

\$16.50 AUS
(gst included)

THE LAST POST

BI-ANNUAL **ISSUE 9**

AUSTRALIA'S NATIONAL MAGAZINE FOR VETERANS

whatever
happened to...

**THEY'RE A
WEIRD MOB**

+ interviews with
ROCKWIZ ENERGY QUEEN JULIA ZEMIRO
AUSTRALIAN ROCK LEGEND RICHARD CLAPTON
ROCK BIOGRAPHER MICK WALL
AUTHOR MARK ISAAC

CRICKETER AND CAMP GALLIPOLI AMBASSADOR RYAN HARRIS
WRITER, SINGER, ANZAC AND INDIGENOUS ADVOCATE TED EGAN

+
**SUSIE O'BRIEN,
MARTIN
FLANAGAN,
ANNA KRIEN,
BUDDY HOLLY,
DADDY COOL, JIM
KEAYS, KENNETH
DAVIDSON,
ROBBIE FLOWER,
SEDA**

**DVA UPDATES
FINANCE
TRAVEL
MUSIC
HEALTH
SPORT**



WILLS FOR LIFE

Everyone should have a Will. Do you?

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

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

After providing for your loved ones, we would be honoured if you would consider leaving a gift in your Will to Red Cross. Every gift in every Will makes a difference and will continue to improve the lives of vulnerable people in communities across Australia and further afield for generations to come.

To receive a **FREE information booklet on making or updating your Will** call 1800 811 700 or email bequests@redcross.org.au

Call **1800 811 700** or email
bequests@redcross.org.au

the
power of
humanity



**100 YEARS
PEOPLE HELPING PEOPLE
1914-2014**



FOREWORD

Senator the Hon. Michael Ronaldson

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

This Remembrance Day
I will join with Australians
around the nation to pause
and reflect on the service
and sacrifice of those who
have worn the uniform of
Australia's armed forces.

It is my pleasure to write to you in *The Last Post*, as we enter the most significant period of commemoration in our nation's history – the Centenary of Anzac.

The Centenary of Anzac is a time for Australians to reflect on, remember and commemorate a century of service and the sacrifices made by generations of Australian servicemen and women, who have defended our values and freedoms in wars, conflicts and peacekeeping operations from the Boer War to today.

This Remembrance Day I will join with Australians around the nation to pause and reflect on the service and sacrifice of those who have worn the uniform of Australia's armed forces.

I was recently honored to attend the Albany Convoy Commemorative Event, from 31 October to 2 November, which commemorated the 100th anniversary of the

departure of the convoy carrying the first contingents of the Australian Imperial Force and New Zealand Expeditionary Force to the First World War.

The Prime Minister and WA Premier officially opened the National Anzac Centre in Albany on 1 November. This is a state of the art interpretive centre telling the story of the Anzacs and the Albany convoys. Other events over the weekend included a commemorative service, a gathering of vessels and a march past, as well as activities organised by the local community.

I would also like to take this opportunity to remind our veterans, their families and eligible Defence Force personnel, that as always, if you need support or someone to talk to, the Veterans' and Veterans' Families Counselling Service (VVCS) is free and available 24 hours a day, just call 1800 011 046.



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

The First World War (FWW) was many things to Australia – naive enthusiasm, courage, bloody sacrifice, deep domestic divisions, victories, defeats, generations of mourning and pride in what had been achieved all combined to give our young nation its story.

The Memorial's refurbished FWW galleries reflect and infuse this pride. As you enter the galleries, you are invited on a journey of discovery through the origins of the war – Australia's initial enthusiasm for it, the early engagements in Rabaul, enlistment, embarkation, Egypt, France, Belgium, Sinai

Palestine, the war at sea and in the air. The deep divisions at home and the conscription referenda give visitors a sense of the changing views of Australians. Then there's the leadership of John Monash and the stunning victories breaking the Hindenburg Line.

Visitors leave with pride in what was achieved, informed by a sober understanding of the cost.

The FWW Galleries reinforce my pride in being Australian, pride in this magnificent institution, its staff and volunteers. But more so, pride in the men and women who gave us what we have today and make us who we are.

From the Publisher: GREG T ROSS

Welcome to the 2014 Remembrance Day edition of The Last Post. With the Anzac Centenary with us in 2015, It may be a good time to reflect on what that really means, not only for those immersed in military history but for the everyman and woman.

The “legacy” is an often used term but what does it mean?

For the memory of those that have fought and struggled to bring about the best possible for Australia, the legacy means we should be setting about involving ourselves in positive actions that bring positive results for Australia and her multicultural inhabitants.

As inhabitants of Australia, we benefit from our democracy and yet, it is a fine line. Daily, there are examples of our democracy being cheapened. Whether it's lazy journalism aimed more at maintaining sales figures or sensationalist “shock jocks” aimed more at dividing a community. Their aim also, is to stir emotions and anger and to leave a feeling that our voice is not being heard. But our voices are heard. We have elected representatives and a, despite the federal government's recent law changes, a free and open press.

Enact. Join a club or organisation that helps others and that will, in turn, help you. Find a positive way to express yourself through speaking or writing or painting or music. Take the first step towards a higher education. Read. Options and avenues you may not have known existed will open up for you.

Interact too and you'll find that as human beings, we have more in common than you may have thought. The majority want peace and goodness for themselves and their families. We have that as a strength.

This edition leading into the important Anzac Centenary brings some great stories and interviews with some of Australia's best. We focus on the health of veterans with a brilliant story by Anna Krien. Her insightful essay, Homecoming, looks at the causes, effects and possible cures for Post Traumatic Health Disorder.

In Travel we feature stories from subscribers Bob Walter and Anne-Louise O'Connor as well as looking at Kiama and Goulburn in NSW and Geraldton in WA as possible holiday destinations for our readers. Also, we look at Unley Council and their plans for 2015 in Councils and the Centenary. We offer too, a look see at high quality travel bargains offered by Boronia Travel and McLeay Valley Travel. Give them a call before you plan your next getaway.

We have a truckload of books from Australia's most respected publishing houses, to give away. Just email through to gtrpublishing@live.com.au and we'll put you in the running for some great literary Christmas gifts.

We offer too, Finance advice, DVA Updates and feature interviews with Rockwiz hostess and energy pack, Julia Zemiro as well as Australian rock legend Richard Clapton in Music and Entertainment. In Sport, we interview Australian cricketer, Ryan Harris and Camp Gallipoli CEO, Chris Fox.

In the Christmas TLP eNews we will feature excerpts from our interview with Australian writer, actor and historian Thomas Keneally as well as AWM and DVA Updates and prizes and giveaways.

Enjoy this edition and, as we enter the 2015 Anzac centenary, ponder on positive ways to honour the legacy and your fellow Australians, whatever their colour or creed. We are all in this together and everyday, whether on our way to work or volunteering or by simply remaining calm, we are helping each other. ■



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

Thanks on this edition to:

Australian Red Cross, Martin Flanagan, RSL CARE SA, Boronia Travel, Kiama Golf Club, Coopers Brewery, Anna Krien, Bob Walter, Anne-Louise O'Connor, Newstyle Printing, Scotch College, Wendy Squires, Lachlan Clyne, City of Unley, City of Geraldton, Ron Tandberg, Kirstie Wyatt, The Surf Travel Company, Kiama Council, The Repat Foundation, Royal Australian Mint, Kiama Leagues Club, Tim Southphommassane, Craig Cook, Phil Rankine and SPACE Events, Modern Baking, Anzac Biscuits, Mal Farr, Veterans SA, Martin Hamilton-Smith, Paul Sykes, Defence Care, McLeay Valley Travel, Visit UK, Mick Wall, Allen and Unwin, Maddie Veares, Murdoch Books, Cricket Australia, Camp Gallipoli, SEDA Group, Chris Reidy, Robert Flower, Paragon Café, AVCAT, Legacy, Australian War Memorial, Dr. Brendan Nelson, Sue Chiera, Victorian Hearing, Geelong RSL, Helen Thomas, Kiama RSL Sub Branch, Penelope Debelle, Mark Sydow, Carolyn Piggott, Bill Cross, Kenneth Davidson, Waleed Aly, Greg Barns, Dorrigo RSL Sub Branch, Bernard Zuel, Gareth Ward, Mark Isaac, Corporal John Skinner, Julia Zemiro, Richard Clapton, Ryan Harris, Chris Fox, Ted Egan, Veterans Affairs Minister Ronaldson, WEHI, University of Melbourne, Tony Amato and ACA, Parkinson's NSW, Clubs NSW, Palliative Care, Phil Wall and House of Golf, The Goulburn Mulwaree Council, Tennis Australia, Sarah Freeman, Simon Dash, Rostrevor College, RDNS, Ross McMullin ■

Contents

FEATURES

- 7 Lithgow remembers the day Gough came to town by Carolyn Piggott
- 8 Unley Council and the Centenary
- 37 TLP hears from Hon Martin Hamilton-Smith MP, South Australian Minister for Veterans' Affairs
- 40 What would success in Iraq look like? By Waleed Aly
- 42 TLP interviews former Salvation Army employee about his book The Undesirables
- 64 Love it or leave Aussie singlet is divisive by Susie O'Brien
- 67 Day at the races wins Pompey's men just reward by Ross McMullin
- 82 Richard has won it by Martin Flanagan
- 94 Extract from Diary of Corporal J W Skinner - a heart wrenchingly honest account from the trenches of Gallipoli and Europe during World War I
- 103 Anzac POW – Escape from Italian Prison Camps
- 104 Rest in Peace Robert Flower

EDUCATION

- 84 TLP looks at Urrbrae Agricultural High School, Scotch College and Rostrevor College
- 92 Independent education provider Seda empowers young people around the country

DVA UPDATES

- 34 The latest from the DVA

FINANCE

- 38 TLP gives you the latest news from the finance sector

TRAVEL

- 68 The Last Post looks at places to go around our great country, including Kiama, Goulburn and Geraldton

MUSIC

- 46 TLP brings you news and stories from the Australian music scene, including Worth Listening To, 10 Songs, and interviews with Richard Clapton, Ted Egan and Julia Zemiro

HEALTH

- 12 The Last Post looks at ways to improve your health and quality of life. In this edition TLP takes a special look at the causes, effects and cures for Post Traumatic Stress Disorder (PTSD)

SPORT

- 98 Interviews with Australian cricketer Ryan Harris and Camp Gallipoli CEO Chris Fox, and in Cricket clubs around Australia TLP visits Coromandel Cricket Club

YOUR RSL AT WORK

- 36 Dorrigo Memorial RSL Club

WHATEVER HAPPENED TO..?

- 33 1966 cult movie They're A Weird Mob?

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

MANAGING DIRECTOR AND
PUBLISHING EDITOR
Greg T Ross

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

ADVERTISING
www.thelastpostmagazine.com

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 Australian
War Memorial

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 thelastpostmagazine2011@gmail.com

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.



REMEMBRANCE DAY

The passage of years has done nothing to diminish the impact of the First World War on Australia. It was a conflict that touched nearly every Australian family and will forever be woven into our national identity.

The First World War brought with it four years of unprecedented carnage and human destruction. The catastrophic loss of life on all sides was inescapable. Among the 16 million people that lost their lives were 60,000 Australians, almost half a generation.

While the major theatres of war played out overseas, the lives of thousands of World War I veterans ended in Australia. These brave souls, weakened from battle, returned home with the physical and emotional scars of warfare ever present.

More than 4,000 of them lay at rest in the Australian Imperial Forces section at West Terrace Cemetery, Australia's first dedicated military burial ground. Collectively their skilfully crafted and lovingly tended graves tell a compelling story of courage, determination and mateship.

At a time when no participants of the conflict survive, the First World War may feel like a distant memory. But at the eleventh hour of the eleventh day of the eleventh month all nations involved in World War I, like Australia, will observe Remembrance Day. The day the Armistice came into effect.

In South Australia, the community will gather at West Terrace Cemetery to commemorate, remember and learn not only from the men and women who sacrificed their lives during those four years, 1914-1918, but also from those who have and continue to make the supreme sacrifice during war and peace keeping operations.

This year, Mr Bill Corey OAM will deliver the keynote address. Mr Corey is a former member of the 2nd 43rd Battalion Second AIF and saw service as a Rat of Tobruk and in the Battle of El Alamein.



The service will take place on Tuesday 11 November at 10.20am. To attend, contact the Adelaide Cemeteries Authority on 8139 7400 or eventsWTC@aca.sa.gov.au

For more information visit www.aca.sa.gov.au



8th Annual PARKINSON'S NSW GOLF CLASSIC 2014



Monash Country Club THURSDAY 13 NOVEMBER



- 10.00am Free Golf Clinic – Conducted by club professional Glenn Phillips, one of Australia's 50 Top Golf coaches
- 11.00am Registration & BBQ brunch on the green
- 12.00pm 18 holes, Ambrose, Shotgun start. Highlights include NTP, LD & putting competition, chipping into the boat
- 4.30 – 5pm 19th hole
- 5.30pm Buffet dinner
- 6:00pm Entertainment, presentations & prizes



Parkinson's NSW

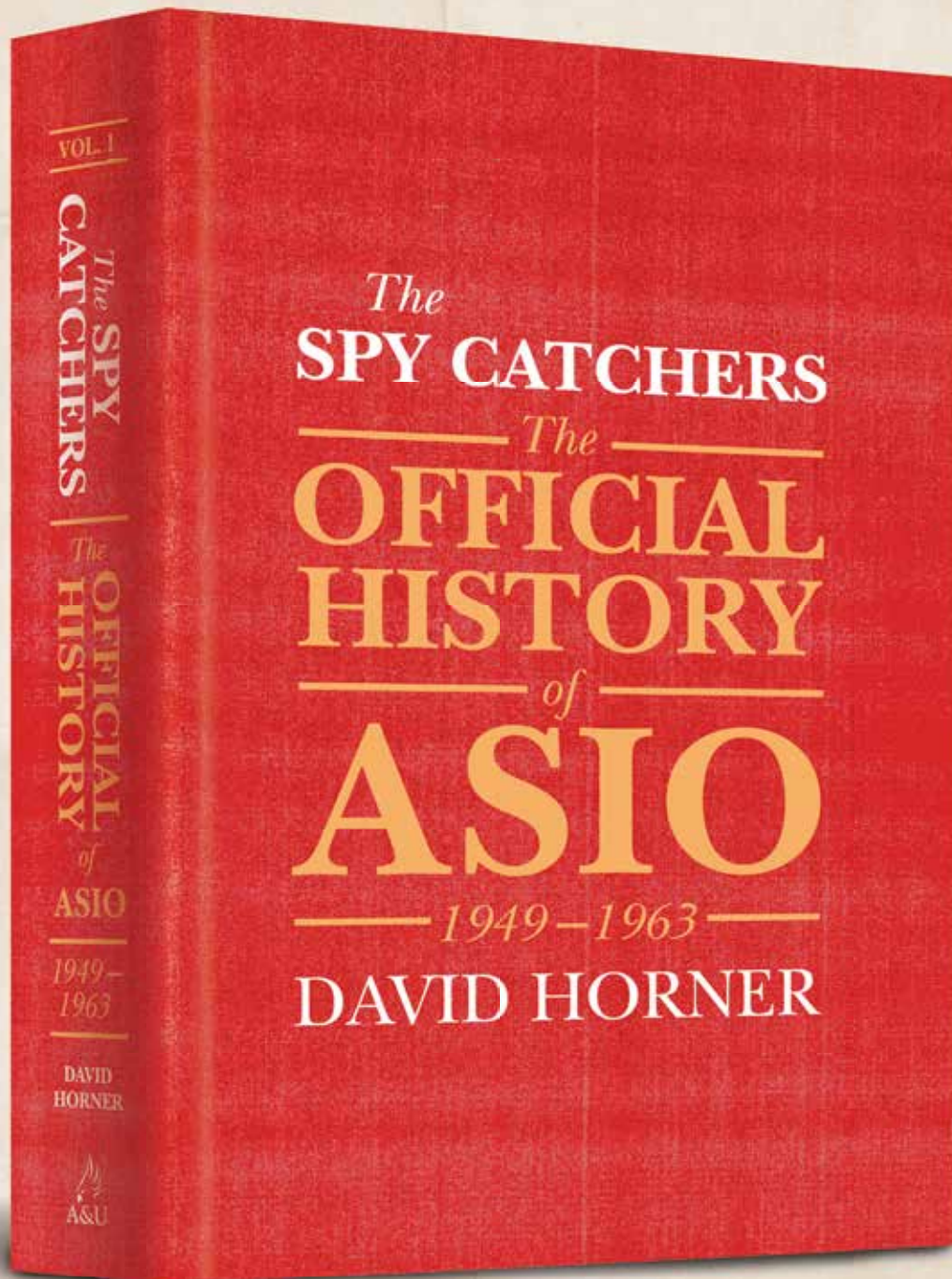
To register yourself, a team or take up a sponsorship package please complete the registration form on the reverse side or contact Claire Tester, Fundraising & Administration Assistant on 02 8875 8915 or claire@parkinsonsnsw.org.au

Money raised goes to the Parkinson's NSW Counselling Service for people with Parkinson's, their families and carers.

Proudly supported by



Spies, subversives *and fellow travellers...*



Given unfettered access to previously classified files, respected historian David Horner tells the real story of Australia's domestic intelligence service in the first of a three-volume history of the Australian Security Intelligence Organisation.

Out now where all good books are sold


ALLEN & UNWIN
www.allenandunwin.com



Lithgow remembers the day Gough came to town

By Carolyn Piggott

On a cold and windy winter's day in 1974 Prime Minister Gough Whitlam came to town to open the new council chambers – his presence in the community that day left many with a smile on their face.

TOUR OF LITHGOW: When Prime Minister Gough Whitlam came to Lithgow in 1974 to open the new council building he spent the day amongst the people. As a thank you he was presented with two blankets specially made at the Lithgow Woollen Mills. It was presented to him by then deputy Lithgow mayor Barry Creevey. [lm102314gough](#)

AUGUST 3, 1974 and the Lithgow community prepares for a visit from Prime Minister Gough Whitlam. The occasion marks the opening of the new Lithgow City Council office block.

But the visit developed into something substantially more than a simple unveiling ceremony. Mr Whitlam wanted to meet the people of Lithgow. And the crowd loved it.

People of all ages and backgrounds followed the distinguished guest every step of the way, despite the sleet, strong winds and freezing temperatures. Mr Whitlam made quite an impact that day and spoke on topics such as the future viability of the Small Arms Factory.

He paid tribute to local member Tony Luchetti and spoke of a report about to be released from the Grants Commission. This report was about grant applications by local government authorities for financial assistance from the Australian government.

This was not Mr Whitlam's only visit to the area.

He took trips to Rydal quite often with his wife Margaret, who was involved with adult education and spent time with the Wellings family at Rydal Mount.

Lithgow ALP president Neville Castle paid tribute to the life and achievements of former prime minister on behalf of the members of the Lithgow branch of the ALP.

He extended their most sincere condolences to the family, friends and loved ones of

Gough Whitlam, the 21st prime minister of Australia.

"This is not just a loss for the Labor party and the wider labor movement; it is a loss for the nation," Mr Castle said.

"Gough was a leader and visionary of almost singular stature and he rightly stands along side such Labor giants as Curtin and Chifley.

"It was the Whitlam government that largely laid the foundations of the social democracy Australians enjoy today."

Mr Castle noted that universal health care, Aboriginal land rights, gender equity, free and accessible tertiary education were but a few of the considerable achievements of the Whitlam administration.

"It is in communities such as Lithgow that the work of Gough Whitlam and his government can be felt most keenly," Mr Castle said.

"His commitment to equity, fairness and equality of opportunity gave working class people the chance to participate in Australian society in a way they had never known before.

"As a working class kid myself, I know I would not have had the opportunity to go to university and become a school teacher if it was not for the reforms of the Whitlam Labor government.

"I, like countless other Australians, can never thank Gough enough for that.

"That said, the community must not let sadness overshadow a day like today.

"Rather they must honour Gough's memory with a celebration of his achievements and the achievements of his government."

Member for Calare, John Cobb has the utmost respect for the former Prime Minister.



"Today Australia remembers and respects the memory of a pillar of Australian politics," Mr Cobb said

"For the three years Mr Whitlam was Prime Minister he ended 23 years of conservative government. "He was an inspiration for generations of Labor aspirants and was a man of huge intellect, presence and articulation.

"I have met Mr Whitlam in my time in public life and always found him intelligent, genuine and determined.

"As a leader he stood out – he was courageous, confident and when he spoke he knew how to command a room and he always knew what he was fighting for.

"I've always felt his place in history was probably determined when he went to China while still opposition leader.

"In a sense he opened relations with China, and I respect that because it took a lot of courage and foresight.

"Gough and Margaret Whitlam will be remembered as two people who gave their all to public life and I pass on my commiserations to their family and friends." ■



Soldiers Memorial Garden 24 April 1921

Unley Museum Collection P 88 044

UNLEY COUNCIL AND THE CENTENARY

It is hard for us to envisage, imagine and understand the collective cultural psychology permeating through the neighbourhoods of Cities such as Unley who 100 years ago saw large percentages of their fit young men putting their personal and professional lives on hold to enlist and fight on the other side of the world. Our communities would never be the same again.

Traveling between states within the recently formed colony was a huge undertaking in and of itself let alone boarding ship and sailing to a foreign country. For this reason it was thought best to form Battalions from amongst cities. So it was that the 27th Battalion was formed predominantly from residents who lived in the streets that made up the City of Unley. This Battalion was also commanded by the former Mayor of Unley, Lieutenant Colonel Dollman. The 27th Battalion would be referred to as "Unley's Own".

Much of our collective modern day focus is on the campaigns that Australians fought in and the huge percentages of lives lost or permanently damaged from wounds physical and mental. What about life back home during the war?

In the trenches of Gallipoli and the Western Front the ANZAC spirit was born from which our national identity has grown. This spirit encompasses ideals such as endurance, larrikinism, ingenuity, courage and mateship; of a people young and fit, stoical and laconic, irreverent in the face of authority, naturally egalitarian and disdainful of class distinction. We tie this spirit to the trenches but I'd argue very passionately that it was a spirit that should be tied with equal strength to the



27th Battalion (part of "B" Company) in Egypt 1916

Unley Museum Collection P 000850

MAYOR OF UNLEY LACHLAN CLYNE



Centenary commemorations are significant for any community but arguably none more so than those related to the centenary of the First World War. This Great War shook the community of the City of Unley as it did with every city and town across Australia 100 years ago.

100 years ago the former Mayor of the City of Unley was also the Commanding Officer of the Battalion that became known as Unley's Own. Lieutenant Colonel Dollman would lead the 27th Battalion into Gallipoli and then to the fields in France. As a humble Lieutenant in the Australian Army Reserves with the 10th/27th Battalion I feel a personal connection with both Dollman and the 27th Battalion.

So how does a community engage in commemorating an event when those who participated in that event have all passed away? How does a community that is demographically different and more culturally diverse engage in commemoration activities? These questions are foremost in my mind as Mayor and they have preoccupied much of the council's collective thinking.

The best way to enable heart felt commemorations is to offer opportunities for all. For descendants there must be something which allows them to make connections across the vast expanses of time. For those with no familial or cultural connection to the Great War there must be something which allows them to think about the personal sacrifices made across society.

Through the adversity of the Great War, Australian society found its identity and welded together, unified, resilient and resourceful. As we commemorate the centenary of the Great War we have a unique opportunity to once again be bound together through the ANZAC Spirit, a spirit every Australian pledges themselves to.

Lest we forget. ■

attitudes that were displayed by the families who stayed at home in Australia.

From a community of just over 20,000 the City of Unley sent into the fray over 2,750 personnel. This represented a recruitment of over 40% of the available eligible men (aged 21 – 45). In other words, 40% of people who were eligible to enlist, enlisted. Tragically, 30% of these enlistments would be killed and 60% would be killed or wounded. Politically, economically and culturally our society was one of male domination so the devastation that this war inflicted on the portion of the demographic which was expected to lead in the future resulted in massive changes to society.

This social change occurred remaining true to the ANZAC spirit.

So it is that as we commemorate the Centenary of ANZAC we will do so in an all-encompassing fashion and attempt to shine a light on conditions of life both for soldiers abroad and of the life back home. Amongst a myriad of activities we will hold a march through our main road re-enacting that of the 27th Battalion; put together an exhibition "At Home in War" and have a Facebook page for descendants and military buffs to download their knowledge of the Great War. We will sign a historical partnership with the Town of Pozieres in France where many from the 27th Battalion gave their life.

Let us all become involved in and engage in the commemorations of the Centenary of the Great War.

Lest we forget. ■



AUSTRALIAN WAR MEMORIAL



Captain S, after Afghanistan painted in Robertson, NSW, 2012
Oil on linen, 140 x 190 cm
Acquired under the official art scheme in 2012
Australian War Memorial ART94524

Ben Quilty after Afghanistan

By Laura Webster, Curator, Art, Australian War Memorial.

Ben Quilty was appointed as an official war artist by the Australian War Memorial in 2011 and deployed to Afghanistan to observe the Australians' activities in Kabul, Kandahar and Tarin Kot.

His task was to record and interpret the experiences of Australian servicemen and women who formed part of Operation Slipper. Quilty was profoundly affected by his tour of Afghanistan, and after spending more than three weeks talking to, and hearing the experiences of, servicemen and women in Afghanistan, he felt an overwhelming need to tell their stories. "I realised within those few days that the responsibility I had to represent these young [people] was probably the most important thing I've ever been asked to do." The resulting drawings and large-scale portraits reveal an empathetic and considered approach to portraiture.

Portraiture for Ben Quilty is about the emotional relationship he develops with his subjects, and the creation of an intimate bond which allows them to place their trust in him to tell their stories. Quilty's portraits of these Australian servicemen and women focus on the intense physicality of these soldiers and are imbued with their experience of war. They express the dangers the soldiers encountered in Afghanistan, and the complex emotions they felt on returning home.

Quilty is the latest artist to contribute his unique insight to the distinguished tradition of official war artists, a practice established during the First World War. ■



Alex Seton: As of Today...

By Warwick Heywood, Curator, Art, Australian War Memorial

The Australian War Memorial is proud to present Alex Seton's *As of today ...*, a sculptural work of art which guides the viewer to contemplate the ultimate sacrifice made by the 41 Australian men who have died as a result of their service in Afghanistan.

The work stems from Seton's interest in flags: how they operate as symbols of communities and nations' shared aspirations. *As of today ...* focuses specifically on the folded flag given to each fallen soldier's family – the flag is often first used in a military funeral service to drape the casket.

As a highly poetic act, Seton has created marbled versions of a folded flag with a halyard tied around its centre. Through representing a fabric flag in marble, Seton positions these objects, and the men they represent, within a history of ancient monuments related to civilisation and war. The power of the sculpted flags is also developed through the way their pale marble, slightly pink in hue and each imbued with blushes and veins, evokes the flesh of a human body. Each flag represents an individual and a life lost in the line of duty.

This work presents a powerful way to remember and commemorate all of those who have lost their lives due to their service in Afghanistan, and to raise awareness of their sacrifice. ■

Memorial's new galleries feature uniform with a story

By Jane Peek, Curator, Military, Heraldry and Technology, Australian War Memorial

While his artillery batteries were emplaced on Bolton's Hill overlooking Shell Green at Anzac, Colonel Charles 'Rosie' Rosenthal, later a major general, occupied a small dug-out near the gun pits.

It was just a hole in the ground some eight feet square by 8 feet deep with a timber roof covered by a layer of sandbags; Rosenthal considered it rather a good "possie" as from it he could observe the Turkish positions from Gaba Tepe to Lone Pine. But it did not afford much protection against shell fire as he and one of his battery commanders, Major Burgess, a New Zealander serving with the Australians, found to their cost on the afternoon of 5 May 1915. Around 5 pm on that day, the Turks began to shell the battery positions. The two officers sat close against the side of the wall making the most of the little protection the dug-out offered, but a Turkish shell penetrated the roof, burst, and momentarily stunned them. After the smoke had cleared, it was noticed that Major Burgess had his neck gashed, and that Colonel Rosenthal had been peppered with shrapnel, receiving wounds in the back, his left arm and right knee, totalling in all, thirty six. Fortunately, only two were of a serious nature.

An architect in civilian life, with a love of music and a fine bass voice, Rosenthal entertained other wounded soldiers by singing Handel's 'Arm, Arm Ye Brave' while lying with a crowd of suffering men on a hospital ship moored off Gallipoli. After some weeks in hospital in Egypt, both the men were able to return to duty. Rosenthal was wounded three more times during the war. He kept his damaged blood stained tunic as a souvenir of the event. Rosenthal's tunic will be on display in the Memorial's First World War galleries, opening December 2014. ■



Damaged tunic of Lieutenant Colonel c Rosenthal, 3 Field Artillery Brigade, AIF. RELAWM01102.



BEN QUILTY
After Afghanistan



As of Today . . .
ALEX SETON

On display at the Australian War Memorial, Canberra

From 12 December 2014

www.awm.gov.au Follow us:     

Ben Quilty, Trooper Luke Korman, after Afghanistan (detail), 2012, aerosol and oil on linen, 190 x 140 cm, ART94526
Alex Seton, As of today . . . 2011–2014, 41 sculpted flags in marble with halyard, ART94468


Australian Government
Department of Veterans' Affairs


AUSTRALIAN
WAR MEMORIAL

HOMECOMING

By Anna Krien

“They teach them how to go to war but not how to come home.”

In this brilliantly honest and researched piece, Anna Krien looks at the causes, effects and treatments for Post Traumatic Stress Disorder

“See your bag?” Paul Clemence points to the handbag I’d left on the table while I went inside the café to order coffees. I nod. “You just leaving it there and walking away, that could totally freak a veteran out. That’s the difference between civilians and us.”

Clemence is trim and clean, with light-brown hair and whiskers, green eyes and good teeth, wearing a cap, T-shirt and shorts. Forty-one years old. However, a photograph doesn’t show the trembling hands, the fidgeting, and the constant up and down of his knee.

Today’s veterans and service men and women are largely invisible. They may return from deployment with shrapnel injuries or missing a leg or two, with diminished hearing from rocket blasts, with nightmares – but chances are you won’t see them. There is, however, a chance that they have seen you and you’ve annoyed the hell out of them.

Fishing around in your handbag, talking on your mobile while your order number is called, complaining about the hot weather in the supermarket queue, or drifting into the next lane in your car. Your children may have rankled them as well, throwing a treat tantrum at the checkout while the soldier behind you just can’t get the shaking nine-year old kid rigged up in a suicide vest out of his head. When I ask Clemence what casual things civilians do that make his blood run cold, he replies without hesitation, “Trucks, Trucks, parked where they shouldn’t be.”

I meet Clemence in the small Victorian town where he lives since discharging himself from the army over a year ago. The paddocks are snap-dry, the sky is

vast. He says he does a lot of looking, with the days stretched out in front of him. “I just stare.” Clemence knows the exact moment in Iraq when he lost his nerve, when the bravado ran out and the survival instincts kicked in, instincts that persisted long after he returned home.

Post-traumatic stress disorder (PTSD) is like that – when survival techniques such as numbing yourself and being hyper-vigilant, valid when people are trying to kill you, persist into civilian life. At the Currumbin Clinic, a private Gold Coast centre with a special program for veterans with PTSD, Anne-Marie Elias tells me about taking veterans on “exposure therapy”.

In a coffee shop, she says, one will always assume “point duty”, watching the door. “One time, I was with three of the guys and we had a bit of time before meeting back up with the group, so I thought, let’s sit on the beach. It was lovely situation looking at the water until I realised the men were all completely alert – one standing to the left of me, the other to the right and the third facing the street.”

Clemence went to Iraq in 2004 as part of Australia’s first wave of trainers for the new Iraq army. After a period of briefing, the team of 38 soldiers was posted to al-Kasik military base in Iraq’s north and soon virtually in charge of 4000 Iraqis. “Their sense of humour was pretty similar to ours,” he says of the Iraqis, “the same stupid pranks and jokes.”

The base was frequently attacked with rockets and mortars. Three months into his deployment, two trucks delivering

water passed a checkpoint, one parking outside headquarters, the other in front of the mess hall. It was lunchtime. They exploded, killing two Americans and 15 Iraqis.

Immediately after the blasts, rockets and mortars started whistling into the base. This was a serious coordinated attack and the possibility of enemy forces coming in over the wire seemed very real. The Iraqi soldiers started to leave in droves. They were going home, they said. “We were going crazy trying to get them to stay.” And then, suddenly, it was 2am. Clemence, along with his unit, sat staring at the wire, weapons cocked, waiting in the dark. “I’ve never had a period of time just disappear like that.”

I think of him staring at the wire, in the same way he stares at the wall in his kitchen.

Over the next four years, this country will be hit with a serious case of Anzac fever. Australia is forking out more cash for commemorations than any other country involved in the “Great” War, and the old “Lest We Forget” for one day of the year will seem a distant memory. There will be books, limited-edition watches, cruises to Anzac Cove, re-enactments, key rings and medallions. Even vials of secret sand. Minister for Veterans Affairs, Michael Ronaldson has said he’s especially busy with applications to use ‘Anzac’ on centennial merchandise.

With taxpayers chipping in \$325 million, for five years now the federal government has overseen committees, advisory boards and sub-committees to plan events and memorials to honour



“THE SOLDIERS COULD HEAR CHILDREN SCREAMING. A WOMAN SITTING IN THE FRONT PASSENGER SEAT HAD BEEN SHOT IN THE FACE; A YOUNG BOY SITTING ON HER LAP WAS SPRAYED WITH GLASS, BLINDING HIM IN ONE EYE. THE FAMILY HAD BEEN DRIVING TO THEIR NEARBY HOME. I FELT SICK.”

the Anzacs' contribution during World War 1, a war often said to have helped define us “as a people and as a nation”. Trucking magnate Lindsay Fox has co-ordinated a further \$300 million in private donations.

More than 16 million people are estimated to have died in World War 1, but of course the losses were incalculable. Few in Australia were unaffected by the “war to end all wars”. Out of a population of 4 million, over 400,000 men enlisted and some 60,000 did not return. The whole Gallipoli operation resulted in 26,111 Australian casualties, including 8141 deaths.

Tallying the dead and wounded is a predictable way of describing a war. The problem is, with all this remembering, there is a tendency to forget.

Today, soldiering is a choice, a profession – albeit one in which dying or losing a piece of yourself is a “What did you think was going to happen?” part of the contract. With less than four percent of Australian's seeing the military as a career option, the Australian Defence Force is a relatively small, cloistered community of about 51,000. Prior to last year's announcement that Australian troops in Afghanistan are to be withdrawn by 2015, many of us could be forgiven for forgetting we were even in our longest-ever war.

Prime Minister Tony Abbott has declared March 21 next year will be a national day to recognise the nearly 30,000 Australians who have served in the Middle-East, with 40 dead and 261 wounded in Afghanistan alone. But while the survivors of Gallipoli were warmly welcomed in Sydney by a crowd of 80,000 singing *Abide with Me*, and veterans of the Vietnam War were greeted with hostility, today's returned servicemen and women encounter perhaps the greatest indignity: indifference.

When I tell a woman I meet at my son's daycare centre that I'm writing a story about the struggles faced by today's soldiers coming home, her face puckers as though she's bitten into a lemon. “What do they want?” she asks. “A parade? To be treated like heroes? To be treated better than the rest of us?” As I shrug, struck by her vitriol, she continues: “I protested against going to Iraq – no way am I going to pretend they went to war on my behalf.”

A former colonel had told me several days earlier that many of today's veterans ought to get over themselves. Now a well-adapted civilian, Marcus Fielding says, “I had to realise I wasn't special. Yes, you went to war, and no, you're not special. Society isn't going to give you the respect you think you deserve.”

Deployed five times – twice to Iraq and also to East Timor, Pakistan and with the Americans in Haiti – he left the military after 28 years of service. “While I'm grateful for people lining the streets to give us a clap, I do wonder why they're doing it. Perhaps out of habit, or for the kids. But for me, I just can't put us up on a pedestal. I turn up in Timor and I've got this huge military machine supporting me. Then you've got some poor bloke working for an NGO with nothing – no security, no weapon.”

I smile with relief when Fielding tells me this, as I'd experienced similar reactions when dealing with some of the men I'd spoken to. “They refer to us as ‘AJ's’ as in army jerks, and we call them useless pricks,” one soldier told me of the division between the “civvies” and military personnel in Townsville.

“PTSD is the knowledge that you'll never be this awesome again” is the saying going around the barracks post-Afghanistan, another tells me. Others talk about their struggle after returning from what was essentially their first

trip overseas, of “coming of age” revelations mixed up with the experience of war. Another veteran gripes about being sent to a public clinic for his PTSD. “I'm not going to do group therapy with some idiot housewife who had a breakdown.”

Anthony McKenzie, a volunteer veterans' advocate in south-east Victoria, explains some of these attitudes. “The military, it builds you up so your opinion of yourself is (that you're) better than everyone else.” A lean man, McKenzie served in the first Gulf War. “After all, if you didn't think you were bulletproof, you wouldn't run towards danger.”

I think of the woman at childcare and wonder if today's military deserve a parade. Do they deserve their story being told? Of course. But the question is, what stories will be told? And will they be enough? As British author Geoff Dyer asks in *The Morning of the Somme*, “Can there ever be adequate recognition of those who have suffered so much?”

Redgum singer John Schumann's *I Was Only Nineteen* came out eight years after the Vietnam War ended, and yet for many Vietnam vets it felt like the first time someone had got their story right. Brian smiles and says, “Yep. That was me. I was only 19 when I got the letter saying I was going to Vietnam.”

Returning soldiers were flown into Australia at night to avoid airport protesters. It took 12 years for the Vietnam vets to get a welcome home parade. In 1987, they decided “to hell with everyone” and organised it themselves. Afterwards, Redgum performed that song to 90,000 in Sydney's Domain. “It felt like we had been released,” Brian remembers. “We could talk.”

Official acknowledgment, however, took a while longer. Vietnam veterans lobbied for a national memorial in Canberra on Anzac

Help fight the invisible battles hidden within our veterans.

Our veterans are in desperate need of crisis support.
We need your help urgently.

Donate generously at defencecare.org.au



“A FEW DAYS LATER, I GET A PHONE CALL SAYING, ‘WE’VE GOT YOUR CERTIFICATE AND CLOCK HERE. WHERE SHOULD WE POST IT?’ I FEEL SO ALONE. EVEN A GUY WHO’S BEEN AT THE COUNCIL FOR A FEW YEARS GETS A SPONGE CAKE.”

Parade. Eventually, the Australian government agreed to a financial contribution, the veterans raising the rest. The site was selected, a small wooden cross was erected and stood there for four years before construction started. The grey concrete memorial was finished in 1992 – just after the first Gulf War. Solemn, mammoth and stark, it fits in with its neighbours. When I look at it, I can’t help wondering about that small wooden cross. Somehow, it said so much more.

The Anzac Centenary program says the next four years will honour all Australian men and women who served their country in the past hundred years, not just the original Anzac’s. But many will not recognise their reflection in the mirror of commemorations. There will be inevitable omissions, some all the more obvious for their absence – those involved in the “Skype scandal” for example, when an 18-year-old female cadets sexual encounter with a fellow cadet at the ADF Academy was broadcast to other cadets. Nor will the 100 personnel who had sent denigrating emails about females get a look-in. Other omissions will be less obvious,

Dan Herps was a navy man with an easy smile and blue-green eyes. In photos, he seemed, even at 37, to have a childlike quality about him. At 1am, in January this year, his partner found him propped against the woodpile under their house, a Queenslander. She had been looking for him inside and out for about half an hour. “Oh for god’s sake Dan,” she said, “come upstairs.” But her words were not heard. The same week, a search party had returned from Scarface Mountain in upstate New York after finding the body of missing Australian soldier Paul McKay.

Herps was one of three confirmed suicides of serving ADF personnel in the first three weeks of this year, not including McKay. “People keep saying to me, “If only he’d asked for help,” says Michelle Zamora, Herps’s sister. “But in my mind, he was screaming for help. I heard him at night, screaming in his sleep.”

In Sydney’s northern suburbs, Zamora remembers her brother as a scamp of a kid. She had been amused when he signed up with the Royal Australian Navy, but in time she saw her younger brother turn into a proud and capable man. They emailed each other regularly when he was on deployment. “He’d tell me about dolphins he’d seen, or

write about the loneliness of being out at sea,” Michelle said. But he never mentioned his work. Herps was a specialist in electronic warfare, also known as “the eyes and ears of the ship”.

“I’d know when they were in trouble, maybe under siege, or someone had died, because we’d receive these official broadcasts saying all communications were to be shut down and then directed to counselling services.”

When Herps did come back online, he was often unable to say what had happened, except that he was fine. “But I do know there were incidents on border patrol that haunted him,” Michelle says. “And also his last deployment to Bahrain, there were decisions that had to be made that had no textbook answer. But other than that, I can’t say.”

She puts me in contact with a navy colleague who can.

Nervous and speaking on condition of anonymity, “John” tells me over the phone about some of the operations he and Dan Herps were on. He tells me about the 20-hour days at sea for a month or more at a time, a few days off and then another month. Their first deployment to the Persian Gulf saw them protecting Iraq’s oil platforms, riskily boarding suspicious vessels. Small suicide boats loaded up with explosives were a threat, and often the Iranian Revolutionary Guard toyed with them. “They’d shoot over our heads as we travelled in small boats to the oil platforms. Other times they’d send out F-14’s, fighter planes which can drop a missile that would take out the whole ship, and just dip in and out of our radar.”

As John is talking, I notice his voice echoes. “I’m in my car,” he says. “A rare occasion I’ve left the house.”

The doors are locked, he adds, windows wound up. His home in Queensland suburbia, he explains, is equipped with motion sensors, security cameras and double deadlocks on external doors, including the door leading to the garage. There is a latch on his bedroom door and he sleeps with a baseball bat, a Maglite torch and a bowie knife in his bedside drawer. The space on the double mattress beside him is empty – his wife left six months ago. He is now medically discharged from the navy. John adds quietly, “I let Dan down. I was so absorbed in my own stuff. I knew he had his dark moments, but he always did it on his own time.” John takes a breath. “And then there was Operation Relex.”

It was 2001 when then Prime Minister John Howard implemented his tough stance on boat people. “Well before Operation Relex we used to be called the ‘big grey taxi service’,” John says with a bitter laugh. He describes how Indonesian crews would ram a boat loaded up with asylum seekers ashore, burn the vessel, and the navy would taxi everyone to Darwin. It was, in John’s eyes, the age-old law of the sea – to assist any vessel in distress, no matter the politics.

“But after Relex, we went from providing aid, blankets, water, food and medics to having to ask the government every time we even considered handing a bottle of water over,” he recalls. On the rickety boats, the asylum seekers were often suffering from heatstroke, infections, dysentery and vomiting. “But we had to be tight-lipped, hands behind our backs.” He describes the boats filling up with human excrement, maggots and flies in their food, people crying and in pain. “And the stench – there were dead bodies on occasion and the stench, it was...” John stops and is quiet. Then he tells me he is haunted by the children on board. “They’d be crying and coughing, sometimes screaming, their eyes glued shut with conjunctivitis.”

The sailors were ordered to turn back the people smugglers’ boats. “So we’d smile and tell them to follow us, that we’d look after them. We’d tack south-east by day, then double back at night, wearing out their fuel and keeping to the 12-nautical-mile boundary.” When the boat had barely any fuel left, John says, they’d stop smiling and lying and order them back to Indonesia. “The crew, the Indonesians, they’d plead with us not to leave them. They were scared. They were just kids. We’d ignore them and say, “Don’t chase us, we’re not looking back.”

