I am delighted that sales of this plant will assist the RSL with its work helping veterans from all conflicts, and particularly younger veterans and their families."

Proceeds from the sale of each plant will benefit current and former members of the Australian Defence forces through a special RSL trust. ■



ANZAC LIVE

Read and follow those who participated in the First World War, watch and follow their stories in real time on Facebook. ■

www.anzalive.com

SELL UP, PACK UP AND TAKE OFF By Stephen Wyatt and Colleen Ryan

There are few times in your life when you're truly free.

Perhaps in your early 20s, after education and before marriage, but then life gets hold of your freedom.

A career and the pressures of raising a family normally take over. But then comes another time; a new freedom. This is when you retire — when the kids have left home and the job is over or you have simply had enough of it.

With a bit of luck, by that time you will have enough savings to live the good life for the next few decades, enough money to embrace the freedom. At least that is the dream.

But living the good life is getting harder and harder to achieve for many Australian retirees. The cost of living is just too high and too many of us are underfunded. In a low interest rate era, with \$2 million on term deposit, you would be lucky to earn \$60,000 a year. And not many Australian retirees have \$2 million in super.

Nobody wants to think twice about having a relaxing cappuccino or a night out with a bottle of wine. But that is the reality for many Australians living on their superannuation or age pensions. That is why more and more of them are moving to cheaper countries in south-east Asia.

There are already nearly 80,000 Australians on the age pension who are living overseas and that number jumped by 30 per cent in the five years to 2012, the latest figures available. There is a genuine trend under way. And as the baby boomers age, the ranks of Australia's retired will explode. Over the next 25 years the number of Australians over 65 will triple to 8 million.

Many of them will embrace their new freedom in a new country. The cost of living across south-east Asia can be 50 to 80 per cent cheaper than Australia, with huge savings on rent, restaurants and the like.

While a cheaper, more luxurious lifestyle is the primary driver for the move offshore, the social life is also a big attraction. Jennifer, a former librarian, recently divorced, who moved to Chiang Mai, Thailand, says that her social life is the busiest it has ever been.

Chiang Mai has great weather but it also has wine clubs, book groups, travel clubs and dinner clubs. There is no shortage of Australians but there are also Americans, Scandinavians, British and Germans in the expatriate community.

Some Australians seek out adventure — like Suzy who lives in Luang Prabang, Laos, and relishes her relationship with the Laotian family who have “adopted” her.

Others seek out the weather and the beach lifestyle at a cheaper price, such as Sal and Glenn, now living in Phuket, who were sick of the cold winters in the wine-growing areas of NSW where they raised their family. Their four-bedroom home with an in-ground pool in Phuket cost slightly more than \$200,000. And it is a walk to the beach.

Over the past decade, all this has become easier. Distance is less a tyranny now than ever before. Advances in communication technology, with internet banking and Skype, plus cheaper airfares, thanks to the introduction of budget airlines throughout Asia, have transformed the retirement options for baby boomers.

If you are thinking of taking the plunge, for just a six-month sabbatical, a two-year adventure, or even forever, be warned that any move overseas requires very careful planning.

THINK IT THROUGH

Give yourself plenty of time. There are a number of important decisions to make. And there are a number of government regulations that you should familiarise yourself with to avoid pesky problems down the road. It is far simpler to get your affairs in order before you leave Australia rather than to try to do it at a distance.

The good news for Australian retirees is that the age pension and super pensions are transportable. But there are conditions.

If you qualify for an age pension already — that is, you have met the required assets test, income test and residency test under Australia's Social Security Act — you should have few problems in transporting that pension or part pension overseas.

The real trap with pensions comes for Australians who are already living overseas when they reach the qualifying age of 65. The government will not

consider you eligible for the pension. To qualify you must move back to Australia for at least two years. So if you are relying on the age pension it is best to delay your move until after you reach the eligibility age and have received at least your first pension payment.

Another trap is the impact that selling or renting the family home may have on your pension eligibility. Will you fail the asset or income tests?

Keep in mind that your principal place of residence is exempt from the assets test for an Australian pension — but only if you are actually living in it. And there is no exemption for a principal place of residence outside Australia.

Superannuation pensions are also transportable overseas. If you are over 60 and receive a tax-free pension from your superannuation savings this will also apply whether you are living in Australia or overseas. That is the good news.

There can be complications, however, if you have a self-managed super fund. These problems can be overcome but you will need professional advice to ensure that your fund remains a “complying fund” while you are living overseas. It is very likely that you will need to restructure your self-managed fund before you leave Australia to avoid the severe penalties that apply to non-complying funds. It is simple to achieve but may involve appointing additional trustees who also have a role in investment strategy.

It is also important to check that your new country of residence has a double tax agreement with Australia and will not tax your pensions. This is the case in most south-east Asian countries.

It is critical to get your tax affairs in order. You need to decide whether you want to be a resident or non-resident of Australia for tax purposes. You cannot choose to be one or the other. It is a matter of fact and a matter of law. It depends on your individual circumstances. Unfortunately, there are no hard and fast rules, just guidelines. At the end of the day, the taxman will decide. But you can organise your affairs to influence the taxman's ultimate judgment on your residency status.

There are advantages and disadvantages in both categories — resident and non-resident.

For example, as a non-resident, only your Australian-sourced income will be

subject to Australian tax. This includes your superannuation, your pension, rental income on any real estate assets in Australia, and income from any businesses you may have in Australia. Income on bank deposits and dividends from Australian shares will not be added to your taxable income but will instead be subject to a withholding tax of 10 to 15 per cent. (If the dividends are fully franked, withholding tax will not apply.)

Capital gains tax provisions will continue to apply on any real estate assets you own in Australia but they will not apply to other investments, such as shares, for the period that you are considered to be non-resident. (This can be a boon if you consider yourself to be a clever sharemarket investor.) However, keep in mind that you will lose the tax-free threshold as a non-resident and hence pay tax from the very first dollar you earn in Australia. As the tax-free threshold now stands at more than \$18,000, this can be a real consideration. Finally, if you are a non-resident for tax purposes, the chances are that you will no longer be eligible for Medicare benefits when you visit Australia.

On the other hand, if you are considered to be a resident of Australia for tax purposes, your worldwide income will be subject to Australian tax. However, you are more likely to be able to obtain Medicare benefits on visits back to Australia and you will maintain the tax-free threshold for any income earned in Australia. There can be real benefits to remaining a resident for tax purposes while overseas – particularly if most of your income is sourced in Australia anyway.

A lot of retirees who move overseas want to keep their family home in Australia but are concerned that if they rent it out while they are away they will lose the capital gains tax-free status on sale. The rules are quite clear – you can rent out your principal place of residence in Australia for up to six years while you are overseas and not affect the capital gains tax status. If you don't rent it out, it retains its capital gains tax-free status until you sell.

Healthcare is critical. Malaysia and Thailand are the standout retirement destinations for healthcare, with excellent medical facilities. This is not the case in Indonesia, Cambodia and Vietnam. It is important to have health insurance including evacuation insurance if you are living in a country with poor health services. Many retirees rely on 12-month travel insurance for health coverage but this can be a trap if you fall ill – pre-existing conditions are assessed with each and every renewal. Full international health cover is freely available and it is important to note that this is a competitive global market. Websites such as Medibroker.com provide comparisons of dozens of health insurance packages around the world.

The other piece of good news is that visas in many south-east Asian countries are very friendly to the Australian retiree. Indonesia, Malaysia, Thailand and the Philippines offer retirement visas. Malaysia and the Philippines represent the gold standard in visas. A Malaysia My Second Home visa will provide a 10-year visa. The Philippines has four different types of retirement visas, some of which offer permanent residency.

MONEY TIPS AND TRAPS

SUPERANNUATION

Get your finances in order before you leave. Make sure that your superannuation pension stays tax-free while you are overseas. If you have a self-managed super fund, it will need to be restructured to ensure it remains a complying fund for Australian tax. If your super is with an industry fund or a big retail fund, the pensions you pay from it will be free from Australian tax.

PENSIONS

You can receive the age pension in Thailand, Malaysia, Vietnam or Bali just as you can in Australia. Some 80,000 Australians are already receiving their age pensions overseas. But there are some tricks to be aware of. For example, you need to be eligible for, and already receiving, the age pension before you relocate.

HEALTH INSURANCE

Take out an international health insurance policy. It is worth the expense. International health insurance can be expensive, but there are a number of different levels of cover from catastrophe insurance to the gold standard policy and prices vary widely. Tell the truth to your insurer about any pre-existing illnesses. Failure to do this can lead to a denial of claims. Check if your proposed insurance company is recognised by major healthcare providers in your new country of residence.

MEDICARE

Medicare is principally a health system for Australians who live in Australia. Non-residents are theoretically not entitled to Medicare on visits home to Australia but there is some flexibility for temporary absences, usually of up to two years. Once you have lived outside Australia for more than five years there is no flexibility – you are not entitled to Medicare on visits home.

THE FAMILY HOME

Many people choose to rent out their home in Australia and rent property in their new country. This way they have the option of returning and they still have their foot in the Australian property market. But how does that affect the tax-free capital gains that you have built up in your principal place of residence? The good news is that you can rent out your principal place of residence for up to six years without affecting the tax-free capital gains when you eventually sell.

TAX

Get your tax planning in order before you leave the country. A key factor to consider is whether you are to become a resident or non-resident for Australian tax purposes. ■

Stephen Wyatt and Colleen Ryan are the authors of *Sell Up, Pack Up and Take Off* published by Allen & Unwin, September 2014. They are also co-founders of Planet-Boomer.com.

UNEMPLOYMENT – SPECIAL FEATURE

In this section, The Last Post looks at the growing crisis of long-term unemployment and its effects on the individual and the community at large.

OLD AND YOUNG HIT HARD AS THE NUMBER OF LONG-TERM UNEMPLOYED AUSTRALIANS SOARS SINCE GLOBAL FINANCIAL CRISIS

By Ben Schneiders

The number of Australians out of work for long periods has risen dramatically since the global financial crisis, with retrenched older workers and young people yet to find work particularly vulnerable to long-term unemployment.

An analysis of Bureau of Statistics data by Fairfax Media shows that the number of people out of work for more than a year rose to 175,200 people in January, an increase of more than 150 per cent since mid 2008. Welfare experts say being out of work for long periods can affect future employability, as well as physical and mental health.

Australian Council of Social Service chief executive Cassandra Goldie said the rise was a “significant and disturbing trend” that could be “traced back” to the financial crisis.

“While overall, Australia weathered the storm relatively well, the most obvious and disturbing impact is in terms of people who have been out of the labour market and can’t get in,” she said.

Brotherhood of St Laurence executive director Tony Nicholson said the economy had changed rapidly since the financial crisis, with a greater emphasis on service and knowledge industries, and it was hard for many people to adjust.

Mr Nicholson said both the young - without skills and experience - and the old, in particular those in declining industries, were being hit by long-term joblessness.

Although overall unemployment has been rising in recent years and gained political attention, there has been much less emphasis on people who are out of work for long periods, despite the damage it can cause. The Bureau of Statistics data shows that the level of long-term unemployment has risen much faster than overall unemployment and nearly one in four people unemployed have been out of work for at least a year.

Separate data released on Thursday also points to the growing problem of people on welfare for long periods. Department of Social Service data shows the number of people on the main welfare payment, the Newstart Allowance, has continued to climb to almost 533,000 in January 2015 from record levels reached at the end of 2014. The data reflects the rising numbers of long-term unemployed and people moved onto Newstart from single-parent and disability payments due to changes to government policy.

The number of long-term Newstart recipients, who have received the payment for more than a year, has doubled since the global financial crisis in 2008.

Dr Goldie said the federal government should abandon “wasteful” programs such as Work for the Dole, which research indicates has been ineffective, and place greater emphasis on wage subsidies for employers to hire the long-term unemployed as well as more investment in support and case management.

Mr Nicholson said the employment placement system, Job Services Australia, was failing and was not designed to respond to the structural changes within the economy. “Giving people some preparation with their CV isn’t going to equip them to take up opportunities in the modern economy.”

There has to be a greater emphasis on re-skilling or even re-locating people while taking into account that the jobs are often where housing is least affordable, he said. ■

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TAKE IT FROM ME: WE CAN’T AFFORD TO CRUSH YOUNG PEOPLE’S EMPLOYMENT HOPE

By Senator Ricky Muir

My resume does not read like most politicians’. I left school at 15 and moved out of home soon after.

This is the first time I’ve revealed these details in public, and my hope is that my story will highlight how crushing it is to be young and unemployed in Australia.

When I left school in 1996, I was really desperate to find a job. I needed money to put food on the table and pay the rent, or I would have been out on the streets. I applied for many, many entry-level jobs – including abattoir work – near where I lived in Gippsland, but I couldn’t catch a break for a long time. It was soul-destroying. At times, tears were shed. I did not have the financial support of my parents who were facing their own challenges, so I had to rely on Centrelink payments for more than a year.

Although I did land my first job – working in manufacturing in Melbourne – when I was 17, the experience of being a teenager and jobless was a very challenging time in my life. It only takes a couple of knock-backs from jobs to bring your morale down.

I definitely know what it’s like to build your way from nothing. I know the challenges that young people in similar situations today face. In country towns around Australia, it’s especially hard for young people because there isn’t the public transport to even get you

to a job interview if you don’t have access to a car – or parents who will drive you.

I want to put it on the record that I completely object to the idea that “young people are lazy”. That’s a lazy stereotype and does not fit the young unemployed people I talk to. Of course, it’s really important to focus on trying hard to find a job, but much more than a “good attitude” is needed these days to land even an entry-level job. I tried hard, but I still found it tough to get work as an early school-leaver without work experience, qualifications or personal contacts.

My message to policy makers is to put themselves in the shoes of the young people looking for work.

With youth unemployment soaring – more than a quarter of a million aged 15 to 24 remain unemployed – the big push seems to be for people to go to university. But one size does not fit all. I think that well-structured programs in the community that help jobless youth build transitional skills to get into the workforce are very important for those not suited to higher study. I am not a fan of all work-for-the-dole schemes, either, but I did benefit from one well-run community based program that was established when John Howard was prime minister.

I’d be the first person to also stick my hand up and say that I’ve had a great opportunity being elected to the Senate. I am now 34 years old, and I did not go to university like most people my age who enter politics. I have worked my way through a series of manual occupations. The main part of my working life has been in the tannery and timber industries, where I worked hard to achieve leading hand,

shop steward and supervisory roles. But the businesses where I worked in both industries suffered downturns. So, there have been other, shorter periods in my life when I’ve been working as a casual and had my hours cut, or I’ve been out of work entirely, which put great strain on my wife and five children. I remember one time, in my 20s, applying for a job in a florist’s shop to boost our income – I didn’t even score an interview.

The growing unemployment problem in Australia was further amplified for me when I was confirmed as a senator but had to wait about nine months to take up the role officially. I ended up not having an on-going job to fill that gap. I found myself unemployed again, this time in my 30s. The bills didn’t pay themselves and I applied for anything and everything before I got work through a contact at a small timber mill near home.

My life experiences have taught me – the hard way – that unemployment is a big challenge in the community. Young people without work experience, skills or qualifications are particularly hit in tough economic times. Youth unemployment is a local and a national problem that we need to respond to, and the Youth Unemployment Monitor published by the Brotherhood of St Laurence today should serve as a wake-up call to everyone.

We can’t afford as an economy, let alone a society, to crush the hopes of the next generation. ■

Ricky Muir is a Senator for Victoria. This is an edited version of the foreword to the Youth Unemployment Monitor.

OUT OF WORK AND FEELING THE STRESS

By Ben Schneiders

Long term joblessness cuts across the social classes.

Chris Osborne didn't expect his life to turn out like this.

He'd worked for more than 25 years in IT and was in a well-paid job he enjoyed. He was newly married and a comfortable retirement was nearing. Then, in mid-2012, his job as a senior project manager was culled as part of the public service cuts.

After picking up some on-again, off-again contract work, he has now been out of work since November 2013, despite applying for more than 400 positions and registering with every IT job agency he could find. In that time he has had only six interviews.

"I've lost my confidence and self-esteem, and basically, my career is gone," he says.

Now 62, he thinks his age is putting off employers, although he has not experienced any direct discrimination. Sometimes he tries to disguise his age, by removing older jobs from his CV.

Being out of work for so long has made him question many things, including the importance of work. He has experienced depression and his marriage has suffered.

"I'm a child of the 1970's. I don't see myself as one of those traditional blokes who see themselves as a breadwinner," he says. "I always took the attitude, even at uni in my late teens, that work was a means to an end not an end in itself.

"But I have discovered that a lot of my self-worth and sense of who I am was more tied up in my career than I had believed."

Long-term unemployment (being out of work for more than a year) attracts little media or political attention but it alarms informed observers in the welfare sector.

Since the global financial crisis struck in 2008, the number of long-term unemployed has risen by more than 150 per cent to about 175,000 people, according to the Bureau of Statistics. That's markedly quicker than the overall growth in unemployment in the same time.

Both the young, without skills and experience, and the old, in particular those in declining industries, are being badly affected.

Being out of work for long periods is not just about the loss of income, although that can be crippling. There's another aspect, which is little talked about.

Many people suffer as much from the loss of social worth, status and

even shame, as they do from the loss of income when they are out of work for long periods. This can affect health, relationships and has even contributed to suicides.

Osborne says the experience has knocked him about, despite his attempts to help himself.

"When I'm down in the dumps I don't want to talk to people," he says. "Emotionally, I've been suffering from depression, so what I've had to do is take up voluntary work to keep myself busy.

"My wife got pretty upset with me sitting around in the lounge, so I took over the housework and weekly shopping. She's basically settled down now, she says 'I don't care what you do as long as you're occupied'."

There's been an exercise regime to lose some weight as well as keeping in touch with a small network of friends in a similar position.

"There's three of us, we prop each other when one or the other is feeling down in the dumps. You can tell, they go quiet. One of them.... he's been through a horrendous divorce and property settlement, he's been suicidal."

Some try to his the loss of work and social status. One long-term jobseeker, who got her qualifications as a mature-aged student, spoke of some of the shame she experienced from not having a job.

"None of my friends know, they'd start to think something is wrong with you if they did," the registered psychologist said, who asked not to be identified.

"I've been telling my friends I've limited my work due to a back injury, and have had to cut back a lot of my hours."

With more than 780,000 officially unemployed and many more underemployed, there is simply not enough work for full employment to be even close to being achieved. And yet popularly, any discussion of joblessness still focuses on the idea that the unemployed are "dole bludgers" or "lazy".

Brotherhood of St Laurence executive director Tony Nicholson said the economy had changed rapidly since the last financial crisis.

"Our economy is in transition, moving to be predominately in service and knowledge industries," he says. "The modern economy has new requirements, the transition from a declining industry

to a growth industry is highly problematic for a lot of people."

There was a "mismatch" between job requirements and the unemployed, he said, a situation that cannot be solved just by economic growth.

Nicholson says the changing labour market is not reflected in public policies and how the employment placement system works.

"(Jobs Services Australia) has a dismal record of getting disadvantaged job-seekers into work because it's a model that is designed simply to respond to cyclical unemployment," he says.

"It's a job-matching scheme that would be effective if we had the economy of the 1960s and 1970s."

The experience of long-term joblessness cuts across the social classes, from people in white-collar well paid professions such as Osborne, to people forced out of small businesses and working class people, whose jobs have been hurt by the demise of the old protectionist economy.

Keith Dalton wasn't pushed from his full-time job in 2002. He decided to take voluntary redundancy after 14 years at the shipyards in Williamstown.

"I had lumps in my throat as I left," he said "A co-worker said 'It's not a very easy walk, is it?' After 14 years, it was not." It was the last time he worked full-time. Dalton had worked at the shipyards in maintenance and as a correspondence controller. Once it would have been a job for life. His father had worked for years in the same section at the same shipyard.

After he took redundancy and a payout Dalton took the chance to have a break from work and moved up to Sydney to spend time with his kids. "I thought I really had not had a chance to see my kids grow up."

Later, he got some cleaning work and returned to Melbourne in 2009. But in 2011, after leaving a job at the North Melbourne Football Club, it became very hard. "I couldn't get a job."

Since then, there have been long periods with little or no work, making it hard to scrape a living. Not helping are his bad knees.

He's been waiting three years for surgery. "There are days I'm almost crying I'm in that much pain. But I refuse to let it get the better of me."

He's working 15 hours a week now, but would like to work full-time, possibly as a supervisor to give his knees some respite. "It does take its toll."

Hans Liebich never expected to be out of work, let alone for three years.

Until 2012, Liebich was a small businessman, for two decades running a shoe store with his wife in Camperdown. Business was tough, with sales and margins under pressure, and at 62, he decided to sell up.

He thought he'd be able to pick up some work. Instead, he spent three years out of work, struggling for cash and forced to borrow money from his adult children. "It's been a demeaning experience, none of us likes asking our kids for money," he says.

Newstart has been "nowhere near adequate" for Liebich and his wife to survive on, he said.

"We basically had to survive, my wife and I, on something like \$950 to \$1000 a fortnight, paying rent and bills," he says.

"It is not a sustainable life, you deny yourself the slightest creature comfort. Quite often you can't go anywhere because you don't want to use petrol. You really are on the bones of your backside all the time."

Liebich, until he sold his business, had worked all his life.

"I honestly expected to find work, even if it was casual. I was absolutely shocked by the attitude of one particular local business. I went to have a chat with them and they sounded very enthusiastic until they found out my age."

Liebich did some volunteer work at Lifeline but when he turned 65 late last year he moved onto the pension, which, due to its higher payment, offered a little financial relief. He never did get back into the paid labour market.

Chris Osborne, three years from the retirement age, just wants to work. "I really don't give a shit about the money any more," he says.

"The fact that I haven't been able to get work has severely undermined our retirement plans, our expectations have been lowered. I've been caught four or five years too early. The plan I had to move into retirement and transition was cut short and I was not mentally prepared for that to happen."

He's thinking about finding paid work in the area he's been volunteering in, helping the patients with dementia. He's "given up trying" with IT.

He wishes it was different. "I'm fit with no health problems, a good mind and all that experience. It's just going to waste. ■

From the Navy to the streets

Greg, an ex navy man, first walked into Hutt St Centre for help in 2012.

He had become lost in his own life not knowing where he was heading or who he was becoming. He was just existing without purpose, living from day to day in various cheap hotels around the city and suburbs. The risk of becoming homeless was high. He faced financial difficulties and needed to find work to pay for more stable accommodation. For quite a while he had been receiving support from a Job Service Agency (JSA) to find a suitable job, without luck.

Greg always offered to lend a hand around Hutt St Centre, just having something to do was better than nothing. He wrote a bit of poetry and volunteered for anything that came up there. While sitting on the front porch of Hutt St Centre he heard other clients talking about some of the guys getting work through the Pathways to Employment program and his ears pricked up. He spoke to his Case Manager there to get his name put down onto the program waitlist.

Greg met Tom the Employment Officer in late 2014 and had a chat about how the program could assist. Shortly after putting his name on the waitlist, Greg was signed up to the program and receiving support. He was connected with a skilled volunteer who helped him update his resume as he hadn't written one properly for many years. During his employment sessions, Greg learnt some fundamental tools such as where to job search, tailoring his applications to the specific job and interview tips.

When a position for a forklift driver became available for Adelaide music company, Flashpoint Events, Greg was eager to apply; and, with the support of Hutt St Centre's Employment Officer, Greg secured an interview. However, Greg felt dejected when informed during the interview that in order to gain the position and fulfil the role requirements, he would need to purchase high visibility work wear and steel cap boots. He was unable to afford what was required and turned back to Tom for support.

With the assistance of a Wyatt Trust Grant, Tom was able to purchase Greg the required work wear and boots. Dressed and ready to go, Greg began work for the Flashpoint Events in December, 2014 and over summer helped with production of some of the biggest festivals and events in Adelaide. From this Greg is now able to financially support himself, has a secure place to live and "Thanks to Hutt St. Centre, my life has purpose again".

JOBS THAT CHANGE LIVES

There are some people in our communities, often due to circumstances beyond and outside of their control, who find themselves without a place to live and facing huge personal roadblocks. Others disengage from family and friends following significant events and tragedy, often leading them to drop out of learning, education or work. They simply find it too hard to cope on their own with the challenges life has thrown at them. Such disengagement, along with no place to live and the complex issues impacting on their life, may quickly lead to homelessness.

rebuilding lives

huttST
CENTRE

A work of the Daughters of Charity



Fortunately there is somewhere to go for help. Hutt St Centre provides case management, support, meals and activities to people experiencing, or at risk of, homelessness.

