

\$9.90 AUS
(gst included)

The Last Post

Keeping the Anzac Spirit Alive

REGIONAL MATTERS:
MUDGEE

WHATEVER HAPPENED TO
MILK BARS

Interviews with

LAYNE BEACHLEY

JIM KEAYS

LUKE SAVILLE

EDUCATION & THE ANZAC SPIRIT
WALFORD ANGLICAN
SCHOOL FOR GIRLS
KILDARE COLLEGE

+ GREAT SUMMER READING FROM JULIA MAY,
MURRAY WALDING, MARTIN FLANAGAN & OTHERS

the
power of
humanity



Everyone should have a Will. Do you?

WILLS FOR LIFE

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

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

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

To receive a **FREE information booklet on making or updating your Will** please complete and return the form below, call 1800 811 700 or email bequests@redcross.org.au.

Please return this coupon to: Louise Turner, Australian Red Cross, GPO Box 2957, MELBOURNE Vic 8060.
Alternatively call 1800 811 700 or email bequests@redcross.org.au.



TLP1212

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

Title First name Last name Telephone

Address Suburb

State Postcode Email



Foreword

By The Hon. Julia Gillard
Prime Minister of Australia

“To all
Australians at
home and across
the globe, I
wish you a very
happy and safe
Christmas and a
New Year that
brings peace and
prosperity to all.”

The holiday season is a time for rest and relaxation, for family and celebration. But amid these busy weeks, we should also pause to reflect on what really matters.

Right now, hundreds of Australian service personnel are on duty overseas, away from their loved ones, protecting our interests and values.

They serve with the same courage and dedication as those who served before them, and many of their mates have made the supreme sacrifice in our country's name, and sadly there will be too many homes where there is little joy this Christmas.

Here on our own shores, thousands of Australians continue to work tirelessly in their communities – especially our police and emergency service personnel, paid and volunteer alike. They represent so much which is good about Australia, and many of them will be on duty as we enjoy the festivities.

As I travel throughout our nation and around the world I am always struck by the positivity and resilience of the Australian spirit. It is a spirit that has enabled our great nation to achieve so much.

So at this important time, please take a moment to remember and thank those who have and continue to serve our nation and our communities.

To all Australians at home and across the globe, I wish you a very happy and safe Christmas and a New Year that brings peace and prosperity to all.

From the Publisher

Greg T Ross

“Come with me”, Mum says, “To the library. Books and summertime go together.” So said Lisa Schroeder and when you look at the book giveaways we have this summer the focus is very much on giving readers and subscribers the chance to take advantage of the huge free book offers we have from Allen and Unwin. The respected international publisher has given us a truckload of books that are to be given to the first subscribers who email details through. Harper Collins too have forwarded copies of the new and respected ‘The Lost Diggers’ by Ross Coulthart. Two copies of this book are also there as a Christmas present to subscribers who email through mentioning Ross’ book.

As a well known Aboriginal proverb goes, ‘Summer is a time for dreaming and those who lose dreaming are lost’. We all hope for our moments of dreaming during the summer solace and on through Autumn when the weather cools. We may find that in our own way but may those dreams be on themes of positive outcome.

Since our last edition Dame Elisabeth Murdoch has passed away, in December, aged 103. “We’re here to help others” was her call and that was one of spirit, strength and to care for others. Dame Elisabeth was a great community, leader, charity worker and philanthropist. Jazz great Dave Brubeck also died, on the same day, Dec 5th. Dave was

born in Concord California and responsible for such left of centre greats as Take Five, Blue Rondo a la Turk, Time In and Bossa Nova USA. Australian singer and entertainer Daryl Cotton also died earlier this year as did well known and respected ‘Shark expert’ Ron Taylor. Bryce Courtenay, American singer – songwriters Terry Callier and Joe South. Hal David, the wordsmith to Burt Bacharach’s great tunes were others that left us during the year. .

In this Christmas/Summer edition, we look at Mona Vale Bowling Club and the way they’re going about attracting younger members. We interview Australian icon Rolf Harris, female surfing superstar Layne Beachley, Music legend and ex-Masters frontman Jim Keays along with young up and coming tennis star Luke Saville. We have great summer reading from Julia May, Murray Walding, Michael Short, Martin Flanagan and others. Along with that we have the usual features - Education and the Anzac spirit, Regional Matters, Whatever Happened To..... and a look at the great work being done by Australian Red Cross. Indigenous runners disappointed after the cancelation of the famed New York Marathon now have been given the chance to compete in the Tokyo Marathon. It is a dream come true for those involved and we have news on that also. Have a great Christmas and summer, wherever and wherever you are.

BELOW IS A TAKE ON SUMMER FROM STUDENT LAWANNA HOLT.

Summer

Summer is hot season.

Summer is a really wonderful weather.

Summer is when you eat a lot of ice cream because it cools you off.

Summer is when you can lay out to get a tan.

Summer is when school gets out.

Summer is the season for swimming.

Summer is the season for vacation trips.

Summer is when you have lemonade.

Summer is when you have parties and sleepovers.

Summer is when the pretty and wonderful flowers come out.

Summer is when you work out in the yard or outside.

Summer is a happy and fun season.

Summer is when you wear shorts and sleeveless tops.

Summer is when you wear sandals.

Summer is when you can relax.

Summer is when you hang out with your friends.

Cheers,

Greg T Ross

Publisher, ‘The Last Post’

gtrpublishing@live.com.au

Thanks...

“Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language.” - Henry James

“One must maintain a little bit of summer, even in the middle of winter.” - Henry David Thoreau

Thanks on this edition to –Her Excellency the Governor-General of Australia, the Australian Prime Minister’s Office, the Federal Department Veterans Affairs, the Office of the New Zealand Prime Minister, The Australian War Memorial, Simon Crean and Regional Australia, Mark Butler the Minister for Mental Health and Ageing, The Minister for School Education and Deewr, Walford Anglican School for Girls, Kildare College, The Anglican Archbishop of Melbourne, Pat Scammell and RSL Promotions, Mark Lee and RSL Corporate Communications, RSL Tasmania, Pat Lake-Smith and Rolf Harris, Kirstie Wyatt, Tony Tirri and the ANZ Bank, Troy Cassar-Daly, Ricky Ponting, Scarborough RSL Sub Branch, Richard Green and Finsbury Green, Martin Flanagan, Segue Financial, Murray Walding, Bridie Smith, Michael Short, Julia May, Fairfax Media, News Ltd, Australian Red Cross, Tennis Australia, Luke Saville, Tennis SA, the South Australian Government’s Department of Veterans Affairs, Townsville State High School, Wild Fox Wines, The Mona Vale Bowling Club, Jacob Stein and Robert Stein Vineyards, Holly Manning and Mudgee Tourism, Judy Sarris and Gourmet Traveller, John Bullock and Christchurch City Council, The Brotherhood of St Laurence, Parkinsons NSW, The Salvation Army, Outward Bound Australia, Layne Beachley, The Surf Travel Company, Legacy Australia, Palliative Care Australia, Akubra Hats P/L, Ausglobal Travel Group, Allen and Unwin, Jim Keays, Harper Collins, Geelong RSL, Two Wells RSL, City of Wagga Library, Hutt Street Centre, IMP

Contents

FEATURES

- 9 Christchurch. A City of the Future. Big, Bold and Beautiful.
32 Jacob Stein of Robert Stein Vineyard
- Gourmet Traveller Wine 'Young Winemaker of the Year 2012'
38 Christmas at Hutt St Centre
41 Greenhorns by Will Swanton
60 Here comes the future, please adjust your set. - The Zone's Michael Short talks to Tommy McCubbin, digital media strategist
62 The Wildest Discotheque Of them All - Murray Walding
71 Australian's role in Human Rights Act undervalued - Martin Flanagan
72 Can we save the Reef by controlling crown of thorns starfish?
78 Remembering the greatest Australian tragedy of the Second World War - Sandakan Prisoner of War Camp
84 The new age of old age - Julia May talks to Alexandre Kalache

REGIONAL MATTERS

- 28 With a foreword from Regional Australia's Minister Simon Crean, The Last Post takes a look at Mudgee - Fun for the Whole Family

PEOPLE

- 14 Luke Saville
42 Layne Beachley
52 Rolf Harris
80 Jim Keays

EDUCATION & THE ANZAC SPIRIT

- 19 Foreword from Minister Garrett
20 Walford Anglican School for Girls
25 Kildare College

FINANCE

- 66 Segue Financial Services - Australia is Headed for a Retirement Savings Disaster. Are You Headed for a Retirement Savings Disaster?

YOUR RSL AT WORK

- 65 Two Wells RSL

WHATEVER HAPPENED TO...?

- 77 Milk Bars

'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
Greg T Ross
0419 165 856

SUBSCRIPTIONS
gtrpublishing@live.com.au
0419 165 856

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

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

COVER
Front Cover Image:
Layne Beachley

CHILDREN ARE OUR CHRISTMAS STARS



Amanda and her children were headed for a life of poverty

At the age of only 18 Amanda became a mother to very premature twin girls. A few months later the girls' father left and she was suddenly a single parent. Without any education to fall back on, Amanda was plunged head-long into the demands of adult life. Despite a long work history in low-paid jobs she could not go back to work immediately; her vulnerable babies needed her around the clock. Teegan and Tenille were deeply loved but Amanda, without a strong support network and the ability to hold down a job, found it hard to provide for her children. She was disadvantaged and needed help.

The Brotherhood was there to help Amanda and her twins by preparing the twins for school and Amanda for a new career.

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



'Love within the family and caring within the community - Christmas reminds us of what is truly important. Children are to

be treasured, our elders celebrated and family traditions recreated anew. The opportunity of the season is to be generous to others and to grow together in our readiness to share. May your Christmas be peaceful and happy and your efforts in the new year fulfilling.'

Will you be there for disadvantaged families this Christmas? Please give generously this festive season by filling in the coupon below, calling us on **(03) 9483 1301**, emailing **donate@bsl.org.au** or visiting our web site **www.bsl.org.au**.

Tony Nicholson, Executive Director, Brotherhood of St Laurence



'Christmas is such a magical time for families, children and friends to spend some quality time together, usually over the dinner or lunch table, talking about the year that was - and the year that will be. It's at times like these that you spare a thought for those that are not as fortunate. Our research shows that disadvantaged youngsters often start school 30% behind their peers in literacy and numeracy - and they often never catch up. Please spare a thought for disadvantaged

children around Australia this Christmas and New Year, as they are often the most vulnerable. With my best wishes to you and your loved ones this Christmas.'

With your donation you can help disadvantaged children shine this Christmas

Please find enclosed my gift of:

\$30 \$50 \$100 \$200 \$.....(my choice)

I wish to send my gift by: cheque/money order (payable to the Brotherhood of St Laurence)

OR please debit my: VISA MasterCard Diners Club AMEX

Mr/Ms/Mrs/Miss/other

Name on card

Address

Phone

Mobile

Email

Postcode

Signature

Birthdate

Card number Exp date

Please send me information about the Brotherhood's monthly giving program. Please send me information about leaving a gift to the Brotherhood in my will. I have already left a gift to the Brotherhood in my will. We respect the privacy of your personal details. The Brotherhood of St Laurence will not disclose your details to any other party. See our Privacy Policy on our website. **Donations to the Brotherhood of St Laurence of \$2 or more are tax deductible.**



**Brotherhood
of St Laurence**

**IT'S A
GOOD TIME
TO GIVE**

**PLEASE RETURN THIS
COUPON TO:
Brotherhood of St Laurence,
Reply Paid 1426,
Collingwood VIC 3066**



Foreword

A Christmas message from
Her Excellency Ms Quentin Bryce AC CVO
Governor-General of the Commonwealth of Australia

Christmas is a time for enjoying the bonds we share with loved ones, friends and neighbours. It is also a time to reflect on the contributions made by many caring and dedicated people in our community- from the red and yellow guardians of our pristine beaches to the dedicated servicemen and women of the Australian Defence Force.