Dr Jonathan Shay coined the term “moral injury” in the 90’s, during his two decades of work at an outpatients clinic run by the US Department of Veterans’ Affairs in Boston. In a National Public Radio interview in 2012, he defined a moral injury as occurring when there had been a betrayal of what is morally correct.

“Did I follow our government’s orders? Yes, I served,” says John of his part in Operation Relex. “But I will always think I committed a disservice to humanity.”

While a moral injury can lead to depression as well as PTSD, it is not solely the soldier’s problem. It is not, says Dr Shay, a medical

issue. It is a social issue. "It's a discussion for everyone, not just the medical community. And it's not something to just, you know, whisk the soldier or the veteran off to the doctor."

Wars are no longer just about two sides trying to kill one another (if they ever were). They seem to be as much about winning over the locals as killing the enemy, while in conflicts such as Vietnam, Afghanistan and Iraq, civilians – mostly women and children – were and are often used as shields. The "four-block" war, former officer Kyle Tyrrell explains to me, is a "war amongst the people".

"On one city block you're engaged in combat," he says. "on the next, protection and security. On the third, peacekeeping, and on the fourth, you're giving out humanitarian rations or convoying kids to school." And, of course, the blocks get mixed up. Overlay this with strong cultural differences, and you have a war weighted with moral dilemmas.

"I get terribly angry at people, civilians, who say, 'Oh, there are no rules in war,' said Shay in his radio interview. "Well, I can tell you that soldiers, marines, care deeply about the things that keep them clean, and the rules of war are what keep them clean."

This is true – rules of engagement are laid down for all our troops going into a "warlike" zone. There are standard rules set by the Geneva Conventions, and these are applied and adapted for different deployments. But sometimes these very rules can undermine morality.

For Australian peacekeeping soldiers in Rwanda in 1995, the rules of engagement were often the most difficult aspect of their tour. For example, an infantry platoon was forced to stand aside while Tutsi soldiers massacred refugees in a UN camp. Outnumbered and restricted by an agreement between the UN and the Rwandan government, the platoon could only respond reactively, trying to drag the injured to safety.

During the bloodbath, Trooper Jon Church, an SAS medic who later died in a Black Hawk helicopter training accident, had a small win. He found a crying three year-old girl and organised to have her arm bandaged to make it appear that she was injured. Sedated, she was hidden in an ambulance and driven to safety. Others weren't so lucky. When the shooting ended, Australian soldiers counted over 4000 bodies, the UN over 2000, and the Rwandan government just 300.

Former sapper Andrew Duncan tells me that in Afghanistan capturing prisoners came to be a bit of a race between the Australians and their allied Afghan soldiers. "If the Afghans got there first, we'd sometimes try to negotiate taking the prisoners off their hands." Once, Duncan was ordered to sit outside a building in which the Afghan army was interrogating prisoners "I could hear it all." There was screaming and the sound of something smashing. "At one point, one of the Afghan soldiers appeared. He cut himself a length of hose." Duncan says he couldn't intervene. "Later you can pull them aside and say that's not right, but as far as the occupation goes, the prisoners were under their lack of care."

In other scenarios, civilians are killed and there is a chance it was an Australian who pulled the trigger or typed in the fatal targeting co-ordinates. As a result, the Australian government has paid thousands of dollars in "act of grace" payments to families of people killed or injured in Iraq and Afghanistan. Again, it's unlikely this will rate a mention in future commemorations, even though ignoring it isolates and sets apart the very people we are trying to commemorate.

"When we got back, the Army magazine did a write-up of our deployment and there was no mention of the shooting," says Ben Millman, a strong and stocky 29-year old former private. We are sitting in the Mooloolaba Surf Lifesaving Club, and Millman plans a run and a swim after our talk. This morning he went to the gym and in the evening he'll do karate – "and even then I don't sleep". The battalion magazine's omission had angered Millman. "They probably left it out because they thought they were protecting me, but it just looks like a cover-up, like I'd done something wrong. But I did nothing wrong. I obeyed the rules."

The second-youngest in his unit, Millman had his 21st birthday in Iraq. Early in his deployment he was in a convoy taking tradespeople along "Route Irish", then the most dangerous road in the world. The Australian embassy was moving into Baghdad's heavily fortified Green Zone after it was hit with a truck bomb, and Millman's unit was overseeing the move.

A machine gunner, he was, he was in the turret of an armoured vehicle when a BMW swung into them and detonated. In the blast, he was blown on top of another soldier in the

" 'I WANTED TO BE STRONG AND VIBRANT,' SAYS JOHN, THE SAILOR MATE OF DAN HERPS. 'BUT I'M 40. I HAVE DREAMS WHERE I'M BEING CHASED OR BEING BACKED INTO A CORNER, THROWING PUNCHES BUT ONLY MAKING CONTACT WITH AIR. I LIMP. I HAVE THIS UGLY LOOKING GAIT AND A DISABLED PARKING PERMIT. SOMETIMES I JUST BURST INTO TEARS.' "

vehicle but amazingly found that none of the blood was his own. He began first-aid on the soldier under him. Five soldiers were injured, including Millman. He remembers bits of the bomber's spine covering their blown-up vehicle. "One of the guys in our unit, a 19-year old, had to 'skull drag' the bomber's car away and clean it up. The bomber's foot was stuck up the exhaust cowl."

Three-and-a-half weeks later, Millman and his unit were on a night foot patrol near the embassy when a Volkswagen approached. The soldiers gestured, yelling in Arabic to get back, but it kept coming. A corporal fired two warning shots. "But our rules of engagement didn't include warning shots," he explains. "If it was a suicide bomber, warning shots weren't going to stop it."

Millman fired three rounds at the car. It stopped some ten metres from them. Two men got out, covered in blood. "Why, why, why?" they were yelling. The soldiers could hear children screaming. A woman sitting in the front passenger seat had been shot in the face; a young boy sitting on her lap was sprayed with glass, blinding him in one eye. The family had been driving to their nearby home. I felt sick," says Millman.

The four soldiers were backing away when a sniper posted nearby did a very stupid thing. "He sent a message over the radio saying the men were getting guns out of the boot. He said it to make it look legitimate," Millman says angrily. Not only was the message dangerous – it was, after all, an invitation to open fire again – it was unnecessary. As Ben says, again, he didn't do anything wrong. "I

did what I was trained to do. I did the right thing.”

But from that moment on, the then 20-year old began to feel ostracised. A few days later he felt put on the spot when a hat was passed around for the family. “My own Major put in \$US 1500.” Ben emptied out his wallet. “I only did it because other people were there. It still makes me sick that I gave them \$33.”

Later, after the unit had moved into the Green Zone, they were ordered to give the visiting commanding officer a familiarisation tour. “Then suddenly we pulled up outside the family home of the mother I’d shot and were forced to stand outside while the OC went inside.” A small boy came outside and offered the soldiers soft drinks. Millmann drank his, all the while wishing he was somewhere else.

“I was furious. And then, when I got home, I went into a service station and there she is on the front page of the newspaper. She and the family had been granted asylum and are now living about an hour away from me.”

Millman’s rage makes me uneasy. Isn’t it possible to show empathy without admitting you were culpable? I ask him why is he so angry at the woman he shot. “She doesn’t make me angry.” He barely draws a breath. “It’s the system that makes me angry. Surely you should look after your own first – but it doesn’t.”

Millman is talking about the Department of Veterans Affairs (DVA). Most veterans I speak to rage against the DVA; they and their advocates say it can still take between six months and a year to deal with their claims for compensation and pensions. Often, they say, they’re asked to do the same paperwork twice. (Until recently, the DVA kept records of 300,000 or so veterans on paper, while also having to access a separate paper administered by the ADF; as the then Veterans Affairs Minister, Warren Snowdon, told *The Sydney Morning Herald* in 2012, the documents “take time to access”. A computerised database has since been implemented, but in an era of unmanned drones and the like, you’d think a similar measure of efficiency would have been installed for personnel before sending them to war.)

It seems the aftermath of war can be a low priority – the immediate aftermath that is, not the 100-years-later aftermath. There are

accusations that the DVA acts more like an insurance company. “They make you earn it, they act like it’s their money,” says Millmann. Perhaps the most plain-speaking question on the forum is: “Will you sue the government?”

The process of applying for compensation or a pension can be the last straw for a veteran, and especially dangerous for one struggling mentally. “It’s prime suicide time, or the veterans will just give up and disappear, their situation getting worse and worse,” warns Peter Erdman, a veterans advocate.

He agrees there is a case for tackling sorting, “But when the medical evidence is there, with an incident report that supports it, there shouldn’t be a reason to fight it – but they do.” In Erdman’s experience, claims can take up to two years, even though approximately eight out of ten appeals to the tribunal are approved. “So why not just accept them in the first instance?” he says. “Save the guys their sanity and the department money.”

I don’t doubt that dealing with the DVA is a convoluted bureaucratic process, but I sense that the department is an easier target than the one that’s hurting the veterans most. I suspect it is the military establishment itself that has broken their hearts.

“I’d go back to the army tomorrow if I could,” Ben Millmann says. He’s just finished telling me about coming home from Iraq at the end of 2005, saying, “I stopped believing in anything.” He drank, partied hard and looked for fights in bars. After convalescence leave for a year, he started to see a psychologist and returned to the army. He was posted in the store, handing out equipment. “They never spoke to me about changing roles, they just stuck me in a corner.” In 2008, he left. “I was the weak link. I felt like I was on the outside.” His partner didn’t know what to do either, and by 2010 their relationship was over.

But now, Millman is saying he wants to go back and I can’t help saying, with an incredulous grin on my face, “You’re crazy. The lot of you.” Because almost all of the veterans I’ve spoken to with similar stories of perceived slights and rejection have said the same thing.

At a meeting for veterans in the Victorian town of Bittern, I sit on the grass with a group of them. The younger guys tap cigarettes out of a packet and light up, dark sunglasses looking away whenever I try

putting a question their way. Finally, one can’t help speaking up. “It’s a bitter pill to swallow,” he says. “When I joined up, it was patriotic. I was surprised when I found out it didn’t cut both ways.”

“Just surprised?” I ask. He pauses for so long I think he’s ignoring me. Then he says, “No, not just that. It rips your guts out. But even with all the negatives, it’s still the best thing I’ve ever done.”

The vet next to him nods, “I miss it every day.”

When I started this story I thought it would be about the lack of public support that veterans receive. That matters, yes, but I realise now that it’s the sense that they’ve been rejected and even betrayed by the military institution – be it real or perceived – that hurts so many. “I wanted to be strong and vibrant,” says John, the sailor mate of Dan Herps. “But I’m 40. I have dreams where I’m being chased or being backed into a corner, throwing punches but only making contact with air. I limp. I have this ugly looking gait and a disabled parking permit. Sometimes I just burst into tears.”

“They teach then how to go to war but they don’t teach them how to come home,” says Michelle Zamora, Dan Herps sister. Veterans advocate Anthony McKenzie goes one step further. “They don’t tell you that you’ll never be home again.”

It’s a tough line the military walks. So much of it’s training focuses on tinkering with a recruits fight-or-flight mechanisms. And even in flight, you often have to fight your way through. And any way can mean death. Worse, it is failing your mates. You fight for your mates, and yet it is nearly impossible to expect an institution to return that level of loyalty.

John is now medically discharged from the navy. After 22 years of service, he says he didn’t get a farewell. “Not even a ta-ta. Normally the commander would come up, say a few words at morning tea. But if you’re being medically discharged, suddenly your regrettable.

A few days later, I get a phone call saying, ‘We’ve got your certificate and clock here. Where should we post it?’ I feel so alone. Even a guy who’s been at the council for a few years gets a sponge cake.” ■

PTSD Post-traumatic stress disorder

is a set of mental health reactions that can develop in people who have experienced or witnessed an event that threatens their life or safety (or others around them) and leads to feelings of intense fear, helplessness or horror. This could be a car or other serious accident, physical or sexual assault, war-related events or torture, or a natural disaster such as bushfire or flood. Other life-changing situations such as being retrenched, getting divorced or the expected death of an ill family member are very distressing, and may cause mental health problems, but are not considered events that can cause PTSD.

Anyone can develop PTSD following a traumatic event but people are at greater risk if:

- The event involved physical or sexual assault
- They have had repeated traumatic experiences such as sexual abuse or living in a war zone
- They have suffered from PTSD in the past.

Signs and symptoms

People with PTSD often experience feelings of panic or extreme fear, which may resemble what was felt during the traumatic event. A person with PTSD has three main types of difficulties:

- **Reliving the traumatic event** – through unwanted and recurring memories and vivid nightmares. There may be intense emotional or physical reactions when reminded of the event. These can include sweating, heart palpitations or panic
- **Being overly alert or 'wound up'** – sleeping difficulties, irritability, lack of concentration, becoming easily startled and constantly being on the lookout for signs of danger
- **Avoiding reminders of the event and feeling emotionally numb** – deliberately avoiding activities, places, people, thoughts or feelings associated with the event. People may lose interest in day-to-day activities, feel cut off and detached from friends and family, or feel flat and numb.

People with PTSD can also have what are termed 'dissociative experiences', which are frequently described as follows:

- 'It was as though I wasn't even there.'
- 'Time was standing still.'
- 'I felt like I was watching things happen from above.'
- 'I can't remember most of what happened.'

A health practitioner may diagnose PTSD if a person has a number of symptoms in each of the three areas for a month or more, which:

- Lead to significant distress, or
- Impact on their ability to work and study, their relationships and day-to-day life.

It is not unusual for people with PTSD to experience other mental health problems at the same time. Up to 80 per cent of people who have long-standing PTSD develop additional problems, most commonly depression, anxiety and alcohol or other substance misuse. These may have developed directly in response to the traumatic event or have developed sometime later after the onset of PTSD.

Impact of PTSD on relationships and day-to-day life

PTSD can affect a person's ability to work, perform day-to-day activities or relate to their family and friends. A person with PTSD can often seem disinterested or distant as they try not to think or feel in order to block out painful memories. They may stop participating in family life, ignore offers of help or become irritable. This can lead to loved ones feeling shut out. It is important to remember that these behaviours are part of the problem. People with PTSD need the support of family and friends but may not know that they need help. There are many ways you can help someone with PTSD. See 'Where to get help' for further information and resources.

Risky alcohol and drug use

People commonly use alcohol or other drugs to blunt the emotional pain that they are experiencing. Alcohol and drugs may help block out painful memories in the short term, but they can get in the way of a successful recovery.

When to get help

A person who has experienced a traumatic event should seek professional help if they:

- Don't feel any better after two weeks
- Feel highly anxious or distressed
- Have reactions to the traumatic event that are interfering with home, work and relationships
- Are thinking of harming themselves or someone else.

Some of the signs that a problem may be developing are:

- Being constantly on edge or irritable
- Having difficulty performing tasks at home or at work
- Being unable to respond emotionally to others
- Being unusually busy to avoid issues
- Using alcohol, drugs or gambling to cope
- Having severe sleeping difficulties.

Support is important for recovery

Many people experience some of the symptoms of PTSD in the first couple of weeks after a traumatic event, but most recover on their own or with the help of family and friends. For this reason, formal treatment for PTSD does not usually start for at least two weeks following a traumatic experience.

It is important during those first few days and weeks after a traumatic event to get whatever help is needed. This might include information and access to people and resources that can assist you to recover. Support from family and friends may be all that is needed. Otherwise, a doctor is the best place to start, to get further help.

A range of treatments

If problems persist after two weeks, a doctor or a mental health professional may discuss starting treatment. Effective treatments are available. Most involve psychological treatment but medication can also be prescribed. Generally, it's best to start with psychological treatment rather than use medication as the first and only solution to the problem. The cornerstone of treatment for PTSD involves confronting the traumatic memory and working through thoughts and beliefs associated with the experience. Trauma-focused treatments can:

- Reduce PTSD symptoms
- Lessen anxiety and depression
- Improve a person's quality of life
- Be effective for people who have experienced prolonged or repeated traumatic events, but treatment may be required for a longer period.

Where to get help

- Your doctor
- A mental health specialist, such as a psychiatrist, psychologist or social worker, with experience in treatment of PTSD
- Your local community health centre
- Australian Centre for Post-traumatic Mental Health Tel. (03) 9936 5100

Things to remember

- PTSD develops in some people after they experience or witness an event that threatens their life or safety, or that of others around them.
- Symptoms include vivid memories, feeling constantly on edge and avoiding reminders of the event.
- It is common for people to have some of the symptoms of PTSD in the first few days after the traumatic event. Most will recover by themselves or with the support of family and friends. Others may need professional help. ■

For more information:
www.acpmh.unimelb.edu.au

RETURNED SOLDIER

BY JAMES PRASCEVIC

James Prascevic was a plumber in Victoria, when he decided to enlist as an infantryman in the Australian Defence Force. With 1 RAR he served in Timor, Iraq and Afghanistan, where he was confronted with the horrifying effects of Improvised Explosive Devices. Upon his return from Afghanistan, he completed the Commando Selection and Training Course and most of the Reinforcement Cycle for the Special Forces, but broke his leg in a parachuting incident.

That was when the black dog bit, causing him to be medically discharged from the ADF after almost ten years of service. He was diagnosed with Post Traumatic Stress Disorder (PTSD), Major Depression, Anxiety and Alcohol Dependence. At first he was silent about it, until he lost his wife, his career and nearly his life.

As a result of this, he did fundraising for the Black Dog Institute, set up the website Different Challenge, and crossed Bass Strait in a tinnie to raise awareness of mental illness and its often devastating effects. James aims to inform us about the sacrifices Australian soldiers make for their country, and that there is no shame in admitting you have a mental illness.

James provides an honest, first-hand account of the front lines of combat — witnessing the disturbing consequences of war for civilians, the thrill of being caught in a firefight, the shock of losing a mate — and of the training that got him into those situations. This is his story of life as an infantryman and the unglamorous aftermath of war.

RETURNED SOLDIER

My Battles: Timor, Iraq, Afghanistan, Depression and Post Traumatic Stress Disorder

JAMES PRASCEVIC

www.differentchallenge.com.au
www.facebook.com/Jamesprascevic

Published by Melbourne Books
www.melbournebooks.com.au
RRP: \$29.95

Release: June 2014
For all queries: info@melbournebooks.com.au
Tel: 03 9662 2051

Exercise and Depression

Want to learn more about exercise and depression? Many studies show that people who exercise regularly benefit with a positive boost in mood and lower rates of depression.

What Are the Psychological Benefits of Exercise With Depression?

Improved self-esteem is a key psychological benefit of regular physical activity. When you exercise, your body releases chemicals called endorphins. These endorphins interact with the receptors in your brain that reduce your perception of pain.

Endorphins also trigger a positive feeling in the body, similar to that of morphine. For example, the feeling that follows a run or workout is often described as "euphoric." That feeling, known as a "runner's high," can be accompanied by a positive and energizing outlook on life.

Endorphins act as analgesics, which means they diminish the perception of pain. They also act as sedatives. They are manufactured in your brain, spinal cord, and many other parts of your body and are released in response to brain chemicals called neurotransmitters. The neuron receptors endorphins bind to are the same ones that bind some pain medicines. However, unlike with morphine, the activation of these receptors by the body's endorphins does not lead to addiction or dependence.

Regular exercise has been proven to:

- Reduce stress
- Ward off anxiety and feelings of depression
- Boost self-esteem
- Improve sleep

Exercise also has these added health benefits:

- It strengthens your heart.
- It increases energy levels.
- It lowers blood pressure.
- It improves muscle tone and strength.
- It strengthens and builds bones.
- It helps reduce body fat.
- It makes you look fit and healthy.

Is Exercise a Treatment for Clinical Depression?

Research has shown that exercise is an effective but often underused treatment for mild to moderate depression.

Are there Types of Exercises That Are Better for Depression?

It appears that any form of exercise can help depression. Some examples of moderate exercise include:

- Biking
- Dancing
- Gardening
- Golf (walking instead of using the cart)
- Housework, especially sweeping, mopping, or vacuuming
- Jogging at a moderate pace
- Low-impact aerobics
- Playing tennis
- Swimming
- Walking
- Yard work, especially mowing or raking
- Yoga

Because strong social support is important for those with depression, joining a group exercise class may be beneficial. Or you can exercise with a close friend or your partner. In doing so, you will benefit from the physical activity and emotional comfort, knowing that others are supportive of you.

Should I Talk to my Doctor Before Exercising?

For most people, it is OK to start an exercise program without checking with a health care provider. However, if you have not exercised in a while, are over age 50, or have a medical condition such as diabetes or heart disease, contact your health care provider before starting an exercise program.

How Can I Decide What Types of Exercise to Do?

Before you begin an exercise program for depression, here are some questions you should consider:

- What physical activities do I enjoy?
- Do I prefer group or individual activities?
- What programs best fit my schedule?
- Do I have physical conditions that limit my choice of exercise?
- What goals do I have in mind? (For example: weight loss, strengthening muscles, improving flexibility, or mood enhancement)

It's never too late to start

Dr. Thomas Slim

Just because you've hit your forties doesn't mean you can't start exercising – and it doesn't have to be all about low-impact tai chi or yoga. In a recent European study of men who started endurance training after the age of 40, scientists discovered they enjoyed similar long-term heart benefits as those that started training before 30.

Scientists at the French Institute of Health and Medical Research say the new findings show that it's never too late to start a training regimen. "Exercise will always be beneficial for the heart and wellbeing," study author David Matelot says. "There's no need for a high level of training for many hours a week – using the stairs rather than the elevator or gardening regularly can also be beneficial." ■

ODE TO FLANDERS FIELDS

By Bob Walters

We've kept the faith since Flanders fields
Despite the foe, we did not yield
When tyrants rose with plans to scorch
We've taken up that Flanders torch

Fought despots who would dominate
By trampling freedom and peddling hate
But freedom comes at such a cost
So many sons and daughters lost

The lark's still bravely sing on high
While lethal weapons fill the sky
And reap grim tolls on warriors' lives
Aloof from death and grieving wives

Brave soldiers, sailors, airmen too
Gave all to bear our point of view
They've served on many distant shores
Since that war we had – to end all wars

Though proudly trained and highly skilled
Too many wounded; worse still - killed
Leaving their families quite bereft:
These innocent victims of violent theft

While those who managed to survive
Bear scars that last throughout their lives
With hidden wounds that no one sees -
Traumatic mental injuries

These heroes fought to support our nation
And in turn we have an obligation
To care for those who dared to fight
Not forget them, once they're out of sight

But history lessons often show
Humanity's learning can be slow
And of one grim fact you can be sure -
We have not learnt when it comes to war

A hundred years of devastation
Involving almost every nation
Each conflict ends with one refrain:
More casualties; more family pain

And so the poppies sadly blow
Between new crosses row on row
For younger heroes, who did not yield
Just like those lying in Flanders fields.

Article source: www.webmd.com
For more information: www.acpmh.unimelb.edu.au

A century on, the battle on the home front is a war still being waged

By David Forbes

While it is now 100 years since World War I began, the mental health consequences of going into battle have been with us for as long as war itself. Effective treatment, however, has been a long time in coming.

During the World War I, soldiers presented with what was then called “shell-shock”. The symptoms were considered physical rather than psychological in origin and included shaking, limb paralysis and mutism. If simple bed rest did not work, then there were some radical (and largely unsuccessful) attempts at using brief electric shocks to the paralysed limb (or throat in the case of mutism) to stimulate neural and muscular activity. It became clear that these symptoms were more than physical in origin when those exposed to the horrors of the war, but not exploding shells, were presenting with similar problems. Despite a shift in focus from the physical to the psychological and emotional effects of the war, this did not lead to better treatment options, even during World War II, when the mental health consequences of battle became known as “war or combat neurosis”.

By the 1950s recognition was emerging that recovery meant helping veterans come to terms in some way with their haunting memories of war, including the use of narcotics and hypnotics to help veterans access and try to deal with these traumatic memories. While crude, this was the start of the trauma-focused treatments that we have today.

Sadly, however, by the time of the Vietnam War, much of this focus on veterans’ mental

health was forgotten. In the 1970s, our Vietnam veterans were left to integrate back into civilian life with little in the way of emotional, social or psychological support.

It was not until 1980 that post-traumatic stress disorder (PTSD) was formally recognised as a mental health condition triggered by traumatic events such as combat, rape and other life-threatening accidents. More importantly, it is really only in the past two decades that we have made substantial advances in how to deal with the problem. So where are we now? Tens of thousands of Australian soldiers have served overseas in recent years in places such as East Timor, Afghanistan and Iraq. Estimates on the prevalence of mental health problems in veterans returning from Iraq and Afghanistan vary considerably, from about 20 per cent in the US to less than 10 per cent in Britain, while recent studies of mental health of those in the Australian Defence Forces indicate a prevalence of PTSD of 8 per cent.

Thankfully, we now have treatments that work. More than 50 top studies have demonstrated the effectiveness of what is called trauma-focused psychological therapy, essentially a range of treatments aimed at helping veterans address the memories, re-engage in activities they have avoided due to their trauma and assist them think about their experiences in more helpful ways to promote recovery. Critically these treatments also help address the family, relationship, depression and substance use problems that often go with the disorder and can shatter families and lives.

While these treatments are effective, unfortunately they do not work for everyone. The “rule of thirds” applies: about one-third of people get dramatically better with treatment, and no longer have PTSD; another third have significant improvement in symptoms but do not fully recover; and the final third gain little benefit from treatment.

Just as important, up to one-third of mental health practitioners do not use these evidence-based treatments. Many GPs are also either unaware of these treatments or are unsure of where to send their veteran patients to receive it. We have come a long way since World War I in our treatments for veterans. Let us hope in the coming years that we have rid ourselves of the rule of thirds, that research helps us to further improve outcomes from our current effective treatments and develop new effective alternatives, and that health professionals will treat those with PTSD with best-practice treatment as routinely as they treat an ear infection, so we can prepare our soldiers and protect them from developing PTSD in the first place. That too would be a worthy legacy of remembering the fallen of World War I.

From World War I until today – and for too many wars – we have failed to support every veteran who comes home with mental battle scars. We have a duty to find ways to help all of them, and to be ready to help when they have a battle to face at home. ■

First appeared in The Sydney Morning Herald, August 4th 2014
www.smh.com.au

For veterans experiencing PTSD, talk to your GP. Alternatively, services that can provide support include the Veterans and Veterans Families Counselling Service (free call to find the service closest to you: 1800 011 046). Valuable information can also be found at at-ease.dva.gov.au/veterans

Professor David Forbes is the Director of the Australian Centre for Post-Traumatic Mental Health, Department of Psychiatry, University of Melbourne. The ACPMH is a not-for-profit centre supporting recovery through education, service advice and research.
www.acpmh.unimelb.edu.au

“FROM WORLD WAR I UNTIL TODAY – AND FOR TOO MANY WARS – WE HAVE FAILED TO SUPPORT EVERY VETERAN WHO COMES HOME WITH MENTAL BATTLE SCARS. WE HAVE A DUTY TO FIND WAYS TO HELP ALL OF THEM, AND TO BE READY TO HELP WHEN THEY HAVE A BATTLE TO FACE AT HOME.”

Scientists discover a molecule that blocks cell death

Walter and Eliza Hall Institute scientists have discovered a small molecule that blocks a form of cell death that triggers inflammation, opening the door for potential new treatments for inflammatory disease such as rheumatoid arthritis, Crohn's disease and psoriasis.

The researchers made the discovery while investigating how a protein called MLKL kills cells in a process known as necroptosis. Their findings were published recently in the journal *Proceedings of the National Academy of Sciences*.

Necroptosis is a recently discovered cell death pathway linked to immune disorders. It is a vital process in which cells undergo programmed death while warning the immune system that something has gone wrong, such as during viral infection. However when necroptosis is inappropriately activated, it can promote inflammation and

the development of inflammatory disease. Dr Joanne Hildebrand, Ms Maria Tanzer, Dr James Murphy, Associate Professor John Silke and colleagues studied how MLKL changes shape to trigger cell death. "MLKL is the final protein in the cell death pathway but it needs to be activated before it can kill the cell," Dr Hildebrand said.

"Understanding how it becomes active can help uncover new ways to treat disease."

Dr Hildebrand said the research team found that a particular part of the protein became 'unlatched' when activated, allowing it to attach to the cell membrane and trigger cell death. "It's like flicking a molecular switch," she said. "We showed that when the switch can't be 'turned on', MLKL doesn't become active and necroptosis is prevented."

Ms Tanzer said the team tested a range of small molecules to see if any could stop the switching on of MLKL and had identified one that prevented MLKL from becoming active. "This small molecule binds to MLKL in such a way that it 'jams the switch' that makes it active," she said.

"We are really excited by this discovery because not only have we shown this particular part of the protein is essential for necroptosis, we also have a starting point in a drug discovery program."

Dr Murphy said institute scientists would now embark on a collaborative project with Catalyst Therapeutics to develop a potent new drug based on the small molecule identified in the study. "MLKL is an appealing target because research suggests it does only one thing, which is kill the cell," he said. "Blocking this protein doesn't impact other functions of the cell, reducing the chance of unwanted side-effects."

"If we can create a compound that better targets this particular part of MLKL, we can prevent necroptosis and improve treatments for inflammatory disease."

The research was funded by the Australian National Health and Medical Research Council, the University of Melbourne, the Australian Research Council, the Australian Cancer Research Foundation and the Victorian Government. ■

Read the paper 'Activation of the pseudokinase MLKL unleashes the four-helix bundle domain to induce membrane localization and necroptotic cell death':

www.pnas.org/content/early/2014/10/02/1408987111.full.pdf+html

ACPMH RESEARCH FUND

HELP US HELP THEM



Australian Centre for
Posttraumatic
Mental Health

The Australian Centre for Posttraumatic Mental Health (ACPMH) has been working to improve the mental health and wellbeing of members of the Defence community for over 20 years.

Donate to advance the knowledge and treatment of military mental health problems at a time of great need.

**DONATE TO HELP OUR
DEFENCE PERSONNEL**

www.acpmh.unimelb.edu.au

Phone 03 9035 5599

CRYPTIC CLUES DRIVE NEW THEORY OF BOWEL CANCER DEVELOPMENT

Melbourne researchers have challenged conventional thinking on how the bowel lining develops and, in the process, suggested a new mechanism for how bowel cancer starts.

The researchers produced evidence that stem cells are responsible for maintaining and regenerating the 'crypts' that are a feature of the bowel lining, and believe these stem cells are involved in bowel cancer development, a controversial finding as scientists are still divided on the stem cells' existence.

Using 3D imaging technologies, Dr Chin Wee Tan and Professor Tony Burgess from the Walter and Eliza Hall Institute showed for the first time the bowel generates new intestinal crypts by a process called 'budding'. The finding overturns the existing theory of how intestinal crypts form, with significant implications for our understanding of bowel cancer development.

Intestinal 'crypts' are pocket-like wells in the bowel wall that produce mucous and absorb nutrients and water. Each day, 300 cells in each crypt die and are replaced. Until now, it was believed new crypts were produced only when existing crypts 'split in half symmetrically' during early development and only regenerated in adults after significant injury.

However Dr Tan said his images showed that wasn't the case. "Using advanced 3D imaging technologies, we generated a complete view

of many bowel crypts and their production at many different stages of life," Dr Tan said. "We showed new crypts continue to be produced at a low but detectable rate in adults, not only during early growth, but as a normal part of bowel maintenance."

Dr Tan said the team's findings also challenged the accepted belief on how new crypts were generated. "Our images clearly showed new crypts start from asymmetrical 'buds' that develop at the bottom of the crypt, not by each crypt splitting down the middle."

Dr Tan said the research also uncovered a likely link between crypt 'budding' and bowel cancer. "We showed that as part of normal intestinal development only one bud at a time is generated by each regenerating crypt," he said. "In precancerous and cancerous bowel tumours, we see a lot of out-of-control budding, and many buds associated with a single crypt, suggesting the genes that exert control over the budding process may have been 'lost', initiating bowel cancer development." Bowel cancer is a leading cause of cancer-related death in the developed world. Professor Burgess said the research findings suggested although 'crypt-generating' stem cells were usually 'quiet' in a healthy bowel, they were likely to be the initiators of bowel cancer.

The critical change that led the stem cells to initiate out-of-control budding was likely

related to the APC (adenomatous polyposis coli) gene, Professor Burgess said. "Eighty-five per cent of all bowel cancers have lost APC function, and all have excessive crypt budding," he said. "APC is essential for controlling crypt production and maintaining adhesion between bowel stem cells. Losing APC disturbs control of bowel stem cell location and production, causing 'chaotic' growth of crypt buds and leading directly to precancerous and cancerous growths."

Professor Burgess said the research, combined with recent studies from institute researchers Dr Michael Buchert and Associate Professor Matthias Ernst, provided strong evidence that crypt-generating stem cells were responsible for driving bowel cancer growth. "It is essential to know whether these stem cells are driving or maintaining cancer development, as they behave very differently to other bowel stem cells," Professor Burgess said. "To target bowel cancer effectively, we need to think differently about how to kill stem cells that have lost the APC gene."

The research was supported by the Australian National Health and Medical Research Council and the Victorian Government. ■

For more information contact Alan Gill, Science Communications Officer, on +61 3 9345 2719 or gill.a@wehi.edu.au.

Is this the kind of feminist women need?

By Wendy Squires

I have a dear friend who is arguably one of the strongest feminists I know. Yet, when I tell other women that former Footy Show host, Collingwood President and Channel 9 personality Eddie McGuire is that person, the reaction is disbelief.

He can't be! How could he be? It's a PR stunt. I am being conned. There's just no way....

Now, I understand why some people may have that impression, Eddie certainly does dwell in some blokey domains and some of his mates may not be as inclined, but the fact remains he is not just a committed feminist, but an active one. I know it because I have seen it.

He recently spearheaded the building of women's change room at Collingwood's new training facilities after noticing girls running around the Tan in the mornings had nowhere safe to shower and change. He is determined to find ways to help stem epidemic of domestic violence in Australia and is actively and tirelessly committed to numerous charities, many with women and children's welfare at their core.

What's more, he speaks about the women in his life with respect and near-on reverence, something I know he is passionate about passing on to his two young boys. For a guy who gets bagged a lot in the press, I wish others could see Eddie through my eyes - it would certainly open theirs. There is a lot more to the man that footy calls.

But this isn't about Eddie, this is about good men in general - men who do not want to be considered part of the patriarchy. Good men who read the same domestic violence stats showing one in four Australian women will be abused by a male known to them in their lifetimes and want to actively do something about it.

Good men who do not talk about their sexual conquests with their mates, reducing women

to mere sperm receptacles. Men who believe in equal rights, equal pay, equal representation and respect the value and effort that goes in to raising children.

It is good men such as these I would like to hand the baton of feminism on to because I, like so many women I know, am fatigued. I just don't know if I have the energy to run another lap, to espouse the same messages and urge on change yet again.

I feel we women have shouldered the heavy load for too long because the reality is, if we really want change, it is men that are going to have to activate it. Because the next and much needed wave of feminism has to be led by men to succeed.

Think about it: If we want equal pay, it is up to the men who are running the business in Australia to insist on it. If we want more board positions, it is men who are going to have to elect us. If we want generational change, it is men who are going to have to instil respect for women in their sons. And if we want to stop domestic violence, it is men who are going to have to unclench their fists and stop hitting women.

For too long the notion of feminism has entailed women striving for change, with imagery and messages wrongly regarded as anti-men. But the fact is we need men. We want men on board. We love men. We know it's them who hold the majority of power and influence. It is in their hands the baton needs to be placed if we are ever going to change over the line.

And while I despair at the statistics, I also take solace that good men exist, strong men who view women as equals and want us represented as such.

Take for example, some of Australia's top comedians I've had the recent pleasure of contacting on behalf of a fund raiser I'm helping

put together on November 13 to support St Kilda Gatehouse, an organisation that gives street based sex workers the dignity of a safe place.

Imagine how many charity requests these men receive, yet within 24 hours of contacting Lawrence Mooney, Greg Fleet, Adam Zwar, Mick Molloy and Rhys Muldoon all replied with an enthusiastic yes to offering their time and talent, with most thanking me for the opportunity and considering them.

Good men, all of them, only too take up the baton for their sisters. Not just to talk the talk, but walk the walk.

It is men like this I believe should be celebrated and I don't care who knocks me for it. It is too easy to write off good men; to think that because they are masculine they lack a feminine side, that because the power lies in their hands they need to hold on to it. That you can't be a great bloke; a man's man and still respect the gender that enable their very existence.

I put my hand up and admit mea culpa, I was one to who would write off men too quickly; to judge them by their footy colours; their burly builds or their limited emotional vocabulary. But I've discovered big hearts beat in broad chests, bless 'em.

At a time when abortion rights are once again being debated in Victorian parliament (!?!) and many women are actively (and in my view, ignorantly) spurning feminism, or burnt out, tired and brow beaten from fighting the fight, it is the knowledge that good men exist and are willing to take up the slack restores my faith.

Let's respect, cherish and encourage them as the do us. ■

**Victorian
Hearing**
The Hearing Specialists

*Specialists in
Invisible Hearing*

Authorised Lyric
24/7 extended wear
invisible hearing clinic



*"You'll never see
me in a hearing aid.
That's why I love
Victorian Hearing."*

Your life-changing, invisible hearing solution
is only a phone call away
1300 736 995
www.victorianhearing.com.au

FOR ALL DVA CLIENTS LISTENING NEEDS

Our Services include: Diagnostic Hearing tests, hearing aid fitting, Tinnitus management, hearing aid repairs and maintenance, assistive listening device advice.

Clinics : Clayton, Hampton, Malvern, Mulgrave, North Fitzroy

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.

Victorian Hearing

Victorian Hearing is an independent Audiology clinic that is certified to provide this Hearing Services Program to DVA clients. At Victorian Hearing we work collaboratively with you to make the best choice for your hearing future. We do this by giving you as much time as you need to get the right outcome.

Our qualified Audiologists have over 50 years combined experience and are always abreast of current technologies, advances and practices in Audiology. Victorian Hearing is locally owned and run, ensuring you get objective, unbiased advice as we have no alliance with any supplier. Victorian Hearing welcomes all DVA clients and is predominantly located near major hospitals with adequate parking, familiarity and easy to access facilities at clinics in Clayton, Hampton, Malvern, Mulgrave and North Fitzroy.



PALLIATIVE CARE

Exactly one month ago, there was international celebration of World Hospice and Palliative Care Day, which focused on the sheer diversity of hospice and palliative care volunteers and workers.

From doctors, nurses, social workers and chaplains, to volunteers, unpaid carers and family members, the team surrounding the patient is at the front line of care.

Internationally, there are over 400,000 palliative care staff, more than 1.2 million volunteers and over 9 million people acting as family carers. That means worldwide, over 10.5 million people are involved in hospice and palliative care!

In Australia, our palliative care providers punch way above their weight. The latest figures from the Australian Institute of Health and Welfare show that only about one in 200 of our medical specialists are involved in palliative care. That's fewer than 150 serving Australia's population of 21 million, well below the ideal of one palliative medicine specialist per 100,000 people.

As might be expected, rural and remote regions of Australia are no picnic. They suffer from a dearth of palliative care specialists with outer regional areas having half the number working in our major cities. In terms of nurses, it's estimated that only one in 50 works in the sector.

Close to 60 per cent of specialists working in Australia are women; that's more than double the representation of women practitioners in other specialties, which may be an indication of female empathy for their patients.

It's difficult, tiring – and sometimes even dangerous work. Take the Ebola crisis in Africa as confirmation of that. But the common response across the workforce is the immense satisfaction it brings.

The aim of World Hospice and Palliative Care Day is to increase the availability of hospice and palliative care through highlighting the needs – medical, social, practical and spiritual – of people and their families confronted by a life limiting illness. Internationally, the lack of trained hospice palliative care professionals means that currently only 10% of the demand for palliative care is being met.

As well as working to raise professional skill levels in the sector, Palliative Care Australia acknowledges the importance of the nation's 2.7 million unpaid carers – some as young as their early teens. In addition to World Hospice and Palliative Care Day, last month also marked Carers' Week, acknowledging the contribution that volunteers make to society.

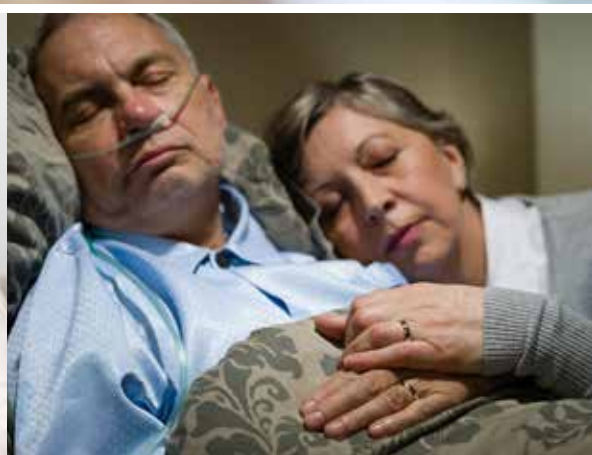
Care organisations around the country estimate that these people put in more than 1.3 billion hours a year, worth \$40 billion were the work done by formal services.

Palliative Care Australia (PCA) holds that we should care as much for carers as we do for those who need them. Australia is better equipped than many other parts of the world to deliver through PCA's National Standards Assessment Program (NSAP) and its commitment to Continuous Quality Improvement. NSAP's work aims to formalise and improve the processes by which care professionals look after people with a life limiting illness – as well as those that care for them.

Australia first developed its national palliative care Standards in 1994, to enhance quality of care for patients who are at the end of their life. While services and providers ascribe to the standards voluntarily, they are at the heart of industry initiatives and guide the direction of the sector.

The fourth iteration of the Standards is currently under review, with nearly 120 responses to a call for comment on the latest draft. The next stage of the review will involve collation and analysis of submissions to be presented to the Standards Project Board. The results from their deliberations will go to the PCA Board for review, comment and approval.

Last but not least, PCA now has a new identity, the result of a rebranding project that has united the parent body and its state and territory member organisations under a common identity. In keeping with the new logo, the PCA website has been comprehensively overhauled. It's very modern, clean and easy to navigate, with key areas of the organisation's work falling easily to hand. ■





Decision Assist is building capacity, linkages and access to palliative care and advance care planning services for older Australians, by providing support and education to GPs and aged care staff.



1300 668 908

Advisory service for GPs and aged care staff



www.decisionassist.org.au

Different target, same drive

Give Stuart "Snow" Davis a five iron and a little white ball, and the chances are the swing will be near perfect and the shot right on target.

Much like 70 years ago when they gave him a Spitfire with special cameras mounted behind his seat and under each wing and top-secret instructions to fly over the beaches of Normandy and take photos.

Again the shots were good and, unknown to him at the time, helped prepare the way for Operation Overlord – the D Day invasion of Normandy in 1944.

In fact just about anything this lean, lanky and inspirational 92-year-old great-grandfather does in life is pretty much spot on and if you prod him for an answer as to why, he will sum it up for you in an instant: "Even in my childhood I had to be independent and possess some get up and go. As such I learned to be meticulous and organised."

Snow was one of Australia's legendary veterans invited to France for the 70th D Day (6th June) commemorations where they were awarded the French Legion of Honour during a ceremony in Caen. Stuart also received the Normandy Veterans' Association Medallion.