At Hutt St Centre there are tried and true pathways back to community engagement and a purposeful life, no matter what lead to homelessness in the first place. Connecting and engaging, addressing the causes, setting realistic goals, providing education and training, and putting the skills and confidence in place for employment are all part of the 'exit plan'.

The road back to participating in learning and work for some people starts with a meal, a shower, clean clothes and somewhere safe to store their belongings, all giving a sense of dignity.

Hutt St Centre's Education and Employment Pathways programs provide foundation skills in reading and writing, computer literacy or accredited training such as first aid, a white ticket for working on a building site or a forklift licence.

What for many may seem like a small step forward, for others it's a massive leap of faith and trust.

The programs and supports move at a pace that encourage not discourage and that challenge without daunting. Case managers and mentors support clients to plan for and reach goals and acknowledge and celebrate achievements.

Through building strong and honest partnerships Pathways clients are gaining skills, working, earning money, finding housing and most importantly gaining a sense of purpose after many years of limited choices, rough sleeping and disconnection. ■

Yes, I would like to help Hutt St Centre rebuild lives through Education and Employment opportunities.

Please accept my donation of \$_____ to help rebuild lives.

(All donations of \$2 or more are tax deductible.)

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Please return to: Hutt Street Centre, 258 Hutt Street, Adelaide, SA 5000

You will receive a tax receipt from us for your tax return purposes.

Please include me on Hutt St Centre's newsletter mailing list.



Since January Flashpoint Events and Eldorado Music have offered job opportunities for 36 people who were experiencing homelessness. Work included the venue and stage set up and pack down for the Paul Simon and Sting concert at Coopers Brewery. Due to their demonstrated capacity for work many were offered more roles at the One Direction Concert and the Clipsal 500. In addition people gained employment as taxi and private hire car drivers and with Renniks Hire. These are brilliant outcomes offering lifelong changes.

This active paid work provided valuable work history which can be added to resumes and used for further job prospects, as well as the camaraderie of working and the benefits to personal health and wellbeing.

Employers had a committed group of workers with an incredible willingness to put the shoulder to the wheel and get the job done. They offered a hand to people who were willing and able to work but needed understanding and opportunity.

The success and enthusiasm shown by Hutt St Centre clients, has prompted further growth of the Education and Employment Pathways program. To do this consistently into the future, partnerships with Adelaide businesses are crucial to give people a chance at work.

For people whose circumstances have meant that meaningful engagement, housing and work seemed out of reach, positive partnerships and trust can change their life.

Just ask Greg.



King George Beach Retreat

Located on the rugged, beautiful North Coast of Kangaroo Island, King George Beach Retreat is set on privately owned land, surrounding a pristine sandy beach with panoramic views out across the bay.

By Ursula Thornquest

Relax and unwind while nature amazes and entertains. Watch resident sea eagles dive for fish, wedge tail eagles soar above, seals frolic in the waves, and wallabies scurry through the bushes nearby. There is no television – it is simply not necessary. There is so much to do – Fishing for King George Whiting, beach cricket, exploring around the rocks, lying on the beach reading a good book, walks through the natural bushland, enjoying a glass of wine on the deck watching the sun set – just to name a few.

Kangaroo Island has a vast array of things to see and do. Some favourite sights to see are: Flinders Chase, Remarkable Rocks and Admirals Arch.

Kelly Hill Caves, Little Sahara Sand Dunes for sand boarding and Raptor Domain to get up close to magnificent birds of prey. There is a variety of spectacular walks from Ravine des Casoars to walking through the rock caves to Stokes Bay's hidden beach.

Kangaroo Island produces some of Australia's finest gourmet foods and an exciting range of varietal wines – the Kangaroo Island FEASTival is a unique opportunity to enjoy what the island has to offer gastronomically.

A chance to get back to nature and recharge the batteries... Bliss! ■





Darwin's Barra

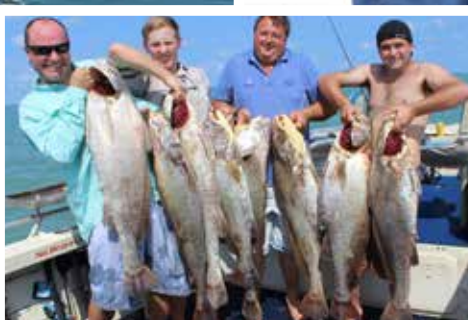
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12 GREAT AUSTRALIAN ROAD TRIPS



Above: Photo Courtesy Tourism QLD



Above: Photo Courtesy Tourism QLD



Above: Photo Courtesy Tourism QLD

Planning a campervan itinerary obviously depends on what style of traveler you are, and what types of things you want to see. You might be a leisurely traveler who prefers to drive your motorhome at a relaxed pace, allowing yourself the time to stop at whatever park, waterfall or town takes your fancy, or you may want to travel at a fairly swift pace seeing as many attractions as possible. You might be interested in scenery or hiking alone, or you may want a balance between nature, cultural attractions, and seeing the main centres.

Think about what you'll be doing day to day. Do you want to be in a holiday park each night, or just some nights? Do you want to stop at a destination each day, spend a few nights in each place, or spend a few days just driving, absorbing the sights from your motorhome? If you're travelling with kids, consider what family-friendly attractions exist in each place. Be conscious of whether you'll want a day here and there to just rest and relax, without travelling or doing strenuous activities. How much flexibility do you want to give yourself? Do you want to plan a rigid schedule or play it by ear some of the time?

Also make sure you consider interspersing rest or relaxation days after days that will be particularly strenuous, such as a day-long hike. This is particularly important if you are doing a long drive the next day. Also bear in mind whether you can do a one-way trip in your campervan and are able to drop it off in a different city or town.

A general overview of interesting Australia Roadtrips If you have a few weeks, you could drive north up the east coast from Sydney to Cairns. Farewell the Harbour Bridge then hop from one incredible beach to another, discover your very own private paradise, feel golden sands under your toes and the Pacific Ocean over your feet.

You could drop in to Byron Bay and discover the laid back surfing culture, then venture into the lush hinterland surrounding Nimbin and Mullumbimby, before taking in the glitz and action of Surfers Paradise.

If you're planning your motorhome roadtrip between July and November, plan to watch the humpback whales around Hervey Bay before parking up the motorhome for a while and enjoying some snorkelling amongst the beautiful corals and tropical fish around the Great Barrier Reef.

One of the most stunning sections of the Australian coast is the Great Ocean Road between Melbourne and Adelaide. Follow the Coastal Explorer's way through relaxed seaside towns and views the 12 Apostles which are enormous rocks carved away from the coast over millions of years.

One of the most popular, and certainly the most compact states to drive by motorhome is Tasmania. If you have two weeks, you can drive north from the capital Hobart to Freycinet National Park, then part up the motorhome and walk to Wineglass Bay which has regularly been voted as one of the most beautiful beaches on the planet. A great way to explore the coastline is by sea kayak, where stunning white beaches and clear waters contrast with pinkish granite mountains. Keep heading in an anticlockwise direction and career down the Ben Lomond descent by mountain bike - a thrilling ride with over 1000 metres of vertical descent set against stunning scenery. The National Park Cradle Mountain - Lake St Clair is fantastic for hiking. One great day hike (for the fit) is the walk to the top of Cradle Mountain where the vistas extend across most of Tasmania's northwest. From there, you can continue to Strahan and Tasmania's west coast, before heading back to Hobart.

If you're keen to visit Western Australia, it's a good idea to explore the South West Coast - named by Lonely Planet as one of the world's top ten regions. There are wonderful vineyards and remote beaches to explore around Margaret River, then drive your motorhome south beneath giant Kauri forests (around Aussie's own Denmark) on the way to Albany - an old whaling town. If you are visiting Albany between June and October, you can even watch whales play and breach near the shore.

And all great Aussie roadtrips involve the heart of Australia. Drive your motorhome to Alice Springs. If you hire a 4WD, take the Red Centre Way and discover the beautiful red sandstone gorges in the West MacDonnell Ranges. They often hide little rock pools and which are perfect for cooling you down in the midday heat. If you're feeling fit, start early and take the King's Canon Rim walk to the edge of this stunning natural amphitheatre which opens to an incredible view of seeming endless desert.

And of course you will want to put Uluru (Ayers Rock) on your itinerary. You can watch the sun come up as you amber through the desert sands on camelback, and get a special guided tour by an Aboriginal guide to learn the spiritual significance of this natural wonder.

If time isn't an issue and you really, really, really love driving, head off on the world's longest highway, Highway 1. At over 25,000 kilometres it goes all the way around Australia! You'll need at least nine months to get around it though if you want to explore it properly!

If you take the coastal road south from Sydney to Melbourne, you can choose to continue to Adelaide via the Great Southern Way. From there, if you're up for it, you can cross the vast, flat Nullabor Plain, with seemingly endless desert on one side of the road, while the Southern Ocean beats against the dramatic cliffs of the Great Australian Bight on the other.

You can keep going through WA, up the rugged west coastline from it's capital Perth, onto Geraldton and Shark Bay stopping at Ningaloo Reef, then right up to Broome. If you turn an east turn and drive across the top of Australia, you'll find the breathtakingly beautiful, ancient, wild and remote area of Kimberley. Take in a walking between the bizarre beehive shaped rock domes of the Bungles, then keep going into the Northern Territory into relaxingly tropical Darwin. Darwin is welcome rest after a long drive and a wonderful base to discover exotic Australian wildlife, such as kangaroos, crocs and birds in Kakadu National park.

Take the Savannah Way from Northern Territory to Cairns and enjoy an unmistakably Australian landscape of grasslands dotted with unusual rock outcrops.

If you are renting a motorhome, always remember to check the motorhome rental vehicle's terms and conditions, as some companies will not allow unsealed roads for example.

Following are twelve sample itineraries of great Australian road trips of various types and lengths that include just a small fraction of things to see and do in Australia. At the very least they'll give you an idea of travel distances and times - mix and match and add them together to create your own perfect plan - or feel free to do them in reverse! ■

motorhomeroadtrip.com

SAMPLE AUSTRALIAN ROADTRIPS: MOTORHOMEROADTRIP.COM

1. Sydney to Melbourne (NSW–VIC): 5 days

- **Day 1.** Sydney to Jervis Bay
Approx. 222 km (138 miles) 3 hours.
- **Day 2.** Jervis Bay to Tilba Tilba
Approx 205 km (127 miles) 2.5 hours.
- **Day 3.** Tilba Tilba to Gipsy Point
Approx 203 km (126 miles) 2.5 hours
- **Day 4.** Gipsy Point to Metung
Approx 225 km (140 miles) 2.75 hours
- **Day 5.** Metung to Melbourne
Approx 312 km (194 miles) 4 hours

2. Tropical North (QLD): 7 days

- **Day 1.** Cairns to Atherton Tablelands. Approx 70 km (44 Miles) 1.5 hours.
- **Day 2.** Spend the day in the Atherton Tablelands.
- **Day 3.** Atherton Tablelands to Cape Tribulation. Approx 185 km (115 Miles) 3 hours.
- **Day 4.** Spend the day at Cape Tribulation.
- **Day 5.** Cape Tribulation to Port Douglas. Approx 83 km (52 Miles) 1.5 hours.
- **Day 6.** Spend the day in Port Douglas.
- **Day 7.** Port Douglas to Cairns. Approx 63 km (40 Miles) 1.5 hours.

3. Darwin to Uluru (NT): 7 days

- **Day 1.** Darwin to Kakadu. Approx 257 km (160 miles).
- **Day 2.** Kakadu to Katherine. Approx 300 km (186 miles) 4 hours
- **Day 3.** Katherine to Tennant Creek. Approx 667 km (420 miles) 8 hours. Stop at the soothing Mataranka Thermal Pool for a rest on the way.
- **Day 4.** Tennant Creek to Alice Springs. Approx 506 km (314 miles) 6 hours.
- **Day 5.** Spend the day in Alice Springs.
- **Day 6.** Alice Springs to Ayers Rock. Approx 461 km (286 miles) 6.5 hours
- **Day 7.** Depart Ayers Rock.

4. Sydney to Cairns (NSW–QLD): 14 days

- **Day 1.** Sydney to Hunter Valley. Approx 161km (100 miles) 2 hours.
- **Day 2.** Hunter Valley to Port Stephens. Approx 65km (40 miles) 1.5 hours
- **Day 3.** Port Stephens to Coffs Harbour. Approx 168 km (105 miles) 2.5 hours
- **Day 4.** Coffs Harbour to Coolangatta. Approx 322km (200 miles) 4 hours
- **Day 5.** Spend the day in Coolangatta.
- **Day 6.** Coolangatta to Brisbane. Approx 79km (49 miles) 1.5 hours
- **Day 7.** Brisbane to Fraser Island
Approx 200km (125 miles) 3.5 hours drive then 35 minute ferry ride
- **Day 8.** Spend the day at Fraser Island
- **Day 9.** Fraser Island to Rockhampton. Approx 318km (196 miles) 4 hours
- **Day 10.** Rockhampton to the Whitsundays. Approx 483km (300 miles) 6 hours
- **Day 11.** Relax at the Whitsundays
- **Day 12.** Relax at the Whitsundays
- **Day 13.** Townsville to Mission Beach. Approx 225km (140 miles) 2.75 hours
- **Day 14.** Mission Beach to Cairns. Approx 140km (87 miles) 1.75 hours

5. Darwin to Broome (NT–WA): 14 days

- **Day 1.** Arrive Darwin. Overnight - Darwin.
- **Day 2.** Spend the day in Darwin.
- **Day 3.** Darwin to Kakadu. Approx 257 km (160 miles) 3.5 hours.
- **Day 4.** Spend the day at Kakadu National Park.
- **Day 5.** Kakadu to Katherine. Approx 300 km (186 miles) 4 hours
- **Day 6.** Katherine to Kununurra. Approx 510 km (316 miles) 6 hours.
- **Day 7.** Spend the day in Kununurra.
- **Day 8.** Kununurra to El Questro. Approx 100 km (162 miles) 3.5 hours
- **Day 9.** Spend the day at El Questro
- **Day 10.** El Questro to Imintji Wilderness Camp. Approx 405 km (251 miles) 5 hours
- **Day 11.** Spend the day at Imintji Safari Camp and explore the Gibb River Road.
- **Day 12.** Imintji Camp to Broome. Approx 440km (273 miles) 5.5 hours
- **Day 13.** Spend the day in Broome.
- **Day 14.** Depart Broome

6. Adelaide to Darwin (SA–NT): 16 days

- **Day 1.** Adelaide to Wilpena Pound. Approx 430 km (267 miles) 5.25 hours.
- **Day 2.** Spend the day at Wilpena Pound and the Flinders Ranges.
- **Day 3.** Wilpena Pound to Parachilna. Approx 141 km (88 miles) 1.75 hours.
- **Day 4.** Parachilna to William Creek. Approx 387 km (240 miles) 4 hours
- **Day 5.** William Creek to Coober Pedy. Approx 166 km (103 miles) 2 hours.
- **Day 6.** Coober Pedy. Enjoy a day at leisure exploring Coober Pedy.

6. (continued)

- **Day 7.** Coober Pedy to Uluru. Approx 734 km (456 miles) 8 hours.
- **Day 8.** Spend the day at Uluru and the nearby Olgas (Kata Tjuta).
- **Day 9.** Ayers Rock to Alice Springs. Approx 445 km (277 miles) 5.5 hours.
- **Day 10.** Spend the day at Alice Springs.
- **Day 11.** Alice Springs to Tennant Creek. Approx 510 km (317 miles) 5.5 hours.
- **Day 12.** Tennant Creek to Katherine. Approx 672 km (417 miles) 7 hours.
- **Day 13.** Spend the day in Katherine.
- **Day 14.** Katherine to Kakadu National Park. Approx 300 km (186 miles) 4 hours.
- **Day 15.** Kakadu National Park. Today is free for you to explore Kakadu National Park.
- **Day 16.** Kakadu National Park to Darwin. Approx 257 km (160 miles) 3.5 hours.

7. Alice Springs – Alice Springs (NT): 5 days

- **Day 1.** Alice Springs to Glen Helen. Approx 130 km (80 miles) 1.75 hours.
- **Day 2.** Glen Helen to King's Canyon. Approx 260 km (161 miles) 3.5 hours.
- **Day 3.** King's Canyon to Uluru. 300km (186 miles) 4 hours.
- **Day 4.** Spend the day at Uluru and Kata Tjuta.
- **Day 5.** Uluru to Alice Springs, 445 km (276 miles) 5 hours.

8. Perth – Perth (WA): 10 days

- **Day 1.** Perth to Kalbarri. Approx 577 km (359 miles) 7 hours.
- **Day 2.** Kalbarri to Denham. Approx 380 km (246 miles) 4.5 hours.
- **Day 3.** Denham – Monkey Mia. Approx 20 km (12 miles) 0.5 hours.
- **Day 4.** Spend the day in Monkey Mia/Denham
- **Day 5.** Denham to Coral Bay. Approx 564 km (350 miles). 8 hours.
- **Day 6.** Spend the day in Coral Bay.
- **Day 7.** Spend the day at Ningaloo Reef.
- **Day 8.** Coral Bay to Exmouth and back. Approx 152 km (94 miles) 2 hours each way.
- **Day 9.** Coral Bay to Kalbarri. Approx 667 km (414 miles). 8.5 hours.
- **Day 10.** Kalbarri to Perth. Approx 577 km (359 miles) 7 hours.

9. Hobart - Hobart (TAS): 10 days

- **Day 1.** Spend the night in Hobart
- **Day 2.** Hobart to Strahan. Approx 245 km (152 miles) 4 hours.
- **Day 3.** Strahan to Cradle Mountain. Approx 110 km (66 miles) 2 hours.
- **Day 4.** Cradle Mountain to Stanley. Approx 385 km (239 miles) 4.5 hours.
- **Day 5.** Stanley to Launceston. Approx 210 km (130 miles) 3 hours.
- **Day 6.** Launceston to St Helens. Approx 163 km (101 miles) 2.25 hours
- **Day 7.** St Helens to Swansea. Approx 104 km (64 miles) 1.25 hours
- **Day 8.** Swansea to Tasman Peninsula. Approx 130 km (82 miles) 1.5 hours
- **Day 9.** Port Arthur to Hobart. Approx 61 km (38 miles). 1 hour.

10. Perth – Adelaide (WA–SA): 9 days

- **Day 1.** Adelaide to Whyalla. Approx 384 km (238 miles) 3.75 hours
- **Day 2.** Whyalla to Port Lincoln. Approx 266 km (165 miles) 2.5 hours.
- **Day 3.** Port Lincoln to Ceduna. Approx 400 km (248 miles) 4 hours.
- **Day 4.** Ceduna to Eucla. Approx 500 km (310 miles) 5 hours.
- **Day 5.** Eucla to Norseman. Approx 713 km (443 miles) 7.5 hours.
- **Day 6.** Norseman to Esperance. Approx 206 km (128 miles) 2.25 hours.
- **Day 7.** Esperance to Albany. Approx 492 km (305 miles) 5.5 hours.
- **Day 8.** Albany to Margaret River. Approx 379 km (246 miles) 4.5 hours.
- **Day 9.** Margaret River to Perth. Approx 288 km (178 miles) 3 hours.

11. Melbourne – Melbourne (VIC): 4 days

- **Day 1.** Melbourne to Apollo Bay. Approx 182 km (117 miles) 3 hours
- **Day 2.** Apollo Bay to Port Fairy. Approx 189 km (119 miles) 3 hours
- **Day 3.** Port Fairy to Halls Gap. Approx 158 km (98 miles) 2.5 hours
- **Day 4.** Halls Gap to Melbourne. Approx 248 km (154 miles) 3.5 hours

12. Sydney – Melbourne (NSW–ACT–VIC): 4 days

- **Day 1.** Sydney to Canberra. Approx 320km (198 miles) 3.5 hours
- **Day 2.** Canberra to Albury/Wodonga. Approx 350 km (217 miles) 4 hours
- **Day 3.** Albury/Wodonga to Echuca. Approx 250 km (155 miles) 3 hours
- **Day 4.** Echuca to Melbourne. Approx 215 km (133 miles) 2.25 hours

Soldiers exhibit on the Memorial Walk, which lists the surnames of people from Newcastle who served in WWI



Newcastle stories of the Great War

Generations of Novocastrians have experienced the impact of war on their lives and their city. Newcastle has many stories of the courageous men and women who served and died at Gallipoli and other battles of World War I.

Newcastle Museum holds an extensive collection of objects relating to local people's service. On display you will find trench art, souvenirs, letters and personal items brought home by Novocastrians who experienced some of the most pivotal conflicts in human history. The Museum is also home to Walter Barton's bugle, which travelled with its owner across the battlefields of the Great War and played at Gallipoli.

NEWCASTLE'S FIRST WAR MEMORIAL

The Great War changed Australia's identity and it changed the way people grieved. With loved ones lost so far from home, memorials became a focal point for community remembrance and personal grief. The

foundation stone for Newcastle's first war memorial was laid in early April 1916. On the first anniversary of the ANZAC landing, marchers led by men wounded at Gallipoli saluted the incomplete pedestal on their way to church services. When first unveiled it was inscribed with 15 names and by the war's end, 73 names were remembered on its surface.

THE 35TH BATTALION

The 35th Battalion, dubbed Newcastle's Own, was raised in December 1915 and drew its recruits from Newcastle and surrounding areas, resulting in strong representation from the local mining communities.

Newcastle rallied around the Battalion, with an enormous crowd of family, friends and well-wishers farewelling their train on 1 May 1916. The Battalion arrived in England during June 1916 and embarked for France that November. Their first stint in the trenches of the Western Front occurred during the harsh winter of 1916/17 and their first major action was the Battle of Messines on 7 July 1917.

One of the Battalion's biggest challenges came during an assault near Passchendaele on 12 October 1917. Of the 500 men from the 35th that crossed the start line that day only 90 remained unwounded at the end of the battle.

The German Spring offensive of 1918 also proved a harrowing time for the unit, suffering nearly 70 per cent casualties during operations to hold back the German advance. In spite of these heavy losses the 35th continued fighting right up until the end of the war. It was disbanded in March 1919.

WOMEN IN THE WAR

More than 70 nurses from Newcastle and the Hunter served with medical units during the First World War, impacting on the lives of thousands of soldiers in makeshift hospitals across the battlefields of the Great War. The majority of these women received their nurses' training at the Royal Newcastle Hospital.

Matron Ida Greaves was one of those nurses. Born in Newcastle, she completed her certificate in nursing in 1904. She volunteered for the Australian Voluntary Hospital and was appointed Matron of the unit. Embarking for France in late August 1914, she was among the first Australians to serve on the battlefields of the Western Front.

Spending almost five years in uniform, Ida was one of the longest serving Australians in the Great War. She was also the first Australian to receive the Royal Red Cross for distinguished service in 1915, awarded to her in a ceremony at Buckingham Palace by King George V. ■



Above: Newcastle War Memorial



Historical photos courtesy of Newcastle Museum collection

Left: Walter Barton, circa 1915 (whose bugle was played at Gallipoli and is now on display at Newcastle Museum)



Memorial Walk opens in Newcastle for ANZAC Centenary

Newcastle will mark the ANZAC centenary with the opening of a newly constructed Memorial Walk that pays homage to the men and women from the Hunter region who enlisted in World War I.

The Memorial Walk will be officially opened on the evening of Friday 24 April ready for the 100th anniversary of ANZAC commemorations on Saturday 25 April when hundreds of people are expected to make their way across the city's newest icon.

The structure cost \$4.5m to build and is a 450 metre cliff top foot bridge that links Newcastle's Strzelecki Lookout to Bar Beach.

Built with 64 tonnes of stainless steel, the walkway winds its way around the cliff edge and offers unsurpassed views from the city's coastline to well up into the Hunter Valley on a clear day.

The walk was built to commemorate the 100th anniversary of the ANZAC landing at Gallipoli in 1915 and the commencement of steel making in Newcastle; it is inscribed with 3600 family names representing the 11,000 Hunter men and women who served in World War I.

The success of the Memorial Walk project can be attributed to the combined efforts of the private sector, state and local governments, with BHP Billiton committing \$3million and Newcastle Council \$1.5million

The Memorial Walk is a key link in the Bathers Way, a six kilometre coastal walk linking Newcastle's beaches and stretching from Merewether Ocean Baths to Nobbys Beach. It is a prominent landmark for the city that will honour Newcastle's ANZACs for generations to come.