This year I had the opportunity to see first-hand the work of some incredible Australians driven not by rewards or accolades, but by achieving a quality of life for our most vulnerable - men and women from a cross-section of our society who perform selfless and inspiring deeds each day; the volunteers at St Canice's Kitchen in Sydney, the carers who give compassionate support to children who have cerebral palsy, and the counsellors who nurture fragile lives in refuges across the country.

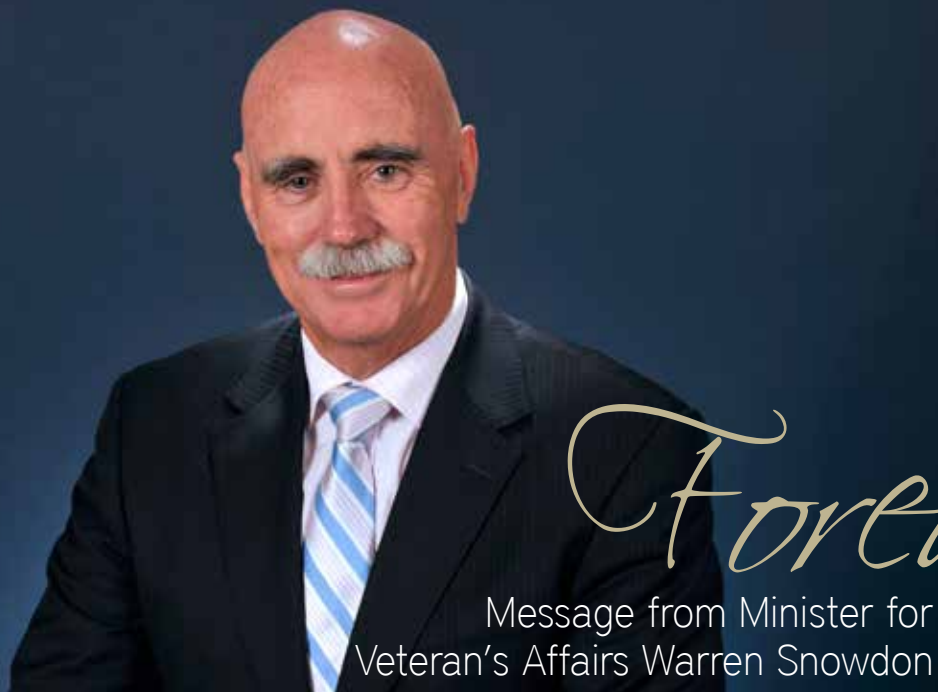
As Commander-in-Chief, I am fortunate to spend time with our Defence personnel and to see the real and genuine contribution made by them every day in countries such as East Timor, the Solomon Islands and the United Arab Emirates. This year I also had the honour of standing alongside our soldiers during the moving ANZAC Day Dawn Service at Tarin Kowt, Afghanistan.

Our Defence Force personnel identify with a legacy forged by sacrifice, mateship and camaraderie- a legacy commemorated in 2012 with services marking the 70th anniversaries of the Bombing of Darwin, the Battles of Kokoda, El Alamein, the Coral Sea and Milne Bay, and by the brotherhood of men who served with Bomber Command. Our ageing veterans from that time of conflict serve as an inspiration for a new generation of young Australians.

Last month, I had the privilege of presenting the Victoria Cross for Australia to one of our young Australians: Corporal Daniel Keighran VC; an historic and proud moment for all of us as Corporal Keighran was recognised with our highest military honour for his acts of the most conspicuous gallantry - for valour.

As we come to the end of another year I want to pay tribute to all who serve our community, and send my warmest greetings to the readers of The Last Post and wish you a safe and merry Christmas and a prosperous 2013.

“ Christmas is a time for enjoying the bonds we share with loved ones, friends and neighbours. It is also a time to reflect on the contributions made by many caring and dedicated people in our community ”



Foreword

Message from Minister for
Veteran's Affairs Warren Snowdon

“I would take this opportunity wish our entire veteran community and their families a safe and joyous Christmas.”

This year has been a momentous one for commemorating the service and sacrifice of Australians at war. 70 years ago Australian Diggers were facing conflict in many theatres of the Second World War including right here at home.

This year we reflected on the events of 1942, many of which shaped our young nation and took their place alongside the First World War campaigns at Gallipoli, Fromelles, the Somme, Bullecourt and Villers-Bretonneux.

With sorrow we recalled the Fall of Singapore to the Japanese, when so many Australian and Allied servicemen along with civilians were killed or captured and placed in terrible Prisoner of War camps.

We remembered the Bombing of Darwin, when the enemy attacked the Australian mainland for the first time, beginning 18 months of attacks across Australia's north.

And the battles on our doorstep at Milne Bay and Kokoda and those much further afield at El Alamein and the campaign in North Africa. Australians served with distinction and their sacrifice will never be forgotten.

On numerous occasions I have spoken with the Returned and Services League and other ex-service organisations about the challenge to

reach out and welcome young veterans into your community.

I have received nothing but positive feedback, the RSL and other groups are extending the hand of friendship bringing our newest veterans into the fold and offering them the support they need.

There is another group which, while relatively few in number, equally deserves our support, Australia's female veterans.

Increasing numbers of women have served with the Australian Defence Force, and in future we'll see a growing number who have seen active combat joining the ranks of our veterans.

Some 60 female veterans contributed towards a report entitled The Health and Wellbeing of Female Vietnam and Contemporary Veterans.

The Department of Veterans' Affairs is already developing New Service Models to better support the needs of our contemporary veterans, which increasingly include women.

It is equally important that our ex-service community recognises and adapts to the changing face of our veteran population, and as in the past with younger veterans they also extend their full support to women veterans.



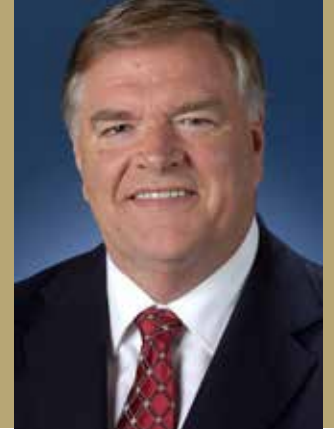
I would take this opportunity wish our entire veteran community and their families a safe and joyous Christmas.

I would also like to remind all our veterans and their families, if they need support or someone to talk to over the holiday period, the Veterans and Veterans Families Counselling Service after hours service, Veterans Line is available by calling 1800 011 046.

Christmas Message from the Hon. Kim Beazley AC Australian Ambassador to the United States of America

Christmas is a time for family, joy and conviviality.
There is room also for remembrance and gratitude.

To those who are serving or have served
in our armed forces go our heartfelt thanks and good wishes.
May this time of peace and hope resonate with you and your loved ones.



Christmas Message from Mark Butler MP. Minister for Mental Health and Ageing Minister for Social Inclusion

The sun is setting on another busy year and it's a great time to come together with friends and family to celebrate our hard work - preferably with the cricket on. While it might be the season to be jolly, for many Australian's the holiday season can be a difficult time, leaving many feeling stressed, lonely, isolated or depressed.

A simple act of kindness, whether it's a quick phone call to the neighbour to wish them happy holidays, or volunteering your time at a local shelter, can make a world of difference to someone doing it tough this Christmas.

This holiday season I encourage you to reach out to others and let them know they're not alone.



Christmas Message from The Most Reverend Dr Philip Freier, Anglican Archbishop of Melbourne

Christmas confronts a tired and worried world with the challenge to hope for a resolution out of all that we know is broken and hurt.

Our world circumstances are not so much different from those of the period of Jesus' birth. Where we have the United States of America as the single world superpower, the ancient world had imperial Rome as the unchallenged power of all of the lands around the Mediterranean Sea. Judea was a small and distant part of the Roman Empire but was one that had shown itself to be a problem area after the uprising of the Maccabees just a generation before. Judea was an occupied country where alliances were formed between the local elites and the Romans. What was seen as a pragmatic solution by one was seen as sacrilege by another. Passions ran hot; many looked for the hand of God to direct the future and to vanquish the Roman invaders. It was into this world that Jesus was born. Far from having membership of any of these ruling elites, he was born in a stable in Bethlehem, unheralded

except through the miraculous revelations to the shepherds and the wise men from the East.

In a way that is hard for us to understand today, any claim of divine authority immediately came into conflict with earthly power. Where we have become used to looking at politics and religion as different, they were so inextricably mixed in the ancient world that even an apparently benign request by King Herod for the wise men to report to him where the star had led them was recognised for what it was, a chance to find and destroy a potential rival. The risk of detection still remained and there seemed no option for Joseph and Mary to take the baby Jesus and flee into the relative obscurity of exile in Egypt until the immediate threat passed. We have only the barest of details recorded in the New Testament about the early years of Jesus' life, probably because of an intentional desire of Joseph and Mary to keep to themselves the secret of God's purposes they knew existed for the child.

In the light of all these things it is not surprising that Jesus' public ministry was

short, a bare three years, and that his life was ended through a sentence of execution by the authority of the Roman Governor. Even at the time his birth, the shadow of those things that would come to be known by us as the events of Easter are well and truly present. Christians of course don't seek to avoid the events of Easter, Jesus' passion, death and resurrection, as they provide the framework for understanding the importance of what God was doing for the world in Jesus. Understood this way the celebration of Christmas can be a truly joyful time of hope. We can find a reassurance that God knows the troubles of the world and is so involved in a finding a different way forward for us that he sent his Son to be one with us.

This understanding calls us into a much deeper experience than the simple cultural recognition of Christmas ever could.

May you know the joy of hope that Christmas announces to the world.



Foreword

A Christmas Message
from Rt Hon John Key
Prime Minister of New Zealand

To all the readers of The Last Post Magazine, I wish you and your family a merry Christmas and a safe and happy New Year.

It's been an extremely busy year on New Zealand's side of the Tasman, as it has for our Australian counterparts. My Government has been working hard to ensure that all New Zealanders have a brighter future in the face of ongoing global economic uncertainty.

We've supported New Zealanders through our domestic recession and the Global Financial Crisis. And we continue to support Cantabrians with the rebuild of Christchurch.

The rebuild of New Zealand's second-largest city is the biggest economic undertaking in our history. In tight financial times, the New Zealand Government is committing \$5.5 billion to the rebuild. And we've created a new agency, with a dedicated Minister within my Cabinet, to lead the reconstruction.

We've promised Cantabrians we will do what it takes to support the rebuild of their city. We're making some great progress. Shops and tourism are open for business and thriving. Progress rebuilding hotels and other accommodation within the city is going well. As a result, the Lonely Planet has named Christchurch one of the top 10 cities worldwide to visit in 2013. I'd encourage you to come over and visit Christchurch, which remains the gateway to the rest of the South Island.

Another important policy step we've taken this year is better recognition and support for our veterans. I announced a significant package of reform worth \$60 million over the next five years to ensure we are both meeting the needs of current veterans, and well placed to support the next generation of ex-service men and women. I'm proud to be a Prime Minister that is recognising the sacrifices of our veterans, and putting in place support services they can rely on.

Once again, merry Christmas and happy New Year to you and your family.



Mayor Bob Parker Christmas Message 2012

Christmas is first a season to celebrate our blessings then inevitably a time to reflect on events that have shaped our communities, our countries and the world. Through Last Post I want to pay tribute to our ANZAC forces whose personnel have made the ultimate sacrifice in Afghanistan this year, our thoughts at Christmas are especially with their families and comrades. Reflecting the valour of their commitment to our wellbeing is I believe the attitude shift taking place across our communities from "the me to the we generation." This Christmas three simple gifts to share; an idea, moment and word: 2013 may it be prosperous for all.