"No matter where we went, we could not have wished for a better reception," says Stuart, sipping a fresh brew of tea in the kitchen of his Port Macquarie home. "And the DVA (Department of Veterans Affairs) people were so very good to us."

Stuart's wife, Edyth, died several years ago. It was a harsh blow but he was determined to remain in the two-storey home they built 34 years ago after moving to Port Macquarie from Sydney. One day a golfing friend mentioned to Stuart the great home help he was receiving – just to take the pressure off at home.

"Dawn has been here helping me ever since. She is marvelous because there are some things I find difficulty with, like vacuuming – it's not so easy anymore."

RDNS HomeCare Care Worker Dawn Hansen's help means that Stuart can play golf three days a week. She provides all the domestic assistance he requires and he eagerly looks forward to her visits.

"When I see her pull up outside I put the kettle on and make a pot of tea. Dawn is terrific. She polishes the big dining table, does the dusting makes the bed and cleans the house – so good for when the visitors come – they think I am very capable," he says with a wink.

Thanks to RDNS assistance in the home, Stuart is able to maintain his exercise regime (he walks three kilometres a day) and keep on top of his garden which is neat as a pin.

Perhaps it's genetic: his youngest son, the colourful and much loved Rodger Davis rose to become a champion golfer, winning 30 professional golf tournaments – including the NZ PGA Senior Championship in March.

"Rodger is a great golfer," says Stuart quickly. "But I still play off 27!" ■



Honoured to be by your side

Yesterday. Today. Always.

Proudly providing home nursing
and home support services to
veterans and seniors every day.

To find out more about how we can support
you, please call **1300 665 444** or visit us at
www.rdnshomecare.com.au



In South Australia
we are known as
Rally HomeCare.





RSL CARE SA



Providing accommodation, care and support services for the benefit of the ex-service and wider community of South Australia.

RSL Care SA offers a number of accommodation options for residential aged care, retirement living and affordable housing in various locations throughout South Australia.

We welcome all members from the broader community, and continue to ensure the care needs of the ex-service community are met.

RSL Care SA continually strives to improve services and support to ensure those in need are able to benefit from access to a variety of support services within a caring community.

Services, support and accommodation are provided at:

Residential Aged Care at the War Veterans' Home in Myrtle Bank and RSL Villas at Angle Park

Retirement Living at Hamilton Retirement Village in Glengowrie, Sturt Village in Marion and at Myrtle Bank

Community Housing at Angle Park, Campbelltown, Clovelly Park and Wallaroo

If you would like further information about RSL Care SA or require assistance with accessing our services, please call 8379 2600.

FOR FURTHER INFORMATION:

55 Ferguson Avenue, Myrtle Bank, South Australia 5064

Tel: 08 8379 2600 • Fax: 08 8338 2577

www.rslcaresa.com.au



RSL Care SA

- increases living options for veterans and the South Australian community.



RSL Care SA provides accommodation, care and support services for the benefit of the ex-service and wider community. A range of accommodation and care options are available at Myrtle Bank, Angle Park, Glengowrie, Marion, Clovelly Park, Campbelltown and Wallaroo.

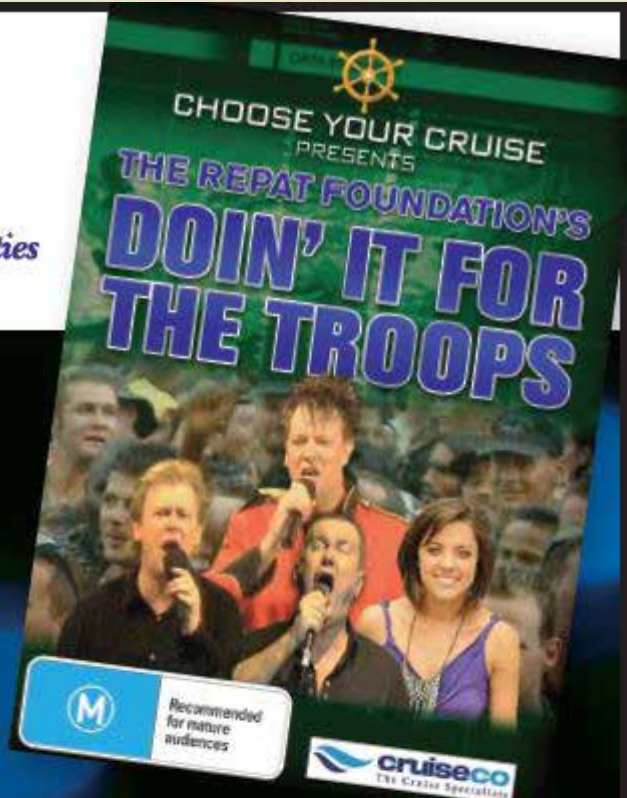
RSL Care SA has recently acquired two Retirement Villages within the Marion City Council in South Australia. Both villages consist of well appointed units and villas within beautifully maintained gardens. Hamilton Retirement Village is situated at 194 Morphett Road, Glengowrie the site of the original Hamilton Winery and with the beautiful historic homestead as its community hub. Sturt Village at 9 Finnis Street, Marion has a tranquil waterway that meanders through the village providing a haven for birdlife and areas for quiet reflection. Both villages have a caretaker, well maintained gardens and a welcoming community of residents.

RSL Care SA aims to provide peace of mind in an environment with a positive community spirit while supporting each other, and respecting individual privacy. We continually strive to improve services and support to ensure those that require our assistance are able to benefit from a variety of services within a caring community.

RSL Care SA is a proud not-for-profit charitable care provider supporting contemporary veterans, the ex-service community, their families and the broader Australian community.



*Healthy Veterans,
Healthy Communities*



'Doin' It For The Troops'

...doing something for PTSD.

And so can you, by purchasing this fundraising DVD from The Repat Foundation. This unique DVD features performances previously only seen by our serving troops and has the full support of the Australian music industry.

All money raised goes to The Repat Foundation for Post-Traumatic Stress Disorder (PTSD) Research and Projects nationally.

Purchase at www.therepatfoundation.org.au or phone (08) 82751039

Supported by



CHOOSE YOUR CRUISE.

Only
\$24.95

'DOIN' IT FOR THE TROOPS'

Current statistics show that up to one in five returned servicemen and women will suffer from Post-Traumatic Stress Disorder (PTSD) at some point in their lives. That could mean you, one of your mates or it could even happen to a General.

The Repat Foundation is committed to making a real difference to our troops and veterans past and present and actively raises money for Ward 17, the veterans' mental health ward at The Repatriation General Hospital, recently funding a much-needed refurbishment.

Their unique music DVD, Doin' It For The Troops is doing even more to help. Sales proceeds funds PTSD projects and research both in South Australia and nationally.

Since its launch, The Repat Foundation's team has worked tirelessly to promote and sell the DVDs. Artists have gone on live radio, stories have been published in newspapers, magazines, journals and newsletters and a story aired on Channel 9 News.

"We are upholding the commitment the artists made when they performed for our troops. All artists on the DVD generously waived their fees to be involved, enabling us to direct every cent of the total purchase

price to the PTSD cause," says Cathy Jackson from The Repat Foundation.

"So far, just over 1,200 copies of the DVD have been sold, raising more than \$27,600 for PTSD projects and research both here and nationally. But that's a long way from the sell-out target and we need your help," she added. "Everyone who sees it, loves the DVD, describing it as 'moving' and 'very entertaining'." It features a never-before-seen compilation of concert footage and film clips from high-profile artists, including Kylie Minogue, John Farnham, the late Doc Neeson, Adam Harvey, The Living End, Jimmy Barnes, Guy Sebastian, Noiseworks and Shannon Noll; interviews with some of the biggest names in the Australian music industry and an introduction from Governor General, Sir Peter Cosgrove.

Relive the concerts for the troops in East Timor, Afghanistan, Iraq and The Solomon Islands, support The Repat Foundation's

THE REPAT FOUNDATION

C/- Repatriation General Hospital

Daws Road, Daw Park, SA 5041

T: (08) 8275 1039

F: (08) 8277 9401

www.foundationdawpark.org.au

ABN: 48 079 836 837

PATRONS:

Governor of South Australia
His Excellency the Honourable
Hieu Van Le AO

Mr Graham Cornes OAM

work and be sure to tell your friends, family members and colleagues how they too can help ease the burden of PTSD on Defence Force families. ■

To order your copy, go to
www.therepatfoundation.org.au or
phone 08 8275 1039.

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.

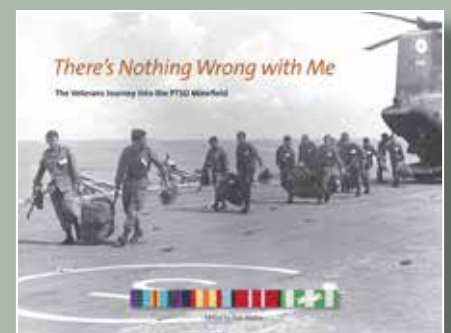
The book has relevance to veterans and families from all conflicts and highlights the vital role of partners and carers. It has received positive reviews from a wide range of readers:

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.*

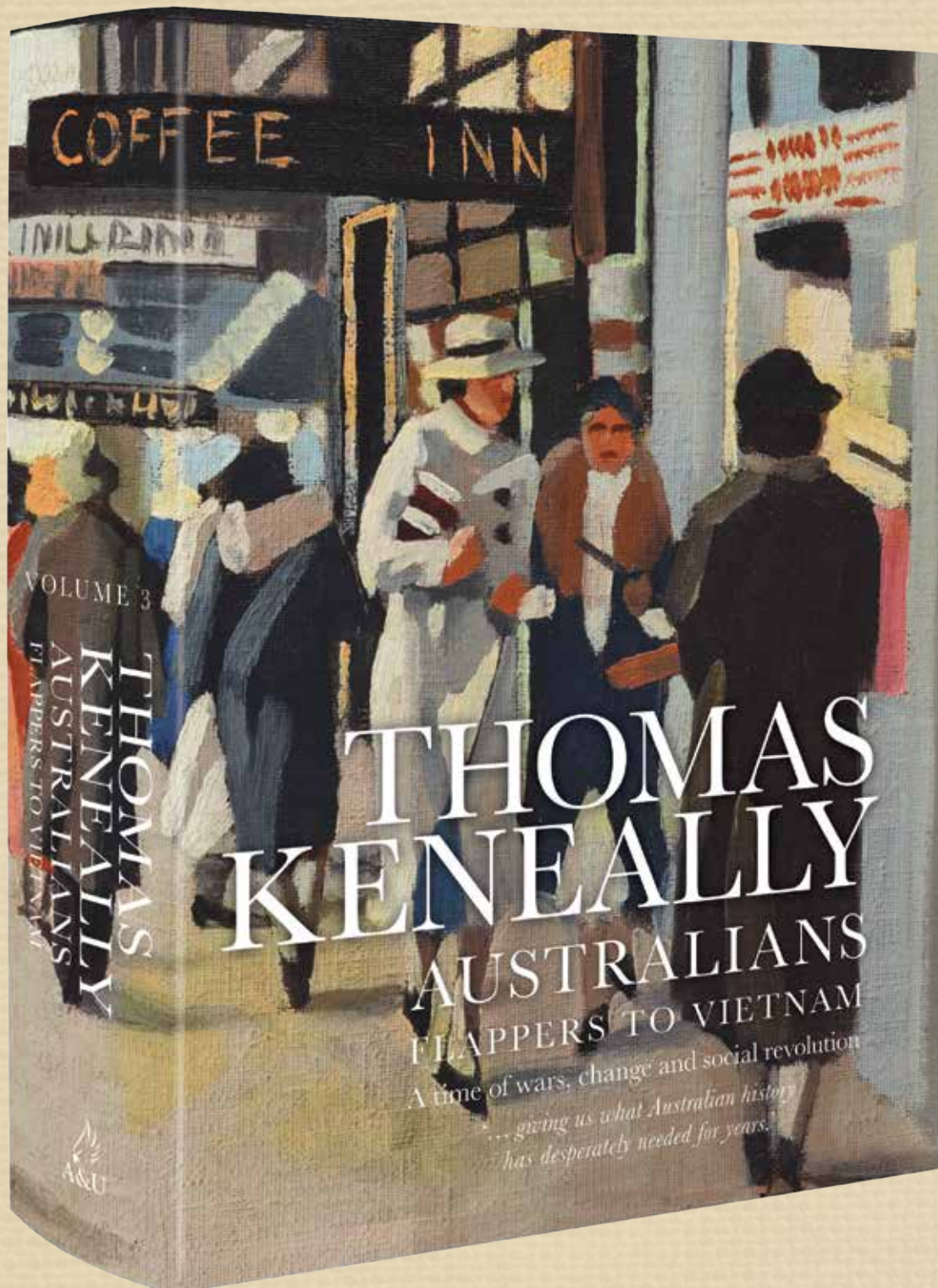


From the daughter of a veteran: *Your book not only deepened my understanding of what PTSD is and does, but also opened my eyes to what my own parents have been through. I was almost completely unaware of the pain and suffering they have endured.*

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.**

Tragedy and success,
people and politics, fear and resilience



Australia's much-loved storyteller brings
the people and events of our twentieth century
to life like never before.



Available where all good books are sold

Whatever Happened To... 'They're A Weird Mob'?

They're a Weird Mob is a 1966 film based on the novel of the same name by John O'Grady, under the pen name Nino Culotta, the the name of the main character of the book. It was one of the last collaborations of the British filmmakers Michael Powell and Emeric Pressburger.

Nino Culotta is an Italian immigrant, newly arrived in Australia. He expected to work for his cousin as a sports writer for an Italian magazine. However on arrival in Sydney Nino discovers that the cousin has abandoned the magazine, leaving a substantial debt to Kay Kelly. Nino declares that he will get a job and pay back the debt.

Working as a labourer Nino becomes mates with his co-workers, despite some difficulties with Australian slang and culture of the 1960s. Nino endeavours to understand the

aspirational values and social rituals of everyday urban Australians, and assimilate. A romantic attraction builds between Nino and Kay despite her frosty exterior and her conservative Irish father's dislike of Italians.

[A tone of mild racism exists in the film between Anglo-Saxon/Anglo-Irish characters such as Kay Kelly's dad Harry (Chips Rafferty) and Nino. Harry says he doesn't like writers, brickies or dagos. Nino is all three. But this is undermined when Nino, sitting in the Kelly house notices a picture of the pope on the wall. Nino says "If I'm a dago, then he's a dago". Realising the impossibility of referring to the pope by that derogatory term, Harry gives in.

They're a Weird Mob was optioned in 1959 by Gregory Peck but he could not come up with a workable screenplay. Michael Powell first read the novel in London in 1960 and wanted to turn it into a film but Peck had the rights. Powell obtained them three years later and brought in his long-time collaborator Emeric Pressburger, who wrote the screenplay under the pseudonym "Richard Imrie."

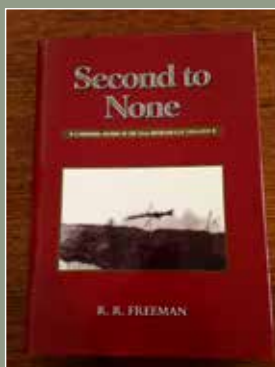
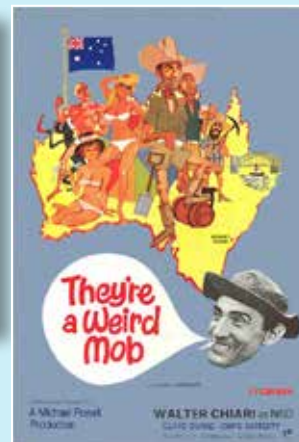
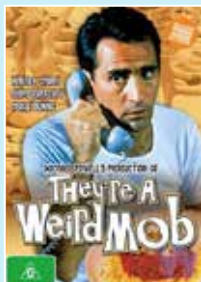
Walter Chiari had previously visited Australia during the filming of On the Beach (1959), which starred his then-girlfriend



Ava Gardner. Clare Dunne was working as a weather girl when cast in the female lead.

The film started filming in October 1965 was shot at a number of locations in the area of Sydney.

The film has often been credited with the revival of the moribund Australian film industry, which led to the Australian "New Wave" films of the 1970s. ■



SECOND TO NONE

Dr Robert Roger Freeman RFD OAM's book, SECOND TO NONE (published 2006) is a memorial history of the 32nd Battalion A.I.F. 1915 - 1919.

It is available for \$50 (plus postage and handling) by emailing rrfoz@ozemail.com.au

GRANTS TO HELP QUALITY OF LIFE FOR VETERAN COMMUNITY

Nineteen projects enriching the quality of lives of veterans across the country have received funding worth \$236,294 as part of the Veteran and Community Grants program, Minister for Veterans' Affairs Senator the Hon. Michael Ronaldson announced in May.

Senator Ronaldson said some of the projects included: the purchase of computer equipment and the establishment of websites to help members of ex-service organisations stay connected; cooking classes to enable veterans to prepare healthy meals at home; and bus trips to reduce social isolation.

"The Australian Government is pleased to support projects that directly benefit the defence and veteran community. I congratulate each of the successful organisations on their ongoing dedication to these invaluable initiatives," Senator Ronaldson said.

Ex-service and community organisations, veteran representative groups, private organisations and projects that promote improved independence and quality of life for veterans are eligible for funding through the Veteran and Community Grants program.

Senator Ronaldson said RSLs and many other veteran and defence community organisations provide a central hub of support, recreation and comradeship

for so many current and former servicemen and women and their families.

"Since 1999, the Veteran and Community Grants program has helped ex-service organisations continue to provide high quality services and support to the veteran and defence community, as well as assisting in attracting the next generation of members," Senator Ronaldson said.

"The Australian community is justly proud of the service and sacrifice of our veterans and those currently serving in the Australian Defence Force. Each of these grants is a show of our appreciation and gratitude to our sailors, soldiers, airmen and nurses, past and present.

"The Veteran and Community Grants program will continue to provide funding in future rounds. I encourage any eligible local veteran or defence groups to consider how a grant could help deliver care and support to their community." ■

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

MENTAL HEALTH SUPPORT GOES MOBILE AND SOCIAL

With evidence emerging that younger veterans are accessing mental health information online via mobile devices, the Minister for Veterans' Affairs, Senator the Hon Michael Ronaldson launched a new mobile version of the highly-regarded *At Ease* mental health online portal in May.

A mobile version of the Department of Veterans' Affairs' (DVA) *At Ease* portal has been developed to give users easier access to mental health information and support on their smart phones. Senator Ronaldson said that one of the four pillars of the Government's plans for Veterans' Affairs was to tackle mental health challenges facing veterans and their families, especially following the draw-down of troops from Afghanistan.

"The *At Ease* website helps veterans and their families to recognise the signs of poor mental health, access self-help advice and tools, learn when and where to find professional support and learn from the stories of other veterans," Senator Ronaldson said.

"With more than 50 per cent of visitors accessing the *At Ease* portal via a mobile device, DVA identified the need to provide a mobile version to deliver quick information to people on the go."

DVA is adapting its programmes to better meet the needs of contemporary veterans. The aim is to help contemporary veterans to manage mental health concerns and, by encouraging them to seek help and treatment early, to support recovery.

DVA recently conducted a social media campaign using Facebook to focus attention on veteran mental health. The first two Facebook posts on 5 May 2014 received more than one million views, with over 13,000 clicking through to the *At Ease* website.

"This social media campaign highlights the personal mental health journey of several serving and ex-serving veterans featured on *At Ease* website," the Minister said.

"The campaign has prompted a high level of online conversation. This is important. We want the defence and ex-service community to be talking openly about mental health issues so we can reduce stigma and encourage individuals to take steps to recovery. The Government is determined to prioritise the mental health care of veterans and their families now and into the future." ■

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)

KERRY STOKES RE-APPOINTED TO WAR MEMORIAL COUNCIL

Minister for Veterans' Affairs, Senator the Hon. Michael Ronaldson announced in August that Australian businessman, philanthropist and war historian, Kerry Stokes AC had been re-appointed to the Council of the Australian War Memorial.

"I welcome Mr Stokes back to the Council. He brings to this role extensive knowledge and expertise which will be vital as the nation begins the commemoration of the Centenary of Anzac", Senator Ronaldson said.

Mr Stokes was first appointed to Council in August 2007 and again in April 2011. Mr Stokes has been re-appointed for a period of three years.

Mr Stokes was the recipient of Australia's highest honour, the Companion in the General Division in the Order of Australia (AC) in 2008, having earlier been awarded the Officer in the General Division of the Order of Australia (AO) in 1995. He also holds a Life Membership of the Returned and Services League of Australia and is a former Chairman of the National Gallery of Australia. ■

VOICES OF BIRRALEE TO PERFORM AT ANZAC DAY IN FRANCE

The Minister for Veterans' Affairs and Minister Assisting the Prime Minister for the Centenary of ANZAC, Senator the Hon. Michael Ronaldson, has congratulated the Voices of Birralee community choir on its selection to provide choral services on the Western Front over the Anzac Centenary period from 2015.

"The Centenary of Anzac will mark a centenary of service, encompassing all wars, conflicts and peacekeeping operations in which Australians have been involved. This significant period of commemoration will be the most important in our nation's history and the Government is determined to ensure all Australians are able to participate," Senator Ronaldson said.

"The Voices of Birralee community choir is an experienced and established choir and I am pleased to announce that they have received the honour of providing choral services on the Western Front over the Anzac Centenary period."

Lead by two of Australia's most highly regarded conductors, Julie Christiansen and Paul Holley, Voices of Birralee is an internationally renowned choral arts organisation, having performed at commemorative, national and international events to much accolade. The group also performs regularly with the Queensland Symphony Orchestra and Queensland Pops Orchestra for major events.

"Voices of Birralee will perform at the Anzac Day Dawn Service at the Australian National Memorial and later at town services including the Australian service at 'Digger' Memorial," Senator Ronaldson said.

"A growing number of Australians and French are making the journey to the Memorial each year to remember those who served on the Western Front nearly 100 years ago. Etched in the walls of the Australian National Memorial are the names 10,982 Australians who never made the journey home and have no known grave."

From 1916 to 1918, more than 295,000 Australians served on Western Front, of these brave souls some 46,000 died and more than 100,000 were wounded.

Voices of Birralee's Artistic Director, Julie Christiansen OAM said that Voices of Birralee was honoured to be selected to participate in the Anzac Day Commemorations in France from 2015.

"It is a great privilege to be part of the Australian contingent who pay homage to the Australians and New Zealanders whose legacy of bravery and camaraderie has left an indelible imprint on history and has shaped the Australian spirit," Ms Christiansen said ■



The choral group was selected following a competitive expression of interest process conducted by the Department of Veterans' Affairs. Information about Anzac Day commemorations in France can be found at www.dva.gov.au/france

ANZAC CENTENARY LOCAL GRANTS

The Minister for Veterans' Affairs and Minister Assisting the Prime Minister for the Centenary of ANZAC, Senator the Hon. Michael Ronaldson announced in June more than \$2.36 million in funding for commemorative projects under the Anzac Centenary Local Grants Program.

"The Centenary of Anzac will mark a Century of Service, encompassing all wars, conflicts and peacekeeping operations in which Australians have been involved. It will be the most significant period of commemoration in our nation's history and the Abbott Government is committed to providing opportunities for all Australians to participate," Senator Ronaldson said.

"There has been an outstanding response to the Anzac Centenary Local Grants Program with more than 1,650 applications received from all Federal electorates across Australia.

"The range of applications received highlights the many stories that exist in towns and cities across Australia about the service and sacrifice of our servicemen and women during the First World War.

"These grants will assist communities to find out more about their local servicemen and women through the display of military memorabilia, artefacts and historic photographs, the research and publishing of books, and the restoration and creation of memorials, avenues of honour, statues and remembrance gardens.

"The initiatives that these grants fund will help young Australians understand that the freedoms we enjoy today, in many instances, came at the price of blood. They ensure that community-based commemoration is at the heart of the Centenary of Anzac."

The 212 projects approved to date from 52 electorates include a number of unique projects such as:

- A research project involving 41 schools and their local communities in NSW, producing a piece of visual, performing, print or multimedia art representing their individual understanding of Australia's involvement in the First World War.
- A free, public, historical pageant through the centre of Parramatta, NSW on 30 August 2014 to commemorate the outbreak of the First World War and the service and sacrifice of the men of the 1st Light Horse.
- A re-enactment of a period infantry and light horse camp at Morphettville, SA and a uniformed march and commemoration ceremony.
- The establishment of a new war memorial at the Tim Neville Arboretum in Melbourne's outer eastern suburbs to honour the memory of local veterans from the Knox district.

The Anzac Centenary Local Grants Program is a key element of the Australian Government's Anzac Centenary program, with up to \$125,000 in funding made available for each Federal electorate to commemorate the First World War. ■

More information about the Anzac Centenary Local Grants Program is available at www.anzaccentenary.gov.au Veterans and Veterans Families Counselling Service (VVCS) and Veterans Line can be reached 24 hours a day across Australia for crisis support and free and confidential counselling. Phone 1800 011 046 (international: +61 8 8241 4546)

Dorrigo Memorial RSL Club



The small New South Wales town of Dorrigo has an RSL Club that boasts some impressive credentials

The Club is a traditional RSL Club with a strong focus on commemoration, community and respect. It has a long and close association with the Dorrigo RSL Sub Branch and Ex-service community. ANZAC Day, Vietnam Veteran's Day and Remembrance Day services and fellowship are part of the Club's culture.

It is also the RSL Home of Cpl Mark Donaldson VC, who is an Honorary Life Member of both the Club and the RSL Sub Branch.

The Club won the prestigious NSW RSL & Services Clubs Association 2011 Spirit of ANZAC Award that recognises a club that has made an outstanding contribution throughout the year to its members and the local community which epitomises Anzac traditions on which RSL and Services Clubs were founded. The Association represents 274 RSL and Ex-service Clubs in NSW.

The Club is a family friendly (most of the Club is de restricted) and has a covered deck and outdoor courtyard.

The Club has an outstanding and extensive display of war memorabilia and war book library as well as the rogues gallery of local Servicemen and Women dating back to the Boer War.

Bistro provides a fine dining experience at reasonable prices, with Chef Wolfgang Zichy adding exciting dishes for the blackboard menu each week.

The RSL Club has a fantastic 9 hole (par 64) golf course set in a picturesque country setting besides the Bielsdown River with bent back greens and different tees for the back nine.

If you are a Veteran travelling between Sydney and Brisbane and want to experience the wonderful hospitality of Dorrigo and it's natural beauty, with National Parks, waterfalls and spectacular scenery, the Dorrigo Memorial RSL Club will certainly make your visit more memorable. ■

**Contact the Club on
02 66572294 or the web site at
www.dorrigoislgolf.com.au or the
Sub branch Face Book page [facebook.com/DorrigoRsl/Sub/Branch](https://www.facebook.com/DorrigoRsl/Sub/Branch)**



HON MARTIN HAMILTON-SMITH MP South Australian Minister for Veterans' Affairs

The most important task before us is to care for the physical, mental and emotional health of veterans and their families.

I've learned a lot about veterans' needs from 23 years of service with the Army including the Special Air Services Regiment. During this time I developed a first-hand understanding of the lasting impacts of war on those involved. I've also learned a great deal from my engagement with the veteran community in South Australia.

New priorities have emerged in veterans' health resulting from the complexity and diversity of the operational environments into which our Australian Defence Forces are deployed. Issues affecting men and women who return from warlike service can be quite different to those affecting defence personnel who are deployed to non-warlike operations in peacekeeping, border patrol or natural disaster response roles. Many others have been killed or injured during training in aircraft crashes, being lost at sea or shooting, parachuting and drowning accidents. Finally there is our responsibility to support defence families.

Each generation is confronted by unique challenges and responds differently to support services. It is pleasing that the Australian Defence Force now proactively implements plans to care for the broader defence community as part of its operational commitments.



Minister with Rob Manton, Director Veterans SA at the Ben Quilty Exhibition

It's an issue the South Australian Government takes seriously. Each year we make a contribution to Legacy and our relationship with the RSL and various veterans' communities continues to strengthen. A premier project on the planning table is the construction of a Memorial Walk in the centre of Adelaide. This will involve cooperation between the State and Federal Governments to transform land adjacent to Government House, into a place for reflection.

South Australia's veterans' community continues to flourish and is home to many success stories. The Macclesfield RSL Sub-Branch has built a War Memorial Garden with some State Government funding assistance. The garden is home to the town's commemorative services and a popular destination for families to honour their forebears. Thanks to a string of successful community engagement programs, its membership has increased by 1000 per cent in the past ten years to 115 veterans.

The Port Noarlunga Christies Beach RSL Sub-Branch has also grown its membership base from about 40 to more than 400 people in the past four years - the club is booming and expanding its facilities. The Burnside RSL Sub-Branch which was once floundering has turned its future around thanks to the hard work of Adelaide's Vietnam Veterans

community and is now home to the Royal Australian Regiment Association.

Other organisations are educating children through Anzac Day ceremonies, school visits and interaction with local communities. Mitcham Primary School has worked with the veterans' community to create a Memorial Walk at its entrance. It recognises each student who has been killed in service and each year the students commemorate Remembrance Day.

There is also the valued contribution of our arts community towards our military history. I recently attended the Ben Quilty 'After Afghanistan' exhibition during its national tour. Ben is the latest in a long series of war artists, poets and historians who through their unique interpretation of conflict have helped the community better understand its lasting effects of conflict.

We are approaching a significant moment in our nation's history - the Centenary of Anzac. To me this time of reflection transcends more than our feats at Gallipoli and Anzac Cove. It's an opportunity to celebrate all of the men and women who served and to do what we can to support the physical and mental health of veterans and their families. ■



Minister visiting Macclesfield RSL War Memorial Garden



Minister serving in the Middle East



Painting from Ben Quilty exhibition

Approaching 50? Don't panic, get planning

By David Potts

There are many reasons to celebrate turning 50 – but reality can hit home pretty quickly. The fact is that by the time you're 50 you have to lay the groundwork to prepare for retirement. But what do you do if you have been spending money on the good life rather than paying attention to your super?

"Our rough rule of thumb is to have two-thirds of your wealth in investments, including super, and one-third in your home at the time you retire," Jonathan Philpot

No need to panic. There's still plenty you can do to get your retirement set up and enter the golden age debt free. It's not all about super, either. Paying off the mortgage, investing and taking advantage of other tax breaks come into it.

Our rough rule of thumb is have two-thirds of your wealth in investments, including super, and one-third in your home when you retire," says Jonathan Philpot, wealth management partner at HLB Mann Judd.

Paying off the mortgage is a no-brainer. No point saving for retirement with a term deposit earning 4 per cent, which is white-anted by tax and inflation, when you're paying 5 per cent or 6 per cent to the bank on your home loan.

The saving from paying back a loan costing 6 per cent is the same as earning 7.5 per cent before tax (on the bottom rung) or up to 11.5 per cent on the top rung. Needless to say the value of getting rid of even higher interest debt such as a credit card is more compelling again.

"You want to retire debt-free. That's always number one. Paying off the mortgage is the best investment you can make. It's hard to beat that return after tax. And it's risk free," Philpot says.

Offset's the best bet

Better still, use the offset account or, if you don't have one, it might pay you to refinance your mortgage, according to Louise Biti, head of technical services, Strategy Steps.

An offset account, as distinct from a redraw facility, will come in handy later if you move and want to keep your existing place as an investment.

"Say you want \$100,000 for the deposit. A redraw increases the mortgage on your existing home so the interest on it won't be tax deductible. But with an offset, technically the loan level never changed," Biti says.

Speaking of the mortgage, downsizing later to release some equity might have its problems, especially if your peers are doing the same.

"It's hard to downsize and extract enough value out of it. Even when you sell a big family home and buy an apartment close to the city you haven't made any gain," Philpot says.

It's more likely you're going to have to move a great distance.

Gary Hall, who was retrenched a year ago at 69 and has no super, found one way to make it work.

He and his wife Ngaire sold up and bought in Port Macquarie's Ocean Club Resort where they own their house but lease the land for a weekly fee.

"It's given us a bit of pocket money," he says.

Because you might not have – or, be honest, want – a job lasting till you're 60 (the age that you can access your super tax free and which is bound to increase anyway), you need to invest as well.

But make it tax effective. "Putting an investment in the name of a low-income spouse makes sense rather than putting everything into super which will be locked up," Philpot says.

Remember any capital gains will be taxed at only half the normal rate when you sell an asset held for more than a year. And franked dividends from shares carry a 30 per cent tax credit.

Or you could start a family trust, though you'd need to have at least \$200,000 in it eventually to be worth it.

The advantage is that you can shuffle income around according to each family member's tax rate.

"There's extra flexibility once the kids turn 18 because you can distribute income to them. And in retirement, you won't have accumulated wealth all in one person's name. In one name you pay all the capital gains. And the (regulatory) compliance is not as onerous as a self-managed super fund," Philpot says.

What about gearing?

Borrowing for an investment – gearing – is a fast track, but risky, way of building a nest egg.

At 50, you'd want it to be delivering a positive return early on which is easier with a portfolio of blue chip franked dividend-paying shares.

Still, you can't ignore super altogether. No sense paying tax of up to 46.5 per cent on your savings when you could cut it to 15 per cent. And you can put more into super after July 1. The salary sacrificing cap rises 20 per cent to \$30,000 and 40 per cent to \$35,000 if you're over 50, though don't forget whatever your boss puts in is also counted.

And check which investment option you're in with your super. If you don't know, you're probably in the lower-risk balanced fund option. Considering your retirement might be almost as long as your working life, something with a bit more zing might be better.

Super can supply a last-minute parachute, too.

Sign up for a transition to retirement pension at 55 and the earnings in your super won't be taxed again. The only condition is you have to take a minimum amount out but you can always put it back in the next day. Yes, it sounds silly but, hey, that's our super system for you.

Golden parachute

Retrenched a year ago and out of work for six months concentrated scientist John Morgan's mind on designing his own golden parachute.

There's even a good chance he and wife Robyn, a project manager, will be able to retire at 55 and leave the big smoke for a tree change.

"I went through the blender when I was retrenched last year. I'd been coasting

along paying down the mortgage but I needed to get clarity about saving for retirement," Morgan, 47, says.

He has a black belt in jiu jitsu and his training partner, Darren Higgs, happened to be a financial planner.

The advice he got was to start his own super fund, set up a family trust and keep a separate portfolio of shares so there'd be something to live on if he retired early.

Luckily, he had the foresight to buy Apple shares 10 years ago, and to keep topping them up, with the result they're worth as much as his mortgage now. "I could wipe the mortgage out today if I felt like it," he says. But he's not going to because he likes the sharemarket.

"Either of us could be laid off. We could lose our income like happened last year. The investment has to be able to be liquidated quickly so we want to stay out of direct property. We need flexibility," Morgan says.

Higgs is recommending a blue chip share portfolio which will be shifted into a family trust when it reaches critical mass.

"That will have a tax advantage because we can split our income," Morgan says. He can also borrow through it to buy more shares. Morgan will be salary sacrificing into his own super fund and eventually bring his two school-age children into it.

"These days they're likely to have multiple employers each contributing a small amount to super. This way they won't lose track of it."

Staying on the job

One way of financing your retirement is not to retire. Or at least that's what mother of two Karen Forbes, 55, intends.

She runs her own business as a mortgage broker in Sydney's North Manly which, along with downsizing will be her future nest egg.

"I have no plans to retire. And if I did I'd have to sell my business and that cuts off my income. To get your super you have to retire. As a small-business person cutting off your income is like cutting your nose to spite your face," Forbes says.

Nor is she worried about losing the tax advantages of super – being self-employed her contributions would be deductible although the same limits for salary sacrificing apply.

There's a potentially bigger tax break in renovating her home which she'll sell and then downsize when her two sons move out. "The money I put into the home isn't tax deductible but the profit when I sell it will be capital gains tax free," Forbes says.

Alternatively, she might keep the house and rent it out. "The house is essentially my super and I can get my hands on it and keep working," she says.

Forbes began her renovations three years ago and says she's already doubled the return on paper.

She has also bought a property in Brisbane where it's easier to positively gear.

"It will give me cash after tax in 10 years time at no cost now." ■

@moneypotts

www.moneymanager.com

Debt: the big lie on which Abbott built a budget

By Kenneth Davidson, Senior columnist at The Age

'The impact of the budget is not only wicked but wasteful.' The 2014 federal budget is built on the big lie that the Australian economy is facing a debt crisis. The proposition that the "debt and deficit" had to be reduced was the excuse for the even bigger lie before the election that there would be no surprises, no cuts to health, education or public broadcasting and no tax increases.

Post-election, it was explained that these promises had to give way to the national interest – defined as reducing government debt. To demands by critics of the budget that the government at least admit that it had been lying in the run-up to the election, the response was along the lines of, "You haven't been listening, we always said that dealing with the deficit was always our first priority and that in government we found that Labor had covered up the full extent of the debt problem".

The truth is, the Commonwealth doesn't have a debt problem. Estimated net debt in 2013-14 is \$197.8 billion, or 12 per cent of gross domestic product – one of the lowest of the mature industrial countries. If Australia was a corporation, the directors (cabinet ministers) would be likely to be accused of running a "lazy balance sheet" and booted out by shareholders (voters).

There is no reason a government shouldn't increase its debt if it has unemployed labour resources, growing unemployment, an absence of inflation and inflationary expectations, record low interest rates and – given wise governance – opportunities for investment where the social and economic return on the investment is higher than the cost of capital.

Debt is not a burden where it finances fruitful investment. Christians of the Catholic variety are well represented in the Abbott ministry. Even if they haven't a feel for economics, they should be able to apply Christ's parable of the talents, where three servants were given

money to invest by their master. The servant who buried his money for safekeeping had it taken away and he was cast into the outer darkness.

The people cast into the outer darkness by this and future budgets planned by the Abbott government are those dependent on welfare. The impact of the budget on the victims is not only wicked but wasteful in that this budget is a brake on, rather than a boost to, the most vulnerable achieving their full economic potential.

This is not surprising. Over the six years of the Rudd/Gillard government the Coalition banged on about the increase in the burden of debt (\$241 billion), in contrast to the 11 years of debt reduction (\$140 billion) under the Howard government. Never mentioned in these diatribes was where the economy was in the business cycle, that the prime purpose of budgetary policy is to balance the economy (as distinct from the budget) in order to iron out potential destabilising booms and busts.

Prudent budgetary policy during the Howard years was to cut net spending. Also, some \$80 billion of the debt reduction was a result of a massive privatisation program. These sales were offset by the fall in Commonwealth net worth. The reduction in public debt was offset by increased private debt to finance the privatisation purchases. The macro-economic impact was zero.

The Rudd/Gillard period coincided with the downswing in the business cycle precipitated by the global financial crisis – the worst recession since the 1930s Great Depression. It

was necessary to pump up domestic demand to offset the collapse in private demand.

Without the net \$40 billion a year pumped into the income-expenditure stream by the willingness of the Rudd/Gillard government to finance the spending by increasing debt, Australia would have experienced slower growth, higher unemployment and possibly recession, despite the boost to the economy from the mining boom generated by the Chinese export boom.

In terms of the impact on growth, inflation and employment, it is not the size of the budget surplus/deficit but the change in the budget surplus/deficit compared with the previous year that measures the inflationary/deflationary impact on the rest of the economy.

According to these criteria, the budget deficit in 2014-15 is one of the most deflationary on record. It will withdraw \$20 billion from the income expenditure stream, compared with an injection of \$31 billion into the income expenditure stream in 2013-14.

This is a massive deflationary turnaround of \$51 billion in the impact of the budget on the economy (equal to a reduction of 3.2 per cent of GDP) – even after allowing for the fact that \$9 billion of the debt reduction is due to the increase in Reserve Bank equity, which gives verisimilitude to the debt reduction number but subtracts nothing from spending.

The main macro-economic impact of any successful reversal by the Senate of proposed budget tax increases and expenditure cuts will be to lessen the likelihood that the economy will be driven into recession by the full implementation of the budget.

We missed the GFC bullet.

Will we get hit by a home-made bullet fashioned by our own neo-cons to give credibility to their debt lies? ■

Kenneth Davidson is a senior columnist for The Age. kdavidson@dissent.com.au www.theage.com.au

What would success in Iraq look like?

By Waleed Aly

If we're going to get involved once more in a military campaign in Iraq, there is a question we simply must answer: what exactly will success look like?

It's perhaps the single most catastrophically ignored question of the post-9/11 era. It's the question we never answered in defining the War on Terror. And it's the question we never answered (or even asked) before the disaster that was the 2003 invasion of Iraq, which is precisely why we had no workable plan for the post-Saddam nation. That's why we ended up with the ridiculous "Mission Accomplished" spectacle about eight years before American troops finally left.

And as we head inexorably back into the Iraqi vortex, it is a question I fear we won't answer yet again. The mission as defined so far seems simple enough: to perform the humanitarian act of preventing a genocide. And let me be clear: that is about the noblest human endeavour there is. The trouble is that it's too general to be an adequate answer. We need to know in far more precise terms what that means, what we will need to see before we can be certain the genocide has been averted, exactly when we can say "Mission Accomplished" and actually mean it.

Does it, for example, mean ISIL is confined to a particular area? If so, which areas? Does it mean that the groups ISIL is so keen to exterminate will be adequately armed to defend themselves – kind of like the Iraqi military we're meant already to have trained? Does it mean ISIL's total elimination? If so, how exactly do we plan to achieve that almost certainly impossible task? And if not, what concrete circumstances will allow us to say with confidence that ISIL's genocidal project won't simply resume the moment Western forces leave? Are we proposing – or even prepared – to stay involved indefinitely?

Does our objective ultimately require the creation of a strong, inclusive Iraqi state, and if so, how do we create this given we've failed miserably on this score for 11 years? Oh, and if we're arming Kurdish militias now to fight ISIL, what's our plan in the entirely conceivable event they decide they'd really rather have their own state separate from Iraq? How do we feel about the prospect of a civil war, which, incidentally might just provide the kind of fertile environment for terrorist and insurgent groups like ISIL to revive themselves?

If we cannot answer these sorts of questions definitively, then even the most morally compelling military interventions are liable to mutate into something else. A

modest, preventative humanitarian campaign can quickly become a sprawling, ill-defined mess. Indeed, you can already see the signs of escalation. "Our objective is to degrade and destroy ISIL so that it's no longer a threat," declared Barack Obama this week, which is a very far cry from the narrower aim of genocide-prevention.

If Obama is serious about crushing ISIL, then he can't do it merely with air strikes in Iraq. He'll have

to take his soldiers into Syria, which is the wellspring of so much of ISIL's force. Is this something he is seriously contemplating? Are we planning to fight alongside Bashar al-Assad now after three years of calling for his fall? Is Obama prepared to resort to ground troops when it becomes clear he can't take out an amorphous terrorist organisation from the sky? Precisely what strategy the Obama administration has in mind is, at this point, unknowable.

What we do know is that whatever military campaign America ultimately settles on, and whatever it is the Americans ask of us, we'll provide it. We've shown already our involvement is elastic. What began as humanitarian aid drops has expanded to providing weapons to Kurdish militias, and – Tony Abbott acknowledges – might now extend to providing our fanciest planes for airstrikes on ISIL targets. There are no clear, non-negotiable limits at this point; nothing we can definitively rule out. There are merely reassurances that certain specific requests have not been made. But that rather sidesteps the crucial question: what will we do when they are?