Above: 1914, Matron Ida Greaves with nurse colleagues (Ida is center, seated)



Above: Detail of 35th Battalion group photograph, 1915



Lord Mayor of Newcastle Cr Nuatali Nelmes

Growing up in Newcastle, I have many memories of ANZAC Day and the importance in our community of remembering and honouring the ANZAC tradition. Newcastle sacrificed many of its own in World War I and at Gallipoli and respect for that sacrifice was instilled in us growing up.

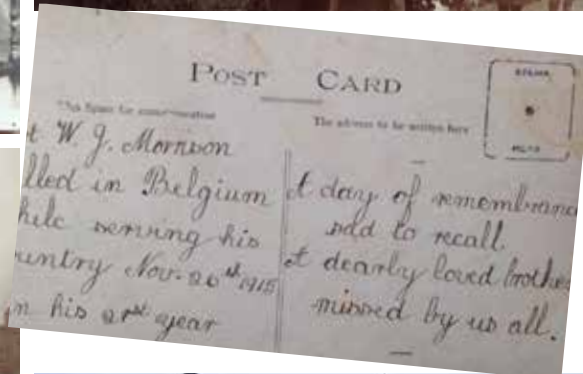
My young memories of ANZAC Day are of my pop Ted Tillman who served in Laos and Papua New Guinea during World War II. He would always march in the parade along Hunter Street

and play Two-up afterwards at the Duke of Wellington Hotel in New Lambton. He didn't talk much about the War but we always had poppies in the house.

My husband Stuart's great grandfather Reginald Arthur Nelmes served in World War I and was one of the many that lost their lives at Gallipoli. He was 35 years old in the 18th Battalion and died on Hill 60 at Sulva Bay. On ANZAC Day 2014 my son Archie laid a wreath and his great great grandfather was mentioned during the service at Merewether. Like so many Newcastle families, ours was profoundly affected by World War I and service to Australia has deep meaning to us. ■

Trip to Ypres

The Flanders countryside in Belgium is a picture of rural bliss; delightful little lanes wind their way through fertile fields where cows nonchalantly graze and crops await their harvest. The flat landscape is interspersed with trees, hamlets of red-roofed houses - and war cemeteries and monuments. The area would've looked very different 100 years ago.



By Annie Waddington-Feather

Our one day tour to Flanders from Brussels was an enlightening, if somewhat sombre day – and the gentle Belgium drizzle somewhat added to the atmosphere. The drive to Flanders from Brussels takes a couple of hours or so, and our guide used this time to give us background to the war and played a DVD documentary with deep insights and graphic descriptions of the initial boredom and gruesome conditions in the trenches.

The first stop was the evocative German Military Cemetery of Vladslo, where we're reminded of the grief on both sides of the war. Discreetly set back in woods, visitors are met by two sculptures titled 'Grieving Parents'. "Over 25,000 German soldiers' remains are buried here," remarks the guide as we stare at the lines of flat gravestones, each bearing the name of twenty soldiers.

After we visit the Trench of Death at Yser (or Ijzer), where Belgium forces fought under horrific circumstances to prevent the German advance. Here trenches have been reconstructed with cement-filled sandbags; it's an eerie feeling walking along boardwalks where soldiers had fought knee deep in mud and instead of a desolate no-mans-land, there are neatly manicured lawns. It somehow seemed very wrong to take photos of an area which had seen so much devastation. A crowd lands on the lawn and I recall the part in the DVD which describes crows picking over dead bodies.....

As we drive to see other memorials our guide highlights certain areas. "Because the area is so flat, elevation was important – even a 15m elevation was significant," he said, pointing out a 45m high windmill which was fought over.

Keen to accommodate the international interests of the group and we stop at the St. Julien Memorial where the Brooding Soldier commemorates 2000 or so Canadians. The gentle breeze reminds us of the horror they must've felt when they saw the yellow-green clouds drifting to their trenches in the first gas attacks. We also visit Polygon Wood to pay our respects to the fallen Australians.

The museum at Tyne Cott has an evocative display of war artefacts and the woman's voice reading the names of those who had fallen is a hauntingly appropriate.

Later we walk round the massive crater at Hill 60, and our guide explains the part Australian tunnellers played in this subterranean offensive. He also notes out of the 21 planned explosions, only 19 went off. "One was a little late and went off in 1965," he wryly adds. "And another has yet to explode - WW1 explosives are found regularly; just a couple of months ago workmen were killed at a building site by an unexploded shell." Suddenly we are all keeping to the well-trodden footpaths through the wooded undergrowth.

The tour ended in Ypres with time allowed in the renovated Cloth Hall museum before attending the moving Last Post ceremony held every day at the Menin Gate.



Seeing the Cloth Hall in its restored glory held particular significance to me, as my grandfather had sent postcards of the devastated area when he visited Ypres in 1924. In amongst the postcards there was a picture of a young man, Private William J Morrison, who died in Belgium on November 26th 1915. For years we'd wondered why my grandfather had visited the area, (we had assumed the visit was something to do with my great uncle who although he had survived, had been badly gassed), and who Private Morrison was. With the help of the Internet, we discovered Private Morrison had lived in the same street as my grandfather's family. He is buried in one of the 529 graves in the Talana Farm Cemetery. We now think my grandfather visited Ypres to pay his respects to a fallen friend.

In his ill-fitting uniform, I can only wonder at the horrors this naive young man from a back street in Yorkshire, and the many others like him, saw before he was killed, aged just 21. ■

Annie Waddington-Feather took a day tour from Brussels with www.localbrusselstours.com.

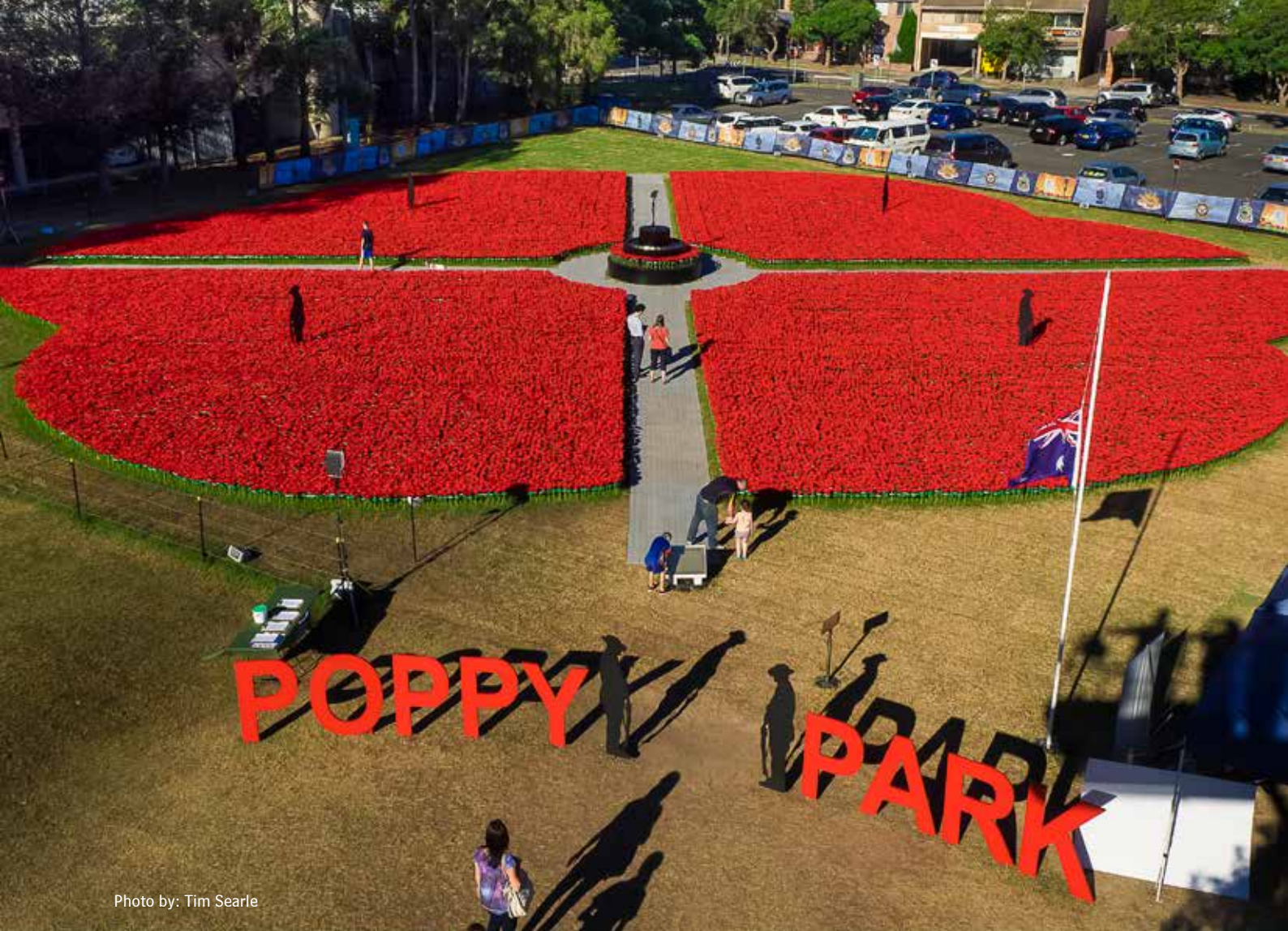


Photo by: Tim Searle

Poppy Park

It is difficult to remember 102,804 names, however it is easy for 102,804 Australians to remember one name each, which is the vision of Poppy Park.

Brothers Owen & Martin Rogers discovered towards the end of last year that they had 2 Uncles that died in World War 1 and they never knew – to them they had been forgotten. Owen & Martin embarked on a pilgrimage to visit the resting places of their uncles, Herbert Page and Claude Page, travelling through Belgium and France on their journey.

Whilst there they thought who else had been forgotten and what could they do to ensure that every one of our fallen heroes is personally remembered by at least one person in Australia every year, so that no one is forgotten.

Their idea was to have a poppy with the name of every one of the 102,804 Australians that have paid the ultimate sacrifice on each

stem and to assemble them all together to form a Giant Poppy over 2000sqm in size.

With the help of over 700 local volunteers, young and old, in only 4 days, Poppy Park was created in Penrith, NSW.

A special opening ceremony was held on the 21st March, 2015 where Poppy Park was officially opened by the honourable Michael Ronaldson Minister for Veterans Affairs, the Minister Assisting the Prime Minister for the Centenary of ANZAC, and the Special Minister of State.

A flyover of 4 Hercules started off the day of commemoration, with the final two poppies being processed into the park by two light horsemen, to the sounds of bagpipes playing Amazing Grace. These poppies were for the first person to die on active service, Robert Weir in Sudan in 1885 and our most recent Todd Chidgey in Afghanistan in 2014. They were placed in position by the Minister and the President of the City of Penrith RSL Sub Branch President Mick McConnell. There is also a special purple poppy for all our animals that too have paid the ultimate sacrifice.

By: Martin Rogers

It has been a memorial that has been built with the hearts and hands of the community and has seen over 20,000 visitors in the first two weeks of the park being open. Poppy Park is open every day for visitors until April 29th, 2015. After which the poppies will be collected and packed into commemorative boxes.

The aim of Poppy Park is to see each of the poppies purchased by families and businesses across Australia, which they will receive at the conclusion of Poppy Park. Then come Remembrance Day in November everyone will have a poppy with the name of a fallen hero to remember, therefore no one will be forgotten and the vision of Poppy Park will be achieved.

Proceeds from Poppy Park will be donated to the Penrith RSL Sub Branch and Legacy, as they continue to support our service men, women and their families. ■

To get involved or to find out more please visit the Poppy Park website:

www.poppypark.org.au/purchase-a-poppy.



Photo: Ken Irwin

Check your vinyl and you could find a small fortune

Spin it: Glenn Terry in his record shop, Vicious Sloth, with the pop-up album cover of the Twilight's LP *Once Upon a Twilight*.

Prices for old vinyl are sky high and collecting records is now seen as a legitimate investment on a par with stamps and coins.

Experts say rare recordings by '60s artists such as the Bee Gees and the Missing Links are still desirable but the big growth area among Australian collectors is in home-grown '70s punk rock singles.

The emerging cult for collecting vinyl records was first explored in this column in 2006. Seven years later, this niche market is a phenomenon around the world.

In December 2010, Britain's Record Collector magazine published a list of the 200 rarest records "Of All Time" with market values. They concentrated on British releases but the recording at No. 1 probably applies globally.

In 1958, an unknown band called the Quarry Men recorded a demo single on a 78rpm acetate disc at a home studio in Liverpool. Two songs were cut, a cover of Buddy Holly's *That'll be the Day* and an original composition, *In Spite of All the Danger*. It was the first recording by the combination of John Lennon, Paul McCartney and George Harrison.

The acetate was kept by the band's pianist, John Duff Lowe, who sold it to McCartney in 1981 for an undisclosed sum.

It is now regarded as the most valuable record in the world, with a starting price of £150,000 (about \$A260,000), according to the magazine. That's a

conservative estimate, the Record Collector editors add.

Second in the magazine's list are the 50 to 75 private recordings of this acetate commissioned by McCartney in 1981 to give to friends for Christmas.

These are worth £10,000 each.

Others in the top 10 include copies of the Sex Pistols' *God Save the Queen* single released in 1977 on Herb Alpert's A&M label, before the record company changed its mind and terminated the band's contract. Surviving copies sell for £8000, if not more.

According to Glenn Terry from Vicious Sloth Collectables shop in High Street, Malvern, something similar is happening here, although you can delete a zero or two from those British values.

Rare vinyl is now a big business and Terry says some Australian records are becoming what he calls speculative investments.

"Some people are buying them in the assumption that they will increase in value," he says, "and at this point in time this seems to be a reasonable expectation."

Prices are increasing for records with the trifecta of collectability: condition, rarity and desirability. Condition in this case means mint or close to it. Even the smallest surface wear reduces value considerably, which means the chances of finding treasure in a junk shop are practically zero.

Another factor is the changing definition of what is desirable.

THE ULTIMATE PRIZE

In 2006, the top prices were being paid for 1960s Australian music by lesser-known bands such as the Missing Links, the Creatures, the Marksmen, the Pink Finks and the Wild Cherries. Their singles were worth up to \$100,

depending on condition, and among them was what was considered the ultimate prize of Australian vinyl - the rare, self-titled album by the Missing Links.

There were reports of copies selling for \$2000 but Terry says this record is no longer as much in demand, because copies are more common than was previously believed. The current value is about \$1000.

What has changed is a new generation of vinyl collectors who are more interested in music of the 1970s, especially in a style known as progressive, or prog rock.

A prime Australian example is the *Wide Open* LP by Kahvas Jute, worth about \$700 in mint condition.

Others in this league are LPs by Extradition, Galadriel and Melissa, in a range of styles described as trippy rock to acid folk. These are worth up to \$1000.

Australian jazz prog is also collectable, with the LP by Syrius valued at about \$400.

Also in demand are the first recordings by punk bands such as Radio Birdman and the Saints; the latter available only by mail-order and worth around \$650.

Another rarity is a single given away at the Crystal Ballroom in St Kilda by the Boys Next Door, later known as the Birthday Party, fronted by a young Nick Cave.

This phenomenon continues despite most of the music having been re-released on CDs. The committed collector seeks the first release in the original sleeve in the same way that philatelists want the first issue of a stamp. This is what is known as the trophy mentality. Serious collectors, and an increasing number of investors, get a kick out of having something few others have. ■

Courtesy: www.smh.com.au.

10 Songs

Stay/Tinseltown In the Rain – The Blue Nile.

by Jack P. Kellerman

This is a love duology. The songs *Stay* and *Tinseltown in the Rain*, the two singles from the classic debut album from Scottish band *The Blue Nile*, are, for me, very much merged. The album, *A Walk Across The Rooftops* had been recorded by the trio in 1983 in the village of Pencaitland, near Edinburgh and was released the following April.

At this time in the 80's it was lots of parties and late nights and I took to it like a duck to water. So much so that a year, a year and a half after this time, I came down with glandular fever. And shingles.

Before I'd paid the piper though, my brother and I had met a new group of friends who were attached to the two young women who lived in the apartment next door. Craig and I went overseas and when we got back we reconnected with this group. For any young buck, this was halcyon days. We had money and time and our time consisted of meeting girls, going out to restaurants, pubs, parties or continuing our open-door policy which meant that the beachside, ground-floor flat Craig and I shared was occupied most of the time. Sometimes we'd come back from the pub and there'd be people there. As long as the group was scattered with a couple of our friends, it was alright.

One of these people we got to know was Brian Potts. Brian taught photography and loved his BMW motorbike and knew Monique and Linda. He also had a classic old car. I can't remember the make but have it etched in my memory. Brian was great. Craig and I became friends with him.

One late night, Pottsy and I left a party that was on it's last legs and headed back to Brighton in

Pottsy's old car. He had this new tape of this new group which he put on. It was *The Blue Nile*.

I can remember being taken immediately by this sound that I would read later had been described by some as beauty and intelligence on vinyl. Or, as English music magazine *Melody Maker* wrote, "The Blue Nile's stunning debut album seduces the emotions as well as the senses...". Fellow English magazine *NME* and America's *Rolling Stone* also spoke highly of the album.

On the tail-end of that Saturday night in the summer of 84/85, Pottsy and I drove along Nepean Highway and down Bay Street to *The Blue Nile*. *Stay* and *Tinseltown in the Rain* were the two songs I remembered. I asked Pottsy questions about this great sounding new album. A couple of days later I bought the 12" at Greville Records.

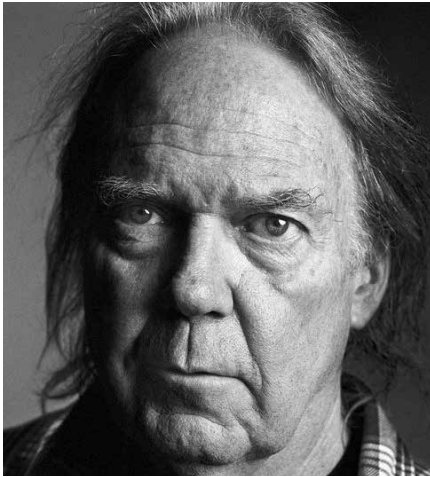
I still listen to the album and those two tracks. As recently as 2012, *BBC Music* claimed that *A Walk Across The Rooftops* was "still a landmark, still high, still somehow intangible". *PopMatters* said the album was "perfect for someone almost seeking to relearn the art of listening to music..."

Pottsy remained friends with us for years and was the photographer at my wedding. No-one's heard much of him lately though. Craig got a call from him a couple of years back. Brian was in India. Said he'd ring back. We hope Brian's alright and I still thank him for introducing me to the gentle persuasion of *The Blue Nile*. ■



Fleetwood Mac 2015 Australian Tour Tour Dates

- October 22nd – Allphones Arena, Sydney
- October 24th – Allphones Arena, Sydney
- October 30th – Domain Stadium, Perth
- November 4th – Rod Laver Arena, Melbourne
- November 7th – Mt. Duneed Estate, Geelong
- November 10th – Brisbane Entertainment Centre, Brisbane
- November 14th – Hope Estate Winery, Pokolbin



Worth Listening To...

Zuma by Neil Young and Crazy Horse, 1975

Review by William Ruhlmann and Jack P. Kellerman

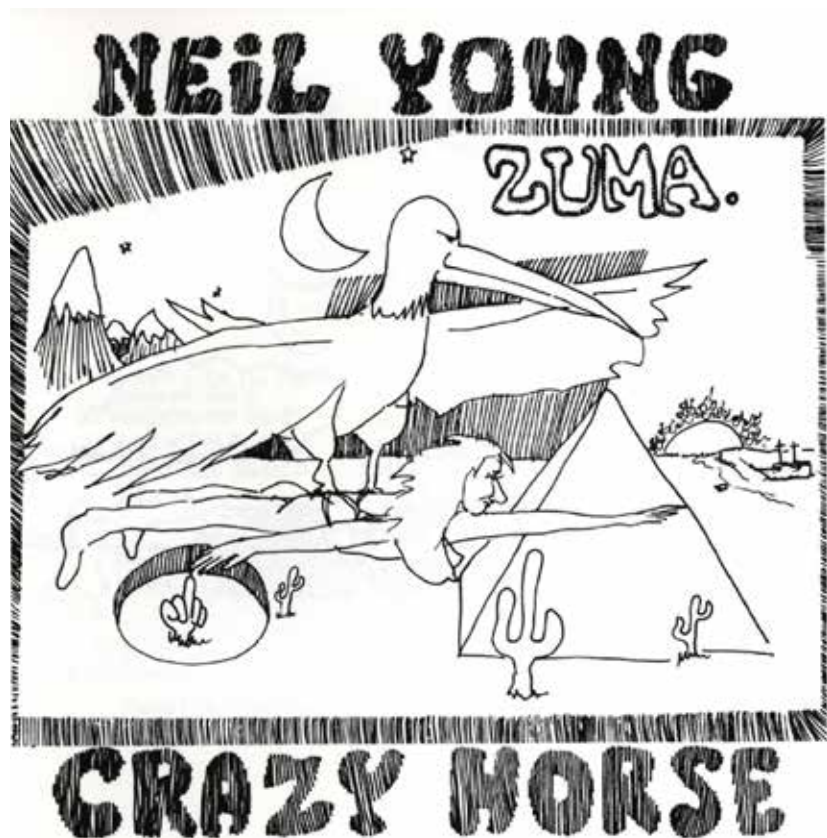
Having apparently exorcised his demons by releasing the cathartic *Tonight's the Night*, Neil Young returned to his commercial strengths in 1975 with *Zuma* (named after Zuma Beach in Los Angeles, where he now owned a house).

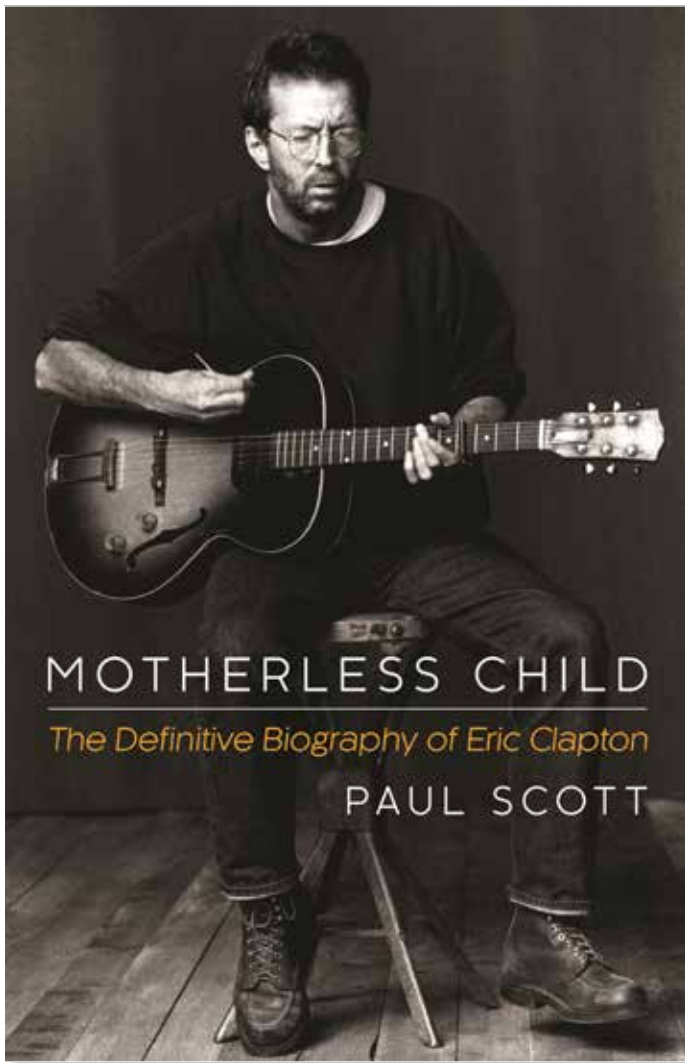
Seven of the album's nine songs were recorded with the reunited Crazy Horse in which rhythm guitarist Frank Sampedro had replaced the late Danny Whitten. But there were also nods to other popular Young styles in "Pardon My Heart," an acoustic song that would have felt right on *Harvest*, his most popular album, and "Through My Sails," retrieved from one of Crosby, Stills, Nash and Young's abortive recording sessions.