CHRISTCHURCH: A CITY OF THE FUTURE

2013 and Christchurch is set to shine as the pace of reconstruction gathers momentum and the future once perhaps distant is now definitely tangible.

Our present journey forced upon us by a series of radical and fatal natural events is requiring us to rethink the norms that previously governed our social and economic life.

Innovation and collaboration are our new catchwords.

I have every confidence the collaboration so clearly evident across the city and wider region will result in what I envisage as Future city Christchurch: one of the world's safest, environmentally sustainable, economically buoyant and culturally rich city's in the world.

Lonely Planet in ranking the city at "six" among the world's top 10 cities said we enjoy this accolade because of our ability to rise from the rubble with a breath-taking mix of spirit, determination and flair.

Making this happen across the city are our innovators, builders, engineers, students, artists, educators, health professionals, administrators, leaders of faith and our kaumatua who are lending their experience, knowledge, creativity and determination to re-imagining our future.

The stunning Council led "Share an Idea" project which asked the people of Christchurch for their ideas about the central city resulting in a staggering 100,000 suggestions being received!

Outcomes from "Share An Idea" focussed on five key themes: a green city, stronger built identity, compact CBD, live - work - play - learn and visit, and accessible city.

Mid 2012: the launch of the much heralded Christchurch Central Recovery Plan reflected both the Share an Idea themes and laid out what were applauded as extraordinary opportunities for local, national, international investment, business - community - arts - and lifestyle development and for philanthropic contributions.

There is a palatable sense of opportunity across the city with work progressing at such a rate we can now expect the CBD to be fully opened by the middle of next year.

New year 2013 is tipped to be when we will start to see a marked increase in domestic and commercial construction, commitment to major CBD initiatives and I believe green shoot business activity out of 2012 will create new industries and thus further employment for our region-wide workforce.

The latest economic data shows a continuation of recent positive trends which now position Canterbury as of the fastest growing regions in New Zealand. Unemployment has fallen, construction is accelerating and growth in consumer spending over the past year is the highest of any region in the country.

Our students are amongst the highest achievers in the country and our educators are taking leadership of the "Education renewal in greater Christchurch project," in order to secure the best outcomes for present and future generations.

Christchurch is on the move: our beautiful parks on any morning or evening are being used by increasing numbers of walkers, joggers, cyclists and team sports. It is not just my imagination - more people have grabbed the mantra "life is for living."

As we move into the New Year 86 cruise ships will visit Akaroa on the beautiful Banks Peninsula, the popular Christchurch Gondola on the Port Hills is set to reopen, we host the New Zealand Women's Golf Open, the Great British Car Rally rolls into the city, our unique Cardboard Cathedral is due to open in the autumn and we celebrate the 150th anniversary of the city's world famous Botanic Gardens.

The city also looks forward in the New Year to hosting the World Buskers Festival, Ellerslie International Flower Show, New Zealand Jazz and Blues Festival and Speights Coast to Coast.

Christchurch - I would not be anywhere else!



Christchurch:

BIG, BOLD AND BEAUTIFUL

Addressing the perception of a city with little to offer was one of the objectives of the Big Things campaign which successfully went viral in 2012 and invited Australians to re-imagine one of their favourite cities: Christchurch.

The frame for which according to Lonely Planet is, one of the most exciting cities in New Zealand.

The tongue-in-cheek creative pitch of the reimagined campaign played on the Aussie love of big things such as; the Big Banana, Merino, Stubbies, Pineapple and Happy Hens. Our Big Things hosts set out to borrow a Big Sheep or two and relocate them around Christchurch to create an atmosphere of normality for Australian visitors reluctant to return to the city.

The news for the way is that this is a city reinvigorating itself as a vibrant, prosperous and distinctive place to visit and do business.

Lonely Planet's Top 10 Cities recently ranked Christchurch No. 6 City in the world after



picking up on all the exciting things happening in the city.

“Christchurch, with unique opportunity to rethink urban form, is bouncing back with a new energy and inventiveness.”

Reaction to Big Things further reinforced the Lonely Planet accolade and showcased the great sense of shared cross Tasman humor and understanding that life is for the living.

“Many fond memories of Christchurch. My sons were born there and we lived at Sumner. 40 years since I left, but do intend to revisit. What I loved about Enzeders was their resilience in the face of adversity, whether it be economic or nature. For a small country, the people have amazing strength of character, and perhaps that's why.”

“Why don't you try and replicate the 'Big Dry'. We need some of your rain!!!!!!!!!!!!!!!!!!!!!!!!!!!!!! How about a big Hobbit!”

“CLEVER! I love this advertisement! I'll come to Christchurch just because you DIDN'T try to sell it as the best place on earth! Well done!”

2012 has been a year of further consolidation as more attractions come back on line and events such the Buskers Festival, Ellerslie Flower Show, the just launched Ice Fest, and Cup and Show Week have laid the foundation for what will be a dazzling New Year.

This is a city and region of boundless beauty, creativity and stunning people!

Our annual events programme presents an ever changing talent and creative palette, entertaining and challenging live theatre, bustling markets, public gardens and critically acclaimed galleries - all complimented by great shopping, cafes and dining.

Seriously visitors are in danger of becoming permanent residents.

Any stay in the Christchurch and wider Canterbury region can be as relaxed or as active as desired. We are truly a place for all seasons with winter skiing at one of the six nearby family friendly ski fields in the Selwyn Districts, the Banks Peninsula playground with its picturesque villages and the award winning recreation facilities at the Hamner Alpine Resort.

The energy and buzz that abounds around Christchurch and Canterbury will undoubtedly intensify as the rebuild ramps up so this is an exciting time to visit.

Latest economic data reveals the region is the fastest growing in New Zealand; unemployment is falling as construction picks up and growth in consumer spending over the past year leads the country.

2013 has the promise of a great year - we look forward to seeing you in Christchurch to enjoy what's in-store!



The eyes of the sporting world turn to Melbourne in January as the world's best players battle it out for the first Grand Slam[®] title of the year.



More than mere sporting heroes, the likes of Rafa, Roger, Novak, Andy, Maria, Victoria, Caroline and Serena are global superstars, all striving for the ultimate prize.

Witness the drama unfold as the world's greatest athletes dominate the courts at Melbourne Park and test each other's skill, determination, courage and endurance.

Be here for the drama, angst, excitement, grace and intensity as more than 500 athletes push each other to the limits in their quest to conquer and walk away with the crown.

Have you signed up for Australian Open 2013?
Ready? Play.

BOOKING INFORMATION

INTERNET

- 1) To purchase tickets online you need a current My Ticketek account. Please visit www.ticketek.com.au to become a member.
- 2) To purchase tickets please go to www.ticketek.com.au/australianopen.
- 3) Select the series packages and/or sessions you wish to attend. Tournament prices apply.

PHONE

To purchase tickets via phone please call 1300 888 104.

AGENCIES

Bookings can be made in person at any Ticketek agency across Australia and New Zealand. Visit www.ticketek.com.au for a list of agents near you.

Get your tickets sent straight to your mobile! For more information on mobile tickets, please visit www.ticketek.com.au/australianopen.

GETTING THERE

TRAMS

All valid Australian Open ticket holders are able to enjoy a free tram shuttle service operating on route 70 from the CBD to Melbourne Park.

TRAINS

Richmond, Flinders Street and Jolimont stations are within easy walking distance to Melbourne Park. For all train, tram or bus details please call 131 638 or visit ptwic.gov.au.

PARKING

Public parking is located at Yarra Park (MCG) via Gate 3 for day and night sessions, and Gate 5 for day sessions only. No public parking will be available at Melbourne Park during the Australian Open.

ENTERTAINMENT AND ACTIVITIES

GRAND SLAM[®] OVAL

Grand Slam[®] Oval is the place to be if you want your tennis on the big screen, a mix of friendly bars, shopping outlets and a great line-up of live Australian bands and DJs. A great place to sit back and relax while spending a day catching all the live tennis action at Melbourne Park

GARDEN SQUARE

Garden Square is the Australian Open family zone. Enjoy live tennis action on the big screen or catch your favourite players up close and personal at MLC Autograph Island. You can even take part in a variety of tennis related activities including MLC Tennis Hot Shots, where children can experience the joy of tennis first hand. Garden Square is sure to be a great day out for the whole family!



australianopen.com

Follow us on:



australian open

The Grand Slam of Asia-Pacific



Dear Santa,
some Australian Open
tickets, please.

Ready?
Play.

Melbourne Park
14-27 January 2013

Book now at ticketek.com.au or call 1300 888 104

Just in time for Christmas, tickets for Australian Open 2013 are on sale now. With the best players in the world on-court, and off-court entertainment in Garden Square for the kids and families plus Grand Slam® Oval offering bars, bands and sponsor activities, what more could the family wish for? So book now at ticketek.com.au or call 1300 888 104.



JACOB'S CREEK



THE LAST POST SPEAKS WITH

LUKE

Saville



Luke Saville is an eighteen year old tennis player who won the 2011 Wimbledon Boys Championship and 2012 Australian Open Juniors. Luke won the Junior Sports Star honours in November and was nominated for the Male Junior Athlete of the Year at the Newcombe Medal, Australian Tennis Awards, also in November. Also this year Luke has won Futures titles in Thailand and Cairns, Australia. He is a right-handed, double handed backhand who started playing tennis at the age of five. He is currently ranked 340, a career high.

The Last Post: Thanks for joining us Luke.
Luke Saville: Great to be here.

TLP: Luke, you're from Berri, up in the Riverland or near Berri. What was behind moving to Adelaide first of all?

LS: I was brought up as one of three siblings with an older brother and sister. First up, Dad built a tennis court in the backyard and I starting hitting the ball on our backyard court when I was a very young age. I was playing Junior tournaments when I was eight or nine and was winning in my age groups. A year after that coaches up in Adelaide started to notice I had a bit of talent and ability and they had a bit of a chat with my parents and they said that if I wanted to take my tennis to the next level and have a real good crack I really needed to be in Adelaide. That's when the real sacrifices started and I moved up to Adelaide.

TLP: How old were you when you first beat your Dad?

LS: At a pretty young age. If my Dad was as good as he talks himself up he'd be a pretty handy professional. Dad's not too flash on the court but he's been crucial and just great in supporting and instigating my tennis career so far. I cherish that support and my parents have been there for me too, financially. It's an expensive sport to be in and of course, that support keeps me going and gives me strength.

TLP: The family is always important and, geez, especially when you're a promising young player. A lot of hoops still to jump through but they've obviously saw the light from when you were young.

LS: Yes, that's right and I was still pretty young when that sacrifice was made, what, about ten. You know, Mum would be driving me back from Adelaide, back to the Riverland when I was young. Dad and my brother and sister were still there and, yes, to do that sort of thing means they've got a great belief and a great love too, I guess. They showed initiative and bought an apartment in Adelaide and really got things rolling and that's allowed me to get where I am today.

TLP: You entered your first professional tournament when you were what, 14?

LS: Yeah, I got a wildcard into that tournament in my home town of Berri. That was my first professional entry, yeah. Four years later I'm doing well enough to consider that I'm on track.

TLP: A couple of years after that you won the Burr Medal, 2010? The best player in SA?

LS: That's right.

TLP: And then the Don Turnbull Trophy the same year?

LS: Yeah, exactly. Wow. That was a great achievement for me to be recognised like that when still an up and coming junior. I think that

Trophy's for the 18's and under, so a great privilege. It gives me an opportunity to be a role model for juniors coming up. So the more I achieve the more becomes possible.

TLP: Onto 2012, I believe you won in Bangkok and in Cairns earlier this year and they were ITF Futures Titles.