I don't doubt the urgent, visceral humanitarian concern that's driving us here. That voice from within that screams "do something!" – I hear it, too. I don't even believe military intervention is necessarily



wrong in this case, in the way it plainly was in 2003. There is a genuine threat to confront, the Iraqi government is asking for this military support, and we may even have a responsibility under international law to protect the vulnerable. As a matter of principle I'm perfectly open to the idea that a military campaign is necessary in a way that was simply never true in 2003.

But wars don't remain matters of principle for long. They generate real, concrete, irreversible and unpredictable consequences. Indeed the current disaster is one such consequence. And the fact that some manner of intervention might be necessary doesn't mean the same is true for whatever intervention we might happen to dream up. No, our objectives, our measures of success and our overarching strategy need to be more than noble. They need to be as precise and concrete as those consequences we're about to unleash. Right now, they're not. We can rectify that, but there are questions to answer, and I'm not sure we're even asking them. ■

Waleed Aly is a Fairfax columnist. He hosts Drive on ABC Radio National and is a lecturer in politics at Monash University in Melbourne. www.smh.com.au



Anzac Biscuits

From the very beginning of the First World War, various funds and associations were set up to send gifts, or “comforts”, to Australian troops overseas.

At the time, the standard way of sending these gifts was in tins, as they were solid enough to protect the contents from damage. In some cases they were airtight and kept items like food and tobacco from spoiling on the long journey to the northern hemisphere.

Although the gifts were gladly received by the soldiers, far away from the comforts of home, the tins often served a secondary purpose. Images from Gallipoli show trench walls rebuilt using biscuit tins filled with dirt and empty tins jammed into trench walls as a type of makeshift shelving.

The modern tin

It is in the tradition sending gifts in tins that Unibic ANZAC Biscuits – now owned by the Modern Baking Company – first launched a commemorative biscuit tin in the lead up to Anzac Day in 2002. Like the packets of Anzac biscuits the company had been producing for a number of years, the tin bore the logo of the RSL, to which a percentage of proceeds from sales is donated.

The tin release is now an annual event, with collectors rushing to supermarkets before Anzac Day to snatch that year’s tins.

The story of the biscuit

The story of Anzac biscuits is well-known; wives, mothers and sweethearts baked the long-lasting biscuits to send to their loved ones overseas. As is so often the case with folklore, there is no “one” definitive recipe, but it is generally accepted that the biscuits contain oats, golden syrup, and no egg. Coconut became a common addition in the 1920s.

In order to launch a biscuit that was as close as possible to “the original”, the Unibic ANZAC Biscuit was based on a competition-winning recipe published in a popular women’s magazine in the 1930s. As such, the Unibic ANZAC Biscuits available today contain only simple ingredients that you – or your parents, or grandparents – would find in the pantry at home.

2015 tins

It was with the pressure of these traditions in mind that planning began this year for the 2015 Unibic ANZAC Biscuit tin release. 2015, of course, marks the centenary of the Gallipoli Campaign, and with it the first use of the word “Anzac”. Respectful commemoration and education are – and have always been – paramount in developing the designs.

So what can collectors expect for 2015?

“We’re really excited about the designs we’ve developed,” a Modern Baking spokesperson said.

“A lot of time has been spent choosing images that show a range of perspectives. We did some research and found that people wanted to see images that they could relate to. We’ve tried to look at the emotional side, the personal connection element a bit more for 2015.”

The 2015 Unibic ANZAC Biscuit tins will be available from late March/early April 2015 in major retailers Australia-wide. The standard 300g and 250g multipack biscuits, which also support the RSL, are available year-round from retailers nationally.



SUPPORT THE RSL

GRAB A PACK TODAY





25g Portion Control



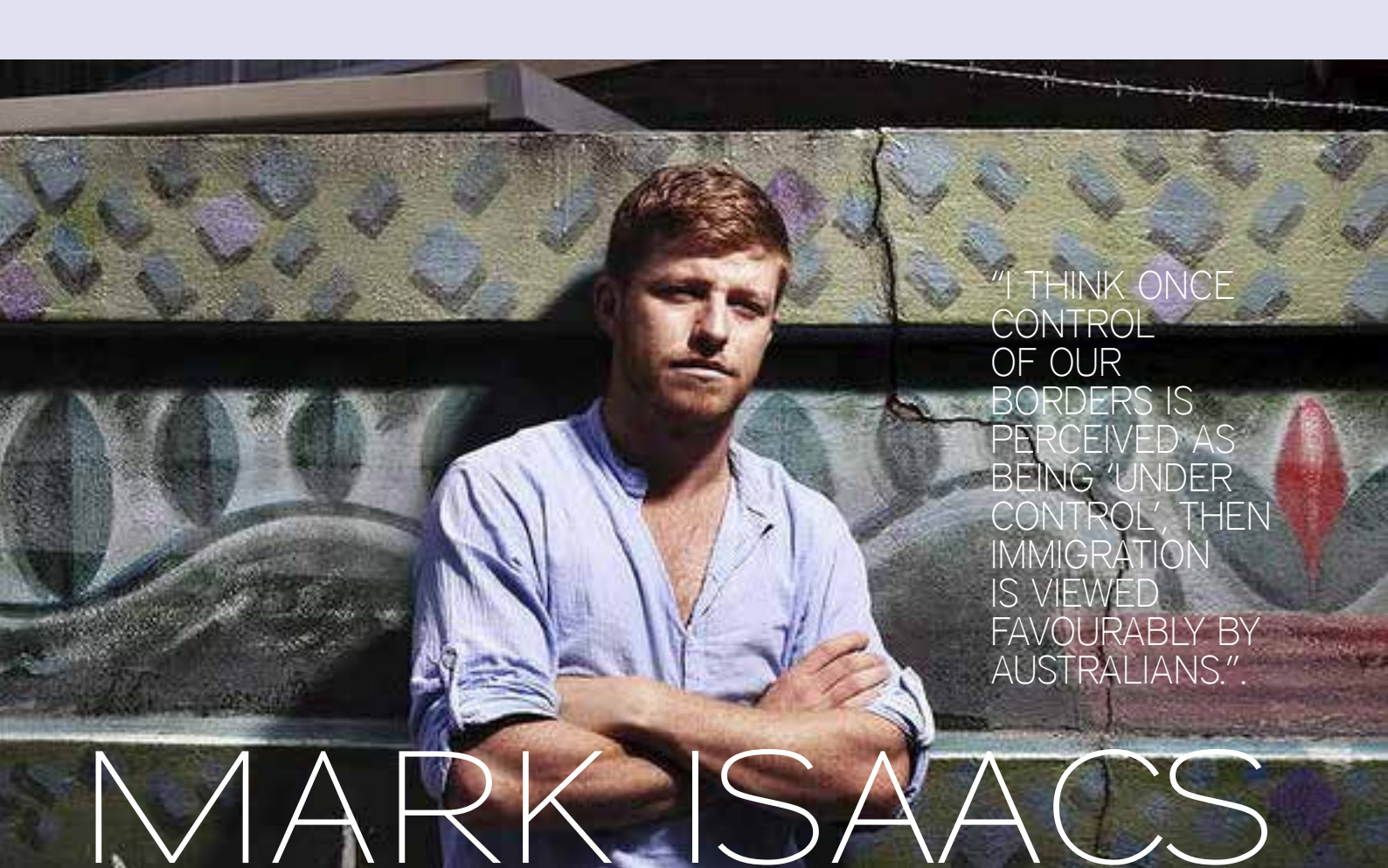
250g Multibag



300g Family Pack



Tins available April 2015



"I THINK ONCE CONTROL OF OUR BORDERS IS PERCEIVED AS BEING 'UNDER CONTROL', THEN IMMIGRATION IS VIEWED FAVOURABLY BY AUSTRALIANS."

MARK ISAACS

Eyewitness accounts from inside Australia's detention centres are rare. Walled in behind government secrecy, contracts which bind them to silence, and fear for their livelihoods, staff and former employees of the groups running the centres bite their tongues or confide only in close colleagues, family members or friends.

The few who have spoken to the media have mostly done so anonymously, or through third parties. Now, the first of what could be a steady trickle of embarrassing whistleblower accounts has emerged in the form of an explosive book, *The Undesirables*, by a former Salvation Army employee, 26-year-old Sydneysider Mark Isaacs. The title is taken from a term Isaacs says a government staffer was overheard using to describe the asylum seekers at the camp.

Isaacs was only 24 when, on the strength of a single phone call and with no experience, he was hired by the Salvos and sent to Nauru with less than a week's notice to "provide support" to asylum seekers detained there.

The date was October 1, 2012, just two weeks after then prime minister Julia Gillard had reopened the offshore camp in a desperate revival of former prime minister John Howard's "Pacific Solution" - an attempt to deter asylum seekers by shipping them to the tiny Pacific nation for indefinite detention.

Deborah Snow
www.smh.com.au

The Last Post: Thanks for joining us here at *The Last Post*, Mark. Your book, *The Undesirables*, was released, detailing your experiences on Nauru. What had you been doing that led you to going to Nauru?

Mark Isaacs: I think the decision to go dated back six months, or longer, prior to going to Nauru. I had been working as an intern for Oxfam 3things movement which is a youth movement aimed at encouraging young people to search for justice and I was doing that once a week and other than that I was an unemployed university graduate. That was the beginning, where I started to get more of a public readership of my writings. I was then also looking at justice. The beginnings of my going to the detention centre wasn't an altruistic one, it was to do with a pretty girl. She was at Oxfam and told me her mother was going to Villawood Detention Centre, the

asylum seekers. I went along and it was that trip to Villawood that really opened my eyes to the asylum seeker debate but even after that visit, it wasn't until about six months later, I'd taken a full-time job and was working with the state government and had really moved away from that area and then a friend of mine told me that, with the re-introduction of the Pacific Solution and the no advantage policy and with the re-opening of Nauru and with Manus that the Salvation Army were hiring people to go over to Nauru and I was given a number to call. I called a woman and a week later I was flying to Nauru.

TLP: We can be thankful to the pretty girl for what you've done then. Did she go to Nauru with you?

MI: Nah, unfortunately not. She wouldn't even go on a date with me.

TLP: What were the feelings going on with you, flying there and then approaching Nauru?

MI: It was very much a whirlwind lead up to going, from making that call, to quitting my job to going to medicals and packing my bags and flying off. For me, it was very much an unknown adventure. That's how I saw it, as an adventure. It showed my naivety, I guess. I

"WE WERE TOLD WE WEREN'T ALLOWED TO CALL BACK HOME OR SEND EMAILS OR TALK TO ANYONE ABOUT ANYTHING THAT HAD HAPPENED IN THE CAMP."

“THE SIMPLE FACT OF THE MATTER IS THAT WE SPEND A LOT OF MONEY, MILLIONS OF DOLLARS ON KEEPING ASYLUM SEEKERS IN OFFSHORE DETENTION, FOR EXTENDED PERIODS OF TIME WITHOUT HEARING THEIR CLAIMS.”

think I knew it was going to be traumatic just because several hours at Villawood had left me exhausted because of the reality of what these detention centres are for these people. But I was also excited and nervous because I wanted to help and I saw this as a kind of stepping stone in a humanitarian career. I guess I wasn't that naïve because I knew this would be a significant moment in Australia's immigration history and I wanted to be part of it and amongst it. I was inquisitive and the writer in me felt maybe I would write about it,

TLP: Good to be naïve if it leads to something positive. Cynicism will come later, perhaps.

MI: I think now I'm cynical.

TLP: As you landed and took it all in, was it anything you'd seen before, anything you could relate to?

MI: To be honest, no it wasn't. It is a very small island, there's only 10,000 local inhabitants, twenty minutes around by car. There's one main road and they close that road when the plane comes in so when we arrived, all the cars were waiting for us to get off the plane so they could get back to their daily routines. As you come in, the plane envelopes the island so you can't see the island and we thought we were landing on water. It's extremely hot and a poor island. Tropical, beautiful beaches on the edges but there's a lot of rubbish, dilapidated housing, abandoned refineries. Pretty on one side but very poor. Before we went there, we found that there was a high obesity level, a high diabetes level and they don't produce anything, really. There's no jobs. Away from the beautiful beaches, you move into the mined-out phosphate rock which is how the country used to make all its money, that's where they have all the asylum seekers housed. This desolate landscape was a warning to us, where they were housed and when you move away from the beaches, that heat becomes even more oppressive, no coastal breeze, nowhere to jump in the water. When you're in the water it's beautiful but when you get to an enclosed space with several hundred men, it becomes unbearable.

TLP: What were those early days like and how did you go about doing what you had to do?

MI: It was completely disorganised. What struck me about the disorganisation of this camp was that it's a camp that we purposely send people and we knew what we were doing, it was a policy we created and yet, when we sent people over there, the camp

was completely under prepared to meet their needs. Army tents, they slept on stretcher beds. There were no resources to assist these men. We were playing cricket with chairs and sticks. We eventually got bats but, as workers, we relied on our own initiative to get things up and running. As a worker, I was immersed in the role. You just lived and breathed your work because there was nothing else to do. You spent 10-11 hours a day, working in the camp, working with the men, hearing their complaints, trying to assist them, trying to entertain them, trying to commiserate with them so it really took over your life. It became very clear, very early on, I mean some where told they'd be going to Christmas Island. Some were told they'd be going to Australia. Some realised what was happening and they were put in handcuffs and forcibly taken to Nauru. Their first questions, when they arrived were, "What are we doing here", "What's going to happen to us", and for us, without any experience, was to answer, "I don't know". It was in those early days I realised just what it was I'd got myself into.

TLP: I guess too, it may have been overpowering for you, within this confined space, such closeness, a constant reminder of the desolation.

MI: Yes, for the workers and the refugees. Our role was to provide support for the men and when you hear their stories and know their plight, it's very difficult to maintain distance. As a professional case manager, you have professional boundaries that you have to keep because they're your clients but we weren't given any advice. The only advice we were given was to go out and help the men and we were actually told they were going to be our friends which, now, as a professional case manager, you never do. But we became close to them and each other. We were told we weren't allowed to call back home or send emails or talk to anyone about anything that had happened in the camp. So you couldn't send information back home and even within the island the Department of Immigration had different views to what we had with security guards and doctors and nurses and the rivalry between different organisations. You became very close to the people you worked with, your confidantes, the counsellors, the people you shared all the emotional moments with.

TLP: Would time and money be better spent on a more humanitarian approach?

MI: I would definitely say yes to that. We can look at off-shore processing and we can look

at asylum seekers within the community. The simple fact of the matter is that we spend a lot of money, millions of dollars on keeping asylum seekers in offshore detention, for extended periods of time without hearing their claims. We spend a lot of money treating medical conditions that are caused by the indefinite detention that we place these asylum seekers in. I'm not going to offer up solutions to a problem I've been involved with for only two years and I've never gone into enough research to come up with viable alternatives because my experience doesn't have any connection to our Government's relations with Indonesia and so on. But the work I do in the community is with people much better off, living in the community in relative freedom, not being placed in indefinite detention and who have a better idea of their future and wouldn't the time and Australian money be better spent, I mean, they're being paid by Centrelink, to survive when all they want to do is work.

TLP: You'd think it would be better for all of us to have these people working, creating money for their communities. I think what it's happening, in the Adelaide Hills at least, is some of these people are working and it's having positive results.

“IT (NAURU) IS A VERY SMALL ISLAND, THERE'S ONLY 10,000 LOCAL INHABITANTS, TWENTY MINUTES AROUND BY CAR. THERE'S ONE MAIN ROAD AND THEY CLOSE THAT ROAD WHEN THE PLANE COMES IN SO WHEN WE ARRIVED, ALL THE CARS WERE WAITING FOR US TO GET OFF THE PLANE SO THEY COULD GET BACK TO THEIR DAILY ROUTINES.”

“SOME REALISED WHAT WAS HAPPENING AND THEY WERE PUT IN HANDCUFFS AND FORCIBLY TAKEN TO NAURU.”

MI: Yes, the whole reason for them wanting to come here is to support their families and I can understand the idea of a deterrent but, once they're here in Australia it seems cruel to deny them the chance to have a meaningful existence.

TLP: Would you deem the treatment of asylum seekers on Nauru designed to break the spirit?

MI: I think that's the point, isn't it? The idea of a deterrent policy is to make conditions so bad that people will not want to come to Australia and will choose another avenue or take another route to protection. So, the only way to do that, if you think about how desperate these people have to be and how dangerous it must be to get on a boat, especially with the apparent revelations in *The Sydney Morning Herald*, that there are thousands of people committing visa fraud and coming by plane, so it seems there are other avenues to get into Australia, other than the boat. So that the idea that getting on that boat and taking that dangerous journey, and how desperate they must be, then you've really got to create conditions that are that bad and the only way of doing that is to break their spirit. If you don't think we're doing it on purpose then look back on the Howard years and the continual reports from doctors and eye specialists, from psychologist's, paediatricians and yet we continue to house children in these centres and pregnant women

in these detention centres. We've got people being murdered in these detention centres. We have people with psychotic episodes yet we continue to keep them in these detention centres for several days. We've currently got a court case in Nauru where any association with justice has gone right out the window so what is the point of it if it's not to make these people turn around and to lose hope? Whenever I talk with these men I ask, "What makes you go on, what makes you continue despite all these hardships?" and they say, "Hope. If I lose hope, I will turn around", and so we've had people turn around to go back to their countries and we've had people attempt suicide, which is the ultimate loss of hope.

TLP: Is there racism at play here?

MI: I'd like to think there is an attempt to create good policy. I'd like to think that once we stop the boats, and I do think it's important to stop the boats in terms of not allowing people to take that dangerous journey. I just think there are better and more humane ways of doing that. I'd like to think that, moving forward with Australian government policy, that this is about creating good policy and that we have to do the necessary harm, I'm trying to envisage what the politicians are thinking here, and I think once control of our borders is perceived as being "under control", then immigration is viewed favourably by Australians. What

I'd like to think, and I'm hoping this is the case for Australia, that by implementing a control policy that most Australians will say, "Well, if they're genuine refugees, then of course we'll take them in" but what concerns me about the history of the debate is that the politicians have used terms like "queue jumpers" and "illegals" to convince others that these people aren't genuine refugees and to justify the consequential actions in mandatory, indefinite detention and the harms that occur and that is what concerns me the most because the majority of politicians know that the statistics suggest these people are refugees. You look what's happening in Iraq. We've got all these Iraqi asylum seekers coming and the Government has said they'll take thousands of Iraqi's who are in Iraq and yet, what's happening to the asylum seekers who are on our shores now? And what happens to the Tamil asylum seekers who are fleeing a nation that we know is committing war crimes and yet we're supporting that government. I think there's so many hypocrisy's within the policy, it's been convoluted for decades but I hope, moving forward, we can say, that by creating a control policy that promotes alternative routes for arriving in Australia and provide alternative routes rather than just creating a deterrent. I'd like to think that Australians aren't racist and it's not about attitudes towards the Muslim population.

TLP: May your book, *The Undesirables* lead to a greater understanding of this complex issue and lead also to a more humanitarian approach. Thanks for your time, Mark.

MI: It's been my pleasure, Greg. ■

The story of Australia at war shared through commemorative coins

This year, Australia and the world began commemorating the Centenary of the First World War. The Royal Australian Mint is proud to play a part during this significant period, partnering with the Department of Veterans' Affairs and the Australian War Memorial for the Official Anzac Centenary Coin Program.

Reflecting on over a century of Australian military service, the program will pay respect to those who served and sacrificed for our nation, as the actions of these brave men and women during the critical years of 1914 to 1918 will not be forgotten.

The coin releases from this program are thoughtfully designed to mark significant events and dates from our military history. The special editions from the program include the Australia at War subscription program. The three-year program features

18 coins, with each coin exploring significant events or battles, from the Boer War and First World War to Post-1945 Conflicts including Vietnam, the Middle East Area of Operations and Afghanistan. Through this subscription program, we endeavour to help Australians share the story of how instrumental those times were in shaping the nation we are today.

Program subscribers will be sent each of the 18 coins as they are released periodically over three years.

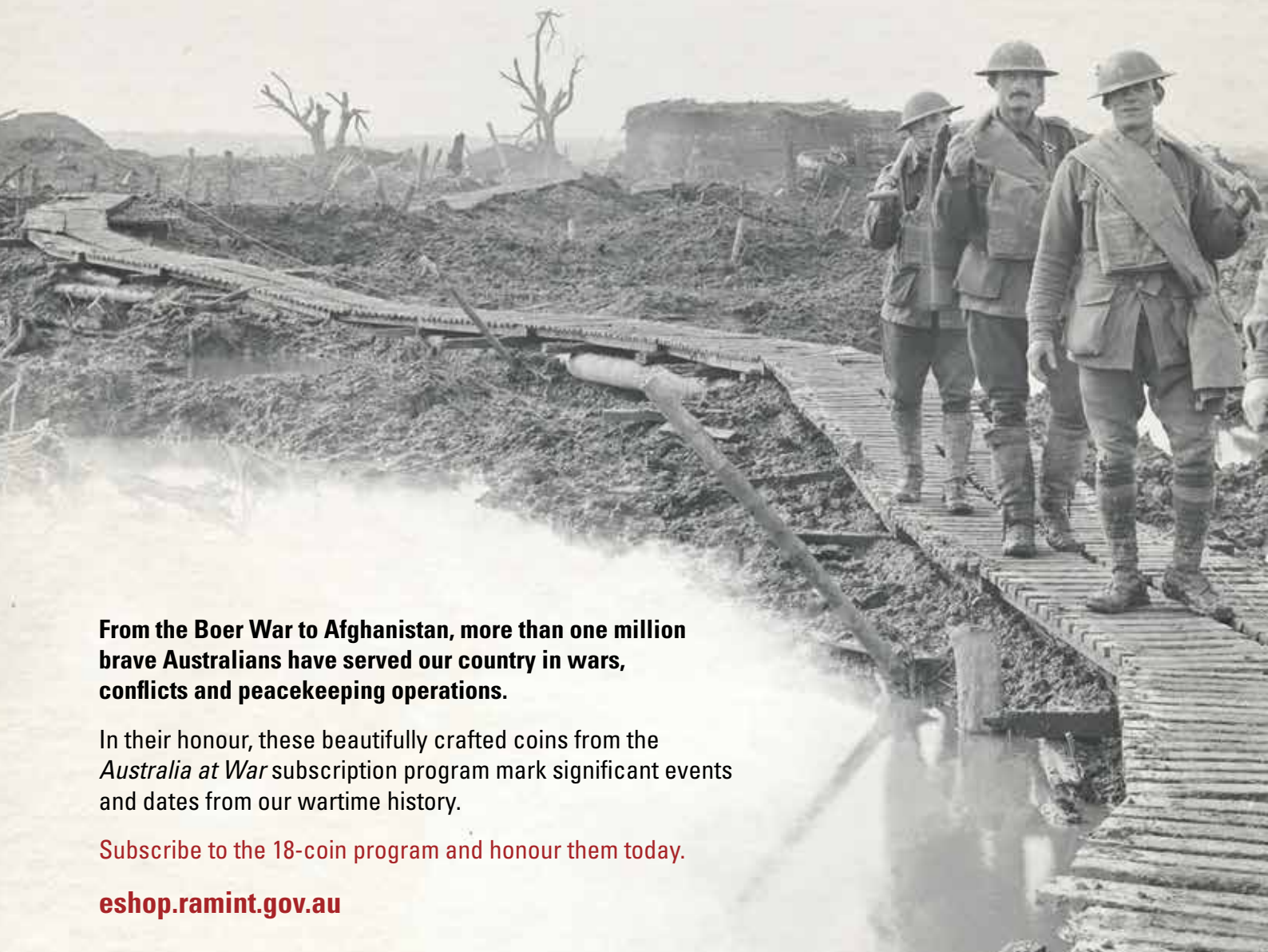
They will also receive a free specially branded collection folder to hold the coins. The first three coins from the *Australia at War* subscription program reflect on the Boer War, Battle of Cocos Islands and German New Guinea. The highly anticipated second releases honour the Gallipoli Campaign, the war on the Western Front and the Australian Flying Corps.

Whether they are cherished as a memento of history, loved as a piece of art or sought-after as an investment, these beautifully crafted and inspiring coins from the Official Anzac Centenary Coin Program will help Australians share their story of sacrifice, preserve their legacy and help honour their memory. ■

To secure your piece of this commemoration, visit eshop.ramint.gov.au or for more information regarding our Official Anzac Centenary Coin Program and the current coin releases, visit www.ramint.gov.au

Discover their story

YOUR JOURNEY STARTS HERE



From the Boer War to Afghanistan, more than one million brave Australians have served our country in wars, conflicts and peacekeeping operations.

In their honour, these beautifully crafted coins from the *Australia at War* subscription program mark significant events and dates from our wartime history.

Subscribe to the 18-coin program and honour them today.

eshop.ramint.gov.au



Boer War
2014 50c Coloured
Uncirculated Coin



German New Guinea
2014 50c
Uncirculated Coin



Battle of Cocos
2014 50c
Uncirculated Coin



Gallipoli
2014 50c
Uncirculated Coin



Western Front
2014 50c Coloured
Uncirculated Coin



Australian Flying Corps
2014 50c
Uncirculated Coin

AWM - E01236

1300 652 020



Australian Government
Royal Australian Mint



Jim Keays dies at 67

By Bernard Zuel

Jim Keays, who helped kick off garage rock in Australia and then helped transform the Masters Apprentices into one of the best pop and rock bands of the 1960s and '70s, has died.

Keays, who was 67, was diagnosed with multiple myeloma seven years ago but released an album of modern garage rock in 2012, recently recorded another album and continued touring with two of his '60s contemporaries, Darryl Cotton and Russell Morris as Cotton Keays and Morris.

He died at 10.30 this morning from pneumonia related to the multiple myeloma (a type of blood cancer). He had been admitted to intensive care of The Alfred Hospital in Melbourne a couple of weeks ago when the illness got serious but it was thought that he was on "the road to recovery".

Morris paid tribute, saying: "Jim was one of my closest, and dearest friends - I spoke to him everyday. He was exceptionally brave, erudite, funny and incredibly talented. I loved him very much, and I will miss him greatly - but he will live on; in our hearts, and through the wonderful music he created."

Melbourne guitarist Davey Lane, who made the bristling Dirty Dirty album in 2012 with Keays and Ted Lethborg, was in the studio again this year making a follow up.

Keays heard the mastered version of the album only last week and was "really proud of the record and was looking forward to people hearing it," Lane told Fairfax Media.

"He had such a unique voice and was such a great raconteur ... it was an honour to have him as a friend," Lane said. "As much as today hits you like a hammer, I'll take away great memories of the time I spent with him. He finished doing what he started doing, making good rock 'n' roll."

Keays' legacy includes Australian standards such as Living In A Child's Dream, Turn Up Your Radio and Because



I Love You, as well as inspiration to a generation of rock frontmen around the country.

The singer with the shock of long hair and the nasally voice that was all vim and vinegar became the frontman of Adelaide instrumental band the Mustangs in early 1965 and they transformed themselves into the raw, rhythm-and-blues outfit the Masters Apprentices.

Taking their cues from the likes of the Yardbirds, the Rolling Stones and the Pretty Things, the Masters Apprentices took American blues, added snotty attitude and within a year went from placing third in the Adelaide heat of Hoadley's National Battle Of The Sounds to releasing one of the classic underground Australian singles, Undecided/War or Hands Of Time.

Although they'd started as a R&B combo in 1965 along the lines of other seminal Australian bands such as the Loved Ones, the Missing Links and the Purple Hearts, by the end of the decade, the Masters had travelled from punkish rock to pop to psychedelia and then onto a kind of compressed progressive rock on their landmark 1971 album Choice Cuts.

That album, which was recorded in the Abbey Road studios, just missed the top 10 in Australia and earned excellent reviews in the UK, now is recognised as the equal of anything released around the world that year.

Keays was one of the mainstays of the band as it went through several traumatic line-up changes, including gaining future manager and impresario Glenn Wheatley on bass and losing original writer Mick Bower. Wheatley, who was to be the power behind the rise of John Farnham a decade later,



described Keays as "the consummate showman".

"Jim had an aura about him: you always knew when he was in the room," said Wheatley. "Always the Master, never the Apprentice."

As a sign of Keays' importance and influence, rather than end the band, the loss of Bower gave Keays an opportunity to step up as a writer in the Master's Apprentices with new guitarist Doug Ford. It was this pairing which was responsible for hits such as 5-10 Man, Turn Up Your Radio and the quintessential Australian rock ballad, Because I Love You.

While the band split in 1972 as they advanced but ignored album A Toast To Panama Red failed to chart, Keays never stopped performing or being excited by music. His vitality and passion for music saw him embrace punk in the mid '70s at the time many of his contemporaries sneered at it or were frightened away, and more recently become a fan of groups such as the Black Keys and the White Stripes.

"A lot of my peers thought [punk] was rubbish but it was a revelation because it was close to my heart because the Masters were a punk band," Keays told Fairfax Media two years ago when he

was promoting Dirty Dirty, the album of tough rock songs recorded with a bunch of young musicians, including Davey Lane of You Am I.

Asked then why he had kept going through a couple of decades where “if I did a demo and took it into a record company they would laugh me out the door”, a smiling Keays had a simple answer.

“Foolhardiness” he said. “It’s what I do.” And this was what drove him on after an almost fatal kidney failure in the UK in 2007 led to diagnosis of the relatively rare cancer, multiple myeloma.

A “shocked” Stephen Cummings, whose first record purchase was the Undecided/War or Hands Of Time single, called the Masters “the best Australian group at the time”. He

remembered too an encounter with Keays in the early ‘80s.

“I recall playing at a western Sydney leagues club with The Sports, The Church and Jim Keays’ was the opener,” Cumming said. “Jim and I talked and he asked me if I had bought a house yet. Not an idea that had ever occurred to me. I mean we were peaking, the Church were the new kings and there was Jim with a rock and roll heart and not much else. But it made an impression on me and helped me take stock.”

Red Wiggle Murray Cook said he was saddened by the news, having met Keays several times - the most memorable of which was at the 1998 ARIAs.

“We [had] won the kids ARIA, which was presented just after the Masters were inducted into the Hall of Fame. We were backstage starstruck because the Masters were just over there. Jim came over and said, ‘It’s the Wiggles. My kids love you guys’. He was so gracious and we were thrilled. Such a lovely man. And one of the greats.”

Keays had been putting the finishing touches to his latest rock album, which was due for release in August.

He leaves behind his partner, Karin and three children, Holly, Bonnie and James. ■

Article source:

www.smh.com.au

The Age Music Victoria Awards 2014 Presents: The Return of Daddy Cool!

The Age and Music Victoria announced in August that Australia’s best-loved band, Daddy Cool, will reform to play a special one hour show to celebrate their induction into The Age Music Victoria Hall of Fame on Wednesday 19th November.

Daddy Cool front man Ross Wilson said, “As you know, although we’re all four still working musicians, Daddy Cool reforms only for very special occasions. We do get offers to play now and then, but we don’t tour and we don’t need to. This is not only a prestigious award - it’s a fun thing, getting together with other musicians, people saying nice things about us and having a few free drinks at the end of the night. That sounds like fun and that appeals to us. Daddy Cool has always been about having fun.”

Originally formed in Melbourne in 1970 with Wayne Duncan, Gary Young, Ross Wilson and Ross Hannaford, Daddy Cool’s debut single “Eagle Rock” was released in May 1971 and shot straight to number one on the Australian singles chart. It recently topped a Max TV poll of the greatest Australian songs of all time. Their 1971 LP “Daddy Who? Daddy Cool!” also reached number one, becoming the first Australian rock album to sell more than 100,000 copies.

The awards night will kick off at 8.30pm with MC Henry Wagons, and special guests including Russell Morris, Stonefield, and Jess Cornelius (Teeth & Tongue) performing

with musical director Pete Luscombe (RockWiz) with the EG Allstars. Davey Lane will also perform a Jim Keays tribute and the evening will conclude with Daddy Cool’s Hall of Fame induction ceremony and concert.

Tickets are \$50+bf to the public and went on sale Monday 4th August via 170Russell.com. Music Victoria members and The Age subscribers can access a special discounted ticket offer of \$40+bf.

A limited number of corporate booths are available – please contact Music Victoria to purchase.

This year the Awards are proud to announce that ALH Group’s Live At Your Local has joined SAE Institute and Triple R 102.7FM as a presenting partner.

ALH Group State Manager, Paul Cooper, said “Our hotels provide a vibrant live entertainment option in the suburbs to cater for all tastes and liveatyourlocal.com.au is proud to be a presenting partner.”

The Age Music Victoria Awards 2014 will be held during Melbourne Music Week on Wednesday 19th November at 170 Russell (formerly Billboard) from 8.30pm - 11.00pm.

The publicly voted The Age Music Victoria Awards presentations will precede the concert this year. Pioneer rock music journalist Ed Nimmervoll will also be inducted into the Hall of Fame at the Awards, which are the largest publicly voted awards in Australia with an average of 80,000 votes.



Public polls open online via The Age on Friday 17th October after the completion of The Age Music Victoria Genre Awards. The Performing Arts Centre, and The Age online, will also pay tribute to this year’s inductees in exhibitions leading up to the event.

The Awards continue their long association with the musicians’ charity Support Act Limited, donating \$5 from each ticket to the organisation. ■

Tickets are on sale Monday 4th August for \$50+bf at 170russell.ticketscout.com.au/gigs/2805/

See you all at the 2014 The Age Music Victoria Awards!

musicvictoria.com.au/

agemusicvictoriaawards

theage.com.au/entertainment/

agemusicvictoriaawards

facebook.com/theagemusicvictoriaawards

For more information or interviews, please ring Karen Conrad on 0400 527 365

or email karen@karenconradpublicity.com

10 SONGS

by Jack P Kellerman

TELEGRAPH ROAD –

I remember where we were when we first saw Dire Straits. It was at my older brother and his wife's house in Wheeler's Hill, Victoria. A Sunday evening. Countdown? Probably. The song was Sultans of Swing and my twin brother and I watched it on television, focused and in awe of this new sound.

Back in '77 my brother and I were adult students at Highett High, doing HSC. That was the year Dire Straits had come about with the group formation of Mark Knopfler, his younger brother David and friends John Illsley and Pick Withers. Soon after, the world began to appreciate their down-to-earth style, then in complete contrast to the punky and post-punk flavour that was infiltrating radio, with the release of their debut single, Sultans of Swing.

It was five years later that one of the most commercially successful bands in history released their 5-track critically acclaimed album. It came out in September, 1982 and received 4 out of 5 star reviews internationally. Love Over Gold, the bands 4th album, was the first to be produced solely by Mark Knopfler.

Track one on side one of the vinyl was 'Telegraph Road'. The song was highly regarded and was first played live in Australia. The song's unique sound was helped by the use of Mark's 1937 National Steel Guitar. For nearly a quarter of an hour Dire Straits ran every red light on memory lane with this classic track. A 14 minute epic, Telegraph Road (not unlike The Eagles' 'Last Resort') looks at the encroachment of civilization and the effects of commercialization. Hence, the lyrics, "Then came the churches, Then came the schools, Then came the lawyers, Then came the rules....." And "I used to like to go to work but they shut it down, I've got a right to go to work but there's no work here to be found". Back in the early 80's the theme and concern over job losses in Thatcher's England was real.

The album was, as Rolling Stone magazine said, a statement of purpose and a declaration of artistry over the striving to be "radio friendly". And it worked, as an album on both levels, both popular and critically acclaimed.

Anyone that may have been worried about Dire Straits becoming permanently involved in straining 15-minute songs though, need not have worried. Soon after the group changed pace again with the release of their very radio friendly EP that featured the hit 3-minute single, Twisting By The Pool.

At least on one level, Dire Straits were a bit like The Beatles –you never knew what you were going to get next. And my twin brother and I remember that Sunday evening moment when we first saw them on TV like it was yesterday. ■

SONGWRITER WAY UP THERE ON THE ROOF: GERRY GOFFIN, LYRICIST 11-2-1939 – 19-6-2014

Gerry Goffin, who has died aged 75, was one of the most prolific pop lyricists of the 1960s and 1970s, co-writing with his first wife and songwriting partner Carole King more than 50 hits, including Will You Love Me Tomorrow, the soul classic (You Make Me Feel Like) A Natural Woman, the wistful Up on the Roof and the dance number The Loco-Motion.

But Goffin confessed that the onslaught of the Beatles had left him feeling dwarfed and inadequate; meanwhile, he never understated the "big difference between being a pop lyricist and a poet [like] Bob Dylan".

Considered one of the defining voices of his generation, Goffin himself came to take a jaded view of his own talent - "Am I going to have to write this shit until I'm 32?" - yet his early lyrics transcended those of almost all his rivals. His work extended from bland chart cliches and jokey send-ups of his own trade - notably Who Put the Bomp (In the Bomp Bomp Bomp Bomp) in 1961 - to eloquent ballads with lyrics that were natural, direct, self-aware and affecting.

Perhaps Goffin's greatest gift was to find words that expressed what many young people were feeling but were unable to articulate. In his first No 1 hit, Will You Love Me Tomorrow, co-written with Carole King and recorded in 1961 by the all-black girl group the Shirelles, he wrought lines that were daring for the time (the surrender of teenage virginity) and genuinely touching: "Tonight with words unspoken/You swear that I'm the only one/But will my heart be broken/When the night meets the morning sun?"

There were undercurrents of sadness, too, in Goffin's song Up on the Roof, which opens with a downbeat thought that would have occurred to few pop writers: "When this old world starts getting me down/and people are just too much for me to face/I climb way up to the top of the stairs/and all my cares just drift right into space". It became a Top 10 hit for the Drifters in 1962.

Goffin's marriage to Carole King eventually failed because of tensions between them, not least because he was neither a musician nor a singer. Matters were made worse by Goffin's stammer, his

infidelities and, from the mid-1960s, his drug use.

After his divorce in 1968, Goffin earned an Academy Award nomination with Michael Masser for the theme to the 1975 film Mahogany (Do You Know Where You're Going To?) for Diana Ross. Another Masser collaboration, Savin' All My Love for You, was a worldwide hit for Whitney Houston in 1985.

The son of a salesman, Gerald Goffin was born in New York. His parents divorced when he was five. After graduating from high school he enlisted in the Marine Corps Reserve, but resigned after a year to study chemistry at Queens College. While working as an assistant chemist there he met Carole King, who steered him from Broadway musicals towards rock and roll. Goffin and King married after a whirlwind courtship in 1959, and while holding down day jobs spent their evenings writing songs; they had their first hit when he was 20, she only 17.

When the Shirelles' recording of Will You Love Me Tomorrow reached the top of the US charts in January 1961, Don Kirshner, co-founder of the Aldon song publishing empire, drove Carole King in a limousine to the chemical plant where Goffin worked and told him he was now a full-time songwriter.

Having divorced Carole King in 1968, Goffin found himself largely overshadowed by his ex-wife, who found success as a recording artist in her own right, notably with her solo album Tapestry in 1971.

Their love affair became the subject of Beautiful: The Carole King Musical, currently playing on Broadway. Goffin, portrayed in the show as mentally unstable, attended the opening night in January; King, who avoided seeing it for months because it stirred up sad memories, finally sat through it in April.

Goffin and King were inducted into the Songwriters Hall of Fame in 1987 and the Rock and Roll Hall of Fame three years later.

Gerry Goffin is survived by his second wife, Michele, whom he married in 1995, and five children. ■

The Telegraph, London

www.canberratimes.com.au

Buddy Holly

One of the greatest influences on what became known as rock 'n roll is Buddy Holly.



Born on September 7th, 1936, in Lubbock, Texas, he produced some of the most distinctive and influential work in rock music. A seasoned performer by the age of 16, he died at the age of 22, the result of a tragic plane crash in 1959. His legacy remains timeless although, like Lennon and McCartney, he could not read or write music. His recovered notebooks were filled with lyrics only.



With hits such as 'Peggy Sue' and 'That'll Be the Day,' Buddy Holly was a rising star at the time of his death.

Buddy Holly learned to play piano and fiddle at an early age, while his older brothers, Larry and Travis, taught him the basics of guitar. A 1949 home recording of "My Two-Timin' Woman" showcases Holly's skilled, if prepubescent, singing voice. Holly's mother and his father (a tailor by trade), both proved to be very supportive of their son's burgeoning musical talents, generating song ideas and even penning a letter to the editor of Lubbock's newspaper in defence of rock 'n' roll-loving teenagers lambasted in a conservative editorial.

Despite his parents' support, Holly couldn't have become a founding father of rock 'n' roll without engaging in some degree of rebellion. Once a preacher at the local Tabernacle Baptist Church asked him, "What would you do if you had \$10?" The young rocker reportedly muttered, "If I had \$10, I wouldn't be here." Holly had clearly set his sights on something other than growing up to join his brothers in their tiling business.

After high school, Holly formed a band and played country and western songs regularly on a Lubbock radio station. He often opened for well-known national acts that toured through town. Bandmate Sonny Curtis viewed Holly's opening for Elvis Presley in 1955 as a crucial turning point for the singer. "When Elvis came along," Curtis recalls, "Buddy fell in love with Elvis and we began to change. The next day we became Elvis clones."

Although the bespectacled, bow-tied youth playing the Fender Stratocaster lacked Elvis's incendiary sex appeal, Holly's conversion from country to rock 'n' roll did not go unnoticed. A record company talent scout soon caught his act at a skating rink and signed him to a contract.

In early 1956, Holly and his band began recording demos and singles in Nashville under the name Buddy Holly and the Three Tunes, but the group's lineup was later revised and dubbed The Crickets. The first concert by the Crickets was a Battle of the Bands between Buddy and the Crickets and Tinker Carlen and the Cats in April 1957 at the Village Theatre in Lubbock.

Holly wrote and recorded his breakthrough hit, "That'll Be the Day," with The Crickets in 1957. The song's title and refrain are a reference to a line uttered by John Wayne in the 1956 film *The Searchers*. Between August 1957 and August 1958, Holly and the Crickets charted seven different Top 40 singles. Coincidentally, "That'll Be the Day" topped the U.S. chart exactly 500 days before Holly's untimely death at Grant Township, Iowa.

In October 1958, Holly moved to Greenwich Village in New York City and toured with The Crickets through the Midwest in 1959 with The Winter Dance Party. Tired of enduring broken-down buses in subfreezing conditions, Holly chartered a private plane to take him from a show in Clear Lake, Iowa, to the tour's next stop in Moorhead, Minnesota. The 22 year-old Holly was joined on the doomed flight by fellow performers Ritchie Valens

and The Big Bopper. The plane crashed within minutes of leaving the ground, killing all aboard.

His funeral was held at the Tabernacle Baptist Church back in Lubbock..

Don McLean's 1972 hit, "American Pie" memorialized Holly's life and death and again brought the late musician's life to the spotlight of a new generation. Because of the continued popularity of his music and film adaptations of his life's story, Holly's hiccup and horn-rimmed glasses are still recognizable today and although his professional career spanned just two short years, Holly's recorded material has influenced the likes of Elvis Costello and Bob Dylan, who, at age 17, saw Holly perform on his final tour. The Rolling Stones had their first Top 10 single in 1964 with a cover of Holly's "Not Fade Away." The Beatles chose their name as a kind of homage to The Crickets, and Paul McCartney has since purchased Holly's publishing rights.

Buddy Holly's lasting impact on pop music was even larger. The Crickets pioneered the now-standard rock line-up of two guitars, bass, and drums. Holly was also among the first artists to use studio techniques such as double-tracking on his albums. Despite Holly's numerous contributions to rock 'n' roll, a 1957 interview with Canadian disc jockey Red Robinson suggests that the singer questioned the longevity of the genre. When asked whether rock 'n' roll music would still be around after six or seven months, Holly replied, "I rather doubt it." ■

"IT INSTILLED IN ME THE NOTION, DEPLORE THE WAR BUT SALUTE AND HONOUR THE HEROES AND I HOPE THAT COMES THROUGH WITH THIS PROJECT."