Young had abandoned the ragged, first-take approach of his previous three albums, but Crazy Horse would never be a polished act. The music had a lively sound, well-suited to the songs which were some of the most melodic, pop-oriented tunes Young had crafted in years, played with an electric-guitar-drenched rock intensity.

Critically acclaimed as being more switched on than *On The Beach*, the overall theme of *Zuma* concerned romantic conflict, with lyrics that lamented lost love, sometimes longing for a return. There was blondeness here too for the back-story of surf was there. Young, living on Sea Level Drive in Malibu, like his Australian counterpart Richard Clapton, had always wanted to surf but hadn't. Had always wrapped surfers and the beach in poetic ideology. But there were doubts too, that often comes when waiting for the next wave and "Pardon My Heart" even found Young singing, "I don't believe this song". The overall conclusion though, notably in such catchy songs as "Don't Cry No Tears" and "Lookin' for a Love," was, to move on to the next relationship. Very 70's.

But *Zuma's* standout track (apparently the only holdover from an early intention to present songs with historical subjects) was the seven-and-a-half-minute epic "Cortez the Killer," a commentary on the Spanish conqueror of Latin America that served as a platform for Young's most extensive guitar soloing since his work on *Everybody Knows This Is Nowhere* and his legendary performances with C, S and N on 4-Way Street. *Zuma* on Reprise, Neil Young's 7th solo album, released in 1975. ■





**NEIL DIAMOND
TOUR DATES 2015 AUSTRALIA**

- 27 OCT ROD LAVER ARENA, MELBOURNE
- 29 OCT ROD LAVER ARENA, MELBOURNE
- 31 OCT ADELAIDE ENTERTAINMENT CENTRE, ADELAIDE
- 03 NOV BRISBANE ENTERTAINMENT CENTRE, BRISBANE
- 05 NOV BRISBANE ENTERTAINMENT CENTRE, BRISBANE
- 07 NOV TEMPUS TWO WINERY, POKOLBIN
- 09 NOV ACER ARENA, SYDNEY
- 11 NOV ACER ARENA, SYDNEY
- 14 NOV SANDALFORD WINES - SWAN VALLEY, CAVERSHAM

MORE NEIL DIAMOND CONCERTS:

Neil Diamond has 6 concerts scheduled in Australia in 2015, playing cities like Caversham, Sydney, Pokolbin, Brisbane, Adelaide, Melbourne. The last time Neil Diamond played a show in Australia was 2011, in Perth. Overall, Neil Diamond have played a total of 4 gigs in the country. If you're a Neil Diamond fan, there are similar bands with concerts coming up like Rod Stewart.

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Photos: John McDermott

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TOUR DATES 2015**



MAY 9TH MOTLEY CRUE | ALL BAD THINGS TOUR AUCKLAND, AUCKLAND, NEW ZEALAND, VECTOR ARENA

MAY 12TH MOTLEY CRUE | ALL BAD THINGS TOUR MELBOURNE, VIC, AUSTRALIA, ROD LAVER ARENA

MAY 13TH MOTLEY CRUE | ALL BAD THINGS TOUR MELBOURNE, VIC, AUSTRALIA, ROD LAVER ARENA

MAY 16TH MOTLEY CRUE | ALL BAD THINGS TOUR SYDNEY OLYMPIC PARK, NSW, AUSTRALIA, ALLPHONES ARENA

MAY 19TH MOTLEY CRUE | ALL BAD THINGS TOUR BOONDALL, QLD, AUSTRALIA, BRISBANE ENTERTAINMENT CENTRE

MAY 21ST MOTLEY CRUE | ALL BAD THINGS TOUR HINDMARSH, SA, AUSTRALIA, ADELAIDE ENTERTAINMENT CENTRE

MAY 23RD MOTLEY CRUE | ALL BAD THINGS TOUR PERTH, WA, AUSTRALIA, PERTH ARENA

MICK WALL Pt Two

Rock historian, Mick Wall's *Love Becomes A Funeral Pyre*, is the best-selling biography of 60's rock group The Doors and their charismatic lead singer, Jim Morrison.



Here, in part two of Mick's interview with *The Last Post*, he continues to discuss his reasons for believing that, before Morrison's death in Paris, fellow band members had had enough of Morrison.

Mick Wall: Yes, they couldn't stand working with him (Jim Morrison) anymore. Densmore hated him. Even Ray Manzarek, god bless him, who spent the next 40 years eulogising his great friend, even he was sick to death of Morrison by the end. These were musicians and musicians in groups need other people in order to express themselves. They need you to turn up on time and once you start playing to sync into that. You can't be a great plumber just on your own and as with being a keyboard player or guitarist in a group, you need all to be tuned in to an almost telepathic level and if one member of the band is absolutely destroying that every time you start to get going then, by the end it becomes truly irreconcilable. You know, like, we cannot simply play while this person is in the room so therefore, no matter how great he is, we just can't work with him. If they made one mistake it was by not trying to replace him. They did though, try but perhaps they should have taken that next step and actually done it. Instead they made the terrible ego-driven mistake of saying, you know, we'll go out on our own and everything will be fine, but it wasn't.

The Last Post: They'd relied on Jim so much that, by the end, they'd become entrapped by him?

MW: Absolutely. A poisoned chalice. The tragedy of triumph. The legacy was that with Morrison's death, it sealed the whole legend. It was then intact, with a beginning, a middle and an end. Like the story of Christ, it was beautifully intact. Even the crucifixion at the end of it and then you get an afterlife. It's all there. They sell more records now than they did in the 60's. We have young people discovering them now for the first time and loving all the dark glamour of Morrison's early grave and how he gave his poetry and his art and all that blah, blah, blah. The fact is that his dying screwed things up for them. What did Densmore, Krieger or Manzarek ever do ever again that anyone could ever tell you about or be lyrical about or play you and say, "this pisses all over The Doors, this is

amazing stuff"? There's nothing. Although they did go on and make some more music, together and apart, there's nothing that anyone can recall

or care about. It's all about The Doors when Jim Morrison was in it. They've reaped the rewards financially and historically and culturally but none of them have actually done anything since 1971.

TLP: A bit like INXS with the death of Mick Hutchence?

MW: Very like INXS. Except, with all due respect to INXS, they were a group of their time and I doubt if anyone in 40 years time will be discussing them in the same way they still discuss The Doors and Jim. INXS were a really brilliant 80's pop group but just because their singer died doesn't put them in the same category as The Doors. There was no great mystery with Michael's death, bless him.

TLP: You were talking about the patchwork of scribbles and ideas that became *LA Woman*. I felt the same way, it did appear to be a putting together of different ideas that led to its outcome.

MW: Yes, if you go back and listen to *Strange Days* and *Morrison Hotel*, these are, for the time, when you're talking about a band playing on four-track or eight-track, when you're talking about a producer literally using a razor-blade and tape to try and mix and merge the sounds together. At the time The Beatles and The Beach Boys had totally taken over the whole conversation and were doing things in the studio and on records, that the world had never heard before. The Doors producer, Paul Rothchild was trying to make them sophisticated, musically and certainly Morrison felt The Doors needed to be in that conversation as well. While they were often seen as akin to the American version of The Rolling Stones, that wasn't the fate that Rothchild wanted for them. He wanted them to be compared to The Beatles and The Beach Boys. As a producer, he wanted his own work to be favourably compared to George Martin or Brian Wilson or Phil Spector. Whether those ambitions were too lofty for The Doors is another matter but they were there. It resulted in some incredibly beautifully recorded, sublime music. But, by

the time you get to *LA Woman*, what you've got is actually like the bottom-of-the-barrel, the last of the really good stuff but played in that funky, blues, live-on-stage feel. That was really all they could get out of Morrison at that moment. That was the best they could do. And that's why the album was recorded so very quickly by a guy who at that point was still just an engineer but was young and was happy to hang around all night into they got into a groove. I think *LA Woman* is astonishing but it's hard to see where you go after that.

TLP: Was Jim a sad figure in the end?

MW: Absolutely. Here's a guy who's living thousands of miles from his natural habitat with a so-called girlfriend who's more interested in taking heroin and doing whatever it takes to keep the supply coming. It wasn't about Jim, for Pam at that point. Meantime, Morrison's in this position where he's running out of money, he can't go home because he's terrified he's going to be locked in jail and he's going down to this sleaze bar called the Rock 'N Roll Circus where he's just getting drunk and hanging out with other fly-by-nights and taking drugs and being overweight with a beard. Terribly tragic. Jim alone, surrounded by people. What friends did he have? I don't think he had any friends. The band had abandoned him and it was very much an ending. I think he could've come through it but he didn't. For me, it's really sad, sad ending. Anybody who dies in a toilet in a club, with their trousers around their ankles at the age of 27, it's completely and utterly tawdry and awful.

TLP: Was Ray Manzarek The Doors?

MW: The Doors was definitely a dream that Ray had, absolutely. He deserves all the credit in the world for that. The other two were financially comfortable through that because Ray kept the who Doors story alive. The Doors were only together five or six years and Ray kept the whole thing going right until the end of his life. I spoke with him a few months before he died and it was like putting a penny in the jukebox and listening to him go

“THE LEGACY WAS THAT WITH MORRISON’S DEATH, IT SEALED THE WHOLE LEGEND. IT WAS THEN INTACT, WITH A BEGINNING, A MIDDLE AND AN END”

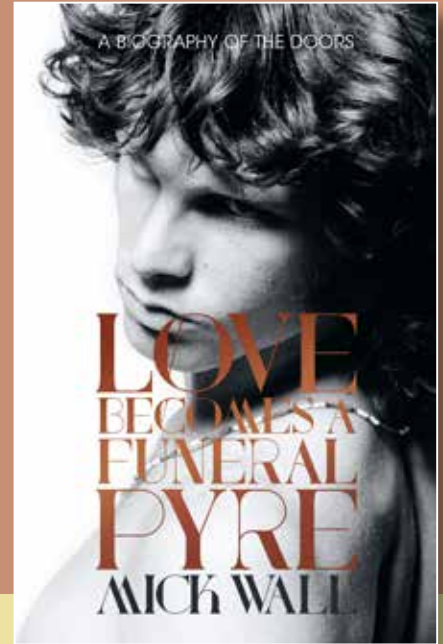
off on his ‘Jim could’ve been the President of the United States’. It was a narrative that helped to give his life meaning. Ray was still a very young man when Jim died and he was living off those fumes for the next 40 years.

TLP: Ray kept the dream alive, perhaps because he was a narrator.

MW: Absolutely. You’ve got it right. And, if you read his book, it’s just a wonderful book. It’s very much his voice, he puts it all extremely well. It’s a wonderful book, he wrote and it tells the story from his point of view, very beautifully and movingly and

exciting and funny as well. Yes, he was the storyteller and he’s the one that said, this is where Jim will fit in and this is why Robbie will be great and why Densmore will be great. He put it all together, right from that early meeting with Jim, on the beach in Venice where Morrison recites those opening lines and Ray said to me he immediately thought, “We’re going to make a million dollars”. ■

This is Part 2 of The Last Post’s interview with Love Becomes a Funeral Pyre author Mick Wall



Semaphore Port Adelaide RSL Sub-Branch

SEMAPHORE LARGS BAY UKELELE GROUP LIVE MUSIC 01 APRIL 2015 19:00

The Semaphore Largs Bay Ukelele Group (S.L.U.G.) is an informal gathering of folk of all ages, skill levels and callings, united by a love of the ukulele. Come along and bring your Ukelele and Join in the Fun. Enjoy a Meal before the Practice. The Semaphore Largs Bay Ukelele Group meet every second Wednesday at the Semaphore Port Adelaide RSL.

IN THE RED LIVE MUSIC 04 APRIL 2015 19:30

Zensational Live Music 11 April 2015 19:30 - Playing classic 70’s Saturday Night is party night with some of Semaphore’s and Adelaide’s best Live Music cover bands transforming the “Diver” Derrick Memorial Hall into a Semaphore’s Biggest Party Room. Kitchen is open for pre Show Meals from 6pm with prices starting at an affordable \$10. The Mirror Ball gets turned on at 7.30pm and the Party begins with the best Live Music, Cover Bands and Original Artists, you will want to hear again and again.

JUNK MALE LIVE MUSIC 18 APRIL 2015 19:30

Adelaide Rock Band Junk Male Song List - All Right Now Free, Am I Ever Gonna See Your Face Again The Angels, Apache The Shadows, Are You Gonna Be My Girl Jet, Back in the USSR The Beatles, Bad Boy For Love, Rose Tattoo, Bad Case of Loving You Robert Palmer, Bad Moon Rising Credence Clearwater Revival, Better Screaming Jets.

ANZAC CENTENARY MARCH 19 APRIL

3.00 – 3.30pm: Ray Todd on piano/organ – old time tunes
3.30 – 4.00pm: Eileen Darley & Steve Potocnik – songs from WW1 & 2
4.00 – 6.00pm: “Tin Cat Alley”, songs from WW1 & 2 era
6.00 – 8.00pm: Steve Potocnik sings your favourites

ANZAC DAY 25 APRIL

07.00 – 8.00 am: Ray will play old wartime themed music as patrons move into the club
08.30 am: Bus to Adelaide ANZAC March
9.00 pm: Entertainment – Eileen Darley and Steve Potocnik live music
11.00am: Two Up
12.00 pm: Entertainment – Eileen Darley and Steve Potocnik live music
2.00pm: Two Up
1.00 pm: ANZAC Day Football
2.00pm: Two Up
3.00 pm: Entertainment – Not the Andrews Sisters live music
02.00 pm- Late – Entertainment / Fundraising

semaphoreportadelaiderl.com.au

www.facebook.com/SemaphorePortAdelaideRSL

STEVE POTOCNIK 25 APRIL 2015

Playing professionally for most of his life, nationally acclaimed musician Steve Simon Potocnik shoulders an impressive collection of accolades within the Australian music industry. Steve will be playing all the classics from 11am till late in the afternoon.

NOT THE ANDREWS SISTERS 25 APRIL 2015

Relive the memories and the songs of the 1940’s era. The fun and entertainment that was the heart of the original Andrews Sisters, Patty, LaVerne & Maxene. Three professional singers in their own right, have come together to recreate the wonderful sense of fun and vocal harmony, that made the Andrews Sisters a worldwide phenomenon.

EILEEN DARLEY 25 APRIL 2015

Eileen has also worked as a professional singer crossing the genres of folk, jazz and cabaret. She has performed in many music theatre pieces including John Romeril/Alan John’s Jonah for State Theatre and Melissa Reeve’s Tough Girls for Vitalstatistix. Currently Eileen has recently performed “A Night With the Flying Horses” for the Adelaide Cabaret Festival/

POINT 05 LIVE MUSIC 03 MAY 2015 15:00

An Impressive Play List from Local Adelaide Band Point 05 3Am, All I Want Is You, April Sun, Alright Now, A Little Help From My Friends, Babe Did A Bad Bad Thing, Blame It On The Boogie.

YESTERDAYS HEROES LIVE MUSIC 09 MAY 2015 19:31

Yesterdays Heroes are one of Adelaide’s newest cover band playing all the feel good hits from the 70’s and 80’s. Yesterdays Heroes are Guaranteed to have you up dancing on the Huge Dance floor at the Semaphore & Port Adelaide RSL.

ELVIS TRIBUTE SHOW SATURDAY 30 MAY 8PM

Elvis & the songs that he used to sing. The Elvis from the movies, the one’s that stole all the girls hearts and the songs that make you want to get on the dance floor and just dance? Kris Siemering Elvis Tribute Show.



LITTLE PATTIE

Patricia Amphlett, or Little Pattie as she became known, is an Australian entertainer who started as a 1960's surf pop singer and graduated to performing for Australian troops in Vietnam.

Patricia remains well loved by Australians at large and by the veteran community. Here, The Last Post speaks to one of our living legends about her career and what the Anzac spirit really means.

The Last Post: Hi Patricia and welcome to The Last Post. What have you been up to lately?

Patricia Amphlett: A lot. I don't stop actually. I've been performing and I'm very pleased that people phone and want me to sing for them. I travel all over Australia doing shows and that's primarily what I still do although I've always done some teaching and I've done that pretty well all of my career. I'd made a promise to my music teacher when I was younger, that that is what I would do. So I perform and I teach.

TLP: Does it give you satisfaction to see the things you learnt being taught to a new generation?

PA: It does give me great satisfaction and it's rewarding to watch kids grow musically and in every way and watch them be happy when they achieve and experience self-reward, the reward of doing a job well. Knowing too, that that can only happen if they work hard at it. It never comes easily.

TLP: When you began music and singing from an early age, did it feel like a great awakening to you?

PA: I wouldn't have known back then about awakening but I know it felt good. I played piano and singing, it felt good. You get an endorphin rush, that's what happens with people who enjoy playing or singing music.

TLP: It's a great thing to be in an environment where you're expressing yourself musically all the time.

PA: Yeah, I love it and only occasionally does it feel like a monkey on my back. Most of the time I'm enjoying what I do and the rewards from that.

TLP: Not so long ago you were in Melbourne to unveil the Chrissie Amphlett Lane, your late cousin and singer with The Divinyls. Did that give you satisfaction?

PA: Yes, of course. I know that she would've loved it. It was a well deserved honour. It's good in Melbourne, the way they do that. They have these quirky little lanes. More and



more are being named after artists that made Australia proud and she certainly did that.

TLP: Does 1963 and Blonde Haired Stompy Wompy Real Gone Surfer Boy seem that long ago?

PA: Not really because I'm reminded of it constantly and in my shows I sing the songs that started it all for me. No, it doesn't seem like a long time ago at all.

TLP: You were lucky in that you were embraced by the Bandstand family. Was that a great experience for you, growing up?

PA: yes it was. That too was hard work and a great place to learn your craft.

TLP: A great program...

PA: Yes, and it was very hard to become part of that family. It was very much a privilege.

TLP: You went to entertain the troops in Vietnam. What was that experience like, for you?

PA: Probably one of the most memorable experiences of my life and I'm constantly reminded of that. We're coming up to the 50th anniversary so I'm always aware of that. Hardly a week goes by where I'm not involved in something to do with the Vietnam veterans or my Vietnam experience and all that entailed. For an example, I go and speak to Vietnam veterans on a regular basis. I sing for them, I visit them in hospital. As well, I've taken several groups of Vietnam veterans and their wives and families, partners back to Vietnam. For all the good reasons, these trips. They allow the veterans to enjoy the country. In many cases, the last time they were there they were involved in a war. They visit this beautiful country that's progressing well on many levels and I guess, it allows them to get rid of some ghosts. Without exception, everyone I've taken back to Vietnam has benefited from the trip.

TLP: I believe you performed at Nui Dat and you were close by when the battle of Long Tan broke out?

PA: I was very close and when the battle of Long Tan began, I was evacuated. Forever and a day, I'll be associated with the battle of Long Tan. It was quite a day and I'm still in touch with some people who were in that battle and I have regular contact with several of them. That's still a very big part of my life. More recently I went to Iraq and other parts of the

Middle East to entertain our forces. That too was a very memorable experience.

TLP: The closeness of that situation in Vietnam, all those years ago, did that bring home to you the severity of the life and death experience that was being enacted then?

PA: Gosh, the enormity of it. I don't think anyone could deny that I have the greatest respect for all service men and women but I must still question what we were ever doing in Vietnam and why it went on for so long. I must admit I'm questioning why we're back in Iraq too. I don't understand it.

TLP: Your positive career in bringing so much joy to so many Australians, I mean you get that feedback all the time....for you as an Australian, you've received an OAM, you've received medals and recognition of your service and you've also been inducted into the ARIA Hall of Fame so, your widespread appeal as Little Pattie seems to have gone on forever. You appeal to a lot of people.

PA: Yeah...I'm not sure why (laughing) but I dare not question it! I accept it, hopefully with grace and I feel honoured and privileged that that is the case.

TLP: In a wider sense, what does the Anzac Centenary mean and what does it offer in ways of opportunity for Australia to recognise our past and move forward?

PA: The Anzac Day history, the Anzac's and their story reminds me that we must always love and respect our service men and women. From my point of view, I will always question why we go to war and I don't think that's a bad thing to do, to keep questioning and to try and work out why we do these things but the Anzac spirit, the Anzac story is unique. It always seems very special in our hearts and minds. I like to think there's a bit of Anzac in all of us. Certainly, on Anzac Day, when I proudly walk down George Street with my fellow performers, I rally them up because I'm patron of Forces Entertainment. We work hard to make sure our forces, wherever they may be, have a little taste of home with performers and music. Yes, I proudly walk down George Street each year and I think the Anzac spirit is alive and well. It's wider than a call to arms, it works throughout the community, or should.

TLP: Do you see much of the old group anymore?

PA: Being who?

TLP: Some of the people you....

PA: The Bandstand family?

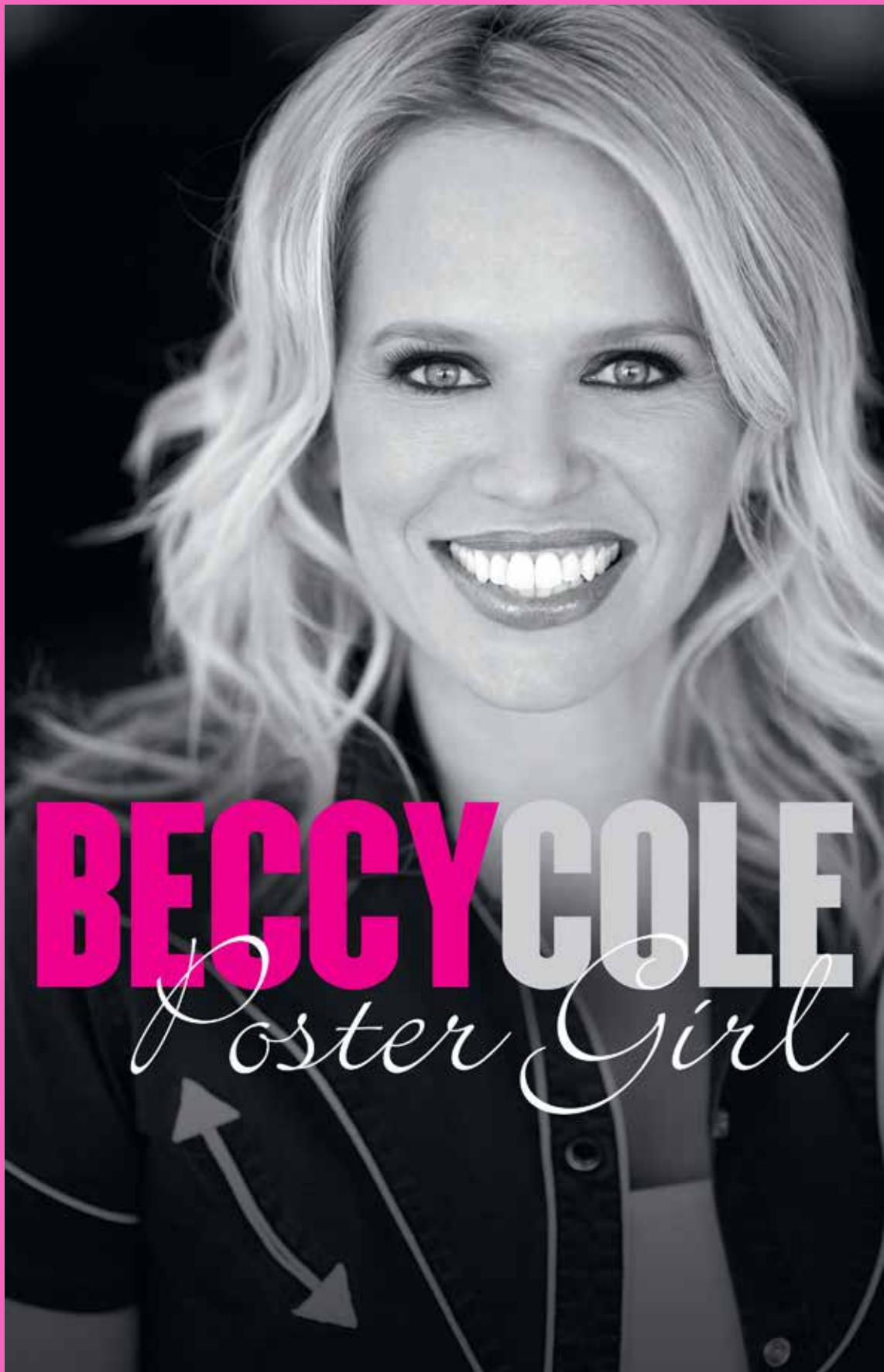
TLP: Yes.