LS: Yes, the win in Bangkok was significant because it was my first win on the circuit and that broke down a barrier. Cairns too, great because it's here in Australia and it was a good way to follow up the win in Thailand in May. I'd like to add some more to my list.

TLP: With the great culture and history of tennis in this country, how's it feel to be an Australian tennis player in 2012?

LS: Lleyton Hewitt's obviously another South Australian so he's been my biggest tennis idol growing up and I still look up to him. I found watching him from an early age was always great inspiration and still is. He's a great fighter and competitor for his country. He thrives on that sort of pressure and I'd like to think that I can too. We've got some talented young juniors coming up and, boy, well, Lleyton, Todd Woodbridge, Mark Woodforde, John Fitzgerald. These type of past players have done Australia proud and, as far as following on from that, it's nice to be in their shadow with a chance to step up.

TLP: The Davis Cup, Luke. Has that held a special place in your tennis psyche? And congratulations of course for being part of the winning Davis Cup Junior team. How did it feel playing for Australia in the Davis Cup?

LS: Thanks. Yeah, I was only sixteen but at that moment it was the biggest achievement in my career. My team mates and I were all proud and yeah, we won that in Mexico. It's a prestigious title. Rafael Nadal won it when he was younger. To win it as part of a team environment was special and a taste of what's hopefully to come.

TLP: The adult version?

LS: Hah, yes. I may have to wait as I feel a Davis Cup call up is not going to happen until I climb in the ranking a bit.

TLP: How much further?

LS: Oh, into the top 200, top 100 with a few more wins.

TLP: Rafa and Roger Federer are two of the players you list as being favourites. What's the best part of their game and do you try to emulate any of that?

LS: Well, Rafael is a left hander and Roger has a one-handed backhand so they play nothing like me but I admire how competitive they are. It's inspiring watching them play. They both handle defeat well too, especially Rafael. He can always hold his head high and that makes a point.

TLP: How important for you is the Australian Institute of Sport?

LS: Well, I'm travelling with them now and have been for the last three years. AIS is great and, up there in Canberra, it's state of the art technology. In the time I've been there, the coaches have been great, the environment, the fitness trainers. I'm still there and would love to continue gaining scholarships and be there. If you're in that environment and you stay true to what you believe you can achieve then, good things should happen.

TLP: Broderick Dyke. Is he still with you?

LS: I finished being coached by him a few years back but I was coached by Brod for around four years and he was great for me, instilling a lot of great habits into me and my tennis. Good training habits so his methods back then continue to help me.

TLP: Well, he had good form, particularly as a doubles player I think. He played with Brad Drewitt, Frawley and a lot with Wally Masur. '84 was a good year for him.

LS: Yeah, surrounding yourself with good players leads to good habits and results, hopefully.

TLP: What about the next twelve months Luke.....

LS: A lot can happen in twelve months but if I keep on developing my game and improving, get stronger, fitter, faster. The men's tennis game is more physical than it's ever been and you need to be a great athlete to compete at that level. To keep improving my ATP rating until this time next year, top 200, top 150. A slow process but I'm working from a good base. I was number one in the world for the Under 18's and I have to believe I can achieve that with what I'm doing now.

TLP: What's playing in the Australian Open, the 2013 Open mean to you?

LS: Well, if I get in I'll most probably qualify or if I get a wildcard into the main draw would be an unreal experience for me. I'll just take it one step at a time but if I'm granted that opportunity it'd probably be the best time of

“DAD'S NOT TOO FLASH ON THE COURT BUT HE'S BEEN CRUCIAL AND JUST GREAT IN SUPPORTING AND INSTIGATING MY TENNIS CAREER SO FAR. I CHERISH THAT SUPPORT AND MY PARENTS HAVE BEEN THERE FOR ME.”



my life. I'll keep putting good results on the board and if I get into the main draw and play against some of my idols it's an opportunity I'll grab with both hands. See how we go.

TLP: The Australian Open, how does it compare with other Open's around the world?

LS: I love the Australian Open. It is my favourite and Wimbledon too because I've done well there. Being Australian and playing in front of my home crowd, the facilities, atmosphere. I won the Juniors there this year and playing on Rod Laver Arena. To have watched tennis greats play there and then get the chance to play there was an amazing experience. It's obviously my favourite and if I play there in 2013 I'll be very happy.

TLP: You've ticked all the boxes in your career up until now and achieved with a good mindset. Any pressures at the moment?

LS: As a Junior I just about did it all, Two grand Slams, Twice runner-up. I was number one in the world but it comes up to a different level now but if I keep doing the positives I can hopefully make the transition to the Men's Circuit pretty quickly. And successfully too. Hah. As far as pressure goes, yeah a little bit. Obviously being number one Junior has brought that along but I've spent a lot of my life dealing with that anyhow, being rated number one often in the Juniors. It's a whole new magnitude now but I feel I'm handling what ever pressure may be there pretty well.

TLP: Life must be pretty busy for you at the moment but how important is downtime for you?

LS: Yeah, very important. Saturdays and Sundays if I have them off it's time to go chill out with the boys, go watch a movie, play a bit of golf. It is important to get away from tennis for a while, at least feel as though you're able to. When I'm home I love to relax and just be there with friends and family. Go out on the vineyard, take a look around.

TLP: And take a deep breath?

LS: For sure, so important. And to keep enjoying those things too.

TLP: You've got so many positives in your life but, on the other side of the coin, I believe you're a Carlton supporter.

LS: Hah. Yeah, well I love Carlton as my Dad and brother do. We didn't have the best of years in 2012 but if we can make the finals next year and do a bit of damage that would make me very happy.

TLP: From The Last Post magazine and all our readers, thanks for spending your time with us and we wish you a happy and successful future.

LS: It's been a pleasure. A merry Christmas to you and your readers.

"AUSTRALIAN OPEN. IT IS MY FAVOURITE... BEING AUSTRALIAN AND PLAYING IN FRONT OF MY HOME CROWD, THE FACILITIES, ATMOSPHERE. I WON THE JUNIORS THERE THIS YEAR AND PLAYING ON ROD LAVER ARENA WAS A HIGHLIGHT. TO HAVE WATCHED TENNIS GREATS PLAY THERE AND TO GET THE CHANCE TO PLAY THERE WAS AN AMAZING EXPERIENCE."



Tennis SA Legends Club Luncheon

featuring Martina Hingis and Martina Navratilova



when: Thursday 10 January 2013

where: InterContinental Adelaide

time: 11:45am – 2.00pm

cost: individuals \$150, table of ten \$1,350 (inc GST)

All proceeds support the Ken McGregor Foundation, which has been established to foster the development of our next generation of South Australian tennis champions.

*Book via ticketek.com.au
or call 13 28 49*



Developing students' resilience, leadership and self-awareness

Customised School Camp Experiences



OUTWARD BOUND
Inspiring Australians

Program themes

include:

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

Activities include:

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

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

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



Get in touch now!

Free call: 1800 267 999

email: mailbox@outwardbound.org.au

www.outwardbound.org.au



EDUCATION & the

Angac Spirit



The Hon Peter Garrett AM MP
Minister for School Education

As 2012 draws to a close, many of us slow down and take some time to reflect on the year that was, as well as looking ahead to what the next 12 months will bring.

As a country, we have had another successful and prosperous year. While many of the headlines and nightly news reports have focused on political conflict, in reality this has been a year where many nation-changing reforms have successfully been announced or introduced.

Australia is now on the road to a clean energy future thanks to the price on carbon, which came into effect on July 1 this year. Big polluters are now paying for the carbon they emit into our atmosphere and householders are receiving assistance packages to help them adjust. Given the enormous challenge of addressing climate change this was a necessary and important step.

The Gillard Government has also achieved what all other previous Governments have failed to do: a long-term plan for the Murray Darling Basin that helps the environment while also protecting the livelihood of our farmers.

We have taken the first steps towards introducing the National Disability Insurance Scheme with legislation introduced in Parliament in November. This is a major social reform – as big as Medicare – which will give every Australian with a disability the support they need to live a dignified and productive life.

Interest rates are low, unemployment is low, and our strong economy is the envy of much of the world.

But not everyone is benefitting from the boom. That's why Labor this year took steps to ensure that we are sharing Australia's good fortune with a package of measures to help families make ends meet, including tax cuts, tripling the tax-free threshold, increasing the pension and introducing the schoolkids bonus to help with the costs of getting the kids off to school.

In my own portfolio of school education it has been an incredibly busy year. We have announced the National Plan for School

Improvement under which extra investment in schools, through a new needs-based school funding model, will be linked to reforms we know work to lift student results.

This will see things like higher entry standards for the teaching profession, more local decision-making in schools, and more support for disadvantaged schools and students, rolled out from 2014.

It's our goal that by 2025, our school system will be in the top five in the world and schools are teaching students the skills they need to succeed in a Century where Asian nations will have increasing economic and political weight.

This plan builds on other steps we've already taken to improve schools, including the Australia in the Asian Century White Paper, the Building the Education Revolution scheme which saw facilities improved in every school in the country, the new national curriculum and the My School website.

We aim to reach agreement about the new plan and funding model with state and territory governments, and Catholic and independent schools, in the first few months of 2013.

This is a major reform that will benefit every Australian student and family. It will help ensure that no matter where a student lives, where they go to school or how much money their parents earn, they will have access to a world-class education.

We have much to be thankful for as we look back on 2012, but we also have challenges ahead to make sure that every Australian can benefit from the opportunities that the Asian century will bring us. The Government is working hard to help ensure that all Australians share in the boom and that we build a strong economy and a prosperous, successful country.

I wish all the readers of The Last Post a safe and joyful Christmas and a very happy 2013.



For many years, Walford's Year 9 leadership team has ventured to Adelaide's Centennial park in South Australia to assist with preparations for the Remembrance Day ceremony.

During the morning, students place over 3,300 Australian flags at the graves of women and men who served Australia during war time. After the final flag is placed the girls are able to appreciate their efforts from the top of the hill. A mass of Australian flags steadily fluttering in the breeze is certainly a scene to behold and one that stirs feelings of patriotism. I have always been impressed with the positive attitude exhibited by our girls as they embark on a task that seems quite daunting in the beginning and the maturity they show when talking to staff at Centennial Park. As flags are placed, I often overhear students commenting on the age of some of the men and women who served and the concern that many had lost their life at such a young age. Morning tea provides an opportunity to talk about the significance of Remembrance Day with staff at Centennial Park and a chance for students to ask questions.

Our school is very proud to offer our support and by doing so we recognise the debt owed to those who sacrificed their lives.

For many students, history can be what they read in books whereas this simple exercise allows them to see that it is about real people who suffered and contributed positively, not only to their times, but also ours. Our students

come back to school affected and more interested in their community, their nation and their world.

During the week that follows, a special Middle School assembly is organised where members of the Middle School Committee talk about their visit to Centennial Park and all students and staff observe a minute silence. Year 6 students read poems about fallen soldiers and the School Chaplain talks about the lessons that can be learned from tragic events such as war in his address to students. Students and staff are handed a poppy as they leave the assembly to adorn their lapel and as a visual reminder of the importance the day holds.

Occasions such as Remembrance Day provide not only the opportunity for our students and staff to acknowledge the men and women who so valiantly served our country but also a chance to reflect on how fortunate we are to live in a country that is free from conflict. Students gain a valuable appreciation of the sacrifices made and as future custodians; they will play an important role to ensure the tragic events of the past are not repeated.

There are 198 service personnel buried in the Centennial Park War Cemetery. The war cemetery was established by the Army in 1942 for the burial of those who died of wounds or sickness in military hospitals after return from operations.

Mr Greg Atterton, Head of Middle School.



Christmas Wish from Walford Principal

Term 4 at Walford Anglican School for Girls adds an exciting element to the lives of our students as their thoughts begin to drift towards Christmas and the long summer break. The final term heralds the arrival of end of year exams and assessments, and for our Year 12s, the chance to say farewell to a school they have known and loved for many years.