Ted Egan AO is a writer, singer and former Administrator of the Northern Territory (2003 to 2007).

He has lived in the Northern Territory since 1950 and has worked for the Commonwealth Department of Aboriginal Affairs under both Liberal and Labor governments. He was a member of the first National Council for Aboriginal Reconciliation.

He was born in Coburg, Melbourne, moving to the Northern Territory in 1949, at the age of 16, in search of work and adventure. In his early career with the Department of Aboriginal Affairs he was mainly in the bush, and engaged in jobs like stockwork and crocodile hunting while employed as a patrol officer and reserve Superintendent. Later he was a teacher at bush schools. He also was a member of the first National Reconciliation Council.

Ted Egan began recording in 1969 and has released 29 albums, mostly themed around outback life, history and Aboriginal affairs. He has been a consistent performer and tours regularly and is a strong believer and spokesperson for indigenous culture.

The Last Post: Thanks for joining us here at The Last Post, Ted, we're honored to have you here. What have you been up to lately?

Ted Egan: Well, thanks Greg. What have I been up to lately? Well, I've just finished my PhD. I'm a lateral thinker and I've always got a couple of big projects on my mind and, for the last ten years I've had the ANZAC'S strongly on my mind because of my awareness that the centenary of the commemoration of the word 'Anzac' was coming up and now, here it is with us and so I've put together my new project, The Anzacs, 100 Years On and it's a lovely, prestigious hard cover, 170 pages with maps, sheet music, songs, my historical overview of World War 1 and the Anzac connection based on the 20 songs that I present on an album which is a companion for the book. It's history based on story and song. To promote the whole package I've put



together an audio-visual presentation which has been endorsed by RSL Clubs, I've shown it already in a few RSL Clubs to great acclaim and wonderful audience participation. It's a 90-minute presentation that goes on the big screen with me running through 3 DVD's and 200 approved and wonderful photographs. I invite the audience participation and there's been a wonderful reaction to that. It's been a wonderful time spent bringing to finality a project that is a good tribute to our heroes.

TLP: It's an amazing package Ted, this Anzacs – 100 Years On. A book, CD and DVD?

TE: It's a book with a CD and there are 3 DVD's. Everyone is offered a free DVD with an offer to buy the other DVD's but they're not compelled to. It'll retail at about \$40. We're hoping to take it to RSL Clubs all around Australia. Indeed, it's endorsed by the RSL and of course, I've been at Albany RSL in October, November this year to do the presentation for twice a day for a month.

TLP: That's Albany in WA.

TE: Yes, where the term ANZAC's was coined of course. They were going to call them the Australasian Army Corps but New Zealand justifiably said, listen, we're a separate and proud nation, so the term ANZAC was coined.

TLP: You do have some family history at Gallipoli.

TE: Yes, my Mum had three brothers there and one was killed and one went on to the Middle-East and was gassed and suffered indifferent health and was invalided home at the end of 1918 after three years on the Western Front and on the way home the ship was torpedoed so he was also in the Atlantic Ocean for a couple of days. The real tragedy was the third one, my Uncle Martin who went

away a dashing looking young horseman and came back a shuffling, shell-shocked wreck and was in and out of mental hospitals for the rest of his life. My mother used to get very angry when people used to laugh at him. He would run if there was any undue noise, run to take cover and people used to laugh at this. It instilled in me the notion, deplore the war but salute and honour the heroes and I hope that comes through with this project.

TLP: The Anzacs – 100 Years On is a very timely reminder for all Australians about the gratitude we owe and the legacy and that would be part of the whole thing too, with you doing this.

TE: Yes, the touching part, well, I had the sense to interview an old Anzac in the knowledge that they weren't going to be around 100 years hence. I interviewed a man who was on the beach, 25th of April, 1915, Jack Nicholson, interviewed him at length so in the project, Jack's face is there, he links the songs and makes comments about Gallipoli and being there and of his experiences in Cairo and his family is thrilled. It's interesting to watch the reaction of the audience and it's Jack who moves them. They see in him, the fair dinkum article, the voice of an old digger saying, I never want to see another war again.

TLP: The Anzacs – 100 Years On. How do people go about getting that?

TE: If people respond to the ad in your wonderful magazine they'll get their order in the mail and I'll autograph that. My contact details are on the ad.

TLP: It's of great interest to us and our readers Ted. Thanks so much and good luck with Anzacs – 100 Years On.

TE: It's been my pleasure, Greg. ■

"...THE VOICE OF AN OLD DIGGER SAYING, 'I NEVER WANT TO SEE ANOTHER WAR AGAIN.'"

THE ANZACS

100

YEARS ON

IN STORY AND SONG



TED EGAN

ORDER YOUR KIT NOW

\$40 incl Postage

PRESTIGIOUS BOOK • FREE CD • FREE DVD

ADDITIONAL DVDS AVAILABLE

TED EGAN 8952 5020

ted@tedegan.com.au

Available now from
Ted Egan:
PH 08 8952 5020
E: ted@tedegan.com.au



THE ANZACS: 100 YEARS ON

I am about to release my exciting new kit The Anzacs: 100 Years On, as part of the, Commemoration of Anzac observances that will occur between 2014 and 2018. I hope to, take the kit around Australia and New Zealand during those years, together with a ninety-minute, audio-visual presentation.

The kit consists of a prestigious hard-cover, full-colour book of 170 pages with illustrated, dust-cover as enclosed, containing around 100 superb photographs, maps, sheet music, and a comprehensive text from me, presenting my thesis that we should deplore war, abhor and expose the armourers, but salute and respect the heroism of the men and, women from our two nations who volunteered for what they perceived to be a good cause.

A FREE companion to the book is my CD album The Anzacs: 100 Years On, comprising, 20 relevant songs, most of them my compositions.

I come to this topic with a strong family connection and interest. My mother, Grace Brennan, had three brothers who volunteered to join the Australian Light Horse in 1914., Jack Brennan was killed at Gallipoli in October 1915. Bob Brennan went on to serve three, years straight in the horror of the Western Front. Martin Brennan went to the Middle East, was engaged in many conflicts, was briefly a prisoner-of-war, escaped, re-joined his, regiment. I wrote my Song for Grace to record the story my mother told me at the age of twelve. She was the most anti-war person I ever knew.

The kit will be ready for distribution during August 2014 and I invite you to order now so that your autographed copy can be posted to you on Day One. The price? For \$40, I will, cover package, postal charges and autographing to your instruction.

A bonus. Six DVDs (film clips) covering songs of mine are available. These are: 'Song for Grace', 'Gallipoli', 'Beersheba', 'Drover's Boy', 'Old Ned', 'Sayonara Nakamura'. One of these will be A GIFT TO YOU for ordering the kit. Any additional DVDs you would like can be yours for just an ADDITIONAL \$5 each.

Please place your order now. Payment options available are credit card, cheque or electronic transfer.

You can contact me using the contact details on this page. If you call 08 8952 5020 I would be delighted to help you over the phone. If you'd prefer to correspond by email, please write to me:, ted@tedegan.com.au giving me your postal address, your credit card details and autographing instructions. I'll do the rest.

MICK WALL

Mick Wall is a British music journalist, radio and TV presenter and author. He began his career contributing to the music weekly *Sounds* in 1977.

In 1979, he left music journalism to become the partner in his own PR firm, Heavy Publicity, aged 20, where he oversaw press campaigns for artists such as Black Sabbath, Journey, REO Speedwagon, Thin Lizzy, Ultravox, The Damned, Dire Straits and several others. In the early 1980s he also worked at Virgin Records as press officer for such artists as Gillan, The Human League, Simple Minds, Japan and others.

Mick is the author of the new Doors biography, *Love Becomes A Funeral Pyre*, and the new forthcoming Pink Floyd online biography, *Endless Journey*. He is currently working on a new memoir, *Getcha Rocks Off*, the long-awaited follow-up to his No.1 best-seller *Paranoid*, due for publication in May 2015. His classic best-selling biography of Guns N' Roses main man W. Axl Rose is also being published in eBook form, in time for Xmas 2014. This comes with a brand new introduction by the author and fully updated chapters covering the years since the book's original publication in 2006.

The Last Post: Thanks for joining us here at The Last Post, Mick. The Doors, the mythology and the facts. How different are they?

Mick Wall: I think, if you look at any rock star, be it Elvis Presley or Jimi Hendrix or John Lennon, anyone of them that has died before their time, inevitably it becomes, in rock terms, almost a religious figure, they start to attain all sorts of mythical powers and status they didn't enjoy while they were alive and wouldn't have enjoyed had they not died too young. I think in the case of Jim Morrison, because his music, unlike Hendrix, unlike Lennon, whose best music invited everybody in to care and share the experience, I think Morrison was always much more elitist, much more self absorbed and I think that means that it lends itself to this idea that you have to be an initiate really to fully understand his journey and to understand the music he made with The Doors. Also, this so called mystery about his death, I think that has added another layer of mystique and added up to a very devoted and cultish kind of legacy for Morrison and The Doors. I say simply, that would not have happened if he had not have died and certainly didn't exist when he was alive. In fact, their

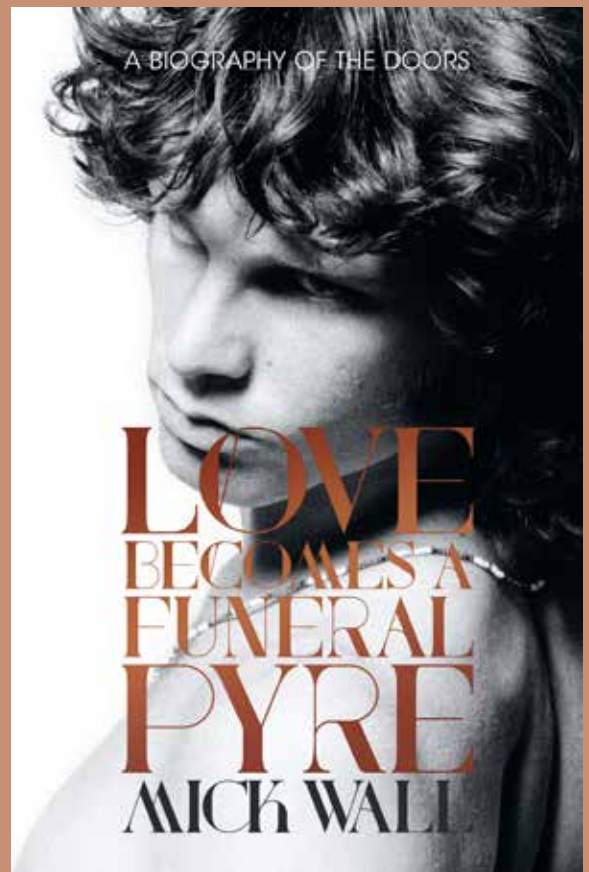
career was in the balance very much at the time of his death.

TLP: LA Woman was a great album but do you think they were on the decline at that moment?

MW: I think so, yes. I love that album as well but you can't escape the fact that Paul Rothchild abandoned them at that point. He had personal reasons too, which the book explains, he never got over the death of Janis Joplin who he was having a very intense relationship with at that point but, if you look at the origins of a lot of the material on LA Woman, it was very much a case of catch where catch can. They were putting bits together from old stuff, they were grabbing stuff from out of Jim's journals, poetry books and stitching it together and it was very much recorded as live and it could've been a dreadful disaster. In fact it turned out that it worked out, really, really well. But I do wonder where they could've gone afterwards. If you listen to the material they recorded without Morrison, for Other Voices, it's pretty piss-poor. It's okay but it doesn't have any of the status or glamour or intrigue of the stuff they made with Morrison. But Morrison, as far as I can tell, had no intention of coming back to America, not while he had any chance of going to jail, which seemed extremely likely. And they were absolutely sick to death of him. They'd effectively fired him at that point anyway. They weren't going to tour anymore with him so I think it would have been a fairly tawdry, tapered out existence, probably a bit like Crosby, Stills and Nash or something. They'd have probably have come together a few years later, then disintegrated again. I think they had gone as far as they could with Jim at that point. And vice versa. I think his death, in a grotesque way, put a lovely kind of exclamation mark on the end of it all.

TLP: Brian Jones appeared to be on his way out with The Stones, at the time of his death. Do you think it was the same for Jim and The Doors?

MW: Yes, I think it was. The difference was that The Stones were able to shed Brian Jones and carry on because they still had Mick Jagger and Keith Richards who'd written all



"JONES, BY THE END OF HIS TIME IN THE STONES, HE WAS REPLACEABLE. I THINK IN THE CASE OF THE DOORS, MORRISON WAS UTTERLY IRREPLACEABLE"

the major songs for The Stones. You could argue that they went on to make some even better albums after Jones died. In The Doors case, they were making the album when he died and it was released within three months of his death and they were planning to tour that August and cancelled it quickly when he died because it would've seemed indecent. But, they went on to make an album without Jim and it was a huge flop. It was a terrible disappointment. A very dreary album. There are some tracks on it that are very pleasing but nothing on it that makes you want to go back and hear it forty years later, like you want to hear LA Woman or Riders On The Storm or Light My Fire or any of the great Doors material from their previous albums. The difference is that Jones, by the end of his time in The Stones, he was replaceable. I think in the case of The Doors, Morrison was utterly irreplaceable. The problem for them is that he'd become a totally, unreliable prick. ■

This is an extract from The Last Post's interview with Mick Wall.

Part Two will appear in the Anzac Day, 2015 edition of The Last Post.

"..IN FACT, THEIR CAREER WAS IN THE BALANCE VERY MUCH AT THE TIME OF HIS DEATH "



STING & PAUL SIMON
ON STAGE TOGETHER
TOUR 2015
PAUL SIMON & STING

"ONE OF THE MOST SURPRISING, DARING, AND REWARDING DOUBLE BILLS..."

-HOLLYWOOD REPORTER

"A MARVELOUS MEETING OF MUSICAL MINDS, THE STUFF OF FUTURE LEGEND."

-ORANGE COUNTY REGISTER

"GREAT MELDING OF MUSIC BY TWO OF THE WORLD'S FINEST SONGWRITERS AND SINGERS."

-AMERICAN SONGWRITER

SUNDAY FEBRUARY 8

COOPERS BREWERY

136 100 or TICKETMASTER.COM.AU

SELLING FAST - ONE SHOW ONLY!

ON SALE NOW

FOR ALL TOUR AND VIP PACKAGE INFORMATION HEAD TO ANIGHTATCOOPERS.COM

SIMONANDSTINGTOUR.COM • PAULSIMON.COM • STING.COM



PRODUCED BY LIVE NATION GLOBAL TOURING



Worth Listening To...

All Things Must Pass – George Harrison

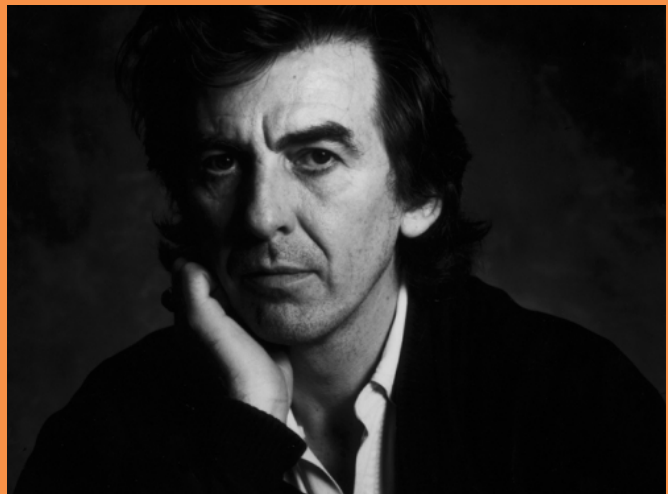
By Taj Worthington-Jones

This was the first album released by an ex-Beatle after the fab four's breakup and the double album's first single, My Sweet Lord, was the first 45 rpm from an ex-Beatle to go to Number One. It went to number one alright. And stayed there, in each state around Australia for an average of 6 weeks.

Released in November 1970, the same year The Beatles disbanded, All Things Must Pass features George's signature slide guitar on the beautiful 2nd single from the album, What Is Life.

The album as a whole shows the magnitude of material the "quiet Beatle" had been shelving during his former group's tumultuous final days (1968-70). Free of the musical constraints of working within the Lennon-McCartney regime, this is an enlightenment of creativity.

The backing muso's for this classic album is impressive and includes Delaney and Bonnie and their band, including Dave Mason and Bobby Keys, future Yes drummer Alan White, Eric Clapton, Badfinger, Gary Wright, Ringo Starr, Gary Brooker, Phil Collins and Klaus Voorman. Meeting critical acclaim and commercial success, this album shows us all how much superlative material would have been together if The Beatles had of stayed together. But, having recently worked with



Leon Russell, The Band, Bob Dylan, Eric Clapton and Jack Bruce, The Beatles had run out of excuses in Harrison's world.

Co-produced by Phil Spector, the album majestically uses the producer's famous 'wall of sound' to great effect on a number of tracks. Running for 106 minutes, many critics consider All Things Must Pass to be the finest of all ex-Beatle albums.

Spector had first come across Harrison's backlog of unreleased material in early 1970 and had commented that it was "seemingly endless". It is true that the material Spector had access to dated back as far back as 1966, much of it considered unworthy of album inclusion by Lennon-McCartney.

An intensely personal statement, George Harrison's 1970 release, All Things Must Pass was a triumph and a masterful blend of brilliance, mood, everyday rock and simply, a very moving work. ■

Passing of the man who made the hits

By Bernard Zuel

One of the most successful producers of Australia's golden age of pop and rock, has left a legacy that stretches from the 1970's to the 21st century.

Dawkins, who was diagnosed with Parkinson's disease in 1989, died in July, aged 68.

Dawkins achievements include producing 20 songs that went to No.1, 50 albums which achieved either gold or platinum status and his roster includes some of the biggest names to have emerged locally.

As well as producing hits for Dragon (Are You Old Enough? And April Sun In Cuba, Slim Dusty (Lights On The Hill) and Billy Thorpe (It's Almost Summer), Dawkins pushed young bands of the 1980's such as Pseudo Echo,

Little Heroes and Matt Finish. He also signed Dragon, Matt Finish and Little Heroes to their first major record contracts, often on the basis of a gut feeling from one show.

Of those gut calls, he once said: "You don't do it that often in a career, but sometimes you just have to – like with Dragon; I heard one song after another, every one a potential hit."

Another of his success stories was the crucial second album from Australian Crawl, which built on their debut's success rather than let the band become one-hit wonders.

Australian Crawl frontman James Reyne described Dawkins as "the perfect person" for the band at that time and someone who understood that "you have to understand the dynamic of the band", to the point almost of being an amateur psychologist.

"It helped to pull ourselves together and we learnt a lot from being ourselves in the studio rather than dictating," Reyne said. "He was a song guy. He was an A&R (Artists and repertoire) man as well, so he understood

songs and that's so important in a producer because he tried to get the best sound for the actual song."

Dawkins, who began his career in his native New Zealand as a drummer, not only worked for major labels in the UK and US but ran several studios while also producing hits. Yet he maintained a reputation as a humble man.

Denis Handlin, chairman of Sony Music Australia, worked with Dawkins in the 1980's and remembers him as "ahead of his time", as well as inspiring in his post-music work.

"He was one of the true great A&R pioneers," Handlin said. "I was honoured to work with him and inspired by his amazing natural instinct through his signings of Air Supply, Mi-Sex and Dragon, who all ended up on a world stage thanks to Peter's creative brilliance."

Though Parkinson's eventually ended his music career, Dawkins went on to become CEO of Parkinson's NSW and chairman of fundraising program Golden Turkey Roast. ■

ROCK TUNES WRITTEN ON THE SUBJECT OF WW1

- England 1914 Ralph Mctell
- Christmas 1914 Mike Harding
- Fields Of France Al Stewart
- Butcher's Tale (Western Front 1914) 2:47 The Zombies Odessey & Oracle:
- Cliffs Of Gallipoli Sabaton The Art Of War (Re-Armed)
- All Together Now The Farm
- Somewhere In England 1915 Al Stewart A Beach Full of Shells 1916
- Motörhead 1916
- Paschendale Iron Maiden Dance Of Death
- One Metallica ...And Justice For All
- Some Mother's Son The Kinks Arthur: Or The Decline And Fall Of The British Empire
- The Unknown Soldier Roy Harper
- The Band Played Waltzing Matilda Eric Bogle
- Remembrance Day Bryan Adams
- Remembrance Day Mark Knopfler
- In memory of Harry Patch Radiohead
- And PJ Harvey did a whole 1914-inspired album 'Somewhere in England'!

**Dr. Bruce Cherry, Monumental
Tours of Rock's Landmarks www.londonrocktour.com
Telephone: Reservations &
Operations: (+44) 07971 296 352
Marketing & Admin: (+44) 07887
703 725 Follow us on Twitter @
londonrocktours for rock news,
views, reviews and competitions!**

Am I ever going to see your face again.

The Last Post sadly notes the passing of Australian rock legend, Bernard 'Doc' Neeson OAM.

Doc was the lead singer for the legendary rock band, The Angels. He was born in Belfast, Northern Ireland in January, 1947. The Neeson family emigrated to Australia and settled in Elizabeth a migrant, satellite suburb of Adelaide.

After finishing high school, Bernard entered teachers college and, after being conscripted into the Army during the Vietnam War, served as an education corps sergeant in New Guinea.

While at Flinders University, Doc had become a member of the Moonshine Jug and String Band. By 1974 the group had become the harder edged Keystone Angels and got to back legend Chuck Berry during his Australian tour that year. The group appeared at the final Sunbury concert in 1975 and received a standing ovation. They then supported AC/DC during a regional tour of South Australia, signed with Albert Productions and, in 1976, relocated to Sydney. In March of that year, after shortening their name to The Angels, the released their debut single, "Am I ever going to see your face again".

In August 1976, Graham "Buzz" Bidstrup joined John and Rick Brewster and Doc, on drums. Buzz was an experienced drummer, held in high regard and had previously played in Adelaide groups, Fahrenheit 451 and Red Angel Panic. In January 1977, Chris Bailey (ex Headband, Red Angel Panic) joined on bass to free Doc up to concentrate on his "over the top" stage show.

The group's debut album, The Angels, appeared in August 1977, with seven of the albums ten tracks co-written by Neeson.

From that time onwards, The Angels achieved huge success. Their follow up album, Face to Face, released in August 1978, was listed in the book 100 Best Australian Albums.

The Angels continued through various line-ups which included differently named ensembles Angel City (for international releases) and The Angels from Angel City. On 20 October 1998 at the ARIA Awards the group were inducted into the Hall of Fame. Outside of his work with that group, Neeson initiated The Tour of Duty – Concert for the Troops held for the InterFET forces in East Timor which took place in December 1999.

On New Year's Eve 1999, Neeson announced his departure from The Angels at the MGM Grand Darwin Millennium Concert citing his injury from a car accident earlier that month.

On 10 January 2013 Neeson's Facebook page announced that he had been diagnosed with a brain tumour and would undergo immediate treatment. The Angels 100% Tour management released a statement: "To all The Angels friends, fans, venues and media It is with deep regret and shock that The Angels have to announce that Mr Doc Neeson was admitted to hospital over the recent Christmas/New Year period. He has just been diagnosed with an aggressive form of cancer, (brain tumour). This will require immediate intensive radiation and chemotherapy treatment and will continue for the next 6-7 months". John and Rick Brewster said: "Our thoughts are with Doc, his family and others close to him, and we wish him a speedy and complete recovery".

On 28 April 2014 the ABC TV series, Australian Story, broadcast an episode, "A Very Good Rascal", as a biographical documentary on Neeson, his musical career and his medical condition. Neeson died on 4 June 2014, aged 67.



RICHARD CLAPTON

“SINCE DAY ONE FOR ME, I’VE ALWAYS FELT REALLY HUMBLLED BY THE FACT THAT PEOPLE PAY MONEY TO HEAR ME PLAY. I’M ETERNALLY GRATEFUL FOR THAT..”

Born in 1949, Richard Clapton is a perennial Australian singer-songwriter and guitarist from Sydney, New South Wales.

His solo top 20 hits on the Kent Music Report Singles Chart are “Girls on the Avenue” (1975) and “I Am an Island” (1982). His top 20 albums on the related Albums Chart are *Goodbye Tiger* (1977), *Hearts on the Nightline* (1979), *The Great Escape* (1982), and *The Very Best of Richard Clapton* (1982). As a producer he worked on the second INXS album, *Underneath the Colours* (1981). In 1983, he briefly joined The Party Boys for a tour of eastern Australia and the live album, *Greatest Hits (Of Other People)* (1983) before resuming his solo career.

Australian rock music historian Ian McFarlane described Clapton as “one of the most important Australian songwriters of the 1970s”. On 12 October 1999, Clapton was inducted into the Australian Recording Industry Association (ARIA) Hall of Fame. On 1 August 2014 Clapton published his autobiography, *The Best Years of Our Lives*.

The Last Post: Thanks for joining us at The Last Post, Richard. What have you been up to lately?

Richard Clapton: Oh, well, I went to Europe for a few weeks and then hit the ground running when I got back, promoting the new book and that’s pretty much it because I think, if my calculations are correct, I’m doing more than 60 interviews in three weeks. It’s been pretty full-on.

TLP: There’s been a lot of appreciation for your work over the years and summed up well

with the new book, *The Best Years Of Our Lives* with a new DVD, CD?

RC: That’s correct.

TLP: Encompassing your history, which I’ve followed for a long time now, you hit the charts with *Girls On The Avenue* but you’d been doing material before that and had a history of touring overseas. You went overseas, firstly, on a ship?

RC: That’s correct, yeah. That was a fascinating journey that I probably couldn’t afford to do nowadays.

TLP: It led to having an ongoing affair with Europe. I think when you had, *Goodbye Tiger*, when that came out you’d just been back from Europe and written some beautiful stuff on that album.

RC: Yes, you see the curious thing about the songs on *Goodbye Tiger* is, I’d been the recipient of an Arts Australia grant, which enabled me to go around the world writing songs and I’d pretty much got as far as Berlin. All my German friends were at Berlin Uni and they’d take their winter break in Scandinavia so I wrote about half the songs on *Goodbye Tiger* in a little fishing village on the northern most tip of Denmark.

TLP: Yes, it comes across beautifully. Excuse my memory but there’s a song on that about walking the streets...

RC: Oh, *Wintertime In Amsterdam*.

TLP: When did it all hit you. When did you first feel the want to become a musician?

RC: I was always really fascinated with rock music but more specifically, Bob Dylan so I really got into music after about my second year of living in London. Originally I wanted to be a graphic designer and I went to London to go to an arts school there called St Martins in the fields and I used to put myself to sleep each night with Bob Dylan’s *Blonde on Blonde*, which on vinyl was like a

double album. I guess, somewhere along the line, in a moment of epiphany, I became quite obsessive about wanting to emulate what Dylan was doing which was communicating in the best possible way, especially to his generation.

TLP: Have you an idea what it may be about you that means so much to and connects with so many Australians? You have a cult following.

RC: Yes, I’d say it’s a cult following. That’s a good way to describe it. Doing this book tour highlights that cult thing even more. I’m starting to believe that my fans think, as long as Ralph’s here, all’s right with the world. I never set out deliberately...I mean, in my very beginnings in Australia in the early 70’s I was very much enamoured with The Dingoes and some of the Australian bands around at the time, Country Radio. There was a little sub-culture starting and Australian musicians, probably for their first time, were trying to write about their own immediate environment. So I joined that school and took to it like a duck to water. Even on my first album there were songs about Redfern and songs about Paddington and of course, on the *Girls On The Avenue* album there’s *Blue Bay Blues*, a song about Byron Bay. So, ever since then I’ve written about my immediate environment. Some of my songs, like *Wintertime In Amsterdam* are obviously about Amsterdam but, for the most part, that’s been the case.

TLP: The classic line from *Deep Water*, “Driving up the Palm Beach Road..”

RC: Quite honestly, it’s a laugh that that song, it’s become quite obvious will probably be my epitaph. I can’t explain why that is, it just seems there’s hundreds of thousands of Australians that relate to those lines, “... Driving up the Palm Beach Road, I’m so drunk

and the car won't go." Every single night I perform that on stage, I don't have to sing that bit anymore, I just get the audience to sing it.

TLP: You've worked with some great musicians over the years, guys from the Dingoes, Tony Slavich, Ricky Fataar, who I think had done a stint as The Beach Boys drummer.

RC: Yes, well he's Bonnie Raitt's drummer, has been for years.

TLP: The late, great Andy Durrant and Mark Moffat. Australian musicians....I think Mainstreet Jive was the first album of yours that inspired me to listen to more of you. How did that album come about?

RC: Well, I'd been living in Melbourne. That is a very Melbourne sort of album for me. I'd had a couple of relationships with girls down in Melbourne and they inspired some of those songs. Then it was recorded in Pyrmont in Sydney which is where Festival studios was. The producer I had, Richard Batchens, elected to mainly use, what shall I call it, a jazz-fusion band, which was Crossfire, I don't know if you remember Crossfire.

TLP: I do.

RC: Yeah, in the book I kinda detail the not-so-great aspects of a lot of things that have happened in my working life and that'd be one of them because I walked into the studio with the full intention of using my own band for that album and then was thwarted by Batchens who elected to use Crossfire. I don't know, at the end of the day, I'm still great friends with Michael Hegarty, my bass player from even before that. It's all water under the bridge now. I think Michael would be the first to admit that Greg Lyon's, was that who it was, from Crossfire, did a pretty good job on bass. Greg's still around. Most of them are up near Lismore. They seemed to gravitate to there. There's a tech college or a music college up there where they're all teachers. So that was the first time I met Kirk Lorange and got into a whole new world of musicians.

TLP: Mainstreet Jive is a great album. The Great Escape, another very good album, there's some real sublime stuff on it and you've got a bit of jazz happening there, too.

RC: Yeah, probably. I attribute some of the unusual stuff on The Great Escape to Jonny Farris, a long time friend of about 33 years and Jonny's played on most of my records and still does gigs with me whenever he's got the time. It was my early experiences with INXS that opened my ears to different musical ideas instead of just having a fairly myopic view of singer-songwriter's. I'd wanted to be a singer-songwriter in the mould of Jackson Browne or Neil Young, Joni Mitchell, etc. etc. So yes, The Great Escape was the turning point for me, musically and I'm really glad it was because it's made, for me, a better career.

TLP: Yes, well said and great timing for that album too, Richard. The early 80's, things were changing anyhow and it evolved for you... I think you produced some INXS, didn't you?

RC: Yeah, well, it all happened at roughly the same time. I think Cold Chisel were doing East, I think it was East and I had already met INXS and I think I had already produced The Loved One for them by that stage and we were all doing our albums together. Ian Moss actually does both the guitars on The Great Escape and Jimmy Barnes doing back-up vocals on I Am An Island. Don Walker plays on I Fought The Law and so on. It was a really tight knit and productive little family, musical family at that time.

TLP: It's a beautiful album. The song, I Am An Island, very punchy, very to the point. Had that come about from a relationship or.

"THERE WAS A LITTLE SUB-CULTURE STARTING AND AUSTRALIAN MUSICIANS, PROBABLY FOR THEIR FIRST TIME, WERE TRYING TO WRITE ABOUT THEIR OWN IMMEDIATE ENVIRONMENT. SO I JOINED THAT SCHOOL AND TOOK TO IT LIKE A DUCK TO WATER."

"I WROTE ABOUT HALF THE SONGS ON GOODBYE TIGER IN A LITTLE FISHING VILLAGE ON THE NORTHERN MOST TIP OF DENMARK."



RC: No, I was actually stuck in a traffic jam. Some sucker had scrawled, No Man Is An Island and I was stuck in this traffic jam on a really hot afternoon, in the back of a taxi and I was looking at this graffiti. With my arts school background, I changed that to I Am An Island. It's really a song about arts students.

TLP: Any new stuff to coincide with the new book, CD etc?

RC: Well, there's a lot of unearthed stuff on the box set including a couple of songs that aren't even finished that I co-wrote with Kerryn Tolhurst from The Dingoes and another one from Danny Spencer whose been my songwriting partner for a number of years now. Plus, there's some songs that you've never heard before, some demos you've never heard before, there's a kickass version of Thorn In My Saddle at Billboard in Melbourne, where Venetta Fields just lifts the roof off the place.

TLP: It's a great live track.

RC: Well, yes, thanks to Venetta, I think it's one of the best live things I've done. Dave Lange at Warner is like an archaeologist,

he spent months and months unearthing all this Richard Clapton stuff, and thank god he did because a lot of it would have been forgotten by me.

TLP: Your live performances would do a lot to give credence to that cult status. The quality and consistent, well you just know you'll get value for money.

RC: Thanks for that. I hear reports about a lot of other artists and acts and you feel like saying to them, if you don't like doing this anymore, for god's sake, don't do it. Since day one for me, I've always felt really humbled by the fact that people pay money to hear me play. I'm eternally grateful for that and I think an artist owes it to his or her audience to show the audience a bit of respect. I think there's too many acts where they get on stage and it's all half-hearted and they don't want to be there, they play for 30 minutes and that's that.

TLP: It's the quality Richard and people appreciate that and they trust you. What's for the future?

RC: This promo will take a while. I'm sort of in a Segway stage where I'm coming out

"THE GREAT ESCAPE WAS THE TURNING POINT FOR ME, MUSICALLY AND I'M REALLY GLAD IT WAS BECAUSE IT'S MADE, FOR ME, A BETTER CAREER."

of the book promotion that went for three weeks and now into the Warner's Box Set promotion. It's sort of a double whammy and the promotional trail goes on for a bit longer and then there's a concert tour next February. I did this APIA Tour earlier in 2014 with Russell Morris, Leo Sayer and Joe Camilleri and there's still a bit of life in that because they're good value those things. That keeps the wolf from the door for a while.

TLP: Thanks for your time Richard, it's been a pleasure.

RC: You're welcome Greg, good stuff. ■

THE BEST YEARS OF OUR LIVES

RICHARD CLAPTON

A rocking and uproarious memoir that tells the story of OzRock and an amazing life in music. For 40 years Richard Clapton has been, above all else, a songwriter – a wry observer of human behaviour and an astute commentator on the Australian condition.

His best songs – Deep Water, Best Years of Our Lives, Goodbye Tiger, Glory Road, Lucky Country, Girls on the Avenue, Trust Somebody, Capricorn Dancer – capture the essence of this country like few other writers. Now in *The Best Years of Our Lives*, Richard employs his keen songwriters' powers of observation, portraiture and storytelling to tell the best one of all: the extraordinary story of his own life.

When he was sixteen Richard inveigled his way into a maximum security hotel in Sydney to hang out with the Rolling Stones. From that day on, he knew he was going to be a rock star. What followed was fifty years filled with incredible experiences, outrageous good times and a catalogue of iconic and timeless songs.

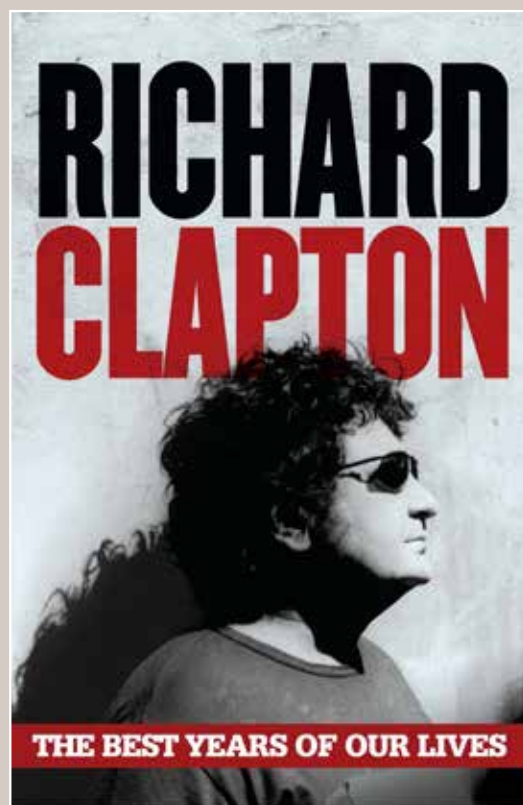
Through the glory years of rock & roll, in cities as varied as London, Berlin, Sydney, Los Angeles and Paris, Richard forged his own career and built up a significant body of work whilst living, loving and partying with some of the biggest names in the Australian and international music world. The list of gigs he has seen would make any music lovers head spin!

But by his own frank admission these years were also fuelled by prodigious quantities of alcohol and drugs, set against a backdrop of constant recording and touring and of endless bacchanalian partying. It was to be a dark and dangerous journey to the very outer limits of human behaviour and physical endurance, a rollercoaster ride of euphoric highs and deep, shattering lows. Dozens of Richard's friends died on that journey of fell off the path but miraculously Richard has survived to tell the tale. This really is the Aussie rock memoir to beat them all ...

Credit: Brendan Read ■

ABOUT THE AUTHOR

Richard Clapton is a much-loved legend of Australian music, the performer and songwriter of many iconic Australian hit songs: Deep Water, Best Years of Our Lives, Goodbye Tiger, Glory Road, Lucky Country, I am An Island, Trust Somebody, Capricorn Dancer and Girls on the Avenue. As a producer Richard worked on the second INXS album, *Underneath the Colours* (1981), which saw the beginning of their rise to fame in the shape of their first two hit singles. He also joined The Party Boys for a period before resuming his solo career. Australian rock music historian, Ian McFarlane described Clapton as "one of the most important Australian songwriters". On 12 October 1999, Clapton was inducted into the Australian Recording Industry Association (ARIA) Hall of Fame. In 2014 he will be celebrating 40 years in the music industry.



Published by Allen & Unwin

RRP: \$32.99

Published: 23 July 2014

CONTACT:

Louise Cornegé
(02) 8425 0184

0417 692 695

email: louise@allenandunwin.com

THE SPIRIT OF ANZAC



Clubs across NSW support our veteran community
– *commemorating the past, looking towards the future.*

Your community, your local club. 
[Facebook.com/yourlocalclub](https://www.facebook.com/yourlocalclub)

ClubsNSW


Julia Zemiro

Julia Zemiro is a French-born Australian television presenter, radio host, actress, singer, writer and comedian. Julia hosts the popular music trivia program Rockwiz and annually co-hosts Australia's coverage of The Eurovision Song Contest. Her popular Julia Zemiro's Home Delivery program airs on ABC. In it, Julia interviews comedians by taking them back to their childhood hangouts in her car.

The Last Post: Thanks for joining us here at The Last Post Julia, what have you been up to lately?

Julia Zemiro: Well, earlier this year I got back from Denmark where I hosted the Eurovision Song Contest for SBS. We did a fantastic two weeks there. It was a very exciting competition where a drag queen with a beard and lipstick won, the favourite and it was great. Then I went to England for a couple of weeks to film three episodes of a new show I'm doing on the ABC called Julia Zemiro's Home Delivery. It's an interview show. We did five last year to test the waters and now we're doing nine more and of the nine, three of them are with English comedians and that's where I take a comedian back to their childhood home and get them to talk us through their house and then drive them to their primary school and high school and, I guess, find out what kind of kid they were, why they chose comedy.

TLP: It's a great program Julia, we watch it. I really liked the one you did with Carl Barron, an interesting character.

JZ: What surprised you about what you saw?

TLP: Nothing, it was great, a job well done and I was thinking about what you asked him and got to cover so many bases with him.

JZ: Yes, I think people expect, or they have a certain idea of that person and who that person might be in terms of what they see



on-stage and then they may meet them in a quieter setting and they find out something else, that Carl was into meditation and he's not a funny guy every minute of the day. The ABC were really interested in doing an interview show with me as the interviewer and I said, Look I don't see myself sitting in a studio doing that, I think I'd get a bit bored. I wanted to be in an environment where people didn't feel like they were being interviewed and to take them out into a car and outside and putting them somewhere where they'll, you know, if I ask you about your childhood, you'll come up with some stuff but if I take you back to the places where that happened, all of a sudden, other things would come floating back to you.

TLP: Yes, the flow of consciousness thing.

JZ: Absolutely.

TLP: With Carl as an example, we know that he's not just a comedian, a bit like yourself. Do you ever get people coming up to you expecting you to be the Julia they see on TV?

JZ: Oh, absolutely and that's no-one's fault and that's a pretty good assumption to make.

I guess I would say that most people on telly or on stage are usually a heightened version of themselves anyway, so there's definitely a truth in what we present but of course, because you're on stage, you're bigger than life and you're giving 100%, I suppose that's the job and all of that but if you're shopping and you're trying to do something and people stop you and usually, I have to say that's everyone's usually quite nice to me but every now and then you'll get those people that stop you and say, Can I get an autograph or can I get a photo and you sort of say, Hello, wouldn't you stop and say hello, first, how are you and, so, but in general they're pretty great. I don't have any complaints.

TLP: Yes, you wouldn't want to be searching for a bargain, anything and they come and they go and you're left thinking...now, were was I?

JZ: That's right. Or in toilets. You know, in women's toilets, you're washing your hands and you look up and somebody see's you.

TLP: With Home Delivery, you've branched out, you're doing some UK comedians.

"I THINK IT'S IMPORTANT TO STICK UP FOR PEOPLE. IS IT NOT MORE DANGEROUS TO SAY NOTHING AT ALL? I KNOW SOME PEOPLE SAY THEY DON'T WANT TO GET INVOLVED BUT I WOULD SAY, IF YOU DON'T WANT TO GET INVOLVED, YOU CAN'T COMPLAIN. SO I THINK YOU NEED TO BE INVOLVED AND TO STICK UP FOR THE THINGS YOU SEE AS IMPORTANT."



JZ: Yes, I can't say who they are because it's a surprise but we had a lot of luck and all three of them were real favourites of mine, so, there was this moment, I was in Newcastle, thinking, it doesn't get better than this. Except when I'm on stage doing Rockwiz of course, live in front of 2000 people, that's pretty great to.

TLP: Yes, the music's pretty personable and, on Rockwiz, you make it, well, your natural delivery is something that's very much part of the shows appeal. You allow people to feel close to you without it becoming claustrophobic.

JZ: Well, thank you. That is actually what I try to do. When I auditioned for the show, nine years ago, they were getting people in who knew how to run a room and good at MC'ing and were relaxed and could improvise and they were more interested in someone who could improvise and work well with people rather than someone who was a complete music nerd and didn't know how to interact with people so I think my impro-skills and my theatre-sport skills, and this is training I did in my twenties, absolutely underpin everything I do and I often feel like I'm the hostess of a great party. I have to make sure everybody has a drink and everybody has a chat to each other and everybody knows who the other person is and get them to interact. When we get the contestants back-stage and I meet them minutes before we go on, I say, "Okay, you are no longer audience members, you

are cast, as I'm cast and the band is cast and we're all going to put on this show together and I want you to have a good time, to give me schtick, have fun with it because it will be over before you know it".

TLP: Yes, so true. You can tell, because that comes out in Rockwiz. And, what a great venue, The Espy.

JZ: I know. History wise it was a no-brainer. Whenever you mention The Espy to people, whether it's Melbourne people or visitors, they'll tell you they've spent so many fantastic hours there, with the sun going down, having a beer there and then going to see some great music or some shit music. And comedy too. In the eighties, The Espy had a lot of stand-up comics so it's also got a comedy element so it's like a perfect fit for Rockwiz because that's what we try and provide good music of a high standard and we try and make it funny, Brian and I in the background.