PA: Oh yes, of course. We see each other a lot. We're a pretty close knit bunch and we're always there for each other.

TLP: If RSL's or veteran groups want to contact you for performances or to speak, what's the best way to go about it?

PA: They can contact The Last Post and you can pass it on to me. ■

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ANZAC VOICES

GALLIPOLI

FROM THOSE WHO WERE THERE



Anzac Voices is the story of Gallipoli, told by those who lived through it: regular troops, senior commanders, stretcher-bearers, signal operators, a nurse and a Turkish general, as well as Australia's official war correspondent.

Recorded between 1953 and 1990, the compelling and deeply emotional first-hand accounts drawn from the ABC Archives recall in graphic detail the circumstances and events of the Gallipoli campaign, from the innocence of enlistment to the horror of the landing and – for those who lived to tell their story – the bitter relief of homecoming.

The transcendent voice of music interweaves these accounts, providing a poignant musical reflection on this nation-defining event from composers including Ralph Vaughan Williams, Edward Elgar, Peter Sculthorpe, Ross Edwards and Frederick Septimus Kelly, whose *Elegy* was sketched behind the lines at Gallipoli.

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Jackie Trent dies at 74

Singer-songwriter, actress Jackie Trent has died in a hospital at the age of 74. Jackie passed away after a long illness, in a hospital in Menorca. Her husband, Colin Gregory and her children Darren and Michelle were at her bedside.

Born in 1940 and the daughter of a coal-miner, Jackie had won a national poetry competition at the age of 9 and was onstage by the time she was 10. Although Jackie had been singing since she was a child at clubs near her birthplace of Newcastle-under-Lyme, she first appeared in the charts as a singer with the hit, *Where are you now (My love)* in 1965. Her first single, *Pick Up the Pieces*, was released in 1962.

Where are you now (my love) marked the beginning of her songwriting and personal partnership with Tony Hatch.

The pair went on to write hit songs for artists like Dean Martin, Petula Clark, Frank Sinatra and Vikki Carr amongst others. The couple, who were to marry in 1967, wrote over 400 songs. They also wrote the theme

song for the popular Australian soapie, *Neighbours*, while living in Australia in the 80's.

Jackie Trent and Tony Hatch separated in 1995.

Having won a national poetry competition at the age of 9, Trent had left school at 15 and had caught a train to London with no agent and no contacts. She soon found work though and became popular in the cities clubs and theatres.

Trent made a brief return to the stage in the musical *High Society* and spent most of her later years touring the UK. A musical based on her life is due to open in Trent-On-Stoke in May this year.

Trent married Colin Gregory in 2005. The couple lived in Spain. ■



WHATEVER HAPPENED TO... SUMMER OF THE SEVENTEENTH DOLL

By Taj Worthington-Jones

Back in 1955, gender roles, attitudes towards sexual morality and notions of Australian identity were somewhat different than today.

The DLP was born, after the Labour Party split earlier in that year. In the charts we had "Tennessee" Ernie Ford, Nat King Cole, Tony Bennett and Mario Lanza. But rock 'n roll was about to arrive and Bill Haley made his debut with *Rock Around The Clock*. Prior to the arrival of television, radio, along with "a night at the movies" was the most popular form of entertainment. A year earlier, in 1954, had seen the opening of Australia's first drive-in cinema.

Nearing the cusp though, and almost to give proof to that, were signs pointing to Australia's future. Germinating from that spore at the time, Alan Marshall's *I Can Jump Puddles* was published. So too, Patrick White's *The Tree of Man*. The film *Jedda*, the first Australian movie in colour, premiered in Darwin and Edna Everage made her first appearance shortly before Christmas. At Melbourne's Russell Street Theatre (also known as the Union and itself formed only two years previously) in November, saw the

staging of Ray Lawler's *The Summer of the Seventeenth Doll*. Ray played the role of Barney in the premiere. The story follows Barney and Roo, rough cancutters from north Queensland. For the past 16 years they have flown south during their off-time to be with Nancy and Olive, each year bringing a kewpie doll, hence the title.

As a first up, *Summer of the Seventeenth Doll* was different – it's characters spoke in unmistakable Australian accents and it was hailed by many as proof that Australian drama had come of age. It would be looked back at as having changed the direction of Australian drama.

It's creator, Ray Lawler, was born in 1921, the son of a social worker, and had left school at 13 to work in a factory. During the evening he would attend acting classes. He wrote his first play at 19. *The Doll* was his 10th play, it's story preceded by *Kid Stakes*, set in 1937, and *Other Times*, set in 1945. Many of the characters in these two plays were the same as in *The Doll*. The trilogy had it's first showing in Melbourne in 1977.

Summer of the Seventeenth Doll became a big success and worked it's way into the Australian vocabulary. In 1957 it went to London where Laurence Olivier's production company bought a share of the play, allowing it to be staged in the West End. It won the Evening Standard Award for best new play.

The Doll also travelled to New York. Lawler later remarked that it had suffered in the US because "no-one in America understood it".

Over the years *The Doll* has been shown in a multitude of countries and translated into many languages. A success then, the play is still viewed as being relevant today.

Lawler went to London with the cast and married his actress wife on tour. Lawler then lived in Denmark, England and Ireland and, in 1975, returned to live in Australia as associate director of the Melbourne Theatre Company.

For many, *The Doll* is seen as a pivotal moment in Australian history. Culturally we were breaking away from the shackles of having to rely upon imported hits. It was and is a working-class saga, judged to be similar in many ways to the works of John Steinbeck and Tennessee Williams in the US and John Osborne in Britain. ■



LEONARD NIMOY

ACTOR

26-3-1931 – 27-2-2015



Actor turned background TV role into 'everybody's favourite alien'

Leonard Nimoy, who died aged 83 in February, was an obscure character actor in films and on television before achieving celebrity as the logical, emotionless alien Mr Spock in the 1960s television series *Star Trek*.

Nimoy redefined the character from the minor one envisaged at the show's conception into the most memorable. When Paramount studios made the mistake of allowing Spock to be killed off at the end of its second feature film spin-off, *Star Trek II*, public demonstrations demanded his return. The third film in the canon, *The Search for Spock*, saw the character "regenerated" and six further films followed.

The series early TV series flopped in the United States, but moved to peak time when the hippies of the early 1970s tuned in and turned on to what became cult viewing. Seven years of syndicated American re-runs so transformed the show's fortunes that when Nimoy visited the Johnson Space Centre in Houston, Texas, he was astounded when NASA astronauts asked for his autograph before he could ask for theirs.

Nimoy himself was the opposite of the unfeeling, imperturbable Spock. Humorous and emotional, he wrote romantic poetry, and published several volumes of verse. He was also an enthusiastic participant in 1960s "love-ins", gatherings where hippies came to relax and, more often than not, make love. "It wasn't quite group sex," he recalled, "but there was a lot of embracing."

Nimoy's personal professional inclinations were towards the musical extravaganza, and when *Star Trek* ended in 1969 he played musical roles on stage.

Later Nimoy embarked on a second, more successful and certainly more lucrative career, as a film director. He had directed several television programs in the 1970s, but his first major film success was *Star Trek IV: The Voyage Home* (1986). He followed this with the huge hit *Three Men and a Cradle* (1987), which grossed more than \$350 million to overtake *Fatal Attraction* and become the top box office hit of the year.

Leonard Simon Nimoy was born in Boston, Massachusetts, the son of a Jewish barber from the Ukraine. His father wanted him to be a lawyer but Leonard was determined to act.

His boyhood film heroes included the British stars Boris Karloff (as Frankenstein's monster) and Charles Laughton (as Quasimodo), and in 1950 he made his acting debut with a Yiddish theatre company.

His first mainstream theatrical role was as Stanley Kowalski in *A Streetcar Named Desire* (1955) and in 1959 he appeared as Brick in *Cat on a Hot Tin Roof*.

During the early 1960s Nimoy made his television debut playing a villain in the western *Rawhide*. He went on to appear as a "heavy" in many other TV series, among them *Wagon Train*, *The Man From U.N.C.L.E.*, *Bonanza* and *Get Smart*.

Stardom came in 1966 when he appeared in *Star Trek*. Originally the role of Science Officer Spock was a background one, an exotic half-Earthling, half-Vulcan crew member aboard the US Starship Enterprise during its 23rd-century galactic odyssey of exploration "to boldly go where no man has gone before".

The second-in-command was played by a woman, referred to as Number One. After the screening of the pilot episode, NBC Television insisted on replacing her and were just as anxious to be rid of Spock's pointy ears. (In *Star Trek*'s early days, Spock's ears and flyaway eyebrows were considered so controversial that they were airbrushed out of publicity stills. Nimoy himself was none too keen on the ears either, and the producer, Gene Roddenberry, promised to drop them if he remained unconvinced by Episode 13.)

Roddenberry capitulated over the woman Number One, but promoted Spock to replace her as second-in-command, a position he maintained, pointy ears and all, for all 79 episodes screened over three years.

As the series progressed audiences grew accustomed to his yellowish-green skin, two hearts and green blood, his strange signature Vulcan salute, paralysing neck-pinch and his "Live long and prosper" blessing. Nimoy's

deadpan delivery and ironic use of the raised eyebrow turned him into what he described as "everybody's favourite alien".

When *Star Trek* ended in 1969 Nimoy was glad to be free of the Vulcan. "I owe a lot to Spock," he said later, "he gave me my big break, but I don't want to be playing an emotionless character for ever."

Desperate to avoid typecasting, Nimoy published an autobiography, *I Am Not Spock*, in 1975, before launching into a series of hit musicals. When offered the Spock part in *Star Trek: The Motion Picture* (1979), Nimoy was unenthusiastic. "Those ears were so painful to wear," co-star William Shatner recalled. There was also the matter of half a million dollars which Nimoy claimed Paramount owed him in royalties for Spock toys, posters and other memorabilia. He refused to sign up until the studio paid up. It did.

"Six years after having completed the role, I am still affected by the character of Spock," Nimoy noted in his 1975 autobiography. "Of course, the role changed my career. Or rather, gave me one... It also affected me very deeply and personally, socially, psychologically, emotionally.

"To this day I sense Vulcan speech patterns, Vulcan social attitudes and even Vulcan patterns of logic and emotional suppression in my behaviour."

Nimoy published a second volume of memoirs, *I Am Spock*, in 1995, but it was 2001 before he revealed that while making the original *Star Trek* series, he had become an alcoholic and received treatment.

In 1989 he was divorced from Sandi Zober, his wife of 32 years. She died in 2011. His second wife, Susan Bay, a film executive 20 years his junior, survives him with the son and daughter of his first marriage. ■

Telegraph, London

WVAA

'Creating Our Own Path'

One of the first lessons we learn is that life is a journey, not a race. That every experience should be savoured along the way, not rushed through to get to the finish line.

Not everyone has the courage to think differently, courage to create, travel the unexplored path, courage to discover the impossible and to conquer their problems and succeed. These are the qualities currently of the group of women behind WVAA Facebook page.

"Women hold up half the sky"
(Chinese proverb)

Calli Morgan and Ramon Fenton Co-founders could follow and join other organisations but would they be sacrificing their own wellbeing and Identity by following the majority.

So they choose their own intuition over logic, their passion over skill and courage to start WVAA on their own. What drives them?

Well...

1. Women Vets are more likely to be poorer than their male counterparts after discharge.
2. They will experience more difficulty accessing support systems, ESO's, DVA, Veteran health programs and good GP's who understand their service and how it has affected them.
3. They are more likely to be forced to access Centrelink for support as Single mothers or from homelessness.
4. They are Not Visible as Veterans in their own right
5. There are no Women Veteran focused policies or procedures in Govt or in any department , you are lumped in with men and that fails to take into account Women's Health needs .
6. Based on the figures they are probably more likely to be medically discharged with physical injuries.

It is important that women feel safe, valued and not ridiculed for who they are, or to feel outnumbered in the veteran community.

Some women feel re traumatized by male dominated ESO's, not all women but some.

"After all a Women should not expect a man to build the World she wants rather to create it herself" (Anais Nin)

Women join the ADF and gain valuable leadership skills so they are very capable of speaking for themselves and making important decisions.

"Women are proud of their Service, the men we serve with and Our Country" (WVAA)

WVAA is currently working to take their Association from a part time endeavor, staffed with volunteers, to a fully operational Veterans organisation.

We don't have the backing of High ranking Leaders like some of the other organisations. Women have been overshadowed for so long they are scared to do something on their own. This is a barrier we are facing and hope to change.

"One of the most courageous things you can do is identify yourself, know who you are, what you believe in and where you want to be" (Sheila Murray Bethel)

Our goals are to bring to light the issues faced by today's Veterans, while advocating on their behalf, with a focus on Women Veterans and their families.

We choose to create our own path and environment, activities and events.

In the ADF the men we work with are a big part of our life that is not always the case when we discharge. Inclusive is a word that is paramount to WVAA because not all women are married, or choose to be in heterosexual relationships so to reach every women veteran and to prevent women from being isolated it is our duty to not form groups 'Just for Navy or Infantry' . By doing this we are letting down the very people who stood by our side in the service.



"How often do we look at ourselves with the intent of looking from another person's perspective?"

We are currently recruiting women to join our sub branch in Adelaide in Townsville Ramon has been very busy organizing Merchandise and conducting monthly catch-ups for women in different locations this has been running for 12 months she also utilizes existing orgs (pictured) last month at Mates4Mates Townsville. ■

To contact please email:
wvaa_@outlook.com.

Gallipoli's Mail: the Links to Home



"There is nothing that cheers the soldiers up so much as letters from home. You see their eyes light up with pleasure as the postal orderlies toil up the hill with the mail bags. The postal corporal is the most popular man in the army. But he always seems so slow with his sorting. Those of us not in the trenches crowd around him and pounce eagerly on our precious missives."

Trooper Bluegum's description of "Mail Day" at Gallipoli appeared in the Sydney Morning Herald on 15 October 1915. It emphasised how important news from home was to the morale of the troops.

Gallipoli's mail is a little-known story today, although at the time everyone involved in the campaign had a keen interest in the efficient processing of soldiers' letters. As part of the recent stamp issue, "Centenary of WWI: Gallipoli 1915", Australia Post has produced a prestige booklet, *Ties to Home: The Post Office at Gallipoli* that describes

the handling of mail to and from soldiers at Gallipoli.

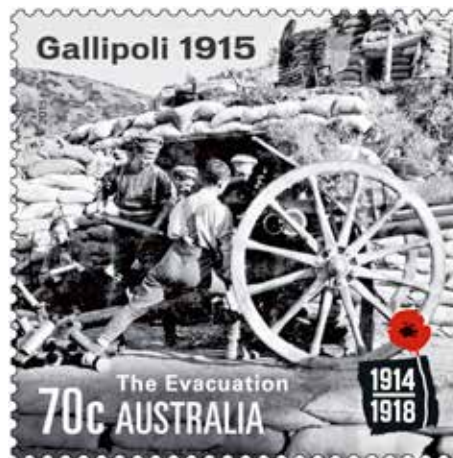
The Postmaster-General's Department (the predecessor of Australia Post) arranged for the despatch of outgoing mail addressed to soldiers abroad, and for the delivery in Australia of incoming mail from soldiers. Outside of Australia, the Australian Army Postal Service handled mail addressed to soldiers and to their families and friends in Australia. Consequently, Australia Post is intrinsically linked to the Anzacs.

Trooper Bluegum's account of Gallipoli's Mail Day included an amusing incident. On

one occasion his unit did not receive any mail but other units had. Standing around forlornly, Trooper Bluegum noticed a newspaper addressed "To any lonely soldier in the Australian army":

"I immediately grabbed it. There was a protest from the postal official, who said the paper was not addressed to me, and that unclaimed papers are considered "bakshish" for the postal corporal. I pointed out that it was not unclaimed, since I had claimed it; and that as I at that moment was a lonely soldier it was clearly addressed to me. There was a fine row, but I won my case – and the paper."

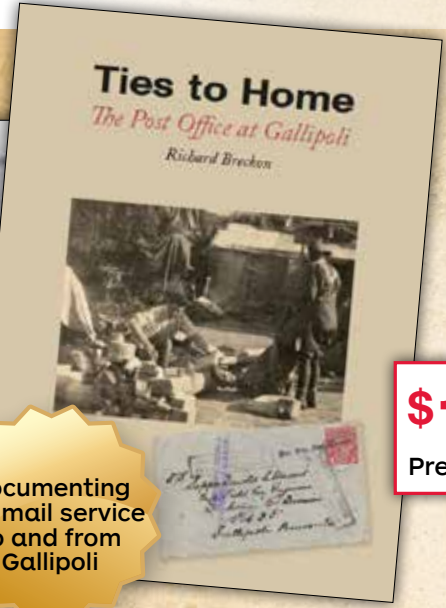
The Gallipoli Centenary stamp issue is the second in a five-year series designed to tell the chronological story of the nation's involvement in World War I. Last year, the first stamp issue marked Australia's activities in the first months of war in 1914. The two stamp issues were developed in conjunction with the Australian War Memorial to encompass key events, battles and individuals relevant to the centenary. ■



COLLECT Gallipoli 1915 AND TREASURE



Released 14 April 2015



\$14⁹⁵
Prestige booklet

Documenting the mail service to and from Gallipoli



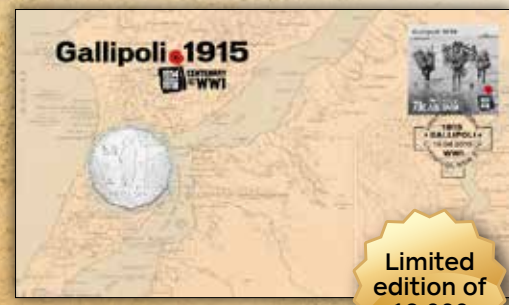
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Minisheet



\$12⁹⁵
Write Soon ... Prestige cover



\$7⁴⁵
Stamp pack



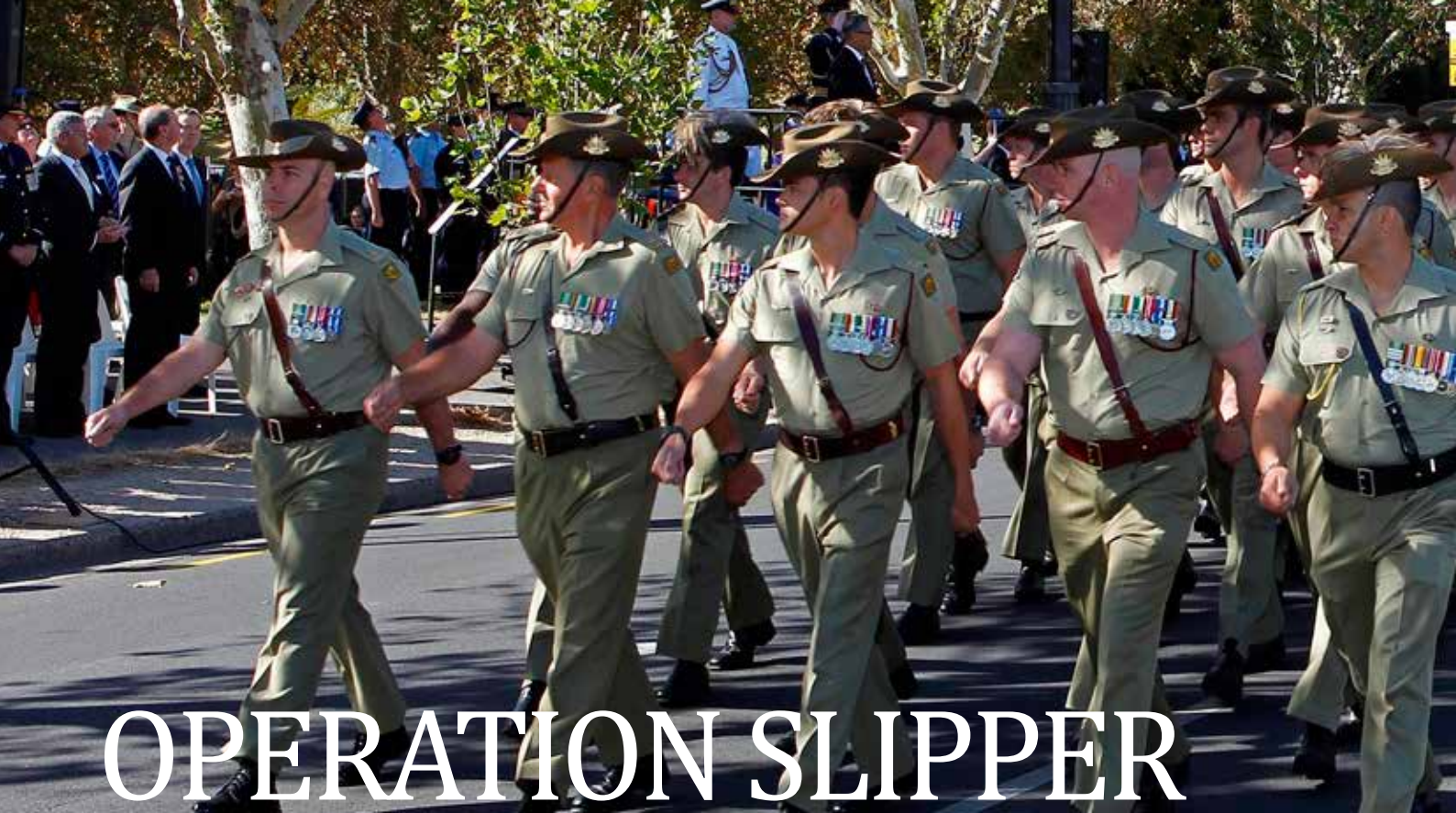
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OPERATION SLIPPER

On Saturday, 21 March, 2015 a national commemoration, including a welcome home parade, to mark the end of Operation SLIPPER in Afghanistan was observed across Australia. Below is an abridged version of the address The Hon Martin Hamilton-Smith MP, South Australia's Minister for Veterans' Affairs, delivered at the commemorative service.

"We gather today to honour the service and sacrifice that you and more than 34,500 Australians have made, from the Department of Defence, the Australian Federal Police, the Department of Foreign Affairs and Trade and other government agencies who have deployed as part of Operation SLIPPER.

You have experienced an operational environment which is, complex and turbulent. It has demanded that you be adaptive; it has demanded that you learn quickly; it has demanded that you look after yourselves and your mates; and it has demanded that you accept the consequences of your actions. At every step you have exceeded our expectations, which are extraordinarily high, and brought credit to yourselves, your service, the Australian Defence Force and the nation.

My message on behalf of South Australia to the families of the 41 Australian Defence Force members who made the ultimate sacrifice, and the 263 personnel who were wounded whilst deployed, is to remind you that your sacrifice was righteous, just, honourable and given to protect a nation, which they loved and which loved them, from great peril.

Our thoughts are also with the families of those killed and those who were injured in training. The loss of Lance Corporal Mason Edwards who died in a training accident at Cultana Training Area on 21 October, 2009 having already completed two deployments to Afghanistan, is felt no less heavily than those killed in action.

The entire nation thanks you and your families for the deprivations and hardships you have endured to ensure our continued safety and security.

We know that operational deployments are not the only challenges you and your families have faced. The rigorous training, the additional burdens placed on your husbands, wives, partners and children, and the challenges of being separated from your families all add to the impact.

Some of you have deployed on multiple occasions, on this operation and others. I know that it gets no easier and each occasion presents its own challenges.

Your service is as honoured by this nation, as that of the men before you, who hit the beaches of Gallipoli. Your predecessors fought bravely, showed compassion, courage, determination, endurance, loyalty, mateship

and tenacity. They are the Anzac values. You are them!

These characteristics were seen at Gallipoli in 1915 and throughout World War I and World War II in PNG, the sky's over Europe and South West Pacific, Vietnam and many other conflicts and operations, on land, sea and in the air.

You have exhibited all these characteristics and added your own – honour, honesty, initiative, teamwork, respect, excellence, agility, and dedication.

They define your service in Afghanistan.