In its 120 year history, our students have always displayed a strong desire to serve others. During the course of this year, students have cooked meals for the Mary Magdalene Centre, an Anglican Assistance Centre that provides crisis care for more than 700 families. They have raised funds for World Vision and the Ryder Cheshire Foundation and supported The Smith Family charity through its reading mentor program. In a moving occasion, students placed flags on the graves of past service men and women whose sacrifice we recognise not only on Remembrance and ANZAC Days, but every day through the example of service and sacrifice they made for us. These examples omit to include the many volunteer activities our students pursue independently or in class groups.

As our school community prepares for the festive season, our students understand that for many, Christmas is not always a joyful occasion. Their desire to bring happiness to the lives of those less fortunate during this time is evident in their final weeks at school.

This year, our students will make blankets for a local charity organisation, sew breast cushions for Zonta as well as construct soft toys for children in an orphanage in Tanzania. A small group of girls will be involved with our Chaplain in supporting refugees housed at



Inverbrackie Detention Centre, while others will volunteer their time at The Smith Family and St Mary's Picket Fence Outreach Centres. Classes in the Middle School have each adopted a family in need, identified anonymously through the Salvation Army, and they will make Christmas hampers that can hopefully offer some joy in their time of hardship.

It's a privilege to see and feel first hand the warmth, sincerity and care our students display as they participate in these activities. As I watch students place, ever so carefully, an intricately tied bow on a hamper for a family less fortunate, I am reminded that so much of the joy we receive at Christmas can be found in the spirit of giving of ourselves to others.

On behalf of the Walford Community, I extend to you our warmest regards for a happy and holy Christmas and every good wish for the New Year.

Rebecca Clarke, Walford Principal

"OUR SCHOOL IS VERY PROUD TO OFFER OUR SUPPORT AND BY DOING SO WE RECOGNISE THE DEBT OWED TO THOSE WHO SACRIFICED THEIR LIVES" . . .

Orangutan

Home is a dense, green forest,
rich with life

Round, bright eyes
shine like an owl's,

always watching, never dull.

Fine, furry, fuzzy,
fantastically fiery fur,
orange like the setting sun
on the horizon.

Sitting in a tree,
protective, curious, alert,
watching.

Legs are rubber bands,
swinging through the treetops.

Long flexible fingers,
black as the midnight sky.
Clinging on forest branches,
hunting, climbing,

like a python catching prey,
they coil around all that they touch.

An intelligent, inquisitive,
curious scientist,
always experimenting,
always learning.

An Orangutan.
King of the treetops.

By Walford student
Catherine Arens (year 6)



Make her next achievement, a Walford Scholarship.

WALFORD 2014 SCHOLARSHIPS

We offer a challenging and rewarding environment where your daughter's unique talents will be pursued to their full potential.

A range of academic, general, boarding and music scholarships are available for entry into Walford in 2014. On-line applications are now open and full details are available at walford.net.au

For further information, or to arrange a school tour, call 8373 4062 or email admissions@walford.sa.edu.au



Walford

It's about your daughter being her best

Walford Anglican School for Girls Inc.

316 Unley Road Hyde Park South Australia 5061 | Telephone. 08 8373 4062 | Facsimile. 08 8272 0313 | walford.asn.au

MESSAGE TO YOUNG PEOPLE IS BACK UP SOMEONE YOU SEE BEING CYBERBULLIED

Months of planning, waiting and finally creating culminated in late September for 10 winners of the national BackMeUp anti-cyberbullying Campaign when they completed their 30 second television commercial.

The BackMeUp winners, aged 14-17, spent a week during the September school holidays at a film making workshop at NIDA in Sydney where they collaborated on conceptualising, scripting, acting, filming and editing the commercial to be run as a Community Service Announcement on national television.

Commission spokesperson Dr Helen Szoke spent a morning with the budding film makers and was impressed with their focus and dedication to their cause.

“These young people are driven to make their mark in the world, not only as film makers but also as strong advocates of the need for bystanders to cyberbullying to take an active role to support someone they see being cyberbullied,” Dr Szoke said.

South Australian BackMeUp winners, Eloise Grover and Paige Ford said they decided to join the BackMeUp campaign after being bullied themselves both offline and online.

“We also understand the importance to take action and back people up rather than being bystanders. We hope that through this commercial that we are creating this week we will be able to deliver a strong message about being able to step up and stop being a bystander by backing someone up no matter who they are to you.”

More than 100 films were submitted for judging in the national BackMeUp film competition which required entrants to make a two minute film to show what they would do to support someone they saw being cyberbullied.

Dr Szoke said each and every one of the BackMeUp participants who submitted films should be congratulated for their efforts which are now part of a library of resources to help young people, their parents, friends and teachers take safe and positive action to stamp out cyberbullying.

“The 100 plus films which now live on our YouTube channel demonstrate the importance and the power of not just standing by but standing up to cyberbullying,” she said. “I’d encourage all BackMeUp campaigners to help make the BackMeUp message part of everyone’s daily lives.”

The BackMeUp winners came from urban, regional and remote areas of Australia and were:

17 year old Simeon Bain from Gisborne, Victoria for Enough www.youtube.com/watch?v=e7vxrUwTYTw&feature=plcp

16 year old Grace Griffith from Bright, Victoria for Your ears and eyes aren’t painted on www.youtube.com/watch?v=6mTUITFKWVQ

15 year olds Casey Finn and Robert Hayes from Melbourne, Victoria for Cyber www.youtube.com/watch?v=EEZRHrlbtU&feature=plcp

www.youtube.com/watch?v=EEZRHrlbtU&feature=plcp

16 year old Eloise Grover from Belair, South Australia for Bystander effect www.youtube.com/watch?v=mqGj3v1uTz0&feature=plcp

15, 16 year olds Ethan Grahek, Ian Arguilles and Jim Hewett from Katherine in the Northern Territory for Cyberbullying is like being punched in the face www.youtube.com/watch?v=BF-vWiVRkNo&feature=plcp

14 year old Paige Ford from Adelaide, South Australia, for Be there www.youtube.com/watch?v=1_ULQeFjGz0&feature=plcp

16 year old Brienne Worth from Innisfail in Queensland for You can be the difference <http://youtu.be/guIGs8DN0Gg>

The 100 plus BackMeUp videos can be viewed at www.somethingincommon.gov.au/backmeup and <http://www.youtube.com/user/BackMeUp2012/>

BackMeUp was supported by the Australian Communications and Media Authority (ACMA), National Institute of Dramatic Art (NIDA), Sydney Harbour YHA, UNICEF, Alannah and Madeline Foundation, Headspace, Inspire Foundation, Bullying. No Way!, Scouts Australia, Girl Guides Australia, Foundation for Young Australians, Lawstuff, Kids Helpline, Facebook Australia, Google, Telstra, Edith Cowan University’s Child Health Promotion Research Centre and Young and Well Cooperative Research Centre



Sk8r joy: a sport leaps into the mainstream

By Benjamin Preiss

WHEN Lisa Derricks began taking her sons to their local skate parks, she worried about bad influences on the boys.

The Brighton nurse, 41, was uncomfortable about her sons being exposed to loutish behaviour from older kids.

But her views have changed and now she takes Jacob, 7, and Brody, 4, to a skate park about once a week so they can ride their scooters and bikes.

"They're doing something active and they enjoy it," she says. "It gives them some exercise. They watch the other kids and learn from them. It's good for their hand-eye coordination."

Skate parks are shedding their reputation as magnets for youth crime. They are attracting young families, adult skateboarders and hordes of teens on bikes, skateboards and scooters.

Ms Derricks says other families often visit the parks in the mornings when she takes her children. They learn to share the space and take turns, she says.

Simon Oxenham, managing director of skate park design and construction company Convic, says Australia has about 1500 skate parks, the most per capita in the world.

The company is drawing up plans for dozens of parks. It has designed parks in at least seven countries. The bowl in Frankston is considered world class.

Mr Oxenham says most skate parks were built on Melbourne's fringe and in industrial areas in the late 1980s and '90s. But that is changing. He says the quality of skate parks has improved markedly in recent years, and councils are building them in more prominent locations.

After school and at weekends, these parks are buzzing with people riding scooters, BMX bikes and a range of new and retro-style skateboards.

Mr Oxenham believes councils often neglect the parks after they are built. "We'll have a skate park next to a football field, and the field will be mowed weekly and there's line-marking and an incredible amount of maintenance," he says. "Yet the skate park gets swept rarely, if ever, and it's usually by the users."

Graham Bradley, associate professor of psychology at Griffith University, has researched attitudes towards skate parks. He says they often generate fierce opposition. "If you want a barbecue-stopper, ask people what they think about skate parks, because you do get very different attitudes," he says.

He interviewed skaters and recorded their behaviour on the Gold Coast, as part of a study that was published in the *Journal of Adolescent Research* in 2010.

"During the daytime, skate parks are co-operative places where kids develop physical and social skills. They're by and large a positive influence."

But the study also showed residents living close to skate parks worried about graffiti, fires and vandals.

Dr Bradley believes most trouble occurs at night, although skaters are unlikely to be responsible. "They don't mess their own nests. They don't want rubbish thrown on their skating surface so they fall over."

Peter Rowe, 59, began skating in 1976 but stopped in the mid-1980s when ramps became popular. "I didn't skate for 20 years, until they started building all these great parks," he says.

Rowe now skates about four times a week at parks in Bacchus Marsh and Ballarat. He skates in the early morning but has to clean up after people who have littered and smashed bottles.

"I've found a dead fox and a couple of dead rabbits. That's not a good thing for little kids and mums to see," he says.

"Usually it's broken bottles. Some people seem to take pleasure from breaking a bottle and spreading it around the park."

But Mr Oxenham says well-designed skate parks will attract onlookers and deter vandals. He believes young people take better care of skate parks when they are placed in prominent positions, not hidden away.

"They feel part of the community, it's that simple," he says.

Read more:

<http://www.theage.com.au/victoria/sk8r-joy-a-sport-leaps-into-the-mainstream-20120217-1teqv.html#ixzz2E1rZ75xc>

KILDARE COLLEGE

'Women in Wartime' (An Anthology of Short Stories)

Rationale:

Each year the Yr 10 students at Kildare College study a history unit about Australia's involvement in past wars. After the success of past two years' documentaries we decided we would like to do something different this year; our project this year is a book/magazine of short stories about women who have served during wartime. We wanted to find out what it would have been like for women who had willingly volunteered their services for their country, and whether their efforts were acknowledged.

This year all the students in our class have taken part in producing a book/magazine that shares short biographical stories of past and present service women. We discovered that roles for women in the services had changed quite dramatically since WW1, as many women were determined to take a more active role in the war effort from WW2 onwards. Our teacher helped us establish contact with a number of women who had agreed to take part in our project and had served during WW2, Vietnam and more recent conflicts. After selecting a service woman we would like to interview we worked in pairs to plan a timeframe for the interviewing and recording process. Many of the women came to school for the interviews; some were kind enough to let us interview them in their homes, and others were interviewed in the Sergeant's Mess at Keswick Army Barracks.

BACKGROUND RESEARCH:

Initially we discussed why and how Australia became involved in conflicts and peace keeping missions such as WW2, Vietnam, East Timor, Bougainville, Solomon Islands and Afghanistan. Once it was established which conflict the service woman we would be working with had been involved in, we began researching that conflict further using books, websites etc. We often found interesting articles about our participants online and in books, which proved really useful. This helped broaden our knowledge so that we could construct relevant questions for our interviews. The questions focussed on the participant's life before service, during service and after service so that we could provide a complete picture of their life experiences. The questions were emailed

or posted out to the women beforehand so that they could advise us of any need for changes.