TLP: I reckon the carpet at The Espy would be able to tell a few colourful stories. They could do a television series on the carpet.

JZ: If you DNA'd that, what would you find...I mean, honestly, what would you find. Geez, a sticky carpet indeed. And the walls, a lot of sweat's gone into those walls.

TLP: And The Espy Kitchen. I remember going down there one time and there was Sean Kelly with another ex-Models guy playing an acoustic set. Brilliant.

JZ: Yes, absolutely fantastic, you never know what you'll find. It's like a little jewel.

"AUSTRALIANS LOVE IT (THE EUROVISION SONG CONTEST). THEY LOVE IT, LET'S FACE IT, BECAUSE THEY MAY GET A LAUGH OUT OF IT AND THEY LOVE A PARTY AND IT'S A COMPETITION, IT'S LIKE AN OSCARS NIGHT."

TLP: You must've been rapt when you found the musicians you've got to work with – so good.

JZ: It's an honour to see them up close and personal, to see them rehearse the day before when there's no-one there, just crew and we're still building the set around them or whatever, to see them try and make each song the best it can be with only a three-piece band. Sometimes we'll bring in extra singers to do the back-up or extra horns but it's a real privilege to watch people like that at work and then, it's show-time the next day and everybody's got their glad-rags on, you put your lipstick on and then off you go and get out there and perform.

TLP: Back to England for a moment. You've obviously got a connection with Europe, having been born in France. I think we saw you on QI a couple of years ago when you were over there.

JZ: No, not really. I was an only child and I think, I had a sister come along a bit later on but, as an only child, you're by yourself a lot, you end up entertaining yourself or going to find other people that you have to convince to play with you. So you're trying to think up things to do or games to play. My first concert was Abba and my first album was Abba, I had a really close French friend and every time we saw each other we'd rehearse the show we'd never do, which was to be Abba and make costumes, so you start to do that. That's just kid's stuff but by high school, my high school didn't have any drama and Mum said, I think we need to put you in a class, on a Saturday somewhere else and I just loved it. Then I got to Uni and joined the Dramatic Society and that's when it all clicked. To me, I thought I was good at what I did and thought, maybe I can do this, to act. Then the next thing was trying out for acting school. NIDA and VCA.

JZ: Mostly performing, I've got to do plays but mostly as I do. Sometimes I think, what kind of life is this? Some people are saving lives and like, I went volunteer teaching in Romania for a month a couple of years ago to try and do something else, something out of my normal world and all of that, to try and give something back. Then, with volunteering you think maybe you get more out of it than the kids do. Then, I get so many people coming up and telling me their Saturday nights, they love watching Rockwiz and they live for the show and how it's the only time my Dad and I don't fight is when they sit down and watch it so you realise that entertaining is an important part of the day, particularly if you compare it to having a job that you hate or if you're having problems, then you realise that to entertain is not to be underestimated.

TLP: It's community work, Julia. Like hairdressers or whatever, people talk and

“(ON ROCKWIZ)...I OFTEN FEEL LIKE I'M THE HOSTESS OF A GREAT PARTY. I HAVE TO MAKE SURE EVERYBODY HAS A DRINK AND EVERYBODY HAS A CHAT TO EACH OTHER AND EVERYBODY KNOWS WHO THE OTHER PERSON IS AND GET THEM TO INTERACT.”



JZ: Yes, the one with Stephen Fry. Yes, QI came to Australia to do some live shows. So Stephen Fry and Alan came out and a bunch of us got a go on that which was pretty exciting. I did a show in Melbourne with Angus and Sean Micallef and the producers liked what I did and said, Look if you're ever in England and we're filming, you're most welcome, so after The Eurovision a couple of years ago I flew to London and they happened to be filming so I filmed two in one day, which was fantastic. Just to see that level of... well, that show's been going such a long time, that huge audience and that level of expertise that went into it, it was pretty fantastic I have to say.

TLP: From an early age, the performance thing, is it something you wanted to do. Did your parents have any history there?

Then I got into an acting school. You loved doing it but not sure if you'd make a career out of it. Then you get an agent if you're lucky at the end and I did, at 27 and I've been performing ever since. There's been quiet periods and busy periods and you have to go with the flow but I got Rockwiz when I was 37 and that changed everything and opened all these doors. To be working with a group of people that have so much respect for me and visa versa, is pretty great.

TLP: it comes across as you having a lot of fun and therefore, the audience joins in. I know you're multi-layered. But that, getting the audience to join in, is that your performance mantra or do you ever have time for the dark side of performing?

share their feelings. People watch you and find the enjoyment, or part of it is that you, within certain boundaries, are so natural and that anything can happen.

JZ: Yes, I hope so and I think, well, sometimes they keep the cheeky stuff in, like the other day, one of the episodes we got a question wrong about Slim Dusty and A Pub With No Beer. One of the contestants pointed it out to us and it was such a funny piece of TV we kept it in. And that's what the show can do – we can keep in our mistakes, especially if they work and it was a nice moment, going, we don't get it right all the time. Yes, it was funny, we got two Slim Dusty songs mixed up, Duncan and A Pub With No Beer.

TLP: Do you still feel like you have the world's greatest musical in you?

JZ: How do you mean?

TLP: Well, with your acting and performing, do you want to combine both, part of your plan for the future, to do something that's universally acclaimed or something that breaks a few barriers for audiences?

JZ: Well, I've got a couple of friends who have done that. Tim Minchin wrote the music and words for Matilda, from the Roald Dahl book. I saw that in England about a year ago and it blew my mind. Someone like Tim or Casey Bennetto who did Keating – The Musical or Eddie Perfect, they've got the skill to do that. They're musicians, they're writers, composers. They've got the skills but, yes, if they want to cast me in something – Great! I'm an actor who can sing but I'm not a singer who would write her own songs or albums. What I'm going to enjoy about being in this play with the Sydney Theatre Company with Cyrano is I don't have a lead

The show always rated ok. Australians used to think it was a bit of a laugh and some people would have Eurovision parties. A bit of a cult thing. Then Terry resigned. He'd had enough I think. He'd been doing it for 22 years. Then SBS had two options – they could take the Graham Norton feed, the live broadcast or we could do our own. I think they were very brave and bold to give Sam and I the gig, to go over there and to try and get backstage to interview all these amazing people and then put it together and call it a show. That was in 2009 and since then it's grown and grown and the ratings keep going up and up. This year we got Jessica Mauboy to sing at the interval of semi-final two. Australians love it. They love it, let's face it, because they may get a laugh out of it and they love a party and it's a competition, it's like an Oscars night. It becomes an event with people picking who's going to win, prizes and food from the

from people you would see here at a pub or on Idol or on The Voice, they're all people trying to get somewhere with their talent. My disappointment is that every year they're getting more Americanised. They lose the particular part of them that made them Albanian or German but that's the way it's going. They figure if they sing in English that way, they will have more appeal.

TLP: A bit like Abba, Julia.

JZ: Yes, they'd done Ring Ring the year before it was released in English, they'd done it in Swedish.

TLP: Do you get out much to see groups or is Rockwiz enough for you in that area?

JZ: Rockwiz is a different kind of beast in a way. The last band I went a bit mental for is an English band called Everything, Everything. I was introduced to them by a friend and I love them. I'd been travelling around Australia doing something and I'd just



role, it's a supporting role and I'm going to really enjoy being part of the ensemble rather than being at the front and having to lead. It's nice to take a break from that and to not feel the responsibility of being in charge. The only musical I've ever done was a fantastic musical based on the Eurovision song contest, way before we got sent over there. That was a lot of fun to do and I'd love to do another one but it has to be the right one.

TLP: The Eurovision Song Contest is a form of comedy for a lot of Australians and you're able to bring that out with your delivery.

JZ: Yes, it's great. SBS has been broadcasting it for years and people would always tune in and Terry Wogan, a very funny Irishman who lives in England, would do the commentary. It was funny and legendary, everybody loved it.

different countries. It's been amazing. It's like a mix between an Olympic opening ceremony and a crazy drag night. Every year Sam and I look at each other and say, well this could be our last one so let's just go out and enjoy it.

TLP: That panache that you bring to Rockwiz you bring to Eurovision. We watched it this year and I didn't expect to get into it but the next thing, you're saying "I think they'll win", "No, I think they'll win".

JZ: I know. Then you go, "Why should they win, I don't agree" or someone who you think has similar tastes to your own will go, "I really love that song from Switzerland" and you'll go. "Really? It was terrible". But 80% of those singing at Eurovision are professionals trying to make a living out of singing so in that way they're no different

got back to Melbourne one night and, I don't know how but I got an email from The Corner Hotel in Richmond and they said, they're on here tonight. And I said, what, I didn't hear about it. So I just jumped in my car, drove over, went by myself because no-one I know knows about them or likes them and I was so in love with what I'd seen, they were playing in Sydney the next night so I booked a plane ticket and went to see them in Sydney and stayed at my Mum's that night. I felt like a 16-year old fan at 47! So exciting. Saw Bruce when he was out last and we recently did the Byron Bay Blues Festival with Rockwiz and that feels like just four days of, you know a music concert where you get to stage hop. I love Byron Bay Blues Festival. We get to perform there every day.

"THE ABC WERE REALLY INTERESTED IN DOING AN INTERVIEW SHOW WITH ME AS THE INTERVIEWER AND I SAID, LOOK I DON'T SEE MYSELF SITTING IN A STUDIO DOING THAT, I THINK I'D GET A BIT BORED. I WANTED TO BE IN AN ENVIRONMENT WHERE PEOPLE DIDN'T FEEL LIKE THEY WERE BEING INTERVIEWED..."

TLP: The Byron Bay Blues Festival is great as is The Corner.

JZ: Yes, one of the things I like about The Corner is that it's so intimate. That's what got me excited, I was so close to them. Then the next night in Sydney they were at The Metro and afterwards I went backstage to say hello and they didn't know who I was, had no idea about Rockwiz, they had an English manager and I said "Hi, I'm a big fan, can I say hello". There were only three saying hello, no-one had gone backstage. I got a photo with them. It was great.

TLP: Finally Julia, I think one of the things you said was that your favourite type of person was one that sticks up for other people, is that right?

JZ: Yeah, absolutely.

TLP: Do you get much of a chance to do that or do you have any examples that have inspired you?

JZ: Yes. I guess what I mean by that is that it seems easier sometimes to ignore what's going on and walk away and not stick up for someone. You know, on a bus or on public transport or in the street. I know you have to be careful because someone could be off their rocker and punch you out but in a meeting or in a group or work situation where you see someone bullying someone or someone just behaving badly and you think, hang on, you are no different from me or the others. We are all equal in this room but you don't say anything. So I think it's important to stick up for people. Is it not more dangerous to say nothing at all? I know some people say they don't want to get involved but I would say, if you don't want to get involved, you can't complain. So I think you need to be involved and to stick up for the things you see as important. I think sometimes too, old people

are almost invisible. By old in that term I mean anyone over 50, which is not old but you'll see people in shops and in situations where they're being ignored a bit because they're not 28 or whatever. I think that's wrong so I know if I stick up for them, people will say, oh, there's that Rockwiz girl being nice and maybe we should be like that. You never know but people do remember when others stick up for them and it makes them feel like they're not alone. When people say something outrageous it's easy to say nothing instead of saying, "Excuse me, did I just hear you correctly?" A lot of people just flap their chops in the wind and unless you say something they may not even be aware of what they've said.

TLP: It's been fantastic Julia and thanks for coming along.

JZ: Thanks for asking. ■

Love it or leave Aussie singlet is divisive

By Susie O'Brien

Would you ever wear an Australian flag singlet that reads: "If you don't love it, leave"?

Until they were hurriedly pulled from shelves, singlets like this were on sale in two Woolworths stores this week.

The supermarket chain has since said they were stocked by mistake. Not surprisingly, there was a huge outcry, with many people claiming they were racist and xenophobic. I agree. Sydney shock jock Ray Hadley was one of the few who spoke up in defense of the singlets, saying they were not racist but expressing a "fact of life". "This is the best country in the world. If you don't embrace it you don't deserve to be here," Hadley said. "If you reside here, if you're an Australian resident, or if you're an Australian citizen, then you love the joint," he said. Now I happen to agree with him that we live in the best country on earth. I do love this joint and I can't imagine ever wanting to raise my family anywhere else. Even though there are great differences between rich and poor, we are lucky to live in this prosperous, stable democracy. You get sick, we look after you. You grow old, we will care for you. And if you have kids, we will help you raise them. However, I would never go so far as to say that if you don't embrace Australia, you don't deserve to be here. Some people have very good reasons why they find this a difficult place to live, and Hadley should know this well. As much as I am a proud member of what

Abbott might call "Team Australia", I can acknowledge that not everyone feels as included in our nation as they could be. My experience as a well-educated white woman is very different from the experience of some new immigrants, indigenous, disabled, or unemployed people. They might find it hard to embrace a community that doesn't embrace them. Indeed, the recent spate of racist attacks on non-white, non-Caucasian people is a sad reminder that not everyone is equally accepted as legitimate members of our country. Last weekend, a black train conductor in Queensland asked some teenagers to move their feet from the seats, and copped a torrent of racist abuse as a result. He was told to "Learn some f***ing English, because this is Australia". "C***, I can't understand you," one of the drunk teenagers told him. In my mind, such comments are on the same continuum as the singlets because they reflect the same divisive and discriminatory "us" and "them" mentality. Prime Minister Tony Abbott had the right response to the attack, pointing out that it is "un-Australian to abuse people in a public place just because you don't like the way they look, or you don't like the way they dress, or you make assumptions about what they believe". We need to remember that this Australian way of life has at its core a great and glorious diversity. My Australian way of life might

be very different to your way of life. As long as we both uphold the law and respect our institutions, there shouldn't be a problem. This is why the Jacqui Lambie school of foreign affairs doesn't work. Lambie, a renegade Tasmanian Senator, wants members of radical terrorists groups to be stripped of their right to vote and deported. (Hmmm ... perhaps I was a little too hasty with my praise of her a few weeks ago). Clearly, this is ridiculous. In a bid to protect our great nation, we don't want to turn into the kind of country that locks people up without trial or strips away their democratic rights. In any case, where do you deport terrorists who were born here? We shouldn't fight extremism with extremism, and we shouldn't fight racism with racism. We must act against terrorists and those supporting violent terrorist groups, but this must be done in accordance with our laws. Being a proud Australian shouldn't mean we seek to eject or reject anyone who challenges us, particularly those who don't look like us, or don't speak like us. Being a proud Australian means we accept and embrace diversity, and rejoice in the fact that not everyone is the same. In the end, we shouldn't tell those who don't like our country to leave, we should instead work on making it a better country. ■

www.news.com.au

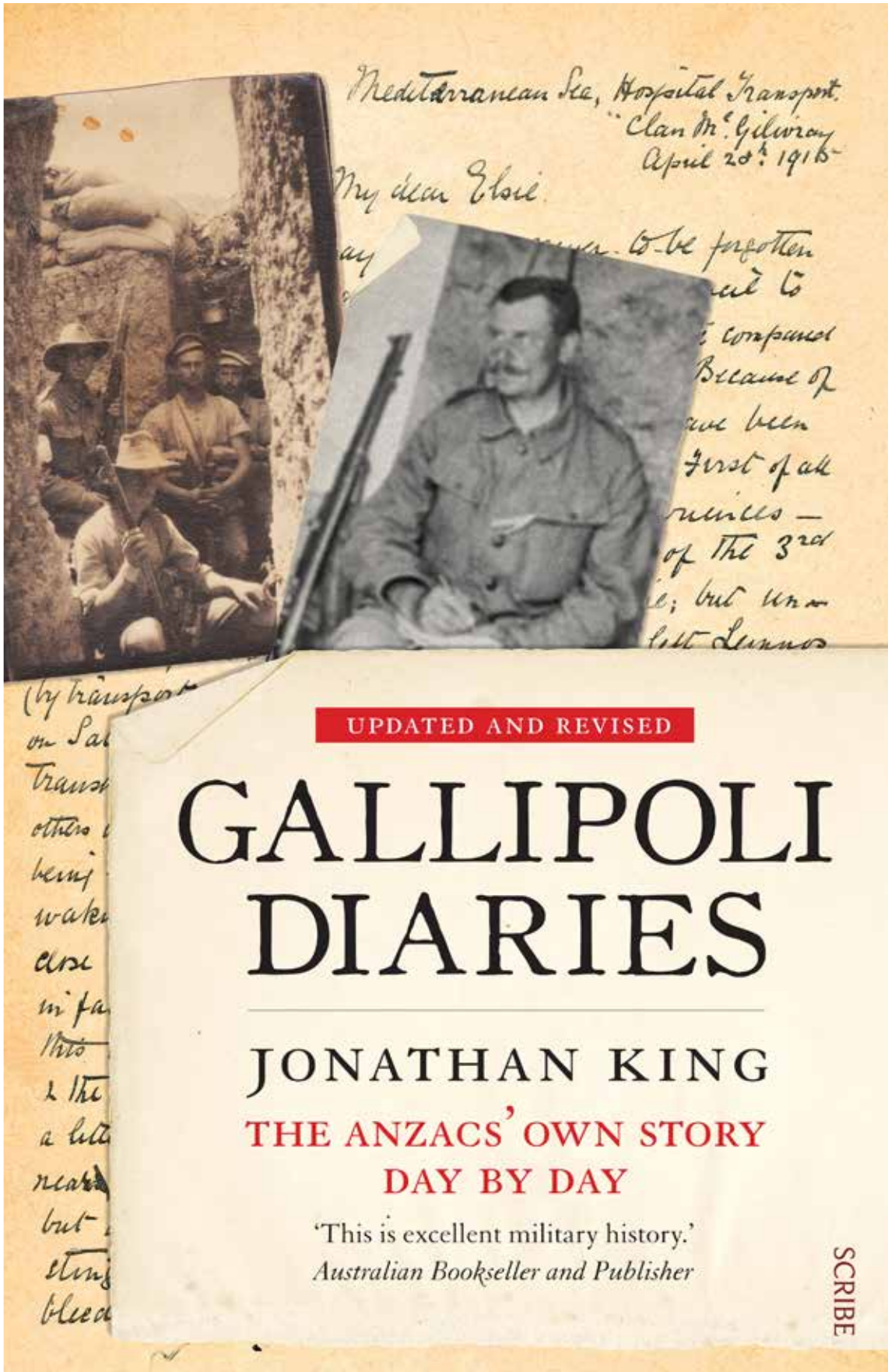
Legacy is the charity for partners and children of veterans who have suffered traumatic physical or mental injury, or have died serving Australia.

We provide advocacy, educational, financial and mentoring assistance to families.

We were there in the past, and we'll be there in the future.

Legacy.
*90 years on, we're still keeping the promise.
A promise for life.*





UPDATED AND REVISED

GALLIPOLI DIARIES

JONATHAN KING
THE ANZACS' OWN STORY
DAY BY DAY

'This is excellent military history.'
Australian Bookseller and Publisher

SCRIBE

We have a few free copies of this book, would you like one?
 Be quick and email The Last Post at:
gtrpublishing@live.com.au



Uncle Sam, 1914
Caulfield Cup winner.

Photo - Thanks
to the AWM



AUSTRALIAN WAR MEMORIAL © 2011

Day at the races wins Pompey's men just reward

By Ross McMullin

Australians flocked to enlist when war was declared in August 1914. The battalions of the newly created Australian Imperial Force (AIF) were quickly filled.

Among the AIF's original units in Victoria was the 7th Battalion commanded by Harold Elliott, a dynamic leader who was soon to acquire the enduring nickname Pompey (from Fred "Pompey" Elliott, a famous footballer in the Victorian Football League).

From the outset Lieutenant-Colonel Elliott trained his men with vigour, rigour and charisma. Exacting and explosive, he exhorted them and exhausted them as he demonstrated by his every action that the proper preparation of his battalion was an undertaking of the utmost importance.

It was as if the fate of the whole war depended on his ability to transform hundreds of individualistic civilians, some with minimal military experience, into the essence of a cohesive combat unit in just a few short weeks at Broadmeadows camp before they departed.

Elliott's battalion was recruited from a mixture of designated urban, rural and regional recruiting areas - Essendon and Footscray, Daylesford and Echuca, Brunswick and Bendigo, Parkville and Castlemaine, the Goulburn Valley and north-western Victoria.

With departure imminent, the strenuous training routine was interrupted by a series of farewell functions early in September 1914. The Bendigo company of the 7th Battalion returned to their home city for a civic reception on September 5, and there were equivalent ceremonies elsewhere across the state.

However, Prime Minister Andrew Fisher was concerned about the threat to the AIF troopships from marauding German warships. The British Admiralty (and the AIF commander) had given the all-clear for the Australian contingent to depart, but Fisher was not convinced. This is less known than the anxiety about vulnerable Australian troopships in World War II that was to consume his successor as Labor prime minister, John Curtin, but Fisher was similarly worried. He refused to allow the troopships to depart.

So the arduous training continued at Broadmeadows. Elliott's men, having said their goodbyes and expecting to leave, were nonplussed by the delay. With news of troopship movements censored in order to

keep this information from the enemy, sweeping rumours filled the vacuum. All proved unfounded.

This hiatus continued for weeks. Eventually Prime Minister Fisher accepted that the revised arrangements for the security of the troopships were satisfactory. Elliott's men were notified on Friday, October 16 that they would be leaving in two days' time. The intervening Saturday was Caulfield Cup day, and many rural enlistees had never seen the big race.

For a number of them, it was an irresistible opportunity for a final spree. As well, some 7th Battalion originals from Melbourne suburbs decided, now they were really leaving, to return home for unauthorised farewells with their families.

The upshot was a significant number of absentees at roll call. Elliott was not impressed.

Weeks earlier, when a 7th Battalion private had sought last-minute approval to visit central Melbourne, Elliott had replied that he could not authorise this officially, but "there's only a barbed wire fence around this camp, and if any man can't get in and out without getting caught he isn't fit to go away with me".

Moreover, the colonel added, "you don't get crimed for breaking camp, but for getting caught".

Now dozens had been caught, and Elliott pondered how to discipline them as he supervised his battalion's last hours in Melbourne.

Early on October 18, 100 years ago today, the 7th Battalion marched to Broadmeadows station. The unit was conveyed by train to Port Melbourne, where Elliott and his men were aboard their troopship, the Hororata, by midday. As the Hororata slipped away from the wharf on that sunny afternoon, with bands playing and onlookers cheering, it was a memorable departure.

Soon afterwards Elliott ordered a parade of the absentees. They sheepishly assembled on the top deck wondering what was in store for them.

What Elliott proclaimed was remembered with amusement long afterwards: "Never before have I seen such an array of horse lovers. My interest in the animal has always been limited to using it for carrying me over distances I would otherwise have to walk. I have never been attracted to horse races, and much less to the duties a stable entails. I am glad to have discovered your attachment at so opportune a time, as it solves any difficulty associated with the care of the horses we are taking over with us. You can all expect to be called upon to act as horse batmen for the duration of the voyage."

This was to become one of many popular Pompey anecdotes at battalion reunions decades later, but for the horse batmen at the time "it was a very unpleasant job", as one of them recalled.

They had to "clean out the stables every day and exercise the horses around the deck, and at night take our turn to watch them".

But they did not then know that this was trifling compared to what they would begin to endure six months later at Gallipoli. ■

Ross McMullin's biography of Pompey Elliott won awards for biography and literature. His latest book Farewell, Dear People: Biographies of Australia's Lost Generation was awarded the Prime Minister's Prize for Australian history.
www.theage.com.au

Kiama

Kiama is set on one of Australia's most beautiful stretches of coastline and only 90 minutes south of Sydney and 2 1/2 hours from Canberra.

The Region is a rich mosaic of rugged sea cliffs, golden sandy beaches, dairy pastures and historic towns. The lush green hills that literally surround the beaches and townships offer a spectacular backdrop while the modest development has helped Kiama maintain its charm and reputation as a casual, relaxing resort town with a true community feel.



Cathedral Rocks, a stunning rock formation on Kiama's coastline



Kiama's famous Blowhole

Do yourself a favour and venture off the highway to experience the wonders of the majestic Kiama Coast.....



Cabins • Safari Tents • Ensuted Sites • Powered Sites • Unpowered Sites • Surf Shaks



KIAMA COAST
HOLIDAY PARKS

Surf Beach Holiday Park
Toll Free 1800 222 334
Phone (02) 4232 1791
surf@kiamacoast.com.au

Werri Beach Holiday Park
Toll Free 1800 655 819
Phone (02) 4234 1285
werri@kiamacoast.com.au

Seven Mile Beach Holiday Park
Toll Free 1800 666 665
Phone (02) 4234 1340
sevenmile@kiamacoast.com.au

Kiama Harbour Cabins
Toll Free 1800 823 824
Phone (02) 4232 2707
blowhole@kiamacoast.com.au

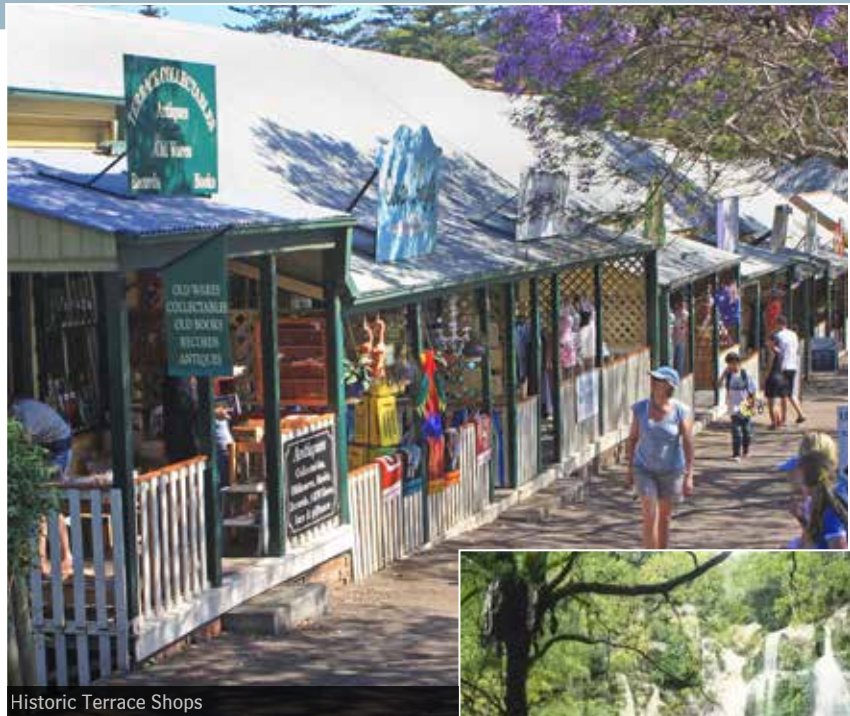
Kendalls on the Beach Holiday Park
Toll Free 1800 111 224
Phone (02) 4232 1790
kendalls@kiamacoast.com.au

www.kiamacoast.com.au

THE LAST POST SHOWCASES KIAMA

Visitors of all ages are spoilt with a wide range of activities to choose from, from wandering through the awe-inspiring Minnamurra Rainforest or Illawarra Fly Treetop Walk, marvelling at the power of nature with Kiama's famous Blowhole & Little Blowhole, experiencing the thrills and excitement at Jamberoo Action Park, browsing through the historic Terrace Shops, or choosing one of the many exquisite restaurants or cafes for that perfectly made coffee or popular al fresco dining, and of course nowhere better to stay than at one of the five award winning Kiama Coast Holiday Parks, situated in Kiama, Gerringong and Gerroa, & all within this breathtaking Kiama Municipality.

The Parks offer some of the best appointed cabins in Australia, with all cabins offering spacious living areas, reverse cycle airconditioning, FOXTEL, some with gas log fires, spa's and free in-house movies. All linen is supplied, all kitchens are fully self contained and each private verandah is equipped with a bbq and outdoor seating. Standard cabins, Eco Safari Tents and Surf Shaks are also available, for the more budget conscious, together with a choice of ensuited, powered and unpowered sites for the avid caravanners & campers. The Parks offer modern amenities and facilities, the friendliest of staff and are all located



Historic Terrace Shops

on prime positions along this stunning coastline.

If you have ever imagined the perfect seaside holiday with the ocean on your doorstep, eateries and shops just a short stroll away and discovery & adventure only a few minutes drive or the chance to just simply relax and unwind, then stop imagining, because you have found it all, and more, along this magnificent Kiama Coast. ■



Minnamurra Rainforest

JOHN CHARLES MERRIMAN TRAILL

By Anne-Louise O'Connor

My grandfather, John Charles Merriman Traill, was born in Kirkwall in the Orkney Islands (off the North of Scotland) in 1880 and joined the 19th Battalion Imperial Yeomanry in March 1900. After basic training he was shipped to South Africa and fought in the Boer War where he served with distinction and was awarded both the King's and Queen's South African Medals. After the war, and a short stint back in the Orkney Island he left for Argentina where he worked as a cattle station manager for a few years before the company he worked for asked him to go to Australia to buy land for them in Darwin. He arrived here in 1913, stayed there for a year before moving to Stawell in Victoria where he had relatives.

At the outbreak for WW1 he enlisted on August 8, 1914 (four days after the outbreak of war) with the 8th Battalion and after basic training set sail aboard the troopship 'Benalla' reaching Egypt on December 8, 1914 at Mena Camp. He was in the first wave of troops at the landing of Gallipoli and was one of the last to leave Gallipoli. He was awarded the Military Cross for action at Lone

Pine. From Gallipoli he went on to France where he fought in all the Western Front battles which included Somme, Paschendale, Villers-Bretonneux and Rheims. He was badly wounded at Poziers and sent to England for treatment. My uncle actually still has a mug which Grandfather pulled out of the mud of Flander's Fields – the mud is still encased all over the mug. Holding that mug was very moving experience. According to his war records his injuries included machine gunned in the stomach, his spine was joined together in two places with silver wire, he had bullets in both knees, a bullet through his left elbow, shrapnel in his back, was blown up twice, was buried alive for three days and gassed three times – how one could survive all that is beyond comprehension.

He was awarded the Distinguished Service Order in 1917 for conspicuous gallantry at Broodseinde Ridge in Belgium and Mentioned in Dispatches twice more in 1917 for gallantry and distinguished service. In October 1918 he was promoted to Lt Colonel and posted to command the 5th Battalion.



Anne-Louise O'Connor, editor of the Shoalhaven Heads News, is recognised for her invaluable contribution to charity and community groups. Nominated by Mr Gareth Ward MP (Kiama)

He returned to Australia on the troopship 'Soudan' in June 1919.

At the outbreak of the Second World War he again signed up for full time active service!

He joined the Australian forces in 1914 as a Corporal and ended his career as a Lieutenant Colonel. He was quite a man and one I am so very proud of and wear his medals with pride every ANZAC and Remembrance Day. ■

COUNCILS AND THE CENTENARY

By Gareth Ward

Private Members Statement on 2014 ANZAC Day Services

As many members of this place would be aware, 2014 marks the 100th anniversary since the start of World War One – a time that saw our young nation enter a war in a world away from our own shores, but in aid of protecting freedom, liberty and democracy.

The soldiers who answered the call in The Great War showed a unique character in the face of great adversity – courage, determination and mateship was typical of our Australian soldiers.

This year, the Centenary of such a significant world event is a momentous occasion to commemorate all of the men and women who have fought and died for the freedom of our great country.

Anzac Day is an annual and important opportunity to pay tribute to those who made the ultimate sacrifice – as well as those who have served and still serve our nation.

On Easter Saturday this year, I attended the Kiama-Jamberoo RSL commemoration service at the Jamberoo School of Arts which was a terrific service. On Easter Sunday, I attended the Gerringong RSL commemoration service. I would like to acknowledge and thank its President John Kaehler and its hard working Secretary Bill Popple who is a wonderful and well respected man in Gerringong whom I have known for many years.

This year, I began ANZAC Day at the Albion Park RSL sub branch dawn service at the Darcy King Memorial Garden. I would like to acknowledge and thank its hard working Secretary Deborah Hamilton and President Brian McGrath.

I then attended the Shoalhaven Heads RSL sub branch dawn service. I would like to acknowledge and thank its hard working Secretary Phill Elliott and President Max Flohr AM.

I then headed south to attend the Bomaderry RSL sub branch march which left from the Bomaderry RSL club following its main service. I would like to acknowledge and thank its hard working Secretary Bill Linden and President Bob O'Grady whom I have known and respected for many years.

From Bomaderry, I attended the Berry RSL sub branch march in Queen Street, Berry. I would like to congratulate Secretary Stuart Christmas who does a terrific job each year putting the program together.

From Berry, I travelled to join the lunch at the Kiama Pavilion hosted by the Kiama-Jamberoo RSL sub branch. I would like to acknowledge its hard working Secretary Dennis Seage and President Ian Pullar. During the lunch, I was quite humbled to be presented with the Kiama-Jamberoo RSL's 'Spirit of Anzac Award' which is given annually to a person in the community who makes a worthwhile and lasting contribution to the RSL movement.

I was shocked and surprised however at the same time deeply honoured because I appreciate that there are so many people who do so much lasting work for the RSL movement and to be singled out is very much appreciated.

I would also like to acknowledge the community representatives who attended other ANZAC Day services which I was unfortunately unable to attend including Mark Jones in Warilla, Cllr Kellie Marsh in Shellharbour, Harry Sprintz in Kiama, Dennis Seage in Kiama, Alan Jones in Bomaderry, Bob Morris in Greenwell Point and Lorraine Mairinger in Kangaroo Valley.

ANZAC Day, along with Australia Day, is probably our country's most important national event. It is a time when Australians reflect on the many different meanings of war. The spirit of ANZAC recognises the qualities of courage, mateship and sacrifice which were demonstrated at the Gallipoli landing. And it is that spirit and those enduring values which in many respects define us as Australians. ■



GARETH WARD, MP (KIAMA)

Gareth Ward is a Member of the New South Wales Legislative Assembly representing the Kiama electorate since March 2011.

On 6th May 2014, Gareth was elected unopposed as Deputy Government Whip.

Gareth is also chairman of the Joint Standing Committee on Electoral Matters which has oversight over the State's Electoral Commission, Commissioner and Electoral Funding Authority.

Gareth has other Parliamentary responsibilities including Secretary of the Parliamentary Friends of Israel, Secretary of the Parliamentary Friends of the European Union, Secretary of the Bipartisan Action Committee for NSW Bravehearts and he's the membership officer of the Parliamentary Lions Club.

Prior to entering Parliament, Gareth was an Independent Councillor on Shoalhaven City Council from 2004 until 2012. He was the youngest-ever Councillor on the Council elected at age 22. Upon his re-election he was elected the youngest Deputy Mayor in the Council's history – a position he held for two years. He was pre-selected as the Liberal candidate for Kiama in April 2010.

Gareth was born in Gerringong and grew up in a small business family. He attended Kiama Pre-School, Bomaderry Primary and Bomaderry High Schools. He studied Arts, Commerce and Law at the University of Wollongong and later served the University as a Member of its Governing Council from 2010-2014.

One of Gareth's most obvious features is that he has a genetic condition known as ocular cutaneous Albinism which has rendered him legally blind since birth.

Gareth has also been a student at the Conservatorium of Music where he studied Violin and completed several grades through the Australian Music Examinations Board. Whilst at University, Gareth played in a jazz band called 'Rusty Fence' in pubs and clubs around the district.

Gareth has worked in a professional capacity for former NSW Senator John Tierney and Member for South Coast Shelley Hancock. He has also been employed by the NSW Department of Education and Training to coach and adjudicate debating and public speaking in NSW schools. Even today as an MP he still assists local schools in public speaking and debating as well as the NSW Law Society's Mock Trial Competition.

Gareth has served on a number of boards including as a Director and later chairman of Southern Water Services and the Wollongong UniCentre.

In his electorate, Gareth is the patron of a number of groups and organisations with which he is involved. Gareth considers carrying the Olympic Torch during the Sydney 2000 relay, being named Shoalhaven's 2001 Young Citizen of the Year and also in 2001 being named the YAA's Illawarra's Young Business Person of the Year as some of his greatest personal achievements. ■

THE LAST POST SHOWCASES KIAMA

KIAMA – JAMBEROO RSL SUB BRANCH

Kiama – Jamberoo RSL sub-Branch owns a modest hall in Jamberoo directly opposite the Jamberoo Pub where cows walk down the main street most mornings.

Jamberoo, by the way, is a ten minute drive west from Kiama and has a population of about 700 people. Five years ago the sub-Branch was on it's knees financially and hardly able to pay the rates. About four years ago we made an agreement with Illawarra Veterans' Entitlement Service (IVES) to use our hall at no cost other than to pay the rates and insurances. A short time after that happened Erica Warren, the pub licensee entered us into a competition with the Tooheys' New Crew and we won. The prize was a hall makeover using local tradies. We had about \$140,000.00 worth of work done which is quite remarkable. IVES is currently the number one advocacy team for veterans state wide and their people do wonderful things for the veteran community. Our hall is also used by the Veterans and Families Counselling Service who deliver seminars and lectures on a wide range of healthy lifestyles and anti -depression sessions.

We have raised \$10,000.00, including a \$4,000.00 Saluting Their Service Grant which was spent on four granite name tablets for our arch. Council recently built, at our request, a wall of remembrance named after WW2 hero Gordon Grellman. The idea of the wall is to allow relatives the opportunity of having a plaque made and displayed in honour of fallen veterans. We have processed 67 so far and I think presently there are 23 on the wall. This wall has created a great deal of interest from locals and international visitors.

Anzac Day 2014 attracted about 1,400 people to the dawn service and over 2,000 to the main service.

For Anzac Day 2015 we have applied to have the Centenary of ANZAC logo painted on the Kiama Lighthouse for the duration of the centenary period 2014 – 2018 and I am quietly confident the Minister Michael Ronaldson will approve our application despite initial concerns raised by a Lighthouse Society. There is a strong significance being that all troops left Australia by ship and most assembled in King George Sound WA. 60,000 did not return and the last thing they would have seen of their homeland would most probably have been a lighthouse. ■



Kiama Lighthouse



Maj. General the late Ken Short Ao At The Man Service



Gordon Grellman Wall Of Remembrance

KIAMA LEAGUES CLUB

The Kiama Leagues Club is situated in the heart of the holiday paradise of Kiama. Visitors are most welcome to enjoy our facilities and take advantage of our daily specials in the coffee shop and Sails Bistro. Our Spinnakers Restaurant open every Friday and Saturday evening provides a quiet area with a delicious menu that changes weekly.

A busy weekly program ensures plenty of entertainment for everyone. Cash Trivia on a Tuesday night is free to play. Great prizes are on offer at the Monster Raffles every Friday and Sunday evening from 5.30pm. Saturday afternoon punters enjoy a raffle and losing tab ticket prize.

Our popular bands and duos play all the hits from the past and present every Friday and Saturday nights from 8pm and Sunday afternoon at 4pm which has the crowd on their feet.

A free courtesy bus operates from 4pm each day for door to door pick up and drop off. Please visit our website for full details on all entertainment, menus, promotions and special events. ■

KIAMA LEAGUES CLUB

109 Terralong Street

Phone 4232 1777

www.kiamaleagues.com.au



Looking for a venue for your next

Special event?

We can cater for that special occasion, with friendly and professional service.

THE FULLY EQUIPPED

PRO SHOP

IS OPEN 7 DAYS

with popular brands

Great Gift Ideas

- Equipment available for hire
- Lessons available from AAA-rated professional

BOOK YOUR WORK
Christmas party

Goulburn

Goulburn, once known only for its "Big Merino", has fast become a thriving regional centre - rich in history, galleries, vintage and handmade shopping, as well as great food and fantastic wine.

But if you still need to be convinced to get off the highway – read on for our choice of "must do's" when visiting Goulburn.

Our newly renovated War Memorial stands sentinel over the city on top of Rocky Hill. The lookout at the top of the Memorial provides unparalleled views of the city and the surrounding district, and offers the best vantage point to see why Goulburn was settled as sheep grazing land. Goulburn was declared a city in 1863, and today much of its opulent past is reflected in the many buildings, now faithfully restored to their former glory. When you come to

Newly renovated War Memorial stands sentinel over the top of Rocky Hill



Goulburn ensure that you allow some time to stretch out your legs and explore the historic CBD for yourself, picking up one of the Visitor Information Centre's Self-Guided Tour brochures. Hear some old tales and admire Goulburn's beautiful Belmore Park and the stunning buildings that line the wide roads - roads which led the colonies' settlers, bushrangers, gold prospectors and convicts to, what was once, NSW's second largest City.

Goulburn's Art galleries are artworks on their own. South Hill Gallery is located in a grand historic homestead, with vast panoramas over the Mulwaree Plains to the mountains beyond.

Gallery on Track is housed in a beautifully restored 19th century railway barracks, close to the heart of Goulburn. The Goulburn Regional Art Gallery is the largest and only regional art gallery within a 100km radius. All these fantastic galleries offer guided tours of their regularly changing exhibitions, showcasing a diverse and rich range of artists and works from the classic to the quirky.

Time your visit right and come to Goulburn when one of the many weekend markets are held. Comprising of fresh country produce, local art and craft, bric-a-brac and unique handmade items, you will be sure to find something special.

After some site-seeing, find yourself in one of Goulburn's casual cafés, coffee nooks or unique restaurants. Here you can enjoy high quality, fresh, regionally grown produce or other varied cuisines, paired with an assortment of local cool climate wines or craft ales. Or order it 'to go' and get comfortable in Belmore Park, the formal English garden and centrepiece of the historic city. If you're the type that thinks ahead, gather together a picnic of fresh regional produce and spend an unhurried afternoon watching the summer countryside. Set up on the banks of the picturesque Wollondilly River, sit back and just enjoy your company.

In the heart of country NSW, Australia's first inland city is rich in both heritage and natural beauty. Goulburn and the surrounding villages bring together all the elements of a thriving centre, combined with picturesque scenery and that real country feel. There is so much to see, feel and experience in Goulburn's galleries, eateries and luscious outdoor spaces - like silence, fresh air and a repaid smile. ■

visit
goulburn
AUSTRALIA

Opened in 1925, the memorial on Rocky Hill stands as a tribute to the local men and women who contributed to Australia's World War I effort between 1914 and 1918. Goulburn citizens and school children carried many of the stones used in the tower to the site. The Museum is open Saturdays and Sundays, public holidays and most school holidays from 10am-4pm. The Lookout is open 7 days from 7am-5pm.

GOULBURN
Australia

goulburnaustralia.com.au

NSW PREMIER OPENS GOULBURN WAR MEMORIAL FORECOURT

A \$400,000 upgrade of the forecourt at Goulburn's iconic Rocky Hill War Memorial was officially opened on Friday, August 22, 2014. The opening by The Hon. Mike Baird MP, Premier of NSW was hosted by Mayor of Goulburn Mulwaree, Cr Geoff Kettle and President of Goulburn RSL Sub Branch, Mr Gordon Wade OAM.

Goulburn Mulwaree Mayor Geoff Kettle said the new forecourt was a welcome addition to the War Memorial.

He said the new forecourt was partially funded by a \$76,000 State Government grant provided as a gift for Goulburn's 150th Birthday last year as well as a \$320,000 contribution from Goulburn Mulwaree Council.