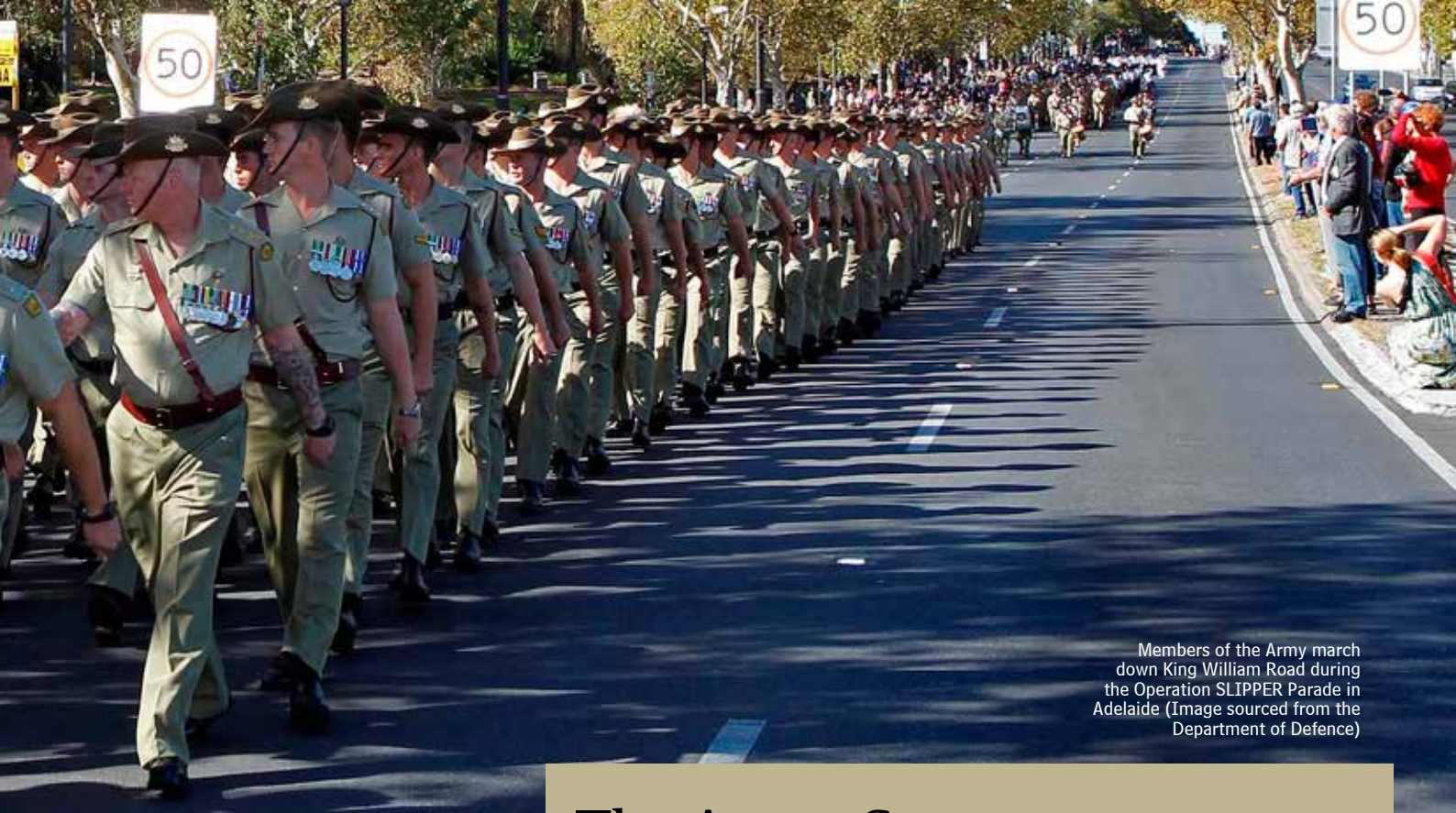
A gallery to honour the 5 South Australians Killed in Action in the Afghanistan War has been opened at the Army Museum of South Australia at Keswick Barracks.

South Australian soldiers Sergeant Andrew Russell, Sapper Darren Smith, Private Tomas Dale, Sapper Jamie Larcombe and Corporal Scott Smith are all commemorated in the gallery. The gallery contains memorabilia and photographs from the Afghanistan War and information about these courageous men.

Our thoughts are with all of the families who have had to bear the loss of loved ones during Operation SLIPPER. Loss that is impossible to fathom except to understand it was to defend us from a great evil.

Our thoughts are also with those men and women currently deployed on Operation OKRA in Iraq, Operation HIGHROAD in Afghanistan, Operation MANITOU in the Gulf, and in other operational theatres across the globe. They are continuing the legacy of selfless service as you yourselves have done during Operation SLIPPER.

As our newest generation of veterans, I want you to know that South Australia will



Members of the Army march down King William Road during the Operation SLIPPER Parade in Adelaide (Image sourced from the Department of Defence)

work with the Commonwealth Government to ensure that our community provides you the support you require as you make the physical and emotional transition to life after Afghanistan.

It is my hope that you can enjoy the benefits of what you and previous generations of service men and women have fought and died to preserve and what freedoms enemy would deny, summers by the beach, rounds of golf, enjoying the company and food of people from around the world we welcome to our nation and our state, following your favourite football team - or more importantly, watching daughters, sons and grandchildren enjoy the freedom to grow, learn, explore and follow their dreams in a safe, tolerant and supportive society.

One more time former Prime Minister, John Curtin expressed this sentiment not long before his death in 1945 when he said: "Is not Anzac Day a day that breathes the very soul of freedom? And is not freedom the hope of the world? The men of ANZAC handed on a torch, now firmly clenched and carried high, by the fighting men of today. From their hands it will go on to the coming generations."

You men and women have carried that flame. It is the light of the free.

We thank you for what you have done in our name, for keeping us safe and we will never forget.

We could not be more proud of you. Welcome Home." ■

The Anzac Centenary Coordination Unit

The Anzac Centenary Coordination Unit (ACCU), one of the South Australian Government's major initiatives for the Anzac Centenary has recently been established within Veterans SA.

The ACCU's role is to coordinate the Anzac Centenary Program of commemorative activities and events to ensure a lasting legacy is created for the benefit of all South Australians. The ACCU has been collating literally hundreds of events and activities planned throughout the state over the next four years of the Centenary. The details have been compiled into a Community Calendar, accessible from a dedicated Anzac Centenary website for South Australia which can be visited at www.anzaccenarary.sa.gov.au.

The emphasis of the Anzac Centenary is on 'commemorating a century of service' by remembering all the men and women of South Australia who have served during times of conflict and on peacekeeping operations over the last 100 years. The website is therefore designed to be an interactive space where South Australians can not only source information about the Anzac Centenary, but make their own contributions by registering events and news articles about their reflections and experiences. Historians, authors and military experts have been invited to create

a series of 'think pieces' which will be published weekly on the site. There will be a series of competitions rolled out over the course of the Centenary. These include a short film competition, digital mashup and recordings of music from the First World War sourced through the State Library's sheet music collection from this era. Visitors to the site will find many links to resources and publications designed to assist South Australian's to learn more about the men and women whose service we will commemorate over the next four years.

The website will ultimately be 'harvested' for a South Australian Anzac Centenary Time Capsule which will be re-opened by future generations in 2115 (100 years from now) revealing a unique collection of commemorative reflections from a purely South Australian point of view. If you would like to be notified of developments and about the launch of the website, you can sign up for email notifications here. ■

Visit www.anzaccenarary.sa.gov.au to find out how you can tell your South Australian family's or community's Anzac Centenary stories.



In 2015, the centenary of the landing at Gallipoli will fall on a Saturday.

The Australian Football League normally schedules five matches on a Saturday through its premiership season and, after consultation with the RSL, has again programmed five matches for April 25, 2015.

St Kilda will host Carlton in Wellington as the first match and then followed by Essendon v Collingwood (MCG), GWS Giants v Gold Coast Suns (Canberra, StarTrack Oval), Port Adelaide v Hawthorn (Adelaide Oval) and the Len Hall Tribute Match at Patersons Stadium in Perth between Fremantle and the Sydney Swans.

The AFL has continued to work with the RSL to ensure that all matches appropriately acknowledge the importance of Anzac Day and the RSL plays a key role in finalising the running sheet for the day.

A strict running order will be observed before the first bounce at each match -- The Ode, Last Post, Minutes Silence, Rouse and the National Anthem -- working with senior RSL officials at each location.

In recent years, prominent football historian Jim Main (a member of the AFL Hall of Fame Selection Committee) has worked assiduously to research the records of former VFL players who were killed on active service through each of Australia's major conflicts. ■



AFL and the Centenary

Photo: AFL photos

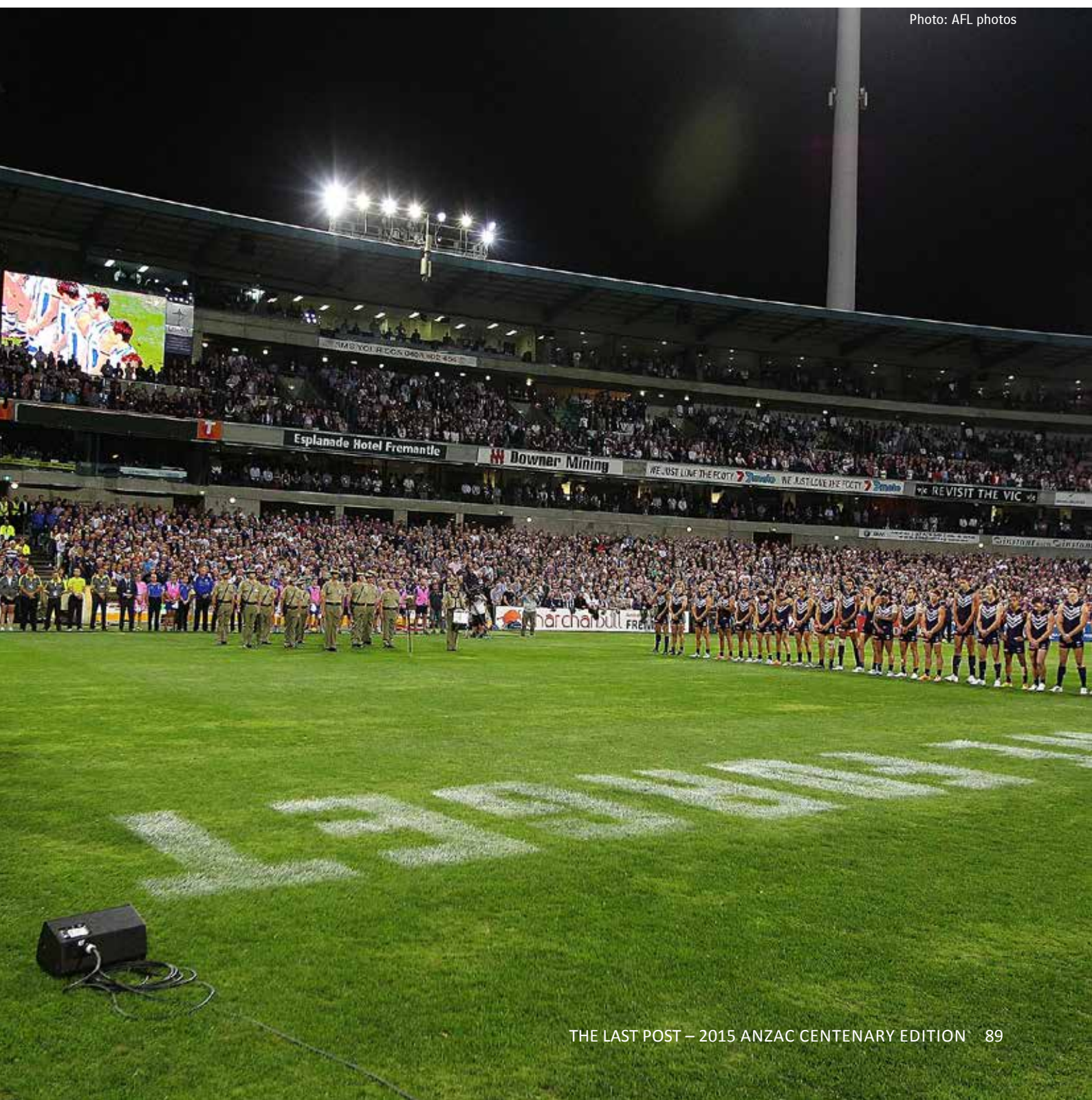
To honour those who served, the AFL and the clubs wish to provide the following detail on those former players who enlisted and made the ultimate sacrifice during World War I:

| Player | Club | Career | Location of Death / Details | Date of Death | |
|-----------------|------------|-------------|-----------------------------|-----------------------------------|------------|
| James T. Rupert | Aitken | GEEL | 1903 | Lone Pine, Turkey | 8/08/1915 |
| John Lewis | Balfe | UNIV | 1909; 1911 | Near Maidos, Gallipoli, Turkey | 25/04/1915 |
| Jim Bonelli | Bell elder | GEEL | 1906; 1908 | France | 27/12/1917 |
| Norm Bradford | Blackmore | ESS | 1905-07 | Pozieres, France | 23/07/1916 |
| Cliff Burge | Bonelli | MELB | 1908 | DOW in France | 24/05/1918 |
| Arthur Caldwell | Bradford | STH MLB/SYD | 1915 | Pozieres, France | 4/08/1916 |
| Hughie Callan | Burge | MELB | 1914 | Villers-Bretonneux, France | 14/08/1918 |
| Sam Campbell | Caldwell | ST K | 1909 | Gallipoli, Turkey | 26/07/1915 |
| George Challis | Callan | STH MLB/SYD | 1903-05 | Bapaume, France | 5/02/1917 |
| Thornton Clarke | Campbell | COLL | 1910 | Died of influenza OAS | 21/10/1918 |
| Dick Clough | Challis | CARLT | 1912-15 | Fromelles, France | 15/07/1916 |
| Harry Collins | Clarke | FITZ | 1911 | Armentieres, France | 19/07/1916 |
| Jack T. Cooper | Clough | ESS | 1907-08 | DOW at sea | 2/06/1915 |
| Arch Corbett | Collins | FITZ | 1912; 1915 | Lihons, France | 10/08/1918 |
| Alan Cordner | Cooper | FITZ | 1907-15 | Polygon Wood, Belgium | 20/09/1917 |
| Claude Crowl | Corbett | UNIV | 1912-13 | Lost overboard at sea near Toulon | 25/06/1920 |
| Joe Crowl | Cordner | COLL | 1911-12 | Gallipoli, Turkey | 25/04/1915 |
| Dave Cumming | Crowl | ST K | 1911 | Walkers Ridge, Gallipoli, Turkey | 25/04/1915 |
| Harry Daniel | Crowl | GEEL | 1906 | Russell's Top, Gallipoli, Turkey | 27/06/1915 |
| Jack Doubleday | Cumming | UNIV | 1911-12 | Villers-Bretonneux, France | 3/05/1918 |
| George Elliott | Daniel | CARLT | 1901 | Villers-Bretonneux, France | 10/08/1918 |
| | Jack | MELB | 1912-14 | At sea in the Indian Ocean | 30/10/1918 |
| | George | UNIV | 1905 | Chateau Wood | 25/09/1917 |

| Player | Club | Career | Location of Death / Details | Date of Death | |
|------------------|--------------|-------------|-----------------------------|---|------------|
| Jim | Farnan | ST K | 1899 | France | 9/08/1916 |
| Fred | Fielding | COLL | 1911 | Villers-Bretonneux, France | 8/08/1918 |
| Charlie | Fincher | STH MLB/SYD | 1913 | Gallipoli, Turkey | 25/04/1915 |
| Bill | Fischer | MELB | 1909 | France | 15/10/1917 |
| Chris | Fogarty | UNIV | 1906 | Lone Pine, Turkey | 29/11/1915 |
| Jack | Freeman | STH MLB/SYD | 1913-14 | Flers, France | 15/11/1916 |
| Dick | Gibbs | UNIV | 1912-14 | Fleurbaix, France | 19/07/1916 |
| Dave | Gillespie | CARLT | 1907-08 | DOW OAS at Caulfield, Vic | 27/03/1917 |
| Jimmy | Gordon | ESS | 1913-14 | France | 30/09/1918 |
| Albert | Gourlay | CARLT | 1903 | DOW in Surrey, England after serving in the NZ army in France | 1/11/1918 |
| Artie C. | Harrison | FITZ | 1911 | Bullecourt, France | 3/05/1917 |
| Ed | Harrison | STH MLB/SYD | 1906; 1908-09 | Bapaume/Estaples, France | 13/03/1917 |
| Billy G. | Harvey | ESS | 1912 | Belgium | 14/09/1917 |
| Arthur | Hinman | UNIV | 1910-11 | Quinns Post, Gallipoli, Turkey | 10/05/1915 |
| Lou | Holmes | ST K | 1910 | DOW OAS | 23/06/1915 |
| Herb | Hunter | ESS | 1900 | Krithia, Cape Helles, Gallipoli, Turkey | 8/05/1915 |
| Les | James | GEEL | 1909-11; 1913-15 | Passendaele Sector, France | 22/10/1917 |
| Arthur | Jones | FITZ | 1914 | Gallipoli, Turkey | 7/08/1915 |
| Mal | Kennedy | MELB | 1911-12 | DOW in France | 2/01/1918 |
| Bill | Landy | GEEL | 1915 | Foromelles, France | 19/07/1916 |
| Charles | Langtree | COLL | 1900 | Fromelles, France | 3/08/1916 |
| Ron | Larking | UNIV | 1909 | Neuve Eglise, France | 1/04/1918 |
| Les | Lee | RICH | 1913 | Messines, France | 8/06/1917 |
| Otto | Lowenstern | ST K | 1910-11 | France (served in Canadian Army) | 1/12/1917 |
| Frank | Lugton | MELB | 1913-14 | Pozieres, France | 29/07/1916 |
| Jim | Mackie | MELB | 1913 | KIA | 20/03/1917 |
| Bill | Madden | ST K | 1908-09 | KIA | 3/05/1917 |
| Peter | Martin | COLL | 1901-02 | DOW at South Melbourne, Vic | 25/03/1918 |
| Stan | Martin | UNIV | 1909-14 | Bullecourt, France | 3/05/1917 |
| Bill | Maxwell | MELB | 1909 | Belgium | 12/10/1917 |
| Tom | McCluskey | FITZ | 1910 | Paschendaele Ridge, France | 4/10/1917 |
| Fen | McDonald | MELB | 1911-12 | Gallipoli, Turkey | 25/04/1915 |
| Paddy | McGuinness | ST K | 1901 | DOW in France | 6/05/1918 |
| Fred | McIntosh | ESS | 1913-14 | Polygon Wood, Belgium | 28/09/1917 |
| Arthur | McKenzie | GEEL | 1898 | Delville Wood, France | 18/07/1916 |
| M. Stan | McKenzie | CARLT | 1914 | Alexandria, Egypt | 8/12/1915 |
| Ted | McLean | GEEL | 1912 | Gallipoli, Turkey | 29/05/1915 |
| Charlie | Morley | ESS | 1906 | OAS (illness) | 13/04/1919 |
| Stan | Neale | UNIV | 1913-14 | Bullecourt, France | 29/09/1918 |
| Jim | Nicholas | UNIV | 1911 | Menin Road, Belgium | 20/09/1917 |
| Bill | Nolan | RICH | 1914-15 | Fleurbaix, France | 23/06/1916 |
| Bert | O'Connell | ST K | 1908 | DOW in France | 17/10/1917 |
| Alick | Ogilvie | UNIV | 1905 | DOW in Malta, after being mortally wounded on the 6th. | 18/08/1915 |
| Charlie | Oliver | CARLT | 1900 | OAS as the result of an accident at Seymour | 29/12/1917 |
| Sid | O'Neill | FITZ | 1909 | Walkers Ridge, Gallipoli, Turkey | 7/08/1915 |
| Harold | Parker | ST K | 1911 | DOW as a POW | 30/01/1917 |
| Joe | Pearce | MELB | 1904-13 | Gallipoli, Turkey | 25/04/1915 |
| Jim R. | Pender | CARLT | 1898 | Fleurbaix, France | 2/07/1916 |
| Hugh | Plowman | ST K | 1910-12 | Fleurbaix, France | 19/07/1916 |
| Les | Primrose | UNIV | 1912-13 | Cladeincourt, France | 4/06/1918 |
| Leo | Rankin | MELB | 1899 | Died of illness OAS in France | 10/05/1917 |
| Harold | Rippon | STH MLB/SYD | 1898 | DOW | 16/01/1917 |
| Alex J. | Robertson | UNIV | 1909 | Lone Pine, Turkey | 6/08/1915 |
| Ralph | Robertson | ST K | 1899-1900 | Aboukir Aerodrome, Egypt | 11/05/1917 |
| Percy | Rodriguez | MELB | 1914 | Somme, France | 20/03/1917 |
| Bill | Rogers | CARLT | 1913 | DOW at Rouen, France | 22/09/1918 |
| Les | Rogers | ESS | 1915 | France | 4/08/1916 |
| Paddy (Percy E.) | Rowan (Rowe) | COLL | 1911-15 | France | 5/12/1916 |

| Player | | Club | Career | Location of Death / Details | Date of Death |
|-----------|--------------|-------------|------------|--|---------------|
| Bobby | Royle | MELB | 1898 | KIA | 3/11/1916 |
| Gerald J. | Ryan | ESS | 1906; 1909 | Tiddworth, Wiltshire, UK | 6/02/1917 |
| Cyril | Seellenmeyer | UNIV | 1914 | Fouilloy, Somme, France | 8/08/1918 |
| Joe | Slater | GEEL | 1906-14 | Bullecourt, France | 3/05/1917 |
| Bruce | Sloss | STH MLB/SYD | 1907-08 | Mouplines, Armenteries, France | 4/01/1917 |
| Claude | Thomas | STH MLB/SYD | 1914-15 | Hamel near Villers-Bretonneux, France | 5/07/1918 |
| Jack | Turnbull | STH MLB/SYD | 1908 | Australian Clearing Station, Ploogsteert | 2/05/1917 |
| Jack P. | Walker | ST K | 1910-11 | KIA | 27/07/1916 |
| Mal | Williams | UNIV | 1908 | Bapaume, France | 3/03/1917 |
| Alf | Williamson | MELB | 1912-14 | Bullecourt, France | 11/04/1917 |
| Jack | Wood | ESS | 1910 | OAS as the result of an accident at East Melb, Vic | 20/10/1914 |
| Tommy | Worle | COLL | 1907 | Armenteries, France | 31/07/1917 |
| Tom | Wright | COLL | 1906-07 | Le Transloy, France | 12/12/1916 |

Photo: AFL photos



Ron Barassi, Snr

Melbourne
and
Richmond's
wartime
heritage
is
significant

Ron Barassi in action



And it is for this reason that the two clubs will pay tribute to their shared wartime history at the MCG on April 24 in their first Anzac Day eve night match.

It will be just the third time the two clubs have met on Anzac Day eve – although their previous two meetings occurred during the day back in 1915 and 1937.

Tragically, 35 men who played for Melbourne or Richmond died from active service – either from World War I or World War II.

During the Second World War, the two clubs met in the 1940 Grand Final, which Melbourne won. It remains their only meeting in a Grand Final.

Melbourne shared Punt Road Oval as its home ground during WW2 – considered an act of generosity by Richmond – until late in the 1946 season, due to the MCG being occupied by the armed forces. In 1944, Melbourne contributed to Richmond's prisoner of war fund.

All of Melbourne's key best and fairest trophies are named after players lost due to war. The most famous is Keith 'Bluey' Truscott, a dual Melbourne premiership player, who played in 1939-40. He was also one of Australia's best-known flying aces during World War II.

MELBOURNE (30)

World War I:

Jim Bonelli, Cliff Burge, Jack Doubleday, Bill Fischer, Albert Gourlay, Mal Kennedy, Frank Lugton, Jim Mackie, Bill Maxwell, Fen McDonald, Alick Ogilvie, Joe Pearce, Joe Rankin, Harold Rippon, Percy Rodriguez, Bobby Royle, Alf Williamson

World War II:

Syd L. Anderson, Jack Atkins, Harold Ball, Ron J. Barassi, Laurie Brady, Noel Ellis, Clyde Helmer, Derek Mollison, Ted Regan, Beres Reilly, Archie Roberts, Keith Truscott, Barney Wood

RICHMOND (5)

World War I:

Artie Harrison, Les Lee, Bill Nolan

World War II:

Bill Cosgrove, Bill Garvie

The VFL awarded premiership medals posthumously to Truscott, Ron Barassi Snr and Harold Ball, as it was considered that they would have been certain players in the 1941 Grand Final.