DEVELOPING INTERVIEW SKILLS:

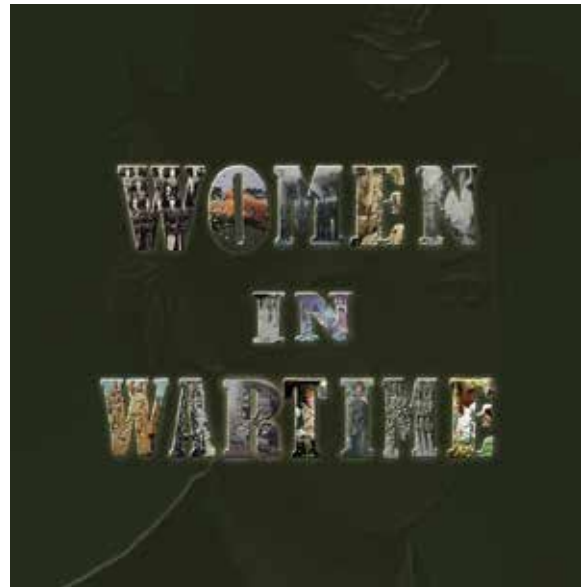
A major phase of the process was learning the skills required for interviewing, recording and editing. We needed to make sure the questions we constructed were open ended and encouraged flow in conversation. We had a focus of before service, during service and after service. We realised that this would provide the information we needed to produce interesting biographies. The interviews were conducted over morning or afternoon tea and this helped the ladies and us feel comfortable.

DESIGNING AND COLLATING:

The design and collating of the stories became the role of two students in our class who spent many hours (including many lunch times) formatting and establishing folders on the school intranet for us to submit our stories and photographs. They used 'InDesign' which is a computer software program to design the outer covers, inside covers and the individual pages of the book; we all agreed the finished product looks great.

PROOF READING AND EDITING:

Once the stories and photographs had been formatted and included in the book/magazine, one of the students took on the role of proof reading and editing. This was the crucial stage of the project as we didn't want to have any errors in the final copy. Another part of this student's role was to write overviews relating to different conflicts at the beginning of each section of the book; this was so the reader has a better understanding of Australia's involvement.



MAJOR EVENTS:

ANZAC DAY:

Just like the Yr 10 students in previous years we also went to the dawn service. We laid a wreath at the Keswick Army Barracks dawn service to remember the service men and women who have died during wars. After a hearty 'Gun-fire' breakfast at the barracks, we headed off the King William Rd to cheer on the many veterans who march. We saw some of the women we had come to know through our project, and we cheered extra loud when they went past.



AUSTRALIANS AT WAR-TRIBUTE & BOOK LAUNCH:

Each year a tribute service is held by the Yr 10 History students and staff at our school to commemorate those who have died in past conflicts. A number of us wrote and presented the service, and this year a girl from our class played 'Last Post'; Major Connie Jongeneel who had been involved in our project recited the ODE. The highlight for us this year was having the women who had been involved in our book/magazine project present. After the service our guests were invited to share lunch with us and view all the Yr 10 students' work in the Resource Centre; it was also here that our book/magazine was launched.

On reading the sample copy of the book/magazine, the ladies were really impressed with our efforts and told us they felt that we had really captured their stories. We were proud that we had achieved our aim, and that was to acknowledge the role women have played in past and present conflicts and peace keeping missions.



PRINCIPAL'S MESSAGE

Kildare College is a South Australian Catholic secondary school for girls in the Brigidine tradition. It takes its name from Kildare in Ireland, which was the site of St Brigid's first monastery. The college is proud of its heritage and committed to living out the values of faith, welcome, celebration, justice, a love of learning, hope and a sense of purpose. Kildare girls achieve success in their academic, moral, and spiritual development through thought provoking and challenging subjects.

With an enrolment of approximately 400 students, the college is large enough to offer a diverse range of subjects, yet small enough for each young woman to be known and cared for as an individual. Kildare is committed to a 'girls only' environment that enables young women to achieve better results, take intellectual risks, gain greater confidence and have an outlook

on life based on their abilities and not on their gender.

Our motto, 'Strength and Gentleness,' inspires us to be faithful to our catholic tradition; to persevere in the face of adversity; to respond creatively to those in need around us; and to be hopeful, resilient and determined. As the year comes to a close and we celebrate the rebirth of hope & life in the coming Advent – Christmas season, I believe this motto can also be a point of reflection in our own lives. May peace and blessings be with you and your family during this holiday period. I wish you a restful and safe break filled with much happiness.

Blessings, Margaret Rouggos



REMEMBRANCE SERVICE AND AWARDS CEREMONY

Students, staff and invited guests of Kildare College came together to celebrate the Yr 10 SOSE students' project 'Women in Wartime', which was successful in winning both 1st Prize in South Australia, and 1st Prize Nationally in the ANZAC Day's School's Awards. This competition is sponsored by the Department of Veteran Affairs and primary and secondary schools across Australia compete.



Yr 10 SOSE student representatives Adele and Jasmine accepted the awards and accompanying cheques presented by Senator Anne McEwen, on behalf of the students in their class. During her presentation Senator McEwen spoke about the sacrifice Australian men and women have made over the years and acknowledged the fine work the girls had produced in their book.

Ms Ann Healey (Vietnam Veteran) presented the certificates for the Long Tan Awards to this year's recipients. She spoke movingly of the courage shown by many of the soldiers during her presentation and recalled the brave young men that she and others had cared for during their time in Vietnam. The recipients this year were Natalie Clarke (Yr 10), Olivia Hauser (Yr 11) and Chantelle Valente (Yr 12).

The awards ceremony was followed by a Remembrance Service where all those present

showed their respect to the men and women who have paid the ultimate price in conflicts involving Australian service men and women. While Remembrance Day fell on Sunday this year, Kildare College staff and students appreciated the opportunity to recognise Australians who have died in the line of duty. The ODE was recited by Major Connie Jongeneel and Last Post followed by Rouse was played on the trumpet by Kiara Parkinson.

Many of the women attending the service were participants who had taken part in the writing of the book, and after the events concluded it was an ideal time for the women and students to catch up and discuss the book's achievements over light refreshments. The girls were thrilled that the women were thoroughly pleased with the final outcome.

Angie Selga, Yr 10 SOSE

'Women in Wartime'- Book Launch

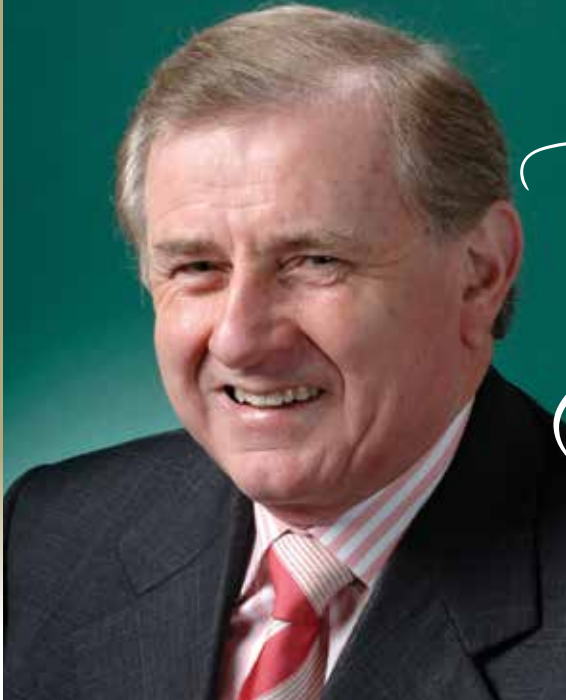
We received great positive feedback from the women who participated in our project and this has certainly made the whole process very rewarding and worthwhile; it has been a privilege to hear their stories.

Many thanks to the past and present service women who generously gave their time to help us in producing this book/magazine:

Audrey Abbie (Army- Physiotherapist)
Barbara James (AWAS-58th Searchlight Battery)
Phyllis Packer (AWAS-58th Searchlight Battery)
Ruth Adams (
Di Fairhead (Physiotherapist)
Ann Healey (Army-Nurse)
Ruth Devine (Army-Nurse)
Gaynor Tilley (RAAF_Nurse)
Amanda Kaplan (Army-Transport)
Sara Cadd (Army- Transport)
Connie Jongeneel (Army- Nurse)

Students involved in producing the book/magazine:

Fawzia Alizadah	Tamika Morrow
Yalda Khelwaty	Fenia Gatsios
Jade Antonello	Rebecca Mowbray
Roxanne Lawrence	Firoza Gulzari
Jessica Ciantar	Kiara Parkinson
Ji-Young Lee (A-Lee)	Tabatha Hall
Amber Dearden	Olyvia Rajasekaran
Jisun Lee (Na-Lee)	Danielle Hurnak
Alyna Fisher	Nicole Schenck
Tiana Maddi	Jasmine Karatsinidis
Shannon Fisher	Adele Stramere
Jasmine Maftei-Muirden	Susan Tamits
Ashleigh Francis	Olivia Towns



The Hon Simon Crean MP
Minister for Regional Australia, Regional Development and
Local Government, Minister for the Arts

Regional Matters

REGIONAL AUSTRALIA TO DRIVE STRONGER LINKS WITH ASIANS.

Australia's regions will drive stronger links with Asia to seize the economic opportunities that emerge during the next century, Regional Development Minister Simon Crean said in October.

Mr Crean said the Australia in the Asian Century White Paper paves the way for regions to build on the significant progress made by the Federal Government in embedding localism across the country.

"The Federal Government is partnering with state and local governments to deliver location-based solutions to ensure each part of regional Australia can get its slice of the action during the Asian century," Mr Crean said.

"Many regions have already established a subnational approach to trade, with region-to-region arrangements building on people-to-people contact.

"A multiplicity of sister-city and sister-state links with Asia already exists across Australia, with over 100 of these relationships with Japan and more than 80 with China.

"The White Paper recognises the opportunity to take what we've established and maximise the benefits.

"We will continue to support stronger relationships between state and local government and their regional counterparts.

"The localism approach has been agreed by the Council of Australian Governments (COAG) and is reflected in the White Paper, which recognises that regions must diversify their economic base to maintain their competitive edge.

"Every region in Australia is looking at the opportunities opening up in Asia—from right across northern Australia, down to Tasmania and through the Upper Spencer Gulf.