"With this new forecourt now in place, Goulburn's Anzac Day Dawn Service will return to its spiritual home in time for the 2015 service, which also commemorates 100 Years of Anzac," Mayor Kettle said.

"Now the forecourt has been built, next year's Centenary of Anzac Dawn Service will return here to its spiritual home.

"I know how much this means to Goulburn's war veterans and their families, and I am extremely proud of Council's role in making it happen. Council contributed over \$320,000 to not just get the job done, but to get it done well. It's been a great effort by Council staff and local contractors – well done.

"Thank you to everyone who has assisted in bringing this project to reality – from the politicians who provided the funding to the incredible volunteers who make every visit to Rocky Hill so special."

Other guests at the official opening included Veterans, Serving Officers, and representatives from international organisations, local school leaders and distinguished guests. Students from Goulburn East Public School will perform the Australian National Anthem and the moving tribute, Always Remember. Featuring the names of 1500 men who enlisted in WWI from Goulburn and district, the Rocky Hill War Memorial was built by public subscription in 1925, stands 19.8m tall and carries an airways beacon that shines over the City of Goulburn. ■



Goulburn Mulwaree Mayor Geoff Kettle, President of the RSL Sub-Branch Gordon Wade, Member for Goulburn Pru Goward, photographer Matt Mars, Premier of NSW The Hon. Mike Baird and Member for Hume Angus Taylor, with the photo created by Matt Mars that the Mayor presented to the Premier at the opening of the Forecourt on August 22.



Goulburn Mulwaree War Memorial Museum volunteers Carol Olsen, Goulburn Mulwaree Museums Administration and Technical Officer Bob Saunders, Goulburn Soldiers Club President Mick Donnelly, Gwen Davies, Peter Redman, Ken Olsen, Sandra Collins, Peter Winterton, Judy Fowler and Cathy Robertson at the museum.

Goulburn Mulwaree Museum Curator Bob Saunders receiving the Community Heritage Grant from National Library of Australia Director-General Anne-Marie Schwirtlich.

Goulburn Mulwaree Council has been awarded a \$5000 federal Community Heritage Grant.

The grant was announced at the National Library of Australia, Canberra, on Tuesday, 29 October.

COMMUNITY HERITAGE GRANTS 2013



Message from the Mayor of Goulburn Mulwaree Council Geoff Kettle

I am delighted that Goulburn's Rocky Hill War Memorial is being included in this edition of The Last Post.

The War Memorial is truly an Australian icon. The tower stands 20m high on Rocky Hill overlooking the city of Goulburn and at night, its air beacon beams sweeps around the sky – illuminating the clouds like a lighthouse where there is no sea.

For many travellers and returning residents alike, the War Memorial is a sight that provokes awe, interest and reassurance. Apart from the Big Merino, the Rocky Hill War Memorial is an iconic image of Goulburn that many travellers link to the city.

From a spiritual point of view, I have attended many Dawn Services on Rocky Hill and I believe this War Memorial is one of the best in Australia and arguably, second only to the Australian War Memorial in Canberra when it comes to experiencing the solemnity and atmosphere of a Dawn Service.

This is why the Council has recently completed a \$400,000 upgrade to the War Memorial's Forecourt in anticipation of holding the centenary ANZAC Dawn Service once again on the hill next year.

I encourage you to visit the War Memorial the next time you are passing the city and walk up the steps inside the tower to see the magnificent view over Goulburn and the neighbouring countryside it affords. Please also spend some time in the museum, located near the tower, looking at the some of the historically significant collection of WWI and WWII artefacts that the museum contains. ■



THE ROCKY HILL WAR MEMORIAL – SOME FACTS

- The Goulburn War Memorial was built by public subscription and officially opened in 1925 as a lasting tribute to the gallant men and women of Goulburn who served in World War I.
- The Rocky Hill War Memorial Tower overlooks the city on the east. The square tower of stone conglomerate and concrete is 19.8 metres high and erected on a 15.24 metre square base.
- The site of this Memorial including 32.4 hectares was donated by the late W. J. Bartlett.
- H. C. Manfred was the Architect and H. I. Ibbitson, the contract builder. The War Memorial was opened by the Governor, Sir Dudley de Chair on December 15, 1925.
- The tower has look-out galleries on all four sides and is crowned with a heavy overhanging cornice. The base of the tower used to house the War Museum. On the memorial tablets are inscribed the 1500 names of men who enlisted from the City and district. The tower is floodlit at night and also carries an airways beacon.
- The Museum is now located in the former Caretaker's Cottage at the base of the hill. A valuable collection of WWI artefacts is housed here, consisting of weapons, personal items used by soldiers, memorabilia and medals. The local history room displays Goulburn's association with, and contribution to, the two world wars. Each object tells a unique story of survival, mateship and the history of warfare.
- A memorial road runs from East Goulburn to its foot. The East Goulburn citizens planted an avenue to the memory of East Goulburn soldiers in 1919.
- The Goulburn War Memorial, Rocky Hill and the avenue of trees to Enlisted Soldiers along lower Memorial Road are listed on the register of the National Estate.
- Two of the captured guns at the War Memorial were brought to Goulburn in 1920. One is a German Howitzer captured by the 45th Battalion at Villers Bretonneux, and was used against the retreating Germans by the 110th Battery. The other is a 150mm, captured by the 1st A.L.H. in a skirmish near Mafrak in Palestine in September, 1917.

Opening Times

The lookout is open 7 days per week from 7am to 5pm.

The Museum is open Saturdays and Sundays, public holidays and most school holidays from 10am to 4pm, it is also open most Wednesdays from 9am to 2pm and other times by appointment.

Something to share?

The Goulburn War Memorial (which includes the tower and Rocky Hill), is listed on the Register of the National Estate. If you have or know any information about our local wartime history we would appreciate hearing from you.

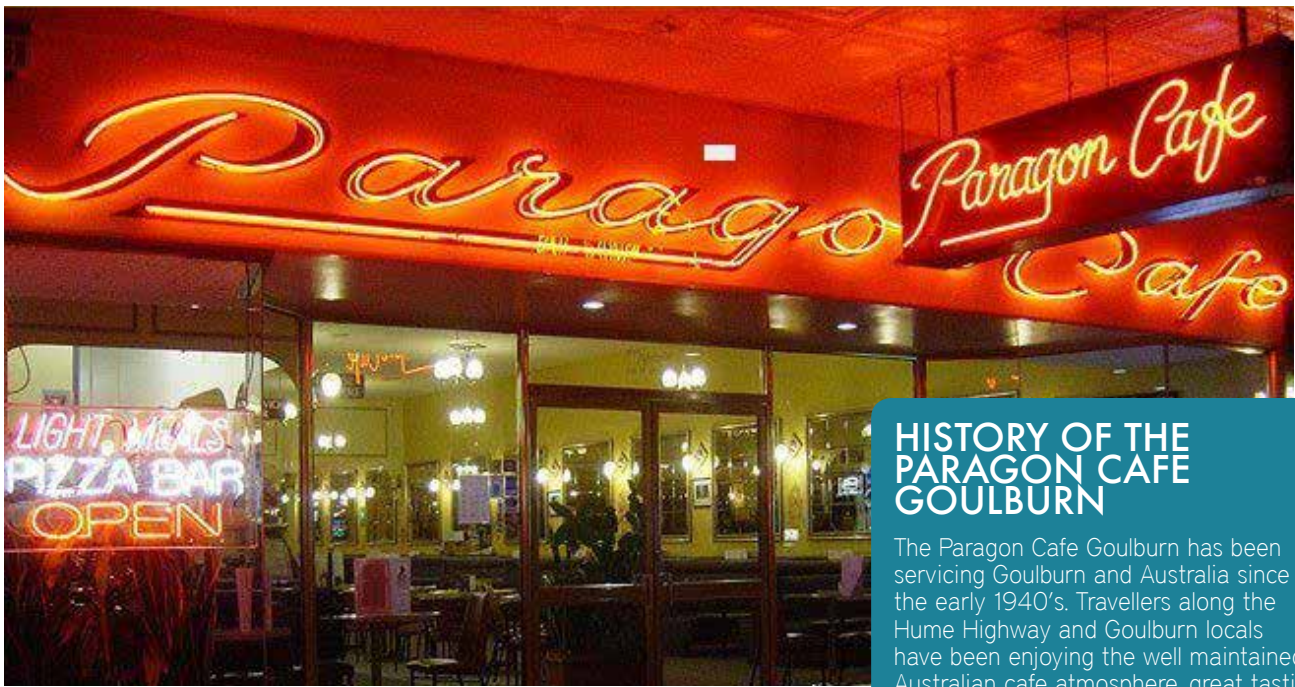
Contact Details

Bob Saunders

Phone: 02 4823 4463

Fax: 02 4823 4477

Email: museums@goulburn.nsw.gov.au



GOULBURN'S HISTORIC PARAGON CAFE

The food service industry is competitive. More than half of new restaurants go broke within the first three years of operation and many others fail in the subsequent years that follow.

However, the Paragon Cafe is one restaurant that has well and truly withstood the test of time. It opened its doors for the first time in January 1940 and has since become a national icon. For the last 70 years it has been a regular hangout for many stars, feeding everybody from politicians and media personalities to sports stars and entertainment industry heavyweights and there is seldom a person in NSW or Australia wide who doesn't know the name.

Since 1948 the Paragon Cafe has been famous for its extensive a la carte menu and was always a favourite for travellers and locals alike. Often travellers tell the staff of their fondest memories visiting the Paragon Cafe with their families back in its early years.

The Paragon Cafe is family orientated and is open seven days a week for breakfast, lunch and dinner from 7:30am till 9:30pm. Found on the main street of Goulburn, the Paragon Cafe offers tasteful antipasties from seafood to pizzas and pastas, grills, chicken dishes, salads and a variety of light meals.

It is sure to please the whole family. ■

Goulburn's Paragon Cafe in 1950



HISTORY OF THE PARAGON CAFE GOULBURN

The Paragon Cafe Goulburn has been servicing Goulburn and Australia since the early 1940's. Travellers along the Hume Highway and Goulburn locals have been enjoying the well maintained Australian cafe atmosphere, great tasting food and friendly service ever since.

In January 1940 Jim Sophios and Jack Simos (a bookmaker and silent partner) first opened the doors to the Paragon 'mixed business' at 150 Auburn Street.

In 1948, Steve and June Karagis acquired the Paragon and established the famous and extensive a la carte menu.

In 1952, Michael and Cynthia Pandelakis (Spiros) acquired the Paragon.

In 1953, Steve and June Karagis reacquired the Paragon.

In 1955, the Karkatzis brothers, Jim, Theo and Nick acquired the Paragon.

In 1967, the Nissirios brothers (John, George, Nick and Con) acquired the Paragon.

In 1971, the Nissirios brothers acquired the Paragon Building

In 1980, the Ditsas brothers, Nick, Arthur and Bill acquired the Paragon and extensively renovated the restaurant.

In 1983, The Kontos and Ganiatsos families acquired the Paragon.

In October 1987, the Kontos family acquired and renovated the building at 174

Auburn Street and moved the Paragon up the street from 150 Auburn Street.

In December 1989, the partnership changed, the Ganiatsos family retired and the Fatouros family joined the Kontos family at the Paragon.

In April 2007, the Kontos Family acquired sole ownership of the Paragon Cafe. Peter and Maria Kontos and their children George and Anastasia are now the longest owners of the Paragon, 26 years proudly serving Goulburn and Australia.

Another chance for unsuccessful Gallipoli ballot entrants

Travellers will get another chance to commemorate the Gallipoli centenary and retrace the steps of Australian soldiers throughout the campaign with the launch of Boronia Travel Centre's August Offensive Tour from 29 July – 11 August 2015.

The tour is a great alternative for those who missed out on passes to the 2015 Anzac Day Centenary Commemoration at Gallipoli on April 25, with tour participants getting the opportunity to lay a wreath during the Official Commemorative Service at Lone Pine.

Rod Margetts, the battlefield tour guide and co-creator of the August Offensive program, said it would provide the most in-depth look at the offensive and its place in the overall Gallipoli campaign.

"This tour is a once in a lifetime opportunity for those who want to be at Gallipoli on the actual centenary of those events," Mr Margetts said.

Included in the package is exclusive accommodation at the Kum Hotel, located on the Gallipoli peninsula and only 10 minutes from Anzac Cove and the most popular Australian battlefield sites.

Boronia Travel Centre is the only Australian tour operator to have access to the Kum Hotel and its beach-resort facilities, which is ideal for the summer August tour.

There are no packed lunches, as the Kum Hotel provides excellent meals and a chance to taste the local cuisine every day.

The August Offensive saw ANZAC and British troops launch a series of assaults in a final all-out attempt to break the stalemate and gain a decisive victory.

It lasted for one month and brought only heart-breaking failure and costly losses to both sides.

Many of the sites of that epic struggle became famous names in Australia — Lone Pine, Quinn's Post and The Nek.

To visit the sites of the momentous events of August 1915 one hundred years on, will be a profoundly moving experience for all who make the journey. ■

To find out more about the August Offensive Centenary Tour at Gallipoli in 2015, please visit: www.boroniabattlefieldtours.com.au/tours/gallipoli-2015-august-offensive-battlefield-tour or call Boronia Travel Centre on 1800 035 350 for more information.

ABOUT BORONIA TRAVEL CENTRE

For nearly 20 years, Boronia Travel Centre have specialised in battlefield tours to Gallipoli, the Western Front and Tobruk. Boronia Travel Centre is the "official travel agent" to the Australian War Memorial battlefields tours and are responsible for all their travel arrangements. These tours are the most informative and in depth tours available, and are specifically designed by the Australian War Memorial historians and curators. Boronia Travel Centre is independently owned and operated under license from helloworld and American Express.

CONTACT:

John Waller
Managing Director
Boronia Travel Centre
1800 035 350
www.boroniabattlefieldtours.com.au

Be at Gallipoli in 2015

August Offensive Tour Now Selling!

The August Offensive lasted for a month and brought only heart-breaking failure and costly losses to both sides. Many of the sites of that epic struggle became famous names—places such as Lone Pine, the Nek, Chunuk Bair, Hill 60, and Suvla Bay. To visit these sites today, lying undisturbed in a landscape little changed since 1915, is a profoundly moving experience to all who make the journey.

To mark the centenary of the largest and most memorable battles on Gallipoli, Boronia Travel Centre have created an exclusive battlefield tour for those who are passionate about understanding the Gallipoli campaign and who wish to avoid the Anzac Day crowds.

Gallipoli Centenary Service - August 2015

This tour will allow tour participants to lay a wreath during the Official Commemorative Service at Lone Pine.

- 14 Day fully escorted battlefield tour. Led by Australian military history experts and battlefield guides, Bill Fogarty and Rod Margetts.
- From 29 July – 11 August 2015
- Fully inclusive package at \$6,760* Includes airfares and taxes.

*Price listed as per person twin share. Terms and conditions apply.

Free Call 1800 035 350
boroniabattlefieldtours.com.au





**UNCROWDED
PERFECTION
CLOSE TO HOME**



*** beautiful resorts *
* fun for the family *
* perfect waves ***





SAMOA

- * Sinalei Reef Resort *
- * Coconuts Beach Resort *
- * Sa'Moana Resort *



THE SURF TRAVEL COMPANY

exotic medicine for the soul...

www.surftravel.com.au

+61 2 9222 8870

enquiries@surftravel.com.au

Poppies at the Tower of London

By Anne-Louise O'Connor

During my recent visit to England I took the opportunity to visit London to see the poppy display "Blood Swept Lands and Seas of Red" at the Tower of London, marking one hundred years since the first full day of Britain's involvement in the First World War. 888,246 ceramic poppies are progressively filling the Tower's famous moat with each poppy representing a British military fatality during the war. The poppies encircle the iconic landmark, creating not only a spectacular display visible from all around the Tower but also a location for personal reflection. The scale of the installation intends to reflect the magnitude of such an important centenary creating a powerful visual commemoration. The first poppy was planted on August 5, 2014 which marked the first day of Britain's involvement in the First World War and will be completed by November 11, 2014.

Every day in the moat at sunset, names of 180 Commonwealth troops killed during the war are read out as part of a Roll of Honour, followed by the Last Post.

Each ceramic poppy is handmade and individually shaped by a team of local workers in Derby and Stoke in the UK, making each poppy unique.

It really was something that one had to see to believe and very moving to see so many poppies representing so many of Britain's men and women who lost their lives in the First World War. It was even more so for me as I have been told that two of my relatives died in this war. I have purchased one of these poppies which will take pride of place in our home when it arrives early next year. ■



A Visit to The Washington Monuments

By Bob Walters

For some time I have wanted to revisit the Washington Monuments. On my bucket list was the Vietnam Veteran's Wall and Arlington National Cemetery.

For some time I have wanted to revisit the Washington Monuments. On my bucket list was the Vietnam Veteran's Wall and Arlington National Cemetery. In August my wish became a reality, when my wife and I stayed with a good friend who lives in Washington DC. While there we spent a day at the National Mall - with its famous monuments and memorials to past leaders and conflicts.

While the World War II monument was amazing, I was particularly interested in the Vietnam Veterans Memorial. This national memorial covers 2 acres and is located in the Constitution Gardens near the Lincoln Memorial. It honours US Servicemen and women who fought in Vietnam and is made up of three main elements: the Vietnam Veteran's Memorial Wall (1982); the Three Soldier Statue (1984); and the Vietnam Women's Memorial (2004). The combined elements attract a lot of interest with over 3 million visitors annually. On the day we were there it was very busy with many visitors at each of the memorials.



The Wall is the best known part of the memorial. It is made up of two angular walls each 75 feet (23m) in length sunk into the ground with each wall tapering from 8 inches (20cm) to 10 feet (3 m) where they meet. The wall lists, in chronological order, over 58,000 names of those men and women who died in service or who were unaccounted for (Missing in Action) during the Vietnam War. It is sometimes referred to as 'the healing wall' as it has the capacity to bring closure and connection to friends and families. Many visitors place flowers, photos or personal reminders at the wall.

More than one scaled down version (known as the Moving Wall) has since been created through private donations. These replicas have proven to be very popular as they are

moved around the country to allow access to those who are unable to travel to Washington. The Three Soldiers statue depicts three servicemen identifiable as White American, African American and Hispanic American. The soldiers appear to be looking across at the names of their fallen comrades on the nearby wall.

The Vietnam Women's Memorial is dedicated to the women of the United States who served in the Vietnam War – mostly as nurses. It shows two uniformed nurses with a wounded soldier.

It was at the Women's Memorial that I had a chance meeting with two other veterans of the Vietnam conflict. One was an African American volunteer, who was 25 when he served in Vietnam during 1967-68. He was

visiting with his family. The other was a white American from the Virgin Islands who was drafted at age 19 and served in 1969-70. He was visiting with his wife. In my case, I was an Australian conscript who was called up at 20 and served in South Vietnam in 1970-71.

I spoke briefly to the wife of the African American veteran about her experience of living with a veteran. She told me that while they had their challenges, they also had very good support from their church which held special services for veterans every month. Their church community also offered a range of outreach services (including telephone support) to veterans living with PTSD.

While chatting casually with the other veterans about when we were there, who we served with and where we were based, etc, a small crowd gathered to listen and take photos of the three of us. Then a most unexpected thing happened, when a number of those in the crowd stepped forward and shook our hands and thanked each of us for our service. This was a very touching moment.

Nearby to these three monuments was a privately funded memorial plaque (In Memory, 2004) to honour those veterans who died after the war as a result of injuries suffered in Vietnam, but who fell outside the Department of Defence guidelines. The words on the plaque read "In memory of the men and women who served in the Vietnam War and later died as a result of their service. We honour and remember their sacrifice."

A few days later we spent an afternoon at Arlington National Cemetery. This famous site covers 640 acres and is the final resting place of 400,000 active duty service members, veterans and their families. The cemetery contains graves dating back to the American Civil War and continues to be used, with around 30 funerals held each day. Famous graves include the Kennedy family and those who perished in the failed re-entry of the Challenger Space Shuttle. While there we saw a funeral procession with horse drawn caisson, military band, 3 rifle volleys and a lone bugler playing Taps – a very rousing experience.

A dominant feature of Arlington is the Tomb of the Unknown Soldier which holds the remains of unknown service members from World War I, World War II, Korea and Vietnam. (The Vietnam Veteran has since been identified through DNA and relocated to a family grave). Soldiers from the 3rd US Infantry Regiment provide a 24-hours-a-day guard. At any time there is a crowd of people waiting patiently for the half-hourly changing of the guard. This is quite a spectacle with elaborate precision drill movements performed by soldiers turned out in impeccable uniforms.



There is a museum at the Tomb that houses a series of displays associated with each of the four conflicts. I was surprised at the level of interest in the Vietnam display, with many taking photos of the ceremonial flag and Purple Heart on display. Mounted on the wall nearby was a plaque (unveiled by Jimmy Carter in 1978) which pays tribute to all who served in the Vietnam conflict.

On our return from Arlington I asked our Washington friend about the reception of Vietnam veterans in the US following the War. He described a very similar experience to that which we faced in Australia. He said his grandfather fought in WWI and his father served in WWII. His father was a member of the American Legion (similar to the RSL) which drew its members from First and Second Wars. Similar to Australia, the Legion mostly turned its back on returning Vietnam veterans who were not made welcome. My friend said that his father acted like so many other WWII veterans, by neither

acknowledging nor associating with the younger veterans.

As a result, (just like their Australian counterparts), this rejected group of veterans acted independently by forming the Vietnam Veterans of America in 1978. Its founding principle being: "Never again will one generation of veterans abandon another."

Thankfully time and changing circumstances seem to have been a healer and the situation seems much better today. I was taken with the apparent willingness to embrace Vietnam veterans by the general community. We were having breakfast in a country diner in Shepherdstown, (an hour out of Washington), when I noticed a folded funeral flag in a case proudly displayed on the wall. It was for a fallen Vietnam veteran with a link to an Iraq veteran. It seems the recognition and appreciation of contemporary veterans has flowed over to all veterans, including those who served in Vietnam. ■

Anzac Day Tour to Vietnam & Thailand

This fully conducted tour visits the following sites of particular interest to returned service people:

- River Kwai Hellfire pass and war museum for the Australian Anzac Day service
- The site of the base for the Australian troops in Vietnam
- The Hue citadel, the site of the greatest battle in the Vietnam war
- Dien Bien Phu, the site of the historic battle where Asians defeated a European nation in a land battle for the first time

The tour also visits many places of interest to everyone, not just returned service people.

The price of \$3975 per person twin share for this 20 day tour is outstanding value as all of the following are included in the price:

- Air fares with Thai International from Sydney, Melbourne and Brisbane into Saigon and out of Hanoi, plus 3 flights within Vietnam
- Airport taxes and fuel levies
- Four days in Thailand, mainly visiting the historical River Kwai area
- Two weeks touring Vietnam
- Very good accommodation, mainly 3 ½ to 4 star
- Most meals and all entrance fees
- All transport and transfers
- An overnight cruise on world heritage Halong Bay
- All tips to the tour guides, drivers and bus boys
- Services of Vietnamese and Thai tour guides and an Australian tour escort

For anyone requiring a single room there will be an additional charge of \$925.

The tour departs Australia on 23rd April and returns 12th May 2015.

For full itinerary phone Macleay Valley Travel toll free on 1800 810809, or see their web site www.macleayvalleytravel.com

CONTACT:

Macleay Valley Travel
33 Smith Street
Kempsey NSW 2440
Ph: (02) 6562 6699
Fax: (02) 6562 6276
Toll Free Phone: 1800 810 809
Email: alan@macleayvalleytravel.com
Website: www.macleayvalleytravel.com

'Richard has won it': a script straight from a mother's heart By Martin Flanagan

Mum would have loved to travel but she didn't go anywhere much because she married a man, home from the war, who did his travelling in his mind each evening in the backyard, looking across the Derwent River at Mount Wellington. Mum loved stories. "Got any news for me?" she'd say. "Got a story?"

She's 95 now, has suffered multiple strokes and nearly died at least once. She's both as with it as you can get, shadowing every word you say, or in her own world. Sometimes, when I ring her, if she can hear, I find out where she is in her world and go and join her. Usually it's the farm she grew up on in the green hills behind Devonport, chocolate soil, the blue-grey bluffs of Mount Roland to the south.

Interpretations of our family history differ, but I say we get our sense of colour from Mum and her side of the family, the brightness, the music, the dance. Dad was on a dreaming of his own, one we all laboured to understand; as adults, we realised it came from the Burma Railway and so, in some way, did we.

Mum said three months ago that Richard had won the Man Booker prize. We (I am one of six kids) said, "No, Mum, he's made the

long list. Another 12 people could win it". That subdued her for a while but before long she'd say, "Rich has won it". When he made the shortlist, she said it again and again we tried to explain.

We discussed it as a family. Last year, one of my sisters had a battle with cancer. Mum returns to that quite a lot. My sister's in remission and doing well but Mum says she's in hospital. The thought hits her like an arctic blast. The general consensus was that it was better for Mum to be thinking about Richard winning the Man Booker than thinking about my sister being in hospital. Richard was embarrassed but his feelings were secondary.

Two weeks ago, Mum's pulse stopped. She was revived but I got texts from my sisters saying she was in an exhausted condition. And so I made that phone call a man makes when he must confront his mother's mortality. I got her on the phone. "Mum," I shouted in sombre tones. "How are you?" "Elated!" she cried. I said to Richard, "It doesn't matter whether you win or not. Mum thinks you have. And that's all that matters".

There were some choice moments before Tuesday night's Man Booker ceremony. One was when Sportsbet declared in a press release: "We have taken all bias out of this and haven't just put The Narrow Road to the Deep North as favourite because we want to see an Aussie win, we legitimately think it is the one to beat!" I wouldn't have thought that many people at Sportsbet would have read my brother's book, let alone the five other finalists.

I read the Sportsbet press release to Mum and asked her what she thought. "Go to it, boy!" she replied. If I get a tattoo, it's going to be a red heart with two scrolls on it, one on the top saying "Mum" and one on the bottom saying, "Go to it, boy!"

Another moment was when an Irish newspaper, noting there were no Irish writers in the field, said that as a name Richard Flanagan was as Irish as Spud O'Hooligan. We are a family of nicknames. That one is bound to return, probably at Spud's shack, standing round a blazing fire. ■

Martin Flanagan is a senior writer at The Age. www.theage.com.au

Geraldton a place of discovery for the self-drive tourist

Caravan holidays are rapidly gaining in popularity and there are more than half a million registered caravans and campervans across Australia; and Western Australia's outdoor lifestyle means it has more caravan, camper-trailer and campervan registrations than any other State.

Geraldton, perched on the edge of the sparkling Indian Ocean, 450km north of Perth recognises this fact and hosts not only WA caravan visitors but thousands of recreational vehicle travellers from all over Australia.

There's plenty to see and do in Geraldton, and for the caravan and self-drive traveller the choice of nine comfortable caravan parks, some of them pet-friendly, offer the best base to start from or the basic campsite facilities

at picturesque Ellendale Pool, 47km east of Geraldton.

The friendly staff at the Geraldton Visitor Centre, who have recently moved into one of Geraldton's much loved and recently renovated heritage buildings on Marine Terrace, will point you in the right direction for all your requirements, whether it's a caravan park to suit your needs, accommodation, scenic flights or attractions to experience.

You could start by taking a stroll along the Esplanade that has been constructed with a 360 degree viewing tower offering views of Geraldton's working port, back to the fabulous foreshore and city, out to the rolling Moresby Ranges, and if you are lucky, you could spot a sea lion or two basking in the sun on Seal Rocks just off the Esplanade.

Although it is not technically a museum, according to TripAdvisor - the world's biggest online travel site - Geraldton's HMAS Sydney II Memorial has been named WA's most popular museum attraction, and rated seventh nationally. The memorial commemorates the



Basic camping facilities are available for the self-drive caravan traveller at picturesque Ellendale Pool, 47km east of Geraldton.

645 crew lost when the Australian warship was sunk in 1941. The Dome of Souls, a nine metre high cupola and one of the five symbolic elements making up the memorial, is made of 645 stainless steel seagulls representing each life lost. The memorial has been classified a Memorial of National Significance and the very knowledgeable Geraldton Voluntary Tour Guides conduct daily tours at 10.30am.

These are just two of Geraldton's most popular attractions but there is so much more to experience, explore and enjoy. ■

Contact the Geraldton Visitor Centre on (08) 9921 3999, email

info@geraldtonvisitorcentre.com.au or visit the website: www.geraldtonvisitorcentre.com.au



Take a fresh look at Geraldton

The City of Greater Geraldton, located 450km north of Perth on the Coral Coast, offers the caravan and self-drive traveller a choice of comfortable caravan parks - including some pet friendly ones!

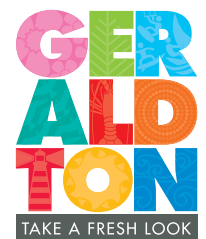
You can stay right opposite the beach in the shadow of the Point Moore Lighthouse - just minutes from the city centre, or along the quiet reaches of the Greenough River at Cape Burney, a few kilometres south of town; contact the **Geraldton Visitor Centre** for all locations.

There's plenty to see and do in Geraldton: heritage walk trails, the historic settlement at Central Greenough, take a drive to Mullewa to see Monsignor Hawes architecture and walk trail, or visit the Western Australian Museum - Geraldton, then there's HMAS Sydney II Memorial, in memory of the 645 crew that went down with the vessel in 1941, the famous leaning trees - or take a scenic flight to the Houtman Abrolhos Islands.

There is so much of the Geraldton area to experience, explore and enjoy!



For information about Geraldton and surrounds, or to take advantage of their accommodation, tour and scenic flight booking service contact the friendly staff at the **Geraldton Visitor Centre** on (08) 9921 3999 Email: info@geraldtonvisitorcentre.com.au www.geraldtonvisitorcentre.com.au or the **Mullewa Community Resource Centre** on (08) 9961 1500 Email: mullewa@crc.net.au www.mullewatourism.com.au





Urrbrae Agricultural High School War Memorial Grove

On a cold and rainy May day, a week or two after Anzac Day, students, teachers, invited veterans, serving personnel, indigenous representative Frank Lampard and media met at Urrbrae Agricultural High School's Gym to give voice to their feelings on the legacy inherited from the sacrifice of those that had served and fallen and those that had lived, in conflicts involving Australia.

Not long after the school was opened in 1932 a large number of students were involved in World War II. 18 of these lost their lives in various countries and in 1946 a grove of Arizona Cypress (*Cupressus arizonica*) trees was planted near the school as a memorial to those students who died. This grove now forms the western edge of the school oval.

2 students who fought in the Vietnam War also lost their lives and they are commemorated in the grove with Lone Pine trees (*Pinus alleppo*).

This year 2014 we are commemorating those Urrbrae students who made the ultimate sacrifice for their country. 10 of the trees were replaced in the tree planting ceremony to coincide closely with Anzac Day.

Present – Dr Robert Black AM (President, RAAF Mitcham), Don Roach OAM, Dudley Mitchell OAM, Mr Frank Lampard (Indigenous Historian), Captain Tyson Yew (Australian Army), Wal Beale. ■



The Joy Borland Literary Award

Joy Borland was The Last Post's first subscriber. Her "you don't live long enough to grow old" philosophy created a loving energy for all those that came in contact with Joy.

Joy was also a great believer in life as an education and loved the company of young people. Joy also understood that, as she could teach, so could she learn from her children and those younger than her. Joy was also admired for her decision making – if something didn't feel right, you didn't do it.

Joy also was a writer of short recollections and poetry.

The Last Post has great delight in creating The Joy Borland Literary Award. Each year, \$500 cash and a trophy will be awarded to a student or person under 25 who submits a literary work to The Last Post. A work of poetry or short story of 500-1000 words is recommended.

Roger Manning, a The Last Post subscriber, and one of Joy Borland's four sons, has donated the money to be awarded. ■



A question for the Prime Minister and Minister Pyne

By Melba College student Maddi Veares

As one of the School Captains at Melba College, I have had the privilege of attending many events both at school and within the local community. Nothing compared to the trepidation and excitement I felt when I discovered that in less than 24 hours I would be meeting the Prime Minister of Australia, Tony Abbott when he visited Maroondah federation estate for a meet and greet and I could ask questions! Media reports and budget backlash kept me

awake and made me wonder what sort of person Tony Abbott really was.

The following day I was ushered into quite a large room with my co-captains and teachers. Mr Abbott appeared, well dressed and courteous – the stereotypical public figure. I felt obliged to represent the concerns of my peers throughout Australia. Silently I rehearsed my questions as he approached.

"Mr Abbott, I am concerned that your plans for the tertiary system will force Australian students like myself and my siblings into extreme debt. The pressure will deter youth from pursuing tertiary studies"

"You are Minister for women's affairs, but why is there only one female member in your cabinet? And why do you believe that women have different abilities, interests and aptitudes compared to men?"

Finally, "Why are the poorest 20 percent of Australians paying for 80% of the budget?"

Finally the time had come. Mr Abbott shook my hand and asked "Have you got any issues that you want to ask your Prime Minister?" Confidently I replied, "Quite a few actually". Mr Abbott laughed and walked away. As an 18 year old, I will be voting for the first time this November. I am already gravely concerned about the path our leaders are taking us and the struggles of my parents and others in the community. Now I have another question for the Prime Minister.

"How do you represent Australians and make decisions on their behalf when you don't have time to listen to their concerns?"

I will always remember my meeting with Tony Abbott and my introduction to Australian politics. ■



Scotch College Adelaide Continues To Provide A First-Class Education

From humble beginnings in 1919 when Scotch College Adelaide was established as a memorial to “the sons of Scotland” who died in the First World War, the school has developed into one of South Australia’s leading independent schools.

Set on 20 hectares of magnificent grounds at the foot of the Mount Lofty Ranges in Mitcham and Torrens Park, Scotch College Adelaide today stands as a prestigious co-educational day and boarding school affiliated with the Uniting Church.

Priding itself on developing happy, successful and well-rounded young people through a variety of academic subjects, sports and cultural pursuits, the College’s exceptional teaching and support staff facilitate a first-class education for students from early learning through to Year 12.

Throughout their journey from the College’s modern Early Learning Centre to the Junior, Middle and Senior Schools, students are encouraged to strive for lofty goals, while the importance of contributing to local and global communities is continually emphasised and put into practice.

Significantly, Scotch is also committed to student wellbeing through a ground-breaking positive education program, which further sets it apart as an education innovator.

The College’s diverse curriculum is taught by highly qualified teachers who inspire

students to develop a love of learning for life, while Scotch’s exceptional co-curricular program provides opportunities for challenge and self-expression through drama, filmmaking, dance, music, applied visual arts and debating.

An extensive range of sports is offered and the College’s own “wilderness classrooms” on Kangaroo Island and Goose Island add yet another dimension to students’ learning.

The utilisation of new information communications technologies is integral to curriculum delivery at Scotch and has been embedded in every area of student learning, while the school is also mindful of teaching students what it means to be a responsible and creative digital citizen in today’s modern world.

The College focuses on developing a culture of friendliness and respect for all members of the community, and it values its history, particularly through its strong Old Collegians network.

A school steeped in tradition, Scotch College Adelaide is a place where every student is enabled to develop their own special talents and be the best they can be.



For more information visit
www.scotch.sa.edu.au



one view

Every child has a different way of looking at life.

Scotch's Junior School campus recognises this and provides an ideal nurturing environment for students to explore their individuality and grow in confidence each day. It's how we do things.

Our smaller class sizes, new facilities and wide range of personalised learning activities provide the best opportunity for students to play, and grow, to their own strengths.

Here, students can test their leadership skills and get a start in specialist streams of Language, Music and Art. Scotch even has a dedicated Junior School Science laboratory for young minds to experiment with their learning. At the same time they'll receive solid grounding in the 3Rs; *reading, writing and arithmetic...* and a 4th... *relationships*.

The Junior School at Scotch provides an excellent learning foundation for students, ready for their middle and senior years.

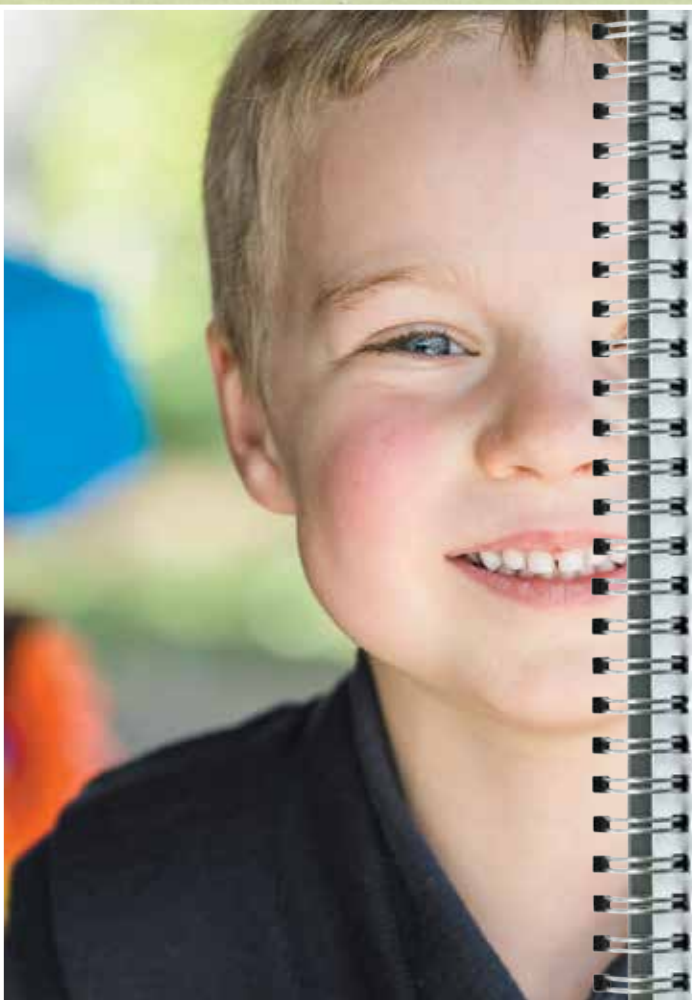


**SCOTCH
COLLEGE
ADELAIDE**

Book a tour online at www.scotch.sa.edu.au
For enrolment enquiries, email
enrolments@scotch.sa.edu.au or contact Head
of Enrolments, Jane Bourne on 8274 4209.

www.scotch.sa.edu.au

SCA0444



ROSTREVOR COLLEGE

With an educational offering spanning Reception to Year 12 on the one campus, our students benefit greatly through the use of shared facilities, including our unique agricultural and environmental facilities which provide our students with hands-on experience in all aspects of farming from aquaculture, animals and viticulture.

PRINCIPAL'S MESSAGE SIMON DASH



Rostrevor College provides an authentic and quality Catholic Education for boys in the Edmund Rice tradition. We encourage our boys to strive to achieve their personal best, while aspiring to make a positive difference to the world. There are many pathways to success and we pride ourselves on providing access to the right pathway for every child.

Our exceptional teaching expertise, inclusive and supportive learning environment and wide-ranging curriculum provides a holistic education incorporating both academic and co-curricular opportunities to suit every student's interest.

Above all, we pride ourselves on our tailored approach to boys' education which produces well-rounded, confident and outstanding young men who have gone on to be respected role models in their respective communities.

COMMUNITY

At Rostrevor we recognise, embrace and celebrate the individuality, diversity and uniqueness of each and every student and create a culture that recognises the important role they play in the community, beyond the school gates.

As a Catholic College in the Edmund Rice Tradition, we draw on the guiding principles and values to instil qualities in our boys that will help them to make a difference, not only to their own lives, but those around them.

We help them to make sense of their place in the world and focus on their emotional development with the goal of producing tolerant, respectful, responsible, selfless and caring young men who have the confidence, self assurance and resilience to tackle life head on.

We emphasise the importance of relationships and provide a holistic education that gives students the opportunity to explore the kind of social skills that they must develop to promote healthy relationships. As an actively inclusive community, students are encouraged to appreciate and respect differences and value the dignity of each individual as they come to discover their own identity.

WORLD REFUGEE DAY

In late June Rostrevor College celebrated World Refugee Day in dramatic fashion, with two dynamic displays of advocacy work that emerged in raising awareness about the plight of refugees and asylum seekers. Mr Joel Phillips and his Pastoral Care Group served hot potatoes for lunch, inviting students to engage in dialogue about the 'Hot Potato' issue of asylum seekers.

On the same day, two of our Year 12 students, Tom Brown and Henry Sims launched the 'Not in OUR Name' video (www.youtube.com/watch?v=Shz2hYEXPuc) taking a stance against the mandatory detention of children. This came from their personal experience of meeting face to face with asylum seekers both



**ROSTREVOR
COLLEGE**

A CATHOLIC ALL BOYS' DAY & BOARDING
COLLEGE IN THE EDMUND RICE TRADITION
Reception to Year 12

ENROLLING NOW

To book your personal tour call 8364 8244 or
visit www.rostrevor.sa.edu.au

67-91 Glen Stuart Road, Woodforde SA 5072 Phone 8364 8200



in community detention and at a local Mandatory Detention Centre.

Both activities were inspired by the strong stance taken by the Australian Catholic Bishops Conference which released a statement on the 8th May, calling for Australia to rethink its approach and find a more humanitarian and compassionate response.

Charity is important because it addresses the immediate needs of

people in crisis. Advocacy gets to the cause of the issue and tries to change the conditions that lead to the problems. It is a much riskier task to stand in solidarity with those at the margins and challenge popular beliefs and conventions.

Standing up for human rights means taking risks. It is good to see the leadership of the Australian Catholic Bishops on this issue and the risk they were prepared to take. Like Rostrevor,

they view this matter as a moral issue, not a political issue.

Young people are exposed to the news every day and should not have their voices excluded if they feel passionate about a particular issue, particular when it aligns to the values outlined by our Church leaders. On this particular issue they have found their voice and are expressing them loudly and clearly. ■

"ABOVE ALL, WE PRIDE OURSELVES ON OUR TAILORED APPROACH TO BOYS' EDUCATION WHICH PRODUCES WELL-ROUNDED, CONFIDENT AND OUTSTANDING YOUNG MEN WHO HAVE GONE ON TO BE RESPECTED ROLE MODELS IN THEIR RESPECTIVE COMMUNITIES."



STUDENTS BOWLED OVER BY SRI LANKAN CRICKET TOUR

Rostrevor College's top cricket players put their skills to the test and broadened their cultural understanding when they travelled to the breeding ground of some of the game's greats, Sri Lanka.

From 15 to 28 April 2014, 15 students, competed in eight matches against local schools and cricket associations. It is hoped the relationships established with the local community will grow into a long-term partnership.

Rostrevor College First XI Cricket Coach, Bill Trewartha says the tour not only gave students a chance to work on their cricketing skills but also opened their minds culturally.

"The tour is about much more than just playing cricket, it's about showing students how sport can be used as a way to connect and unite with others regardless of race, background or place in the world," Mr Trewartha says.

"There was a strong social justice focus for the trip, where students visited regions affected by the 2004 Indian Ocean earthquake and tsunami, such as Galle International Stadium and the township of Colombo, devastated by the natural disaster.

"Our students also took their pre-loved cricket gear such as bats and balls to donate to students in-need of equipment.

"Some of the funds, raised ahead of the tour, went towards projects that will allow students to experience cricket to its full potential," he says.

Rostrevor College Principal Simon Dash says the trip to Sri Lanka provides a holistic experience for students, combining of culture, sport, social justice, geography and history, as well as enhancing their global awareness.