Melbourne lost players in many of the key Australian wartime battles, including Joe Pearce in Anzac Cove, Barassi Snr in Tobruk, Syd Anderson in the Pacific and Ball in the fall of Singapore.

Richmond's Bill Cosgrove – the uncle of Sir Peter Cosgrove, AK MC (Retd) – served as Chief of the Australian Defence Force. Cosgrove's 1940 season was cut short by war service. In fact, six of Richmond's 1940 Grand Final side served Australia in the war. In 1943 – just six weeks before Richmond's premiership – Cosgrove was shot down in action over New Guinea. ■



Harold Ball.

Above: Harold Ball



Above: Keith Truscott



V



ANZAC EVE

FRIDAY, APRIL 24, MCG

TICKETS ON SALE NOW FROM TICKETEK

Port Adelaide at War

The Port Adelaide Football Club has a long and proud association with the ANZAC tradition in Australia, no less because of the involvement in conflict many of its players have had since World War I.

Rostered to host a game against Hawthorn on ANZAC Day in 2015, the story of Port Adelaide and its football club at war again surfaces on the centenary of the Gallipoli Landings as one of dedication, team spirit and commitment to the country.

From the very first footballer enrolments at the breakout of the Great War in 1914, through to the present day, Port Adelaide's on-field warriors continue to serve the country at home and abroad.

The first man to trade in his black-and-white jumper and socks for a slouch hat, boots and tunic, was Arthur Tubel, a Queenstown lad who once played in Port Adelaide's senior team, but often in its second side.

He, along with two other Port players, would begin their great big adventure to Gallipoli, the Dardanelles, and serve with fellow Australian and New Zealander troops against Turkish forces.

But while the Gallipoli Landings will be remembered this year as part of the hundred-year commemorations of ANZAC, most of Port Adelaide's troops actually fought in France and Belgium on the Western Front.

In fact, many members of Port Adelaide's unbeaten 1914 team – winners of the SA Football League premiership pennant and the Championship of Australia victors against Carlton – would enlist to serve.

William Boon, Albert Chaplin and Joseph Watson were all members of Port Adelaide's 1914 destroyers, and would tragically die in action while fighting in France.

Other members of that team to serve included John Robertson and Roy Drummond, the latter of whom would receive the Military Medal for his conduct in the field.

But they weren't the only ones.

Indeed, some 42 Port Adelaide players and officials put up their hand and volunteered to serve abroad in Turkey, Egypt and France, and in every role from soldier, to engineer, to medic, to driver, to horseman.

Like many footballers and football officials from the state, there could be no question of Port Adelaide's desire to serve King and Country as part of the Australian Imperial Force.

More than 80 League players and officials and countless members of Port Adelaide's reserves and colts sides would serve in World War II and, again, many would be conscripted to fight in Vietnam.

It is for this reason Port Adelaide takes its commitment to Australia's defence services seriously.

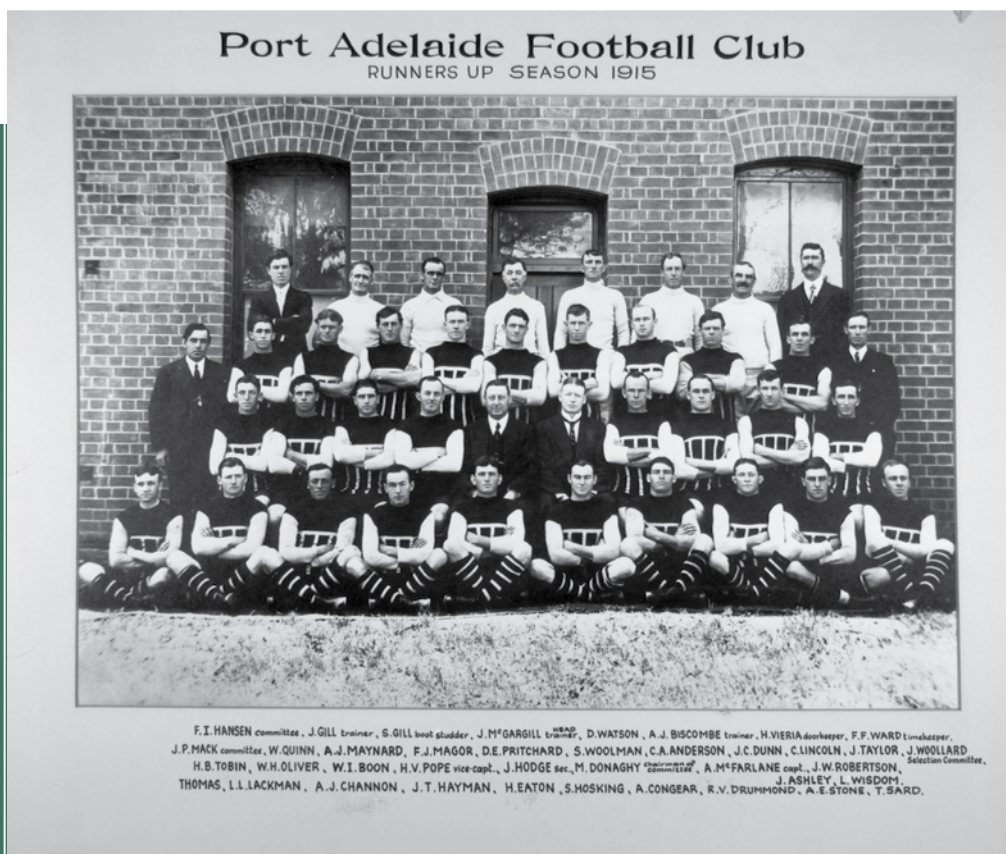
One-hundred years after those landings, Port Adelaide has risen into the AFL as 'the Power', and still continues to play in the SANFL competition with its heritage nickname – the Magpies – and guernsey.

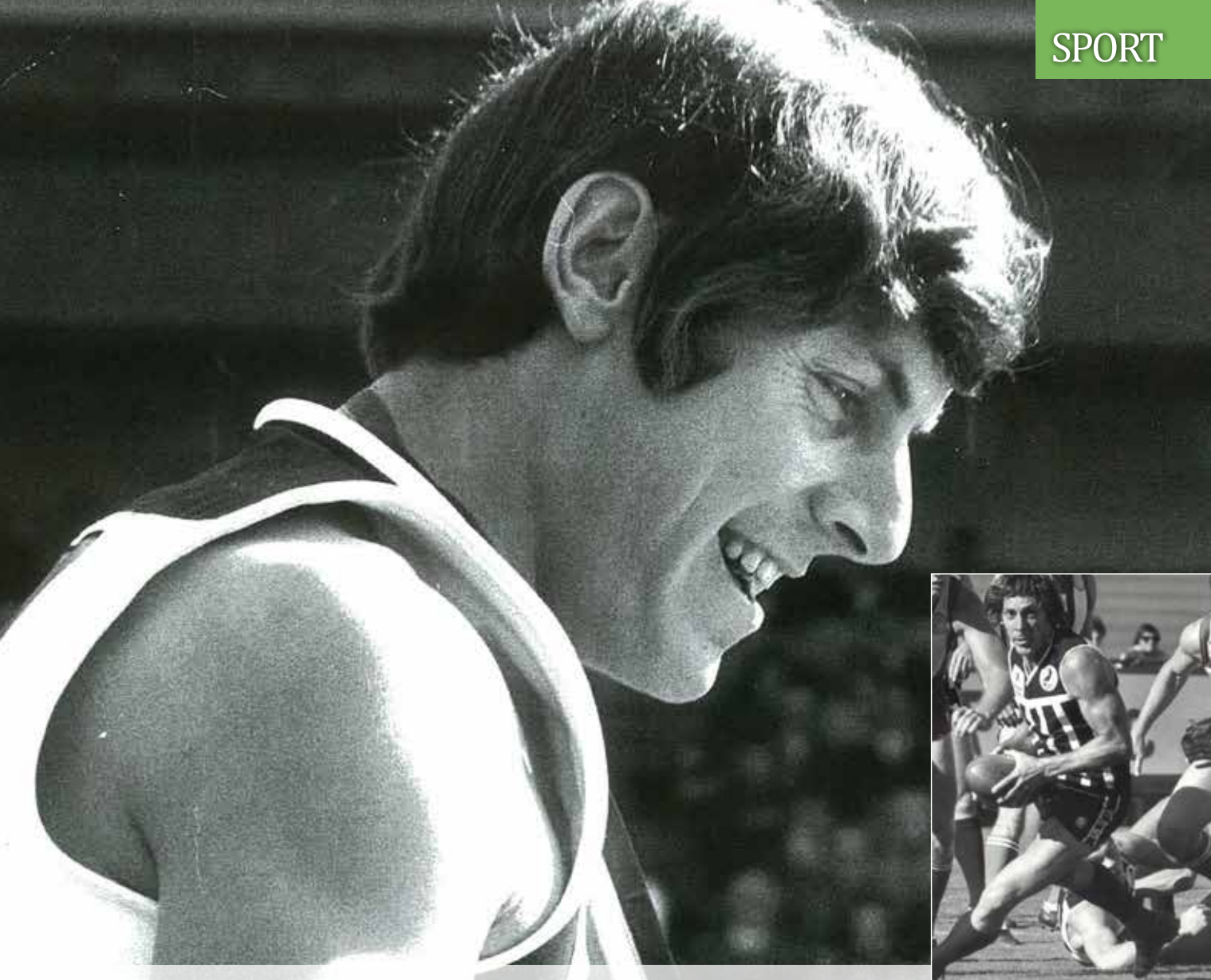
And it still works to have an impact in the defence community, through programs like its 'Optimistic Kids' initiative, which is a positivity and resilience-building curriculum working exclusively with the children of defence servicemen and women.

In 2015, the club will wear commemorative guernseys in both of its AFL and SANFL ANZAC Round games, featuring the names of its known servicemen, and is also the project ambassador for a new Avenue of Honour in the City of Port Adelaide.

With each tree planted along the Avenue of Honour representing a serviceman from the Port community killed abroad on active duty, the club's ambassadorship will help to shine new light on the significance and tradition of these special, tree-lined commemorations.

These form part of a series of works undertaken by the club in honour of the ANZAC centenary in 2015. ■





RUSSELL EBERT "LEGENDS OF THE GAME"

Russell Ebert is undoubtedly Port Adelaide's greatest ever footballer, arguably, he is the best to play the game in South Australia, having won four Magarey Medals – the highest individual honour offered by the SANFL.

Born in river town of Berri in 1949 and later moving to Loxton, Ebert played football at Waikerie and later came to Port Adelaide in 1968 where he would make his debut as a forward and win the club's goal kicking award in his first season.

From there, the rest is history.

Playing under Fos Williams and later John Cahill, Ebert would develop into a supreme midfielder and, later, one of the great captains of the game.

For Port Adelaide, he remains unparalleled in his achievements: three premierships, including one as captain in 1977; four Magareys; a six-time best and fairest winner and 29 state guernseys, including three interstate series as captain of South Australia.

A brief stint in the Victorian Football League at North Melbourne in 1979 broke up his two successful stints in SA football, upon

his return he played in two more premierships following the Magpies' win in '77.

Ebert was appointed captain-coach by Port Adelaide in 1983, and would continue coaching through a difficult period until the end of the 1987 season, from which point he would be the final coach of the Woodville Football Club between 1988 and 1990.

Following the merger of Woodville and West Torrens for the 1991 season, Ebert became the coach of the South Australian Under-17 and 18 sides, winning national championships in 1991 and 1995.

He also coached the South Australian State of Origin side between 1996 and 1998, demonstrating his ability as a powerful helmsman for South Australia's top sides.

Such is the esteem he is held in with Port Adelaide's ranks, that Ebert was invited to open the club's 2015 AFL season by taking the ceremonial 'first goal of the game' at the River End of the Adelaide Oval.

A true legend of the game in South Australia, and one recognised for his immense contribution to the game nationally as an Australian Hall of Famer. ■

RUSSELL EBERT BIO PLAYING CAREER

Port Adelaide (1968-1978, 1980-1985)
392 games, 294 goals

North Melbourne 25 games, 15 goals

South Australia 29 games.

Port Adelaide Captain 1974-1978, 1983-1985

South Australia Captain 1975, 1977, 1983

Premierships: 3 - 1977, 1980, 1981

Magarey Medals: 4 – 1971, 1974, 1976, 1980 – record

Jack Oatey Medal: 1980

Best and fairest: 6 – 1971, 1972, 1974, 1976, 1977, 1981

Leading goalkicker – 1968

COACHING CAREER

Port Adelaide 1983-1987 **Woodville**
coach 1988-1990 **South Australia State**
of Origin 1996-1998

South Australia Under 17/18 coach:
1991-1999

LIONS TO HONOUR ANZACS

The Brisbane Lions will honour the ANZACs by wearing a one-off event guernsey for their ANZAC Round clash against West Coast at the Gabba on Sunday 26 April.

The guernsey will be based on the Club's regular home design, but will have a Lions-centric camouflage look and feature for only the second time in Club history the official Australian Army Rising Sun and 7th Brigade logos on its front.

The Southern Cross will also appear in gold beneath each player's number, while "Lest We Forget" is emblazoned on the back yoke.

Lions defender Dan Merrett said he felt privileged for the opportunity to pull on a jumper that pays tribute to the sacrifice of past and present servicemen and women.

"Being able to celebrate the ANZACs means a lot to me. One of my best mate's has done a few tours in the Middle East and also in East Timor. I keep an eye on him and how he's travelling.

"It sits pretty close to my heart.

"They share similar values to us with mateship and teamwork – having each other's

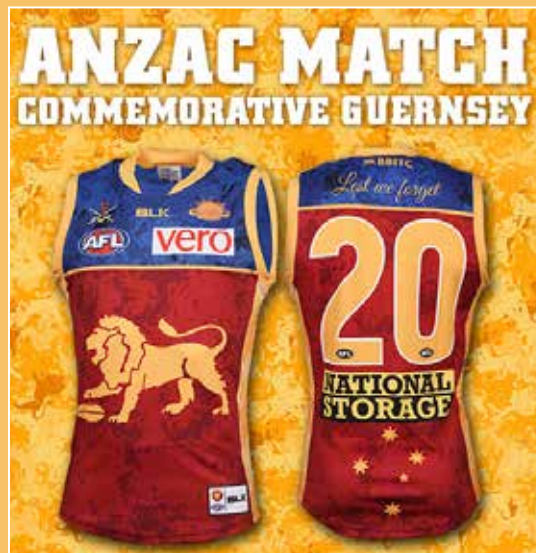
back. On game day that's exactly what you need.

"Looking to the bloke next to you and knowing you'd go to battle with him."

The guernsey has been designed to not only pay tribute to our fallen armed personnel, family and friends, but also celebrate the Club's long-standing partnership with the Australian Armed Forces, particularly the 7th Brigade stationed at Enoggera Army Base in Brisbane. A limited edition run of retail guernseys will be available for purchase exclusively from the Lions Shop and online at www.lionsshop.com.au in the lead-up to this momentous fixture.

Player issued and signed match-worn guernseys will be available via our online auction site from the first bounce at 1:10pm (AEST) on Sunday 26 April and will run for seven days until 1:10pm (AEST) on Sunday 3 May, with a portion of the proceeds being donated to the 7th Brigade's charity of choice – "Wounded Heroes".

Guernseys will be limited in edition, so fans are encouraged to get in quick or alternatively bid online at the Lions Shop



auction site to own a piece of history while helping contribute towards a great cause. ■

"Wounded Heroes" is a nationally registered charity, operated by volunteers, which provides significant support to servicemen and women and their families. Read more here: www.woundedheroes.org.au. Your purchase of this special guernsey directly supports these selfless men and women and their families, and the Brisbane Lions sincerely hope this initiative can further help these "Wounded Heroes".



GALLIPOLI CENTENARY

Hold true our Spirit

We who fought, died and lived long

Though our time is done and Gallipoli stilled

Our memory lives now

In you who hold our Spirit true

Share your pride in, and connection to, our military heritage with this limited edition Sands of Gallipoli Centenary medallion in period-true solid brass box. A treasure to be passed through the ages to remember this historic anniversary.

Limited to only 10,000. **Only \$59.99**

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AustraliaGreatWar.com.au

Order online or call 02 6123 2985



Includes sands collected from Anzac Cove and certificate of authenticity.

1916, from the trenches

The following is a letter written by Jack Cooper, a Fitzroy player, from the trenches in France, which was sent to Bob King, Timekeeper of the Fitzroy Football Club on 12th June 1916.



Dear Bob,

Many thanks for your great letter written 2nd March, 1916, it was like breathing fresh air for a change. Letters sometimes take up to three months to get here, sometimes they get lost but it's great when they finally arrive.

Glad to hear we might have a good year. I suppose it is hard to get any number of new players and losing so many old ones won't help.

I enjoy reading about the "club" and all the players and also about the great committees who always try to do their job. From what you tell me there are still blokes there who are "talkers" and never do anything "real" for the Club, but that's been for so many years, hasn't it?

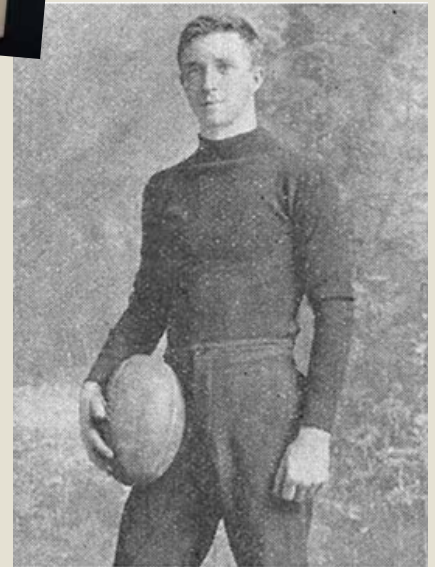
I see Mick Arrowsmith and Mick Green have said we finished with a bank balance of 12/9/7 ½ for 1915; that hasn't changed either; we still seem short of funds? I am sending you a weeks' pay 35/- for the Club fund and I have spoke to George "Yorky" Shaw and told him of this and he said I'll send them a "quid" too, the lousy bastard. He is in the same battalion and we see each other often and talk about the wonderful days when we were home in that beaut little place - called Fitzroy. You really don't know how important Fitzroy is until you leave it, and come what may I don't think I will ever smile again until I see that maroon and blue flag flying in front of those 2 old grandstands.

Do hope the 35/ and the quid will help and until we meet again Bob, to you, Margaret and Lizzie, good health to all our friends at the Club, please give them all of my best regards.

Please keep writing, as your letters are a God Send. Pray for me as I'll be praying for you and the Roys.

Your old friend

Jack Cooper



Jack Cooper was killed in action in 1917. He played 135 games between 1907-1915.

Yorky Shaw came home in 1919 and followed Fitzroy until he passed away in 1976.

NRL and the Centenary

Like all sections of Australian society, Rugby League felt the full impact of the First World War.

Although still a fledgling code, Rugby League had established itself as Sydney's No 1 winter sport by 1914 but war brought a devastating effect on its community.

Thousands of players and officials from all over New South Wales and Queensland enlisted and many gave their lives for the cause. Among them were participants in every major campaign in which Australian troops featured – Gallipoli, the western front and the Middle East.

They came from cities and towns, from all walks of life and all sorts of backgrounds. Their stories showcased the entire national and human spectrum - there were deeds of outstanding bravery, triumph and tragedy and there was also an element that showed the normal human weaknesses.

Many of these individual stories will feature in the NRL's upcoming documentary "Headgear to Helmets", due to be released later in 2015. This documentary examines the impact of the First World War on rugby league in Australia. It showcases players and officials from all levels of the game who were indicative of the game's commitment to the war effort, whilst also looking at how events on the home front during the war also presented challenges for the game.

The Rugby League Museum also plans to present an exhibition that will articulate these stories, as well as a complementary range of public and education programs over the next four years for the entire duration of the ANZAC Centenary commemorations, so that we pay the respect that is due to those who built the game and the country. ■



RL Legend Wally Lewis

By Terry Williams

Rugby league legends don't come much bigger than Wally Lewis.

A member of the all-conquering 1977 Australian Schoolboys rugby union team, he made his first grade rugby league debut the next year for Fortitude Valley in Brisbane at just eighteen years of age. He went on to win premierships with Valleys and with Wynnum Manly before leading the entry of the Brisbane Broncos into the national premiership in 1988. After three seasons with the Broncos he ended his career as the game's last ever captain-coach for two years at the Gold Coast Seagulls, retiring at the end of 1992.

Lewis made his international debut in 1981 and went on to appear in 33 Tests for Australia and was captain of the Kangaroos from 1984-89. The period saw a revival of international football but Australia did not lose a Test series in the decade in which he appeared.

For all that success, however, Lewis is perhaps most famous for his efforts at State of Origin level, where he appeared 31 times for Queensland, 30 of them as captain. More than any other man he wrought the Maroons legend as they dominated the opening decade of the contest.

He was adored in Queensland and earned the sobriquet "The Emperor of Lang Park" and even his most grudging critics were forced to acknowledge his genius. A statue of him is situated outside Suncorp Stadium in Brisbane. Since retiring he has served as a rugby league journalist and commentator and remains an erudite analyst of the game.



Above:
Ted Larkin, referee and first fulltime secretary of the NSWRL. Killed in action at Gallipoli April 25, 1915, aged 34.



Above:
Newtown and NSW centre Herbert 'Nutsy' Bolt with wife Jennie and daughter Monica. He was killed in action at Fromelles July 20, 1916, aged 22.



Left:
Paddy Bugden, Alstonville player who enlisted in Brisbane. He was posthumously awarded the Victoria Cross for his deeds at Polygon Wood on 28 September, 1917. Aged 20 at the time of his death.

Your RSL this ANZAC Day – and every day

Advocacy. Entitlements. Mateship. Commemoration. Those are the four great pillars underpinning the Returned & Services League of Australia (RSL), founded in 1916 and nurturing the interests of serving and former Defence Force members ever since.

By Nigel Starck

This ANZAC Day, when the marchers advance on memorials across the nation and when the reunions burst into life afterwards, the mateship and commemoration factors are dramatically on display. But what about the other two pillars – contributing to the less spectacular, but every bit as important, RSL welfare role?

This is where the ever-evolving RSL demonstrates its talent for meeting contemporary challenges. Inspired by the columns of Advocacy and Entitlements, a canopy of care and welfare has been constructed.

Dogs feature prominently within it nowadays: assistance dogs, trained by the Royal Society for the Blind and assigned by the RSL to veterans suffering stress-related conditions. The SA scheme is known as Operation K9.

One of its recent beneficiaries is Major Peter Checkley, an ex-commando with what he candidly admits is stress disorder “at the upper severe range” after deployment to Afghanistan and other trouble spots around the world. Under Operation K9, Ruby the Labrador has moved into his household.

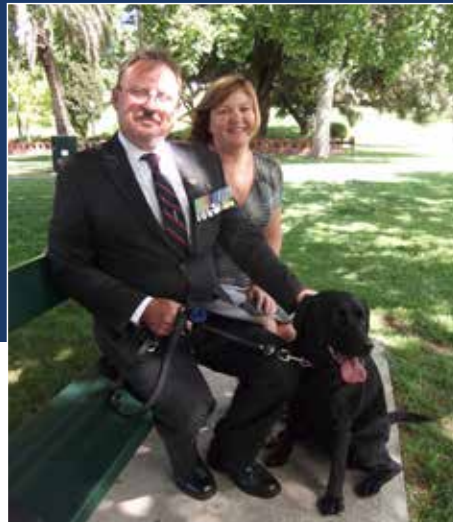
“I’ve got my life back,” he says. Before Ruby’s arrival, he found even a trip to the local shops a daunting experience. With Ruby on board, though, Peter and his wife, Jenny, drove to Darwin from Adelaide recently for the Operation Slipper ‘welcome home’ march commemorating Australia’s Afghanistan mission.

Then there is Trojan’s Trek, administered by the SA Royal Australian Regiment Association with the RSL as a leading sponsor. Sixteen women and 12 men, all diagnosed with problems as a result of their military service, were taken last September on a six-day self-help retreat in the Flinders Ranges. The annual trek is code-named ‘reclaiming the warrior’.

As one trekker, James, wrote afterwards: “I was hit by a wall of emotion as one of many men hiding fear, pain, hurt and anger. Today I am getting closer to becoming the man I aspire to be. Not all plain sailing – but I know which direction I have to travel.”