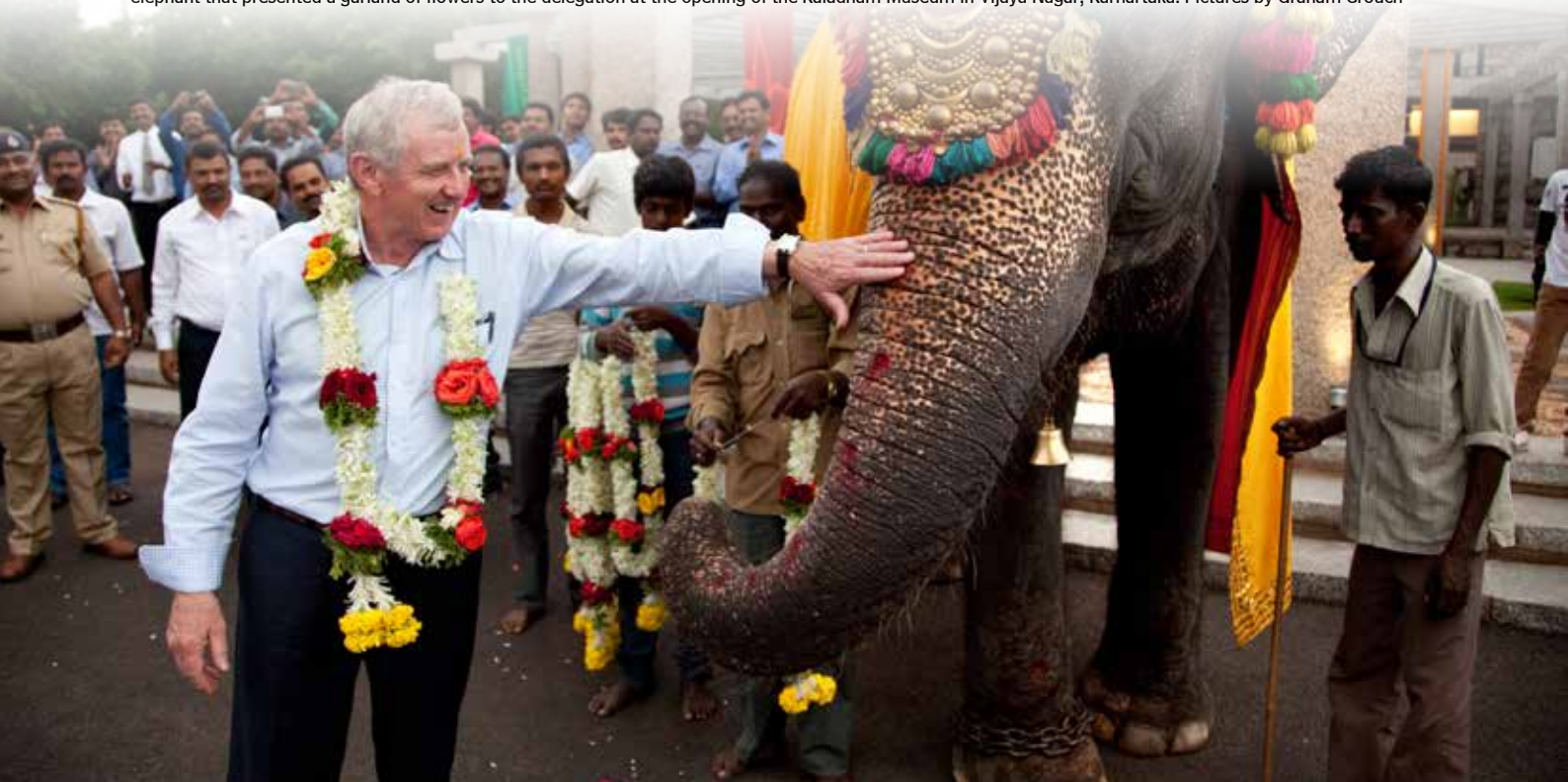
Mr Crean said the challenge for regions was to turn their comparative advantages into a competitive global edge.

"The Regional Development Australia Fund (RDAF) has already invested \$350 million in 81 partnership projects with a leveraged value of \$1.2 billion," he said.

"Earlier in October 2012 I announced the opening of RDAF rounds three and four, committing another \$225 million to leveraged projects that deliver a strong regional reach—including \$50 million specifically targeted at small towns with a population of 30,000 or less.

"RDAF will continue to drive a cultural change in regional funding by focusing on priorities of persistence and projects that stack-up, partnership and leverage, and regional reach".

5 November 2012, Hampi, Karnataka India: Simon Crean Minister for Regional Development, Regional Australia, Local Government and Minister for the Arts with an elephant that presented a garland of flowers to the delegation at the opening of the Kaladham Museum in Vijaya Nagar, Karnataka. Pictures by Graham Crouch



MUDGEE

Fun for the whole family

Time with the family can be enjoyed by children, parents and grandparents, when you next visit the Mudgee Region. Beyond food and wine, the Mudgee Region offers a huge variety of experiences for a family getaway.



See the bees at work at Mudgee Honey Haven, feed adorable 'babydoll' sheep, learn what 'free range' means on a Farm Walk, and board a mini-train at the Miniature Railway Museum.

Older kids will love cooking and art classes, and collecting dust on 150km of trails and jumps at a new motorbike playground. As the sun sets, hear the stillness of country life, see kangaroos grazing and a sky filled with stars never seen from the city.

For these reasons, Mudgee is a favourite escape for several Australian celebrities including Natarsha Belling, Scott Cam and Ken Sutcliffe who regularly holiday in the region with their families. Mudgee Region Tourism Inc. shares their local tips, plus reveals the best family-friendly activities and accommodation.

Natarsha Belling, news presenter at Channel 10, spent her childhood in Mudgee and loves to return to her old stomping ground with the family to appreciate the beautiful landscape and country hospitality. "We enjoy the great bike track along the Cudgegong River and through Lawson Park, followed by a picnic in the park with its excellent playground for the kids. The Gulgong Museum is also a great step back in time for children to embrace some Australian rural history."

For family friendly dining, Natarsha recommends the alfresco experience at Di Lusso Estate, she says: "It has the most amazing risottos and pizzas, and lots of space so the children can run around and explore. For a fantastic coffee, we can't go past Alley Cats Coffee House with its lovely outdoor area that the children love."

Scott Cam, Australia's favourite builder and host of 'The Block' on the Nine Network, regularly slips back to his Mudgee property. "I love the general pace and smell of Mudgee – it is a pure Australian country life existence."

Scott enjoys hosting family and friends at his Mudgee retreat and introducing them to the peace and quiet of the region. Scott's recommendations for eating out include The Butcher Shop Café and he is always tempted by the delicious home made custard tarts of McDonalds Bakery in town.

He also cites going bush at Dunns Swamp in the Wollemi National Park.

Ken Sutcliffe, sporting personality and commentator with the Nine Network, fondly remembers his formative years growing up in Mudgee and recalls days spent swimming with mates at Rocky Waterhole at the foot of Mount Frome as a favourite memory. Ken regularly returns to Mudgee, which he describes as a "classy, good looking, bustling, friendly country town with plenty of history and a go-ahead future".

"Mudgee is a terrific place for family," said Ken. "If sport is your go, Mudgee boasts some of the finest facilities in the state including the new \$14 million Glen Willow Stadium which is an outstanding venue for international and local events. The local Mudgee race meetings are priceless, in a beautiful location along the river on the edge of town."

Ken also notes favourite country drives to the local villages of Cooyal, Lue, Gulgong and Rylstone, and highlights Capertee Valley as the world's widest canyon and second largest following the USA's Grand Canyon.

For information on family fun in the Mudgee Region check out www.visitmudgeeregion.com.au or call 1800 816 304.

THE MUDGEE REGION WELCOMES YOU!

Mudgee Region is a real community with heart and soul, where people are friendly and they make others welcome. Just over three hours drive from Sydney, or four from Newcastle, the region is a peaceful retreat with plenty to offer – fine wines, quality accommodation, spectacular scenery, a four-season climate and warm, hospitable service.

Locals love where they live, and they are more than happy to share its natural abundance and beauty with you.



A LITTLE ABOUT THE MUDGEE TOWNSHIP

The township Mudgee was first reached by white man in 1821 by William Lawson and first settled in 1822 by George and Henry Cox. Early Australian architectural facades and historic buildings line the wide streets of Mudgee, many dating to the 1850s. Described by the National Trust as 'one of the finest groups of townscape in a country area', and referring to the buildings from St. John's Church down to the old police station, Mudgee is still blessed with historic buildings, wide streets and an ambience that is the envy of many of our urban visitors. Today boutique shopping, cafes and restaurants, markets and a vibrant arts community give the town an edge, and ambience which the locals revere and visitors covet.

Indulge your senses in the region - enjoy wine, honey, visit museums, go bushwalking or birdwatching, cycle, go gold panning, visit markets, galleries, antique shops, a miniature railway, a boutique brewery or star gaze at the observatory. Whatever you choose our attractions are 'in every sense perfection'.

TAKE A HISTORIC MUSEUM TRAIL AROUND THE MUDGEE REGION

Following the 'Museum Trail' around Mudgee is a fascinating way to soak up the Region's history and explore its quaint villages. Five must-see museums take you from Rylstone and Kandos to Mudgee and Gulgong on an educational and scenic tour.

"Beyond the vineyards, The Mudgee Region is woven with a rich history, dating back to settlement in 1822. The museums bring to life and preserve almost 200 years of agricultural, mining, wine and domestic history," said Alison Slevin from Mudgee Region Tourism Inc.

"People with an interest in history will love a touring holiday here. The museums offer excellent exhibits from the boutique Cottage Museum in Rylstone to a one acre site at the Gulgong Pioneers Museum." said Alison.

TOP FIVE MUSEUMS IN THE MUDGEE REGION

Rylstone - settled in the 1830s, a picturesque town framed by sandstone buildings

THE COTTAGE MUSEUM is a quaint history museum nestled behind the restored Bridgeview Inn. Settled in the 1830s it collects and researches local and family history and features pieces from domestic and agricultural life. Open 10-3pm on Sundays only.

Kandos - once a private village set beneath a grand mountain

THE BICENTENNIAL MUSEUM, in a building that was formerly the Methodist Church, contains much of the town's history, including the production of cement and coal, railway travel, domestic life and war history.

Mudgee - settled in 1822 the town is the heart and soul of the Region

THE COLONIAL INN MUSEUM is run by the Mudgee Historical Society and showcases an extensive collection of local and Australiana history. Highlights include recreations of pioneer home-life, exhibits and family history, as well as an extensive collection of period costume dolls.

Gulgong - a 19th century gold rush mining town

The **GULGONG PIONEERS MUSEUM** is the biggest in the Region, covering an acre in size, and traces every decade of Gulgong's history and an amazing array of Australiana. Highlights are the famous 'Holtermann Collection' photographs, and exhibits on the history of film and sound recording, mining and a blacksmiths shop. Located in the Old Times Bakery built in the 1800s, it once featured on the \$10 note.

THE HENRY LAWSON CENTRE is a museum dedicated to the life and work of Henry Lawson, an Australian folklore legend, who became a Gulgong resident. It's full of Lawson's articles, artefacts, paintings, books, photos and manuscripts.



MUDGEE'S HISTORIC BUILDINGS

Mudgee was first settled in 1822 and has the highest number of heritage listed buildings on a per capita basis than any other town in NSW. One example of its beautiful buildings is the Mudgee Post Office. A great contact is Diane Simmonds, a local historian, who is a font of knowledge on local stories, buildings and family history. Visit her website at www.mudgeehistory.com.au

Need more information on the Mudgee Region? Call us on free-call 1800 816 304

YOUNG MUDGEEE WINEMAKER ANNOUNCED BEST IN AUSTRALIA

The best young winemaker in Australia is born and bred in Mudgee - Jacob Stein from Robert Stein Vineyard has won the Gourmet Traveller Wine Magazine 'Young Winemaker of the Year 2012', one of the most prestigious and highly contested national awards in the wine industry.

Jacob collected his award at a black-tie event in Sydney beating an impressive line-up of finalists from across Australia. Jacob is a third generation winemaker at the historic Robert Stein Vineyard in Mudgee.

Commenting on his win, Jacob said, "I'm absolutely delighted to be recognised by this high-profile wine magazine and such an elite group of judges. This is a celebration for our family, the Robert Stein Vineyard, but also the whole of the Mudgee Region wine industry."

This is the first time a Mudgee winemaker has received recognition on this scale. The award is the

pinnacle of acknowledgment as Jacob has picked up a series of awards in recent years.

"Congratulations to Jacob, this is fantastic news and well deserved," said Holly Manning, CEO of Mudgee Region Tourism Inc. "An esteemed award like this will be excellent for Jacob's future, and it also reflects well on the entire Mudgee Region wine industry.

"Jacob is one of many talented young winemakers helping to shape our future. We recently did a tally and found ten out of 20 Mudgee winemakers are aged under 35, one of the youngest bunches in Australia. And two of them are female.

"This youthful trend can be attributed to the fact that the Region is predominantly made up of family owned and operated wineries. The passion to stay with, or return to the family business is very strong. Mudgee is also attracting more young families seeking a tree-change for the quality of life that living on a vineyard can bring," added Holly.