"We aim to offer students a well-rounded and balanced education in all subjects and co-curricular activities, and the tour of Sri Lanka, as well as our Indian Pilgrimage, are great examples of this," Mr Dash says.

In addition to interacting with the local students, the trip also involved students visiting the 17th Century Temple of the Tooth, a local tea plantation, Pinawella Elephant Orphanage and watching a cultural dance performance.. ■

SCHOLARSHIPS

HELPING CHILDREN TO A BETTER FUTURE



Photo courtesy of the University of Adelaide

The Australian Veterans' Children Assistance Trust (AVCAT) is a not-for-profit organisation. AVCAT administers 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 post-secondary 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:

T: 02 9213 7999 E: avcat@dva.gov.au W: www.avcat.org.au

APPLICATIONS OPEN 18 AUGUST

"It means the world to me that someone I don't know cares about my education and believes I have potential."
2014 Recipient



AUSTRALIAN VETERANS'
CHILDREN ASSISTANCE TRUST

About SEDA

SEDA is an education provider that exists to engage, educate and empower young people as they transition from school to employment or further study.

The program was established in 2006 to meet the needs of young people whose education preference is for an applied and context relevant learning experience.

SEDA engages students in their education by connecting their passion with a hands-on learning environment. Students complete their senior secondary qualification and gain nationally recognised Vocational Education and Training (VET) qualifications.

SEDA works with the strengths of each young person to develop their self-confidence and self-worth through positive learning experiences. This provides all students with the opportunity to develop key life skills, including organisation, independence and teamwork, which see them prepared for the real world.

The result is mature, resilient and capable young men and women who, on completing their secondary education, are empowered with a range of pathway choices, be it further study or employment.

Over 2000 students are currently completing their education with SEDA in Victoria, Western Australia and the Northern Territory.

SEDA's programs are delivered through:

- Industry – Education linked to real life industry experiences
- Connection – Connections with people, education and industry
- Hands-on learning – Practical hands-on learning linked to industry
- Life education – Development of key life skills through practical experiences
- Self-development – Development of self-confidence and self-worth through positive learning experiences
- Pathways – Opportunities for further study and employment

SEDA's educational philosophy is underpinned by the belief that every young person has the capacity to engage with learning, to achieve their life ambitions and make a significant and positive contribution to their community.

SEDA sees education as an essential component of an equitable world. SEDA has built education programs to improve

inclusion, to address disadvantage and to cater for students with a preference for a hands-on learning environment.

The programs are built on applied, skill-based curriculum models and are delivered in industry, in the community and in the real world – not in classrooms. SEDA uses the real world, real projects and real experiences as the classroom.

Different students have different learning styles and not all students excel in the same educational environment. SEDA's approach to education is captured in one simple but powerful statement: To Engage, Educate and Empower young people.

Engage

SEDA is built on the premise that engagement with learning is personal and individual but essential for learning to occur. We believe that a more applied, active, hands-on approach to learning better meets the needs of many young people.

The applied learning environment provides young people with a sense that the learning is relevant to them and their lives today, building toward future life and employment options. Applied learning taps into a kinaesthetic learning style which is important for young men and women, contributing to the physical, active, creative and social development of each person.

The SEDA program attracts a group of young people who want their education experience to be 'real-life' and authentic. The education experience at SEDA utilises an area of interest or passion and it is embedded in an industry they enjoy, so it is immediately more relevant and has context. Attracted by the idea of learning and working in an area of interest, the program engages them with learning, builds their confidence and encourages them to be successful learners.

SEDA believes that the industry context and interaction with high profile partner organisations motivates and inspires students. Young people choose an industry area that they feel confident in and which allows them to explore their areas of interest. The industry context builds on their abilities and talents and provides a challenging and stimulating learning environment.

The essential ingredient that brings the SEDA program together into a seamless learning experience is the positive relationships that are built between the teachers, students and their families. In a SEDA classroom, this teacher-student relationship is based on a shared passion or interest. There are like

minded young people working with their teacher, who shares their enthusiasm for the industry, communicates regularly with the student's family and is the single point of contact for all of the students' needs during the program.

Educate

SEDA is committed to developing successful learners who have the capacity to engage in future learning and actively participate in community life. The initial priority for the SEDA program is to support young people to complete a Senior Secondary Certificate. The certificate is complemented with Vocational Education and Training (VET) qualifications that support the student's interests. This allows young people to explore career options and provides future career pathways.

The SEDA experience supports young people to explore a range of jobs and careers through regular and substantial blocks of work placement. SEDA intentionally exposes young people to a range of industry experts, role models and experiences that helps them consider a broad range of career options. It also helps young people develop the skills and maturity to be successful at work.

The SEDA program embeds young people into the community and encourages them to become active citizens in their communities. The SEDA classroom is located in a community or industry facility in community hubs, sports pavilions and performing arts spaces. This allows them to work on community projects that are meaningful to them whilst developing a greater insight into the lives of other people in their community. These challenging experiences, often conducted in partnership with community agencies, allows young people to make a positive contribution to a socially cohesive society that respects and appreciates cultural, social and religious diversity.

Empower

Confident learners have the ability to make informed choices that support their dreams, ambitions and talents. A quality education empowers young people to have the knowledge, skills and attributes to proactively transition from secondary education to work or further studies with focus and determination. ■



Extract from Diary of Corporal J W Skinner

[Reg. No. 445]

Cpl Skinner was the son of John and Rachel Skinner of Coleraine, Victoria. He served at Gallipoli then on the Somme. Cpl Skinner fell in action at Pozieres near Mouquet Farm. He is remembered with honour at Villers-Bretonneux Memorial and his name is located on panel 100 at the Australian War Memorial, Canberra.

He sailed from Melbourne on May 7th 1915 on board "Euphrides" and landed at Alexandria on June 12th. The following month was spent training near Cairo, before sailing for Gallipoli.



DIARY OF Corporal J. W. Skinner

(of Coleraine, Victoria),
No. 445

B Company 23rd Battalion,
9th Infantry Brigade, A.I.F.

From May 7, 1915 to March 20, 1916.

Reproduction of Diary not made to hand

FELL IN ACTION, AT POZIERES,
28th JULY, 1916.



Sunday, August 29

Church parade; communion. Address by General Legge. Issued with rations. Run round Heliopolis. Fall in and march to at night. Entrain for Alexandria, which we reach about daylight. Very precarious position of train. Monday, August 30 – Board the "Southland"; bit crowded; inoculated. Watch natives catching fish. On submarine guard; start for front.

Thursday, September

Submarine guard. Good breakfast. Rougher sea. Torpedoed. [Sailing from Alexandria to Dardanelles, we were within 20 miles of Lemnos when we were struck by the torpedo about 9.30 in the morning. Immediately afterwards there was a rush to the different positions on the ship. The men fell in on the boats in good order. The water-tight compartments saved the ship a lot, and being struck a bit forward. I believe she had a hole in her 20 x 30 feet. First she went down at the nose, then had a list to starboard. Righted herself, and then a heavy list to port. She was taken to Lemnos and beached. Some of the lads were killed by the explosion. We lost fifteen out of our company, and about forty from the ship altogether.]

Friday, September

Wake up as we are entering Lemnos Harbour. Great number of ships – battleships, cruisers, etc. Very interesting. Roll call; few men missing. Embark in "Transylvania."

Tuesday, September 7

Issue of ammunition and equipment. Leave boat and go aboard tug. Leave on "Prince Abba" and land at Anzac.

Wednesday, September 8

Rest in Shrapnel Gully. Rifles cracking, guns and bombs bombing all around. Move into trenches. Demonstration at night.

Thursday, September 9

In fire trench. Do a bit of sniping and observing with periscope, and get answered with lead. Fusillade from machine guns at night.

Friday, September 10

Come out of firing line to rest in dugouts. Carry water. Get inoculated. Carry bombs at night.

Saturday, September 1

Rest day. Go swimming in afternoon; have a good time. Beechy Bill has a few shots at us and spoils our fun. We are soon out of the water and under cover.

Sunday, September 12

2 a.m. till 5 p.m. dig trenches. Go into firing line again. Rather quiet.

Monday, September 13

Wet morning. Dig dugout. Stand to at night. Only two hours' rest.

Friday, September 17

More bomb-throwing. Get hit about the nose and mouth a couple of times by Abdul sniping and breaking the periscopes. Lost dinner, which was spoilt by 75's, which made things hum for a while. Pretty sunset. Quiet night. The Turkish trenches come within 15 yards of our bomb-pit.

Saturday, September 18

Lovely morning. Good shooting by Abdul at our periscope stick. Good breakfast. Twenty-four hours in Pimpel; nice view from here. In afternoon, Abdul's trenches in front of us get hell from our machine guns, 75's, Hotchkiss, and a few beautiful shots from the boats, which alter their appearance all together. From 10 p.m. till 6 a.m. without relief.

Sunday, September 19

Very tired. Not much prospect of being relieved. Do some special sniping with periscope rifle at sniper under a bush. Supposed to have got him.

Monday, September 20

Cold morning. Shift back to firing line (Lone Pine). Have only two hours' rest at night. Help arrange parapet.

Tuesday, September 21

Quiet morning. Bomb accident near me. The chappie held a bomb for too long before throwing it. Once killed, four injured. Lieut. Atkinson shot in tunnel by Abdul.

Wednesday, September 2

Cold morning. Back to rest dugouts. Receive and reply to mail.

Thursday, September 23

Write letters. Carry water. Moverley and I go down to beach looking for something to buy; get a little bit of chocolate, also some shrapnel from Beechy Bill. Meet Pte Harricks, from Hamilton. Do washing in sea. Pretty sunset.

Friday, September 24

Firing line again. Bingley leaves for hospital, Dick Rowlands also. Demonstration at night. Periscope accident to Keegan.

Monday, September 27

The Dad's birthday. Back to rest, dugouts. Write letter. Wash clothes and bathe in sea. Back to Brown's Dip in supports. Bombardment on our left.

Tuesday, September 28

Firing line. On a listening post down a long dark tunnel. Demonstration at night.

Wednesday, September 29

Rum issue. Fatigue work. Hear nothing on listening post.

Tuesday, October 12

From firing line to working on tunnel. Help pack bomb-boxes on mules. From beach up to Brown's Dip. At night, showery. Receive mail.

Thursday, October 14

Reserves near firing line. Deepen trench. Diarrhoea bad.

Friday, October 15

Cold morning. See doctor. Have to report to him every three hours. Fatigue work. Demonstration towards morning.

Saturday, October 16

From firing line to supports in Brown's Dip. Plenty of shrapnel. Rains at night.

Sunday, October 17

Cold; inclined to be showery. Church service amid bursting shells. The Padre never turns a hair. Receive mail. Buy chocolate. Wet night.

Monday, October 18

Wet morning. Get new issue shirt and sox. Move into firing line. In bomb-pit. Periscope broken. More mail.

Tuesday, October 19

Fine; windy. Carry bombs. Very off colour again. Gap blown up.

Monday, November 1

On T10 sap till noon. Then move into Pimpel. Trent makes some pancakes. Scarcity of wood. On No.3 post. Few shells in evening. Rough sea, which means no supplies or mail.

Tuesday, November

Scant breakfast. Rumours of mail in. Quiet until evening, when the 75's make things lively on our parapet.

Wednesday, November 3

Fine; quiet morning. Warm day. Back to Lone Pine. In bomb-pit; crawl down tunnel and listen; nothing doing.

Thursday, November 4

Issue of rum. Inclined to rain. Get letter from Kew. Killed a rat. Sgt Jenkins and I throw bombs at night as fast as we can light them during a demonstration. Big noise, flares, cheering.

Friday, November

Morning we get blown up about throwing too many bombs. (Tommy rot). Back to rest dugouts. Carry wood. Wash clothes at beach. Bathe. Beechy Bill gives us a few shots. Get papers. Have a good night's rest.

Saturday, November 6

Fine and sunny. Write letters. Engineers fatigue; shells burst in Brown's Dip and we take to the dugouts. Aeroplane drops shells.

Friday, November 12

Morning damp and showery. Roared up by lieutenant about not passing to stand to. I roared back and showed him he did not know his job. This war game is trying on the nerves at times.

Saturday, November 13

Calm morning. Go into reserves. Go down to beach. Nothing doing at canteen. Given a couple of loaves of bread by G. Lane. Exchange one loaf for two strings of figs. Saw (Lord) Kitchener land at beach. Lot of bombs land near us at night.

Sunday, November 14

More bombs land near us in early morning. Studd and I run down to canteen and get some nuts and figs and chocolate on the way home. Get good mail; edition of "Life." Keegan and I find "a possey" to camp in. Rains at night. Sandbags fall on Yorke! I was going to camp where they fell.

Monday, November 1

Damp morning. On No.8 post. Issue of tobacco and cigarettes. More rain. Heavy bombardment on right. Meet English officer – haw – who was not too well up in the history of Australia. Had only learned that there were no lions or elephants – haw.

Tuesday, November 16

Cold morning. Off colour. Broom-stick bomb blows three legs of two Light Horse chaps near us. One drops in front of our dugout, but does not explode.

Thursday, November 18

Cold morning. Trenches very muddy after rain. Fine day. Detailed to dig dugouts. Over Bridges Road. Socker football. News of mail we sent home for Christmas being sunk.

Tuesday, November 23

Firing line No.12 post. Shortage of water making itself felt. Write letter. Very cold. Demonstration shell fire.

Wednesday, November 24

Mild morning. Issue of rum. Get drink of water – first for seven days, also lime juice, which we drank neat. Paid 1 Pound. Broomstick bombs in plenty. Mild night. Big blow-up of sap. Stand to.

Thursday, November 25

Cold morning. Out for breakfast, for bombs, and to the Circus with dirt. Back to rest dugouts. Down to canteen. No luck. Issue of cheese. On water fatigue, loading mules 9 p.m. till 1 a.m. Get good drink of water.

Friday, November 26

Calm morning. Issue of flour. Bake pancakes and drop scones. Write letter. Fierce thunderstorm at night. Turn out in it to load water on mules. Rotten game in the mud.

Saturday, November 27

Move into firing line on Lone Pine, 14 tunnel, No. 1 post. Expect Abdul to attack. Snow. Bitterly cold. Write letters.

Sunday, November 28

Countryside white with snow. Visit from Captain Bean, who takes a photo of our post. Bitterly cold. Run issue.

Wednesday, December 1

Fine morning. Get some water out of a muddy pool and boil it for drinking. We are on quarter rations of water. Into firing line. In bomb pit. Fatigue in plenty. Hotchkiss makes us duck some at night.

Wednesday, December 8

Fine morning. Into Lone Pine. After lunch, issue of raisins; also shells in the evening from Abdul. In reserves. Bad cough.

Thursday, December 9

Fine morning. Firing line. In bomb pit. Write letter. Our company is very much reduced by sickness and mishaps. Falls harder on those who are left.

Sunday, December 12

Mild morning. Firing line No. 1 post; shifted later on to C bomb pit after it has been treated badly by some 75's, four of our chaps being subsequently knocked about. Buy canteen stuff - pineapples, etc.

Monday, December 13

Mild morning. Issue of new boots, canteen stuff, etc. Rumours of our changing position. C.X.O at night, rum also. Bad cough.

Thursday, December 16

Calm morning. Boys back from firing line. Beach in afternoon. Great destruction of munitions. Ordered to doctor when I return. Sent to New Pier with others. Sent back.

Friday, December 17

Mild morning. Down to beach. Stores thrown open. Any quantity of stuff to eat and take away. Get fresh rifle and equipment. Put mustard poultice on chest.

Saturday, December 18

Calm morning. Feel much better. Issued with 48 hours rations. March out in full marching order. Feet done up. Pack and equipment heavy. Feet muffled in sandbags. Camp in Martyn's Lane until 2.30 a.m. Then march to beach and embark on lighter. Then onto Sweeper (the "Reindeer," I think).

Sunday, December 19

Calm morning. Wake up as we are entering Lemnos Harbour. Go aboard transport before lunch. Landed about three miles from camp. Tough march. Country very rocky. Quaint villages. It seemed a sorry business leaving Lone Pine after holding it for fourteen weeks. But I hope it served its purpose. A rest will benefit us all greatly. It seems strange not to hear the shells in the air.

(We were told that the day after we left Lone Pine the Turks shelled it heavily and then charged, also that they were very angry with us for not letting them know we were leaving. So they sent one of their aeroplanes over to drop bombs on headquarters at Imbros, but little damage was done.)

"WE'RE HERE FOR EVERYONE,"

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

Geelong RSL

50 Barwon Heads Road
Belmont, Victoria
03 5241 1766

Upcoming Events:

Sunday Traditional Jazz
Bowling Club
Snooker Club
Golf Club
Bistro for functions



Everyone is welcome at GEEELONG RSL

Tuesday is the popular \$17 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 will pay only \$8.50 for lunches and \$3.50 for pots of beer.

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!





Cricket clubs around Australia

COROMANDEL CRICKET CLUB

Established in 1862, has been a mainstay of sporting and social activity in the Blackwood and Coromandel Valley districts for over 150 years.



Widely recognised as the “second oldest cricket club in South Australia”, Coromandel has been a member of the Adelaide & Suburban Cricket Association (ASCA) since 1938/39.

The club has a strong family orientated background with many last names from the original teams still present around the club today. The likes of the Hewett's (from which our oval is named) as well as the Magarey's are families that have long been a part of the history show the clubs commitment to staying a part of the local community for generation to generation. The club has had many parts of its history that are unknown to members of the local community, these include the naming of the reserve after one of the clubs most famous families and favourite son Jack Hewett. One of the leaset known facts would be that the local tennis club was actually formed by members of the cricket club. The cricket club still plays at the ground and shares club rooms with the tennis club it formed.

As part of the future history of the club a junior development program has been introduced. The promotion

of juniors is an addition that the club is glad to promote over the later part of its history as it has promoted the active healthy lifestyle amongst younger age groups.

The club is also proud to boast some modern players who have great success on the field. Currently the club has two players who have cracked 400 games (we play 11 per year) in Peter Zaczpal and Bruce Carpenter. Both players credit their number of games to the atmosphere generated at the club that just makes them keep coming back each year. Hopefully these players can continue to create history for our famous club.

Currently the Club currently fields four senior teams as well as a number of junior age groups which cater for a range of cricketing abilities and backgrounds, from those with Grade cricket experience to those who are still learning the game. The club has had a number of successful seasons of late and is looking to bigger and better things in 2014/15. ■

For more information in regards to the club please visit our website at www.coromandelcricketclub.asn.au

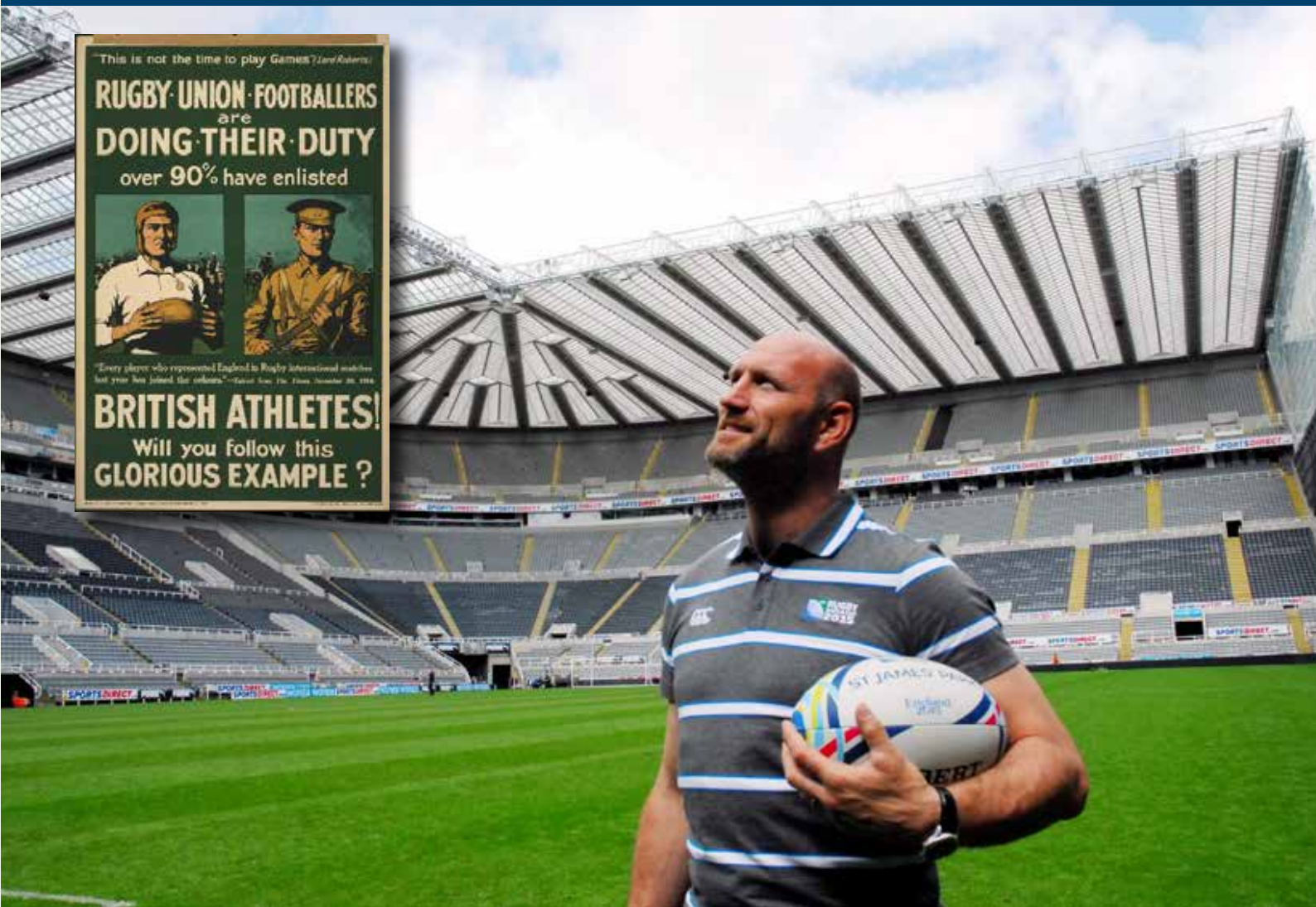


Coromandel Cricket Club - Original team

2015 RUGBY WORLD CUP "Battlefield" Add-on Tour

**RUGBY HEROES OF THE GREAT WAR TOUR
- IT WAS ONE HELL OF A RUCK!**

An astounding 130 International rugby players from the British Commonwealth gave their lives in the Great War.



**DESIGNED TO FIT IN FOR THOSE ATTENDING THE 2015 RUGBY WORLD CUP
"EXCLUSIVE" SMALL GROUP TOURING
STRICTLY LIMITED NUMBERS - BOOK NOW!**

HOW TO BOOK

Call our Australia based reservation team
on 1300 063 300 or (02) 9876 8575
Email us bookings@visituk.com.au

Camp Gallipoli

RYAN HARRIS

Ryan Harris is an Australian cricketer and Ambassador for Camp Gallipoli.

The Last Post: Thanks for being part of The Last Post. How did your role in Camp Gallipoli come about?

Ryan Harris: It started with a good mate of mine, who I went to school with. They'd come up with the idea and he explained it all to me and asked if I wanted to be an ambassador for it. Once he'd explained it and it's significance, it was obviously a no-brainer to be part of something as big as Camp Gallipoli. Growing up I'd been a little bit naïve about it, not realising the extent of Gallipoli and it's history. For me, it's a great thing to be part of. Meanwhile, I've been doing my own research finding out as much as I can about that episode in our history. Our ongoing history.

TLP: So, it's been a learning curve for you as well, Ryan? RH: Yes it continues to be. I'm still learning as we go. Constantly doing research. Myself and Mitch Johnson were approached

and agreed to get onboard. I think someone at Cricket Australia had a connection and I suggested it might be an idea if they got in contact with Cricket Australia as I thought they'd be pretty keen to get aboard this. Mitch and I agreed to it and he approached CA and they were absolutely stoked to get onboard. Since then, Shane Watson and Darren Lehmann have joined up so we've got some pretty good Ambassador's. We're all very happy to be putting our names to such an event and obviously with the Anzac centenary coming up in 2015.

TLP: What are you hoping comes out of this?

RH: Again, just awareness. As an example, not having known enough about this as I was growing up, I think we need to focus on awareness in schools and in getting young kids to realise what Gallipoli was. We get to Anzac Day each year and Gallipoli is

mentioned but the ongoing awareness needs to be raised. I'm 34 and I'm learning more and more about it each day.

TLP: What's your hopes for Australia's summer of cricket?

RH: After a really good summer with The Ashes, last season and against South Africa, we're really focused on a winning and keeping that going. We've got a big summer with one-day matches against South Africa, we've got India and then followed by some more one-dayers, World Cup on home soil so it's a big summer for us and we want to make sure we keep winning. We hope to keep giving the Australian public what they enjoy. When the Australian cricket team's going well, everybody's happy. It's been a great time to be around the Australian cricket team and we're all enjoying each other's company. Everyone's supporting each other and that's the spirit we want to continue. ■

"IT'S BEEN A GREAT TIME TO BE AROUND THE AUSTRALIAN CRICKET TEAM AND WE'RE ALL ENJOYING EACH OTHER'S COMPANY. EVERYONE'S SUPPORTING EACH OTHER AND THAT'S THE SPIRIT WE WANT TO CONTINUE."



You've just got to love the passion.

Australia v India

4-8 December, Gabba
12-16 December, Adelaide Oval
26-30 December, MCG
3-7 January, SCG

Tickets at cricket.com.au



EVERY MATCH COUNTS.
SUPPORT AUSTRALIA ON THE ROAD TO THE ICC CRICKET WORLD CUP 2015.

*Cricket
We Love It*

CHRIS FOX

Chris Fox is CEO/
Director of the Camp
Gallipoli Foundation Inc.

Chris Fox has a strong background in corporate finance and advisory services. He has advised on numerous business restructuring projects over the past 25 years including one of the country's largest banks, health group organisations and logistics companies. He is a director of Frontier Adelaide, a full service advertising agency with national coverage across multiple media channels including TV, radio and print. Chris was also the youngest Chairman of Anglicare, Australia's largest non-for-profit organisation. Chris is the passionate leader behind the Camp Gallipoli concept and model.

The Last Post: Hello Chris and welcome to The Last Post. Can you give readers a brief run down of Camp Gallipoli/

Chris Fox: Yes, sure Greg. Camp Gallipoli is a venue in all capital cities in Australia and also in New Zealand, a venue that atypically looks like the original AIF Camps 100 years ago. For example, In Adelaide, Morphettville Racecourse, that's where the 10th Battalion left from in 1914 that went off to Cairo for further training and then to the Dardanelles on the 25th April. You'll rock up with your family or mates and you'll see a venue that will look very much like it would have 100 years ago except when you rock up on the 24th

"YOU'LL ROCK UP WITH YOUR FAMILY OR MATES AND YOU'LL SEE A VENUE THAT WILL LOOK VERY MUCH LIKE IT WOULD HAVE 100 YEARS AGO."

about 4 o'clock you'll have iconic Australian artists playing, you'll have great tucker, you'll have a documentary called '11,000 Voices' that talks to contemporary Australia about the sacrifice at Anzac Cove. It also talks to the multicultural nature of Anzac Cove 100 years ago where 20 nations fought alongside the Australian Imperial Force and there's also, which I think is the highlight, at dusk on the 24th you've got the Light Horsemen riding in with the Camp Gallipoli/Anzac/RSL flame and that flame symbolises the 11,000 original Anzac's that made the ultimate sacrifice and that will happen at all venues with the flame and that will light the Anzac/RSL cauldron at all events around Australia. In the morning there will be the dawn service which we think, will be quite memorable, breakfast and then they bunk out.

TLP: Sounds fantastic. What a scene. How do people go about getting tickets?

CF: Tickets went on sale in October and are available through Ticketek.

TLP: So, all around Australia and in New Zealand as well?

CF: Yes, mate. Auckland. The Ellerslie Racing Club, Centennial Park in Sydney, the Melbourne and Brisbane Showgrounds. In Perth, at the Ascot Racing Club, in Hobart at the Hobart Cricket Ground and in Adelaide, as mentioned, at Morphettville Racecourse.

TLP: Fantastic. How did this come about? What's Cricket Australia's connection?

CF: Well, the genesis, the whole idea of Camp Gallipoli came about over a glass of South Australian wine. We just felt, that for the Centenary of Anzac Day, a group of us felt something special needed to happen. We thought of camping in swags, where the original Anzacs left from was a pretty good idea. Cricket Australia have been fantastic. They bought into this, the whole concept, the whole mantra of Camp Gallipoli, right at the very beginning. I think it's resonated with their players – the Anzac spirit of mateship, loyalty and integrity and honour. I think all those virtues of the original Anzacs are something that contemporary sportspeople, in particular Cricket Australia, take to heart.

TLP: How did you become involved?

CF: Well, I was the one having the glass of wine.

TLP: What's your background, that bought you to this?

CF: I guess I've always had a strong social conscience. I was chairman of Anglicare and have been involved in many charitable causes.

TLP: Thanks so much Chris. The dates, again?

CF: Thank you Greg and, yes, it's the 24th and 25th of April, 2015. Tickets through Ticketek. ■



CAMP GALLIPOLI COMMEMORATING 100 YEARS OF ANZAC SPIRIT

SYDNEY PERTH ADELAIDE MELBOURNE BRISBANE HOBART



www.campgallipoli.com.au



Tickets available
through Ticketek



**“THE ONLY
THING A
GOLFER
NEEDS IS
MORE
DAYLIGHT.”**

Ben Hogan



**The
House
of Golf.**

CHAMPIONS OF MY GAME

Anzac POW Freeman in Europe – Part 2 Escape from Italian Prison Camps

Chapter 8 - VX1580 Captain Henry Jack Kroger 9 Division Headquarters

Captain Jack Kroger was among the many Australians captured during the withdrawal into Tobruk in 1941. He had been a schoolmaster at Wesley College in Melbourne before enlisting into the AIF and among his students was Fred Eggleston, who had enlisted into the RAAF after completing a Master of Science degree in physics at Melbourne University in 1937, and then worked briefly in Germany before the outbreak of war.

They remained firm friends throughout their lives, sharing Italian POW experience in the officers' camp at Sulmona. As with nearly all other Australian officers reaching Switzerland, both escaped from the "Moosburg Express". In the same box-car, Jack and Barney Grogan had drawn the first two numbers to escape, while Fred, having drawn number 10 escaped later, before the train entered the Dommodossala tunnel and thus found themselves free, and still in Italy (Geoff Chinchin had drawn number 12 but was taken through the tunnel and escaped later from German territory).

For some weeks, Jack and Barney roamed around the North Italian Alps until finally reaching Switzerland on October 13, 1943 together. Fred Eggleston had arrived earlier, on September 20, 1943 in a party which included Bob Jones RAAF, "Sandy" Mair (2/24 Inf Bn), Bob Donnan (2/15 Inf Bn) and Don McDonald (2/13 Inf Bn).

After processing by the Swiss and the British Military Attache in Bern, Jack was notified that as senior Australian officer in Switzerland, he would be responsible for all Australian "evades". Julius "Did" Fenwick of the 2/24th Infantry Battalion was made his paymaster, being promoted Local Warrant Officer II rank.

The Australian officers under his command were:
 A407 Fl/Lt Geoffrey Talbot Chinchin, MBE, DFC - RAAF
 QX2991 Lt Robert Stanton Donnan - 2/15 Inf Bn
 20761 Fl/Lt Frederick Felix Eggleston - RAAF
 QX6017 Lt Tom Wootton Elliot, MID - 2/12 Inf Bn
 VX40951 Lt Bryan Bray ("Barney") Grogan, MID - 2/23 Inf Bn
 VX3439 Lt Athol Hunter, MC - 2/6 Inf Bn
 402462 Fl/Lt Fred John Robert Jones, DFC - RAAF
 VX4360 Lt Ronald Houghton Jones, MID, MBE - 19 Brig HQ (2/8 Bn)
 VX38646 Lt John Lennox ("Sandy") Mair, MID - 2/24 Inf Bn
 NX34922 Lt Donald McDonald - 2/13 Inf Bn
 SX1154 Lt John Carr Morish - 2/3rd Field Rgt
 NX12414 Lt Harold Andrew Petersen, MBE - 2/13 Inf Bn
 NX27654 Lt Edwin Paul - 2/3rd Pioneers
 NX60017 Lt Frank Sharp - 2/3rd A Tank

Mini-biographies of these officers are included in their respective units in Volume II. The 3 RAAF officers among the above 14 were later to be joined by 13 other RAAF officers, either members of or attached to RAF squadrons, 3 of whom were "internees". (See story - Lancaster "R for Robert" in Book Three - "Alpine Airmen".)

The Swiss AIF "Half Battalion"

When VX1580 Captain Henry Jack Kroger of 9th Division Headquarters was notified that, as the senior ranking AIF "evade" in Switzerland, he would be responsible for all AIF "evades" and would operate from the Allied Swiss Escapee Headquarters in Wald under British command, he established his administration in the Swiss town of Wil, Kanton, St. Gallen which was the HQ of all British troops in Switzerland.

All 12 of the AIF Australian officers and the 3 from the RAAF in Switzerland, formerly Italian POW, had escaped there from one train (see story of the "Moosburg Express").

Those AIF OR's who had been sent out to work camps mainly under control of Campo 106 Vercelli were luckier than their colleagues who had remained in their main camp PG 57 at Gruppignano. Their work camps were small and isolated, guarded in the main by southern Italian conscripts or older soldiers and near the Swiss border. Those drafted out to working camps in retaliation for the Australian Government sending out Italian POW mainly to gather in the fruit crop of the Australian summer of 1943, had been ordinary soldiers, certainly under the rank of sergeant, so it thus also became Italian policy not to draft out senior Australian NCOs although some did volunteer to work as they correctly assumed escape would be relatively easier from such camps.

Nevertheless, apart from his junior officers and the odd senior NCO, arrivals in Switzerland included few substantive sergeants. When this scarcity became an impediment to maintaining internal discipline within Australian camps, many Australian ORs suddenly found themselves promoted to senior NCOs.

Some ORs such as "Butch" Jocusmen and John Peck were commissioned as Captains in the British army on special missions, directly responsible to the War Office in London.

Escaping Australian POW entered Switzerland by many different routes, but after preliminary interrogation and medical examination by the Swiss, were handed over for further processing at Wil which in previous years had been a processing centre for Polish and French soldiers entering Switzerland. From Wil, the early arrivals were sent to neighbouring villages to be billeted in school houses, disused factories and other public facilities. These "camps" were under administrative control of a Swiss officer who as "camp" Commandant, acted in liaison with the local town authorities and the Swiss command in Wil, which was in control of "Secteur Sitter" that area in the German-speaking part of Switzerland which had been designated for the British "evades". "Evades" of other nationalities were accommodated in other Secteurs in the French and Italian speaking areas of their host country, which at least minimised linguistic difficulties.

On arrival at Wil Australian "evades" were once again medically examined, dentally inspected, fitted out in British battledress and interrogated by British intelligence officers who covered every aspect from the time of capture to crossing the Swiss border. On arrival to their designated "Camp", "evades" were provided with razor blades, toothbrushes, soap and other toilet necessities on the normal British army scale and at the normal intervals. "Evades" were allowed to draw the agreed payment in Swiss francs for their pay-books in accordance with their rank. Initially, ORs slept on straw as did the Swiss army ORs.

This was later changed to palliasses, and each man was issued with pyjamas through the Red Cross. Conditions continually were improved

and the wearing of civilian clothes was permitted, and private accommodation was allowed if it could be obtained and paid for. Officers could live in modest comfort with full board at smaller hotels. R and R centres were opened initially at Adelboden and later at Arosa for winter sports as accommodation was made available in the bigger tourist hotels in those winter sports centres.

Although Captain Jack Kroger endeavoured to obtain permission from the Senior British Officer to have all-Australian "camps" controlled by Australian officers and NCOs, it was felt that the "mixing of Dominion and Home personnel was of great advantage from the spirit of Empire feeling" and AIF ORs remained in their various composite "camps".

Air Force personnel, mainly commissioned officers or senior NCOs were in separate "camps" either for officers only as in Adelboden, or for all airforce ranks as in Glion. "Evades" were actively encouraged to find jobs or follow special trade courses. They could obtain leave passes to visit friends either in other "camps" or civilians, who were

most hospitable and almost invariably well disposed towards the Allies.

Saluting of officers, particularly not their own, was a minor source of friction at the beginning, but soon failed to be a problem as more and more "evades" elected to wear civilian clothes and obtain civilian jobs, or their own officers elected to wear "civvies".

Liquor, freely available after many years without it, was the main source of trouble, together with failure to observe curfew or to move around without permission, but the general behaviour of AIF personnel was good, and the rules of self discipline worked to the satisfaction of Swiss Commandant and Australian "evade" officer and OR alike.

Leave for 10 days every three months was granted to all ranks, with a free rail warrant and subsistence allowance for the period. This subsistence was SFr7 per day for ORs while officers continued to draw the normal SFr15 per day. A postal allowance of SFr6 per month was debited to paybooks to cover costs of airmail letters home, for although POW mail was free of postal charges, "evades"

were free men under Swiss law and strictly speaking not entitled to gratis POW mail. However, letters posted back to Australia without stamps, still managed to be delivered by the Swiss postal system!

By and large the joint Swiss/British administration of the Australian "evades", their welfare, health, entertainment and contact with their folk back home lasted one full year from the date of arrival into Switzerland to the date of their repatriation.

Despite their experience as POW, the representatives of 36 different AIF units and their RAAF colleagues carried on their tradition of individuality within a military framework and with no more "glitches" of discipline than would have occurred in any "half battalion" of their fellow soldiers still serving with their units in the field.

Firm friendships were forged among all ranks and many Swiss civilians in what was to both an unexpected, but culturally interesting, encounter. ■



Rest in Peace Robert Flower

By Chris Reidy and Craig Winter

When a person has such a public life, we all feel connected to them based on what we watch them do and I am sure many people feel like they know Robert Flower the footballer.

Rob quickly formed a connection with people; conversations were based around laughing, having strong personal values, the importance of family, relationships, hard work and enjoying life.

It is these things that we, and his family and friends will miss, now that he is gone.

On a professional level, Rob was instrumental in positively influencing the careers and lives of his staff at Sportsco, and later, thousands of young people through his time at SEDA.

Each organisation and associated person was fortunate enough to experience Rob's infectious personality, and his warm approach to doing business.

He knew that engaging each day with his staff was good business practice, but Rob did this naturally.

His morning walk through the office was always to ask how people were, ask about

their families and what they may have done on the weekend.

The public's response since his passing has been overwhelming.

Hundreds of people have called radio stations, and posted on social media in honour of Rob and reflected on their encounter with him.

Rob would most likely have been embarrassed with all the attention.

One quote stood out and totally encapsulated the man, Robbie Flower.

"Rob, my daughter had the pleasure of meeting you on your visit to Perth recently. You gave a complete stranger your time, and some words of encouragement. Those words have changed her life."

These are the attributes that we will fondly remember and reflect on in the years to come.

Rest in Peace mate. ■

We had the privilege to know him personally....simply as Rob.

Having grown up loving football, Robs dashing runs down the wing in front of the MCC members, was a familiar sight on the Saturday night replay.

Upon our first meeting with Rob Flower the footballer the assumption was that he would want to talk about footy. To the contrary, Rob didn't want to talk about himself or the very topic that had consumed his life until then; he wanted to be seen as a normal person and was more interested in the lives of others.



AUSTRALIAN

MADE.

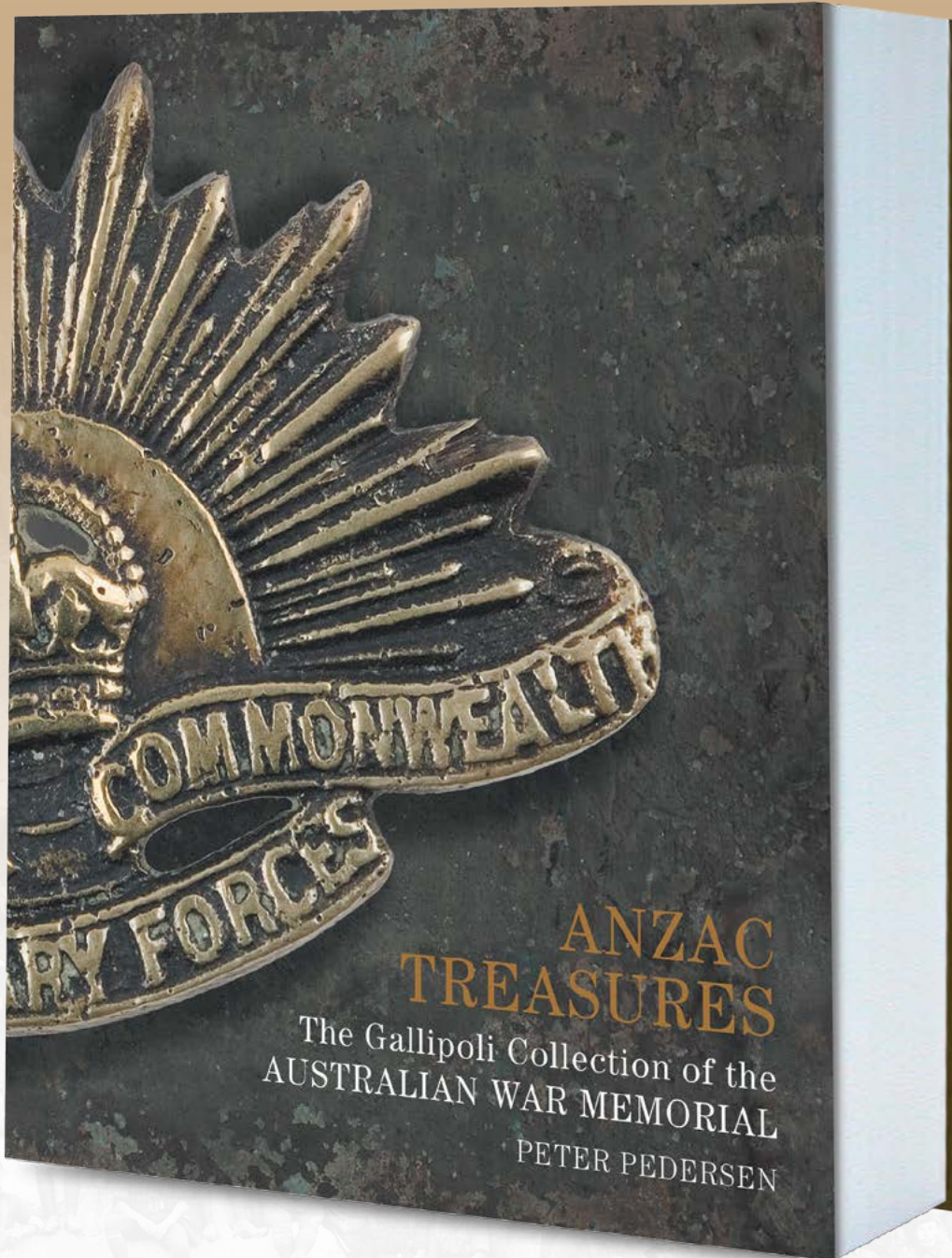
AUSTRALIAN

OWNED.

Coopers



*“At the going down of the sun
and in the morning,
We will remember them.”*



**A landmark publication to
commemorate the birth of the legend.**

MURDOCH BOOKS

Available where all good books are sold