A more conventional form of care is practised by the RSL’s squad of advocates and advisers, all trained to help veterans seeking guidance on entitlements, pensions, compensation and claims. In this capacity, the RSL has just appointed former infantry officer Mark Keynes as its first full-time Northern Territory advocate and liaison officer. He spent a lot of his own 28-year military career in jungle training. Now, he is applying those tactics to wage war on behalf of veterans’ rights and opportunities. “I tell my clients they might have to face a bureaucratic jungle,” he says, “and I can be their guide.”

All these initiatives cost money, although there is never a charge to the client seeking help. That is why the ANZAC Appeal – of particular notice at the moment, but running throughout the year – is so important. In addition, funds are sought through the Poppy Appeal; with an emphasis on accommodation and emergency assistance, it too functions year round.



There are also special-purpose appeals and corporate sponsorships; Operation K9 offers a classic example in this area of fundraising. The cost of training an assistance dog such as Ruby is \$20,000.

The famous, instantly recognisable RSL badge depicts at its centre a sailor, a soldier, an airman and a servicewoman marching together with their arms linked in friendship. This is to show that within the circle of the League, all services and all ranks observe a bond of unity and comradeship.

And, as the innovative range of RSL enterprises has proved so persuasively, they are marching in step with the demands of Australian society – this ANZAC Day and every day. ■

An advertisement for the ANZAC Appeal. It features a close-up of a soldier wearing a khaki hat with a badge. Overlaid on the image is the ANZAC Appeal logo, which is a stylized 'A' with a sunburst effect and the words 'ANZAC APPEAL' below it. Below the logo, the text reads: 'LEST WE FORGET PLEASE DONATE TO THE 2015 ANZAC APPEAL TO HELP SUPPORT THOSE WHO NEED IT www.rslsa.org.au'. At the bottom, it says 'PROUDLY SUPPORTED BY' followed by the SAAB logo. On the right side, there is a vertical strip with the Australian flag colors and the RSL badge.



EDDIE MCGUIRE

Eddie McGuire is a businessman, television presenter and media personality. He is President of the Collingwood Football Club and Melbourne Stars Twenty20 Cricket franchise. He is also Director of Victorian Major Events Company. Here, Eddie speaks with *The Last Post* about Anzac Day, the importance of honouring the sacrifice and service of our veterans, his beloved Collingwood and the Australian spirit.

The Last Post: Good afternoon Eddie. Thanks for joining us here for the Anzac Centenary edition. What have you been up to lately?

Eddie McGuire: Good afternoon Greg. Well, a fair bit actually. We've got media commitments, the sporting commitments, Melbourne Stars in cricket and of course, the Collingwood Football Club. Triple M breakfast in Melbourne and the Hotseat on Channel 9 and Fox Footy. McGuire Media, all sorts of things so it's pretty flat chat at the moment, Greg.

TLP: Do you thrive in that environment Eddie, with all that you do. Are you someone that has to be doing these things, that you'd do them rather than have anyone else do them?

EM: No, it's not anything like that Greg, it's as I say about these things, it's not compulsory so if you want to do them, you do and you don't complain and you get on with it and you run your life according to the way that you want to do things. I enjoy the challenges that are involved in these areas and the various strengths that my wife and I bring together. And obviously involved in that is family time, of course and that's the main thing, to spend time with your family and savour the joys of watching your boys grow up. It all comes together well.

TLP: Your involvement in the media, Eddie. Did you see this happening as a child, is this something you had always wanted to do?

EM: Who knows what you're going to do from an early age, I was living in a Housing Commission house in Broadmeadows. From an early age though, I enjoyed leadership positions at school, I had a desperate passion to succeed at sport and education was always a heavy emphasis in our family. My parents came out to Australia in 1958 and for them to come from the other side of the world was a huge sacrifice and the reason they did that was to give us a chance. That was never lost on us that this was the opportunity that our parents had preserved for us and we were

obligated then to make the most of it and luckily, that was our nature anyway, all four of us in our family, my two sisters and my brother and we believed that it was a natural progression. I've always enjoyed the studying and the challenge of getting good marks and learning and reading and those types of things have always been a joy for me, the accumulation of knowledge. Then, sport as a kid and starting off early in the media. I was in a press box when I was 13 years of age, VFL football and district cricket and international cricket by the time I was 15, working at Channel 10, while finishing off my HSC as a 17-year old. I was very lucky I was exposed early to the media and have loved every minute of it.

TLP: That comes across to people through your appearances in the media. There's a natural gregariousness that a lot of people find appealing.

EM: Very nice of you to say so, Greg. Yes, it's a lot of fun and challenging for the right reasons. In many ways you're getting paid well to do stuff that would get you kicked out of class. Talking about football and cracking jokes. It's a pretty good life.

TLP: What does the Anzac Centenary mean to you?

EM: The Anzac Centenary is a significant milestone for our country. It's something that has been in the forefront of my mind since I was a little boy. My father was a WW2 veteran and I'd go to Anzac Day. My brother was in the school band and he'd march alongside the returned servicemen and in those days there were still quite a number of WW1 men who were there and the WW2 guys were the younger ones. And we'd go along and afterwards they'd give us a lemonade. You'd line up and the tables would be full of chicken and ham and the likes and the blokes would all get together, the string with the bottle-opener on the top and they'd be having a beer and after they'd do a march. You couldn't help but love the camaraderie and the spirit of adventure for us. Afterwards, when I got to secondary school, I too used to march in the Anzac Day parade in the school band and at stage it was when the Anzac Day ceremony and march was at its lowest ebb. We were getting pelted by protesters, this was in the late '70's, still a bit of the anti-

Vietnam war I suppose. Anyone who had a protest seemed to turn up on Anzac Day. I remember one year we had to march three times. We'd get to The Shrine, get in the bus, come back and do it again because they had a lack of bands. I remember at the end of the Anzac Day service and ceremony and all of it we went back again with the guys to get our stuff and have some lunch with them and they made us feel like we'd been the Anzac's. The sense of sacrifice that these men had given for their country, they were so delighted that we would turn out and even think about them and remember them. That sense of humility has always stayed with me. The sense of service and dedication. These are remarkable people. This generation who gave so much of themselves. A lot of the time on Anzac Day I think back about what these men and women sacrificed to give us the opportunity. Now, we go to the football, it's Collingwood and Essendon, a huge game and I'm delighted with the solemnity of the day and it remains a powerful message. At the same time, you stand there and you can't help but love the fact that we've been given the chances we have, with both Collingwood and Essendon running through the one banner, an idea that I put to the AFL and Essendon and my own club. I thought it was symbolic of the fact that we're there and the toughest thing we have these days, by and large, is to play a game of football. And the best and brightest back in 1914, there were games of football stopped with the announcement of war. A lot of guys signed up there and then never returned. It's very easy to look at the sepia pictures and say that that was another time but when you put it into today's context, there were 15-year olds on the battlefield. There were players from every club and Collingwood players, Peter Cordner was the first VFL player to sign up, the first footballer to be killed at Gallipoli on the first day. You start thinking and imagine as an example if that was Scotty Pendlebury. For me, there's always been a family connection too. My great uncle was killed on the last day of the First World War, on Armistice Day. Every family has these stories. So you look within, what it meant to your family, my father's response to those stories of WW1, the sense of loss that he always felt but kept it quiet, he was



“THE ANZAC CENTENARY IS A SIGNIFICANT MILESTONE FOR OUR COUNTRY. IT’S SOMETHING THAT HAS BEEN IN THE FOREFRONT OF MY MIND SINCE I WAS A LITTLE BOY”

so stoic about his position in the war, didn’t want to talk about it at all. He didn’t march on Anzac Day but always went and stood by the sidelines, feeling, as a British soldier that he probably didn’t belong. It’s all that sort of stuff, Greg. There are a thousand emotions and I suppose, in a lot of ways I am very lucky that I was exposed to Anzac Day in a big way from a young age. My school had cadets as well so Anzac Day was one of the really big days at CBC in St.Kilda in Melbourne. The fact that one of my great loves, AFL football, has been able to contribute in recent times is an emphasis of one of the really good things about Anzac Day.

TLP: These conflicts, by and large, have been about the upholding of democracy. As a legacy, where can we improve for the future, as a nation and as an honourable memory for those that have fallen?

EM: I think what we need to do is make sure that, in a lot of ways, we continue to enjoy the bountiful gifts we have here in Australia. I think at times that both political parties, in playing the spoiler tactics, just emphasis the negativity. We’ve got a country that has been handed to us on a silver plate by the sacrifice and deeds of those people that went to war. It is incumbent upon all of us now to take the baton and make the place even better. I get frustrated that we might have been spinning our wheels for the last few years when we get an economic advantage on the rest of the world and through the global financial crisis and with the minerals and resources booms, I sincerely hope we haven’t wasted our opportunities and to have set the scene for years of prosperity in this country. I think, just talking to my Mum and Dad over the years, Australia on it’s worst day is still better than most places on their best day. We have to make sure we don’t pay too much attention to the media, who like to talk about negativity of so many aspects of life. The news is usually the bad news of the day, not the good news. We remain very lucky in not having to go to war, for most of us and It’s up to us to make

the most of the hard work that’s been done for us by those that have.

TLP: Yes, we do owe it to the veterans and those that have gone before to be positive. Not in a mindless sort of way but to focus on the good things and make decisions based on that rather than feeling we’re in a corner when we’re not.

EM: Well, that’s the thing. If there’s something to be learnt from the Anzac tradition and from those that have served for Australia in wars, it is our larrikinism to a degree but also courage and a sense of duty and service that pervades the history of our veterans. They were the hallmarks of leadership and should be there for all of us, no matter what we do in life. What a launching pad that would be for everybody in Australia to say that we stand for integrity, we stand for decency, we stand for courage of convictions, not taking ourselves too seriously, we question authority but we also knuckle down and get the job done, wow. That’s what I look to as the Anzac tradition and that’s not a bad mission statement.

TLP: Can we become more confident of ourselves as a nation?

EM: Well, we should. We punch above our weight in so many areas, sport or business or science. We need to continue to make heroes of people in academia and the arts too. We have a wonderful feeling here, we don’t suffer from cultural cringe the way we may have in the past, based on how far away we were. We’ve realised that our isolation can be a great thing and the world in general is only the click of a mouse away so there’s no excuse for that anymore. We’ve got everything going for us. We’ve got this magnificent country and, by and large we have great weather. We’re a young country that is resourced blessed, we’ve still got plenty of room, there’s so many things we’re able to do so we should be confident enough to make bold plans instead of water-skiing behind the rest of the world.

TLP: Your love affair with Collingwood, when did it start.

EM: Well, I was a young boy. As I said, my parents were migrants. My father, because we lived in Broadmeadows, was closer to Essendon so they followed Essendon, my brother too, followed Essendon. I was four or five years of age and fell in love with Collingwood, fell in love with the full-forward, Peter McKenna, who was my idol as a kid. Then went along and it was again, a sense of camaraderie in the Collingwood crowd. There was the roar of the crowd, that

Collingwood roar that got me in and, as a little boy, it was probably the first time that I felt part of a community. I’ll never forget walking into Victoria Park for the first time, holding my Dad’s hand and feeling that sense of belonging. It gripped me and it’s never left me. When I got the opportunity to call my first AFL Grand Final it was in 1990 between Collingwood and Essendon, I thought it was destiny.

TLP: You come across as someone who likes a joke. How important is humour in your life?

EM: Humour is everything. What is it that we all want to enjoy, when are we at our happiest? It’s when we’re smiling and laughing and enjoying things with each other. Humour is a connection. Humour gets you through the tough times and families that can laugh together probably have a better rate of survival. Humour makes the good times even better. It’s about bringing people together and not using it for abuse or ridicule. It’s sometimes too about taking the mickey out of ourselves, being on the receiving end of a joke, tell a gag, have some fun. Again, it was the humour amongst so many tragic circumstances that was able to get Australians through theatres of war. The sense of the absurd. Humour? I’ve grown up with that as a major part of my life and, as I said, with a Scottish father and an Irish mother there was always laughter and joking and all that sort of thing. You grew up, in the old days watching the television with all the British sit-coms and American sit-coms and comedians. There was nothing better than sitting, watching the television and some comedy with Mum and Dad and hearing the roaring of laughter. It was a tonic in tough times and in line with the service men and women of Australia, it was their humour and humility that I always carry as my understanding of what Anzac Day stands for. I’ve been invited by the Australian government to be involved with the Anzac Day ceremony in Gallipoli. It’s a wonderful thing to do as a broadcaster and representing Collingwood and the AFL and getting over there and passing it on to my boys. They represent another generation that is enthralled by the Anzac story as any generation. And it’s congratulations to all involved, the teachers, the RSL’s and everyone associated with Anzac Day.

TLP: All the best and thanks for your time, Eddie.

EM: All the best to you and the magazine, Greg. ■

**“THE ONLY
THING A
GOLFER
NEEDS IS
MORE
DAYLIGHT.”**

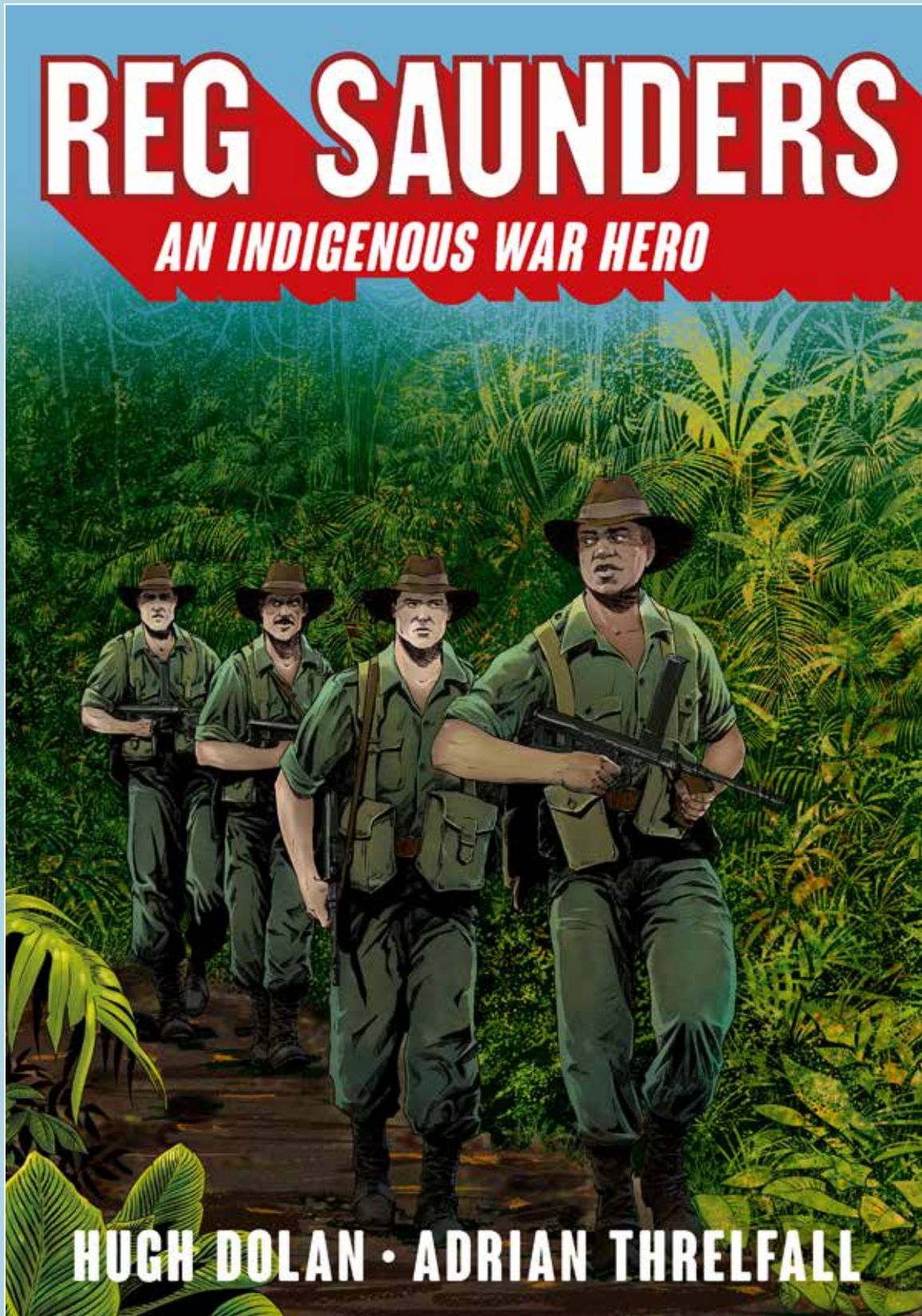
Ben Hogan



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WE'RE ABOUT CHANGING PEOPLE'S PERCEPTION OF THE RSL'S IN VICTORIA. WE ARE A CLUB WHERE ALL OF THE COMMUNITY ARE WELCOME! HOWEVER, WE ARE HERE TO SUPPORT THE VETERAN COMMUNITY THROUGH OUR WELFARE FUNDS. THAT'S OUR POINT OF DIFFERENCE! THAT'S WHAT MAKES OUR CAUSE NOBLE; AND THAT'S WHAT MAKES US AN RSL WHERE ALL ARE WELCOME!

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Upcoming Events:

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Rolling Stones Show

May 23rd – Rubber Soul
the Beatles Show

June 27th – The Beach
Boys, Cash / Carter and
Monroe



Everyone is welcome at GEEELONG RSL

Tuesday is the popular \$13 steak night, with the feedback on this price level and product being very good!

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

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

Members price drinks \$3.60 for a pot and \$5.10 for a glass of wine

The club also have bands every Saturday night and 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."

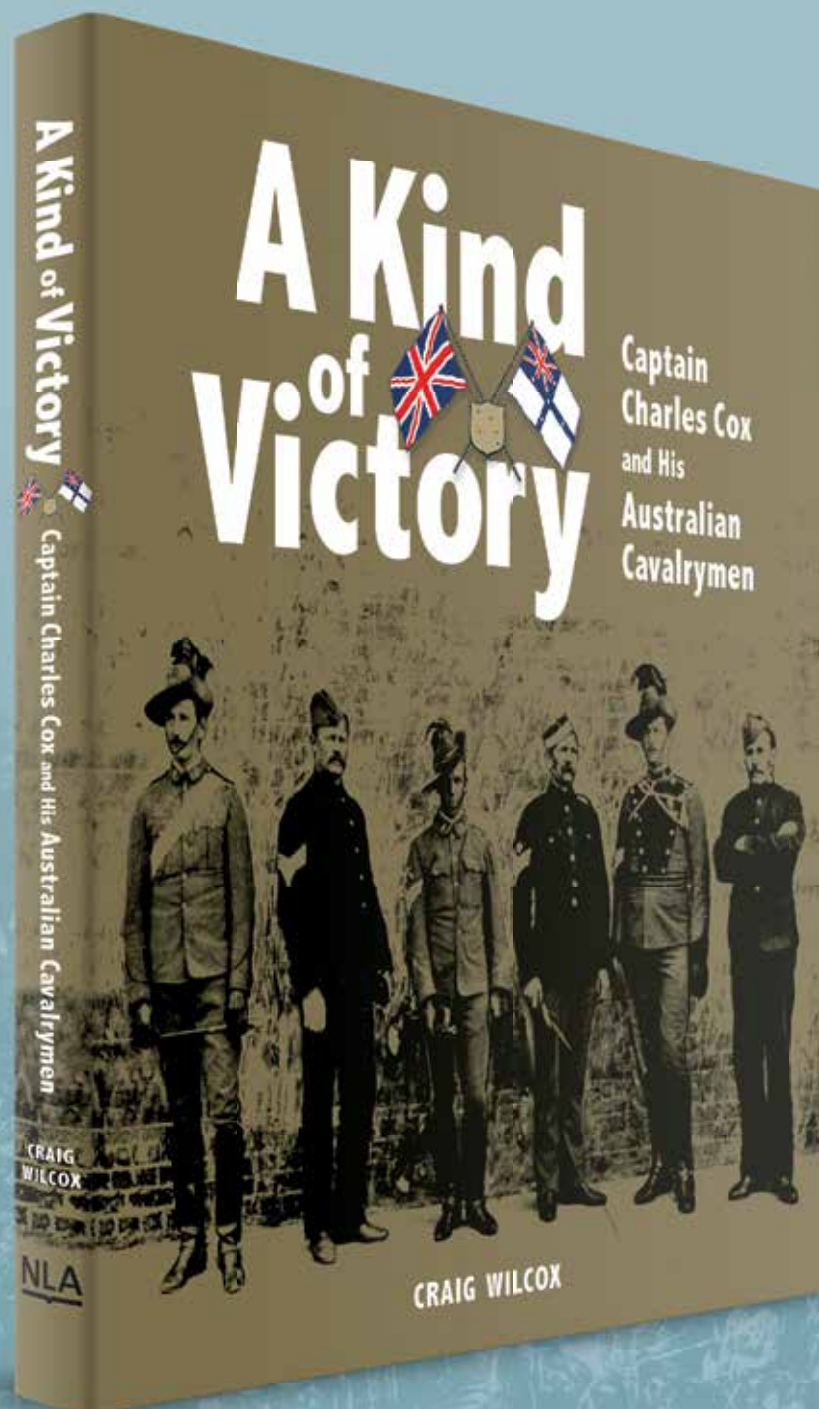
"Every day at 6pm we honour the people that guard our freedom with a moments silence."

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!



A Kind of Victory brings to life in words and lavish pictures the high tide of the once-mighty British Empire and a forgotten turning point in Australia's military history.



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ON THE BOTTLE.
OUR REPUTATION INSIDE IT.**

Coopers
EST 1862



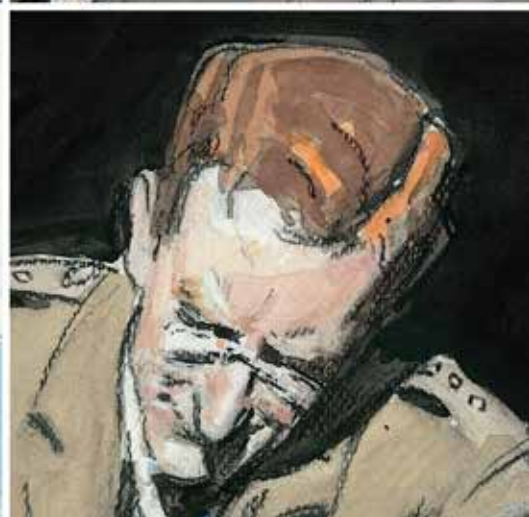
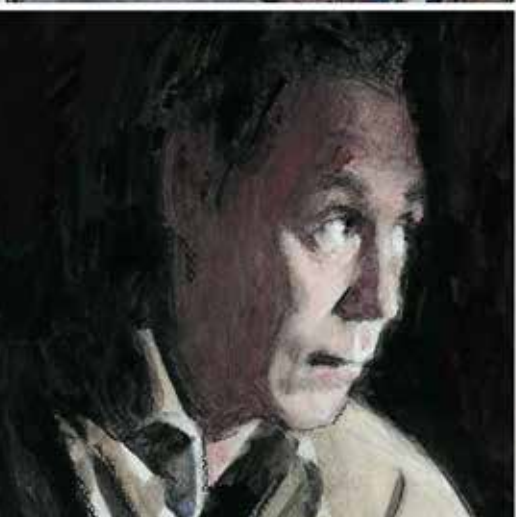
Hand-made by the
Cooper family. Est. 1862.

ENJOY RESPONSIBLY

Ruth Starke
&
Robert
Hannaford



MY GALLIPOLI



From the shores of Anzac Cove to the heights of Chunuk Bair, from Cape Helles to Gurkha Bluff, the Gallipoli Peninsula was the place where thousands of men from sixteen nations fought, suffered, endured or died during the eight months of occupation in 1915. For each of them, their families and their nurses, Gallipoli meant something different. Their voices emerge from the landscape and across the decades with stories of courage, valour, despair and loss.

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WORKING TITLE PRESS
WWW.WORKINGTITLEPRESS.COM.AU

ISBN 978 1 921504 76 1 260 X 270 MM
CLOTHBOUND HB 48 PP
AGES 10+ \$29.99

FULL COLOUR
DISTRIBUTED BY PENGUIN GROUP (AUSTRALIA)
(03) 98112400



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