The young guns have also brought barrel-loads of innovation as the Region has diversified from its history of producing big, bold reds. Visitors are also offered award-winning Rieslings, sparklings, Spanish and Italian varietals, as well as organic wines.



Some of the Mudgee Region's young winemakers

- Jacob Stein, Robert Stein Winery
- Robert Black, Bunnamagoo
- Liam Haslop, Lowe Wines
- Luciano Lombardini, Mudgee Wines
- James Manners, Well-mannered Wines
- Gina White, Simon Gilbert
- Julia Conchi, di Lusso Estate
- Will Gilbert, Simon Gilbert
- Duncan Lloyd, Logan Wines
- Josh Clements, Skimstone

Christmas message from Des Kennedy, Mayor, Mid-Western Regional Council

We are privileged to live in one of the most blessed regions in Australia with outstanding tourist delights, investment opportunities and lifestyle attractions. Add to this a four season climate, picturesque scenery, fine wine and locally grown produce and a real community with heart and soul; we have a perfect lifestyle envied by others.

A key feature of the Region's economy is its diversity. We offer jobs and business opportunities in a number of industries, including agriculture, viticulture, tourism and mining. People in the Region are vibrant, energetic, artistic and intelligent. Our town centres in Gulgong, Kandos, Mudgee and Rylstone are alive with visitors and families. The Region has open spaces, parks and sporting facilities, to enjoy outdoor activities and a large number of community and private events held each year. Local markets celebrate our culture by way of food, craft, fresh food and gifts for sale. There are activities for the kids and entertainment for the whole family.

The Mudgee Region wishes all its residents and our visitors and very merry Christmas, and a safe and happy holiday. For those of you who have made the Mudgee Region your new home or place of business, congratulations and welcome! For those of you who are visiting or plan to soon, enjoy!

Gulgong Folk Club Inc presents



JANUARY 3-5 2013

More than 50 top local, national and international acts including Buffalo Tales [Wes Carr], The Falls, Jack Carty, April Maze, Daniel Champagne plus more

**CONCERTS STREET PARTY
SESSIONS CAMPING**

WWW.GULGONGFOLKFESTIVAL.COM.AU



TIX ON SALE NOW



Jacob Stein

Jacob Stein, chief winemaker at Robert Stein Vineyard has recently been awarded one of the most prestigious national awards in the wine industry – Gourmet Traveller Wine ‘Young Winemaker of the Year 2012’

Robert Stein Vineyard was established by Robert and Lorna Stein in 1976, starting with just 2 hectares of Shiraz. With the help of friends and family, the vineyard flourished and has grown to become a successful enterprise, earning a reputation as one of Mudgee and NSW’s premier quality wine producers. Founder Roberts son, Andrew Stein was involved in the establishment of the vineyard and winery and in 2005 made Mudgee his home. The third generation of winemaker whose lineage in winemaking dates back to the mid 1800’s, came in 2009 when the founders grandson Jacob Stein returned after working 7 vintages both abroad and nationally.

The family vineyard is now over 35 years old, and is seeing its “old vines” produce exceptional quality fruit for wine. Jacob attributes much of his winemaking success to the excellent vineyard site and growing conditions of the Mudgee region. Jacob explains, “Mudgee has excellent attributes for growing grapes. The continental climate with warm days and cool nights, combined with excellent soil profiles. It has many high altitude vineyards creating wine with distinct regional character”.

After graduating from University, Jacob spent 5 years away from Mudgee, visiting and working in many wineries including Italy, Canada, Western Australia and Victoria. However, he still recalls the long vintages in Germany fondly, as it was there that his love for

Riesling blossomed. Working in the regions of Germany where his ancestors 8 generations ago were growing grapes and making wines from these same vineyards was a “real buzz”

2009 marked an exciting year for Robert Stein Winery as third generation Jacob returned to Mudgee to take over the helm as chief Winemaker. Today Robert Stein Rieslings are well decorated and fast becoming known as one of NSW’s best examples of this varietal. However it was his recent release, a 2009 Reserve Cabernet Shiraz blend that was the deciding factor in his latest award, the Gourmet Traveller Young Winemaker of the Year for 2012. At age 28, and given his enviable list of awards, one would think the best is yet to come from this young winemaker.

JACOB STEIN’S CAREER HIGHLIGHTS OCTOBER 2012

– Gourmet Traveller Young Winemaker of the Year 2011

– International Up and Coming Riesling Winemaker
– Canberra International Riesling Challenge 2010

– The Wine Society Young Winemaker of the Year Finalist
SINCE 2009

– Robert Stein Winery has been awarded 16 Gold medals and 20 Trophies at numerous regional, state and national wine shows
SINCE 2011

– Robert Stein Winery has been awarded a James Halliday 5 Star rating

– Mudgee Wine Show Most Successful Exhibitor – 2009, 2010 & 2011

JACOB STEIN WINS’S GOURMET TRAVELLER’S YOUNG WINEMAKER OF THE YEAR AWARDS 2012



“We were absolutely delighted to present our Gourmet Traveller WINE Young Winemaker of the Year Awards 2012 to Jacob Stein. It is to Jacob’s great credit that, aged on only 26, he’s achieved so much in a relatively short time. Not only is he already head winemaker at the Robert Stein Winery and Vineyard in Mudgee established by his grandfather in the 1970’s, but he has garnered great experience working vintages across Australia as well as Europe and Canada. He will tell you love of riesling was born while working in Germany, and his skill and understanding of the grape is evident in the sublime wines he produces in his Mudgee vineyards. We’ve been tracking his great progress with these wines for a while now. He’s also got a deft hand with chardonnay and cabernet. Jacob thoroughly deserved to receive this year’s award, and we all look forward to watching his continued success in the future. He’s a young man with talent and great ideas.”

JUDY SARRIS, Editor, Gourmet Traveller WINE

ROBERT STEIN

M U D G E E
since 1976



Open 10am to 4.30pm daily
Pipeclay Lane, Mudgee NSW 2850
Ph: 02 6373 3991 Fax: 02 6373 3709
info@robertstein.com.au
www.robertstein.com.au



"Robert Stein Winery"



Twitter: JacobRStein

Photography: Ellen Bennett

JACOB STEIN

WINE
WINEMAKER
OF THE YEAR
2012

WINE
AUSTRALIA
MEDAL
2012
WINNER

ROBERT STEIN

M U D G E E
since 1976

WINERY • VINEYARD
MOTORCYCLE MUSEUM

"MUDGEES HAS EXCELLENT ATTRIBUTES FOR GROWING GRAPES. THE CONTINENTAL CLIMATE WITH WARM DAYS AND COOL NIGHTS, COMBINED WITH EXCELLENT SOIL PROFILES. IT HAS MANY HIGH ALTITUDE VINEYARDS CREATING WINE WITH DISTINCT REGIONAL CHARACTER".

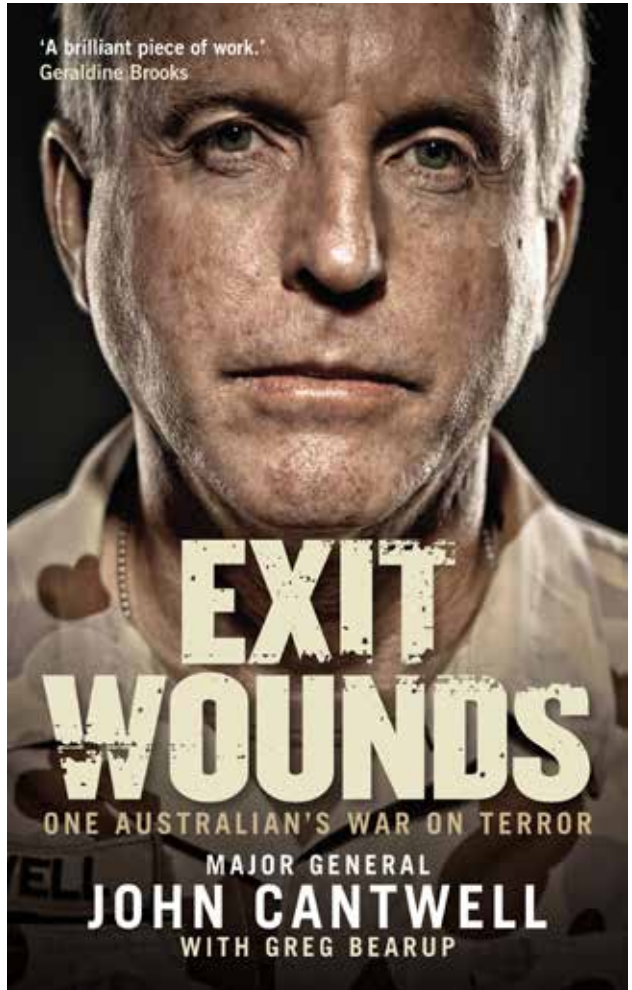


"JACOB THOROUGHLY DESERVED TO RECEIVE THIS YEAR'S AWARD, AND WE ALL LOOK FORWARD TO WATCHING HIS CONTINUED SUCCESS IN THE FUTURE. HE'S A YOUNG MAN WITH TALENT AND GREAT IDEAS".





MORNING TEA WITH MAJOR JOHN CANTWELL



On Friday, 9 November, 2012, Veterans SA hosted a morning tea to welcome Major General John Cantwell AO DSC to South Australia. Major General Cantwell is the author of Exit Wounds – One Australian’s War on Terror.

The morning tea was held at the Combined Ex-Services Mess, Torrens Training Depot and Major General Cantwell spoke candidly about his military career and personal battles with PTSD to Australian Defence Force personnel and veterans ranging from the Afghanistan War to former World War Two Prisoners of War.

All present were very impressed by Major General Cantwell’s presentation, the courage required to talk about his experiences and his passion to help past, present and future ADF personnel.

Major General Cantwell also attended the very successful Repat Foundation Breakfast at the Adelaide Town Hall, where he was introduced by the State Minister for Veterans’ Affairs, the Hon Jack Snelling MP. A transcript of Minister Snelling’s Speech appears following:



Left to Right:
Mr Bill Corey, 2nd / 43rd Bn (North Africa); Sir Eric Neal AC CVO, Chair, South Australia’s Veterans’ Advisory Council; Mr Bill Denny AM, Director, Veterans SA; Major General John Cantwell AO DSC, author of ‘Exit Wounds - One Australian’s War on Terror’ and Mr Bill Schmitt AM, 2nd / 3rd Machine Gun Battalion (Prisoner of War).

I would like to thank the Repat Foundation for inviting Major General John Cantwell to be with us today and for the invaluable work the Foundation continues to do.

Remembrance Day is always special, but this year it will be even more so.

We have young Australians on deployment on operations in five locations around the world, with the majority in Afghanistan.

Just over a fortnight ago we lost one of our own, Corporal Scott Smith, the most recent Australian soldier to be killed in Afghanistan.

From all accounts Scott was an exceptional soldier and junior leader, and our deepest sympathy is extended to his partner, his parents, his sister and his friends.

This Remembrance Day we will be particularly mindful of Scott and the 38 other Australian soldiers killed in Afghanistan.

We will also keep in mind the 450 members of the Adelaide based Australian Task Force 12 and members of the RAAF and RAN who have recently deployed to or are on operations in the Middle East.

I am privileged to introduce Major General John Cantwell, AO, DSC, who will speak to us about his book "Exit Wounds."

John Cantwell was an exceptional warrior. He enlisted as a Private in 1974, before attending officer training in 1981. I am sure that seven years experience in the ranks was invaluable in defining his sense of responsibility and deeply personal leadership style. In a remarkable career of 38 years service, he saw action in Saudi Arabia, Iraq and Kuwait for Operation Desert Storm and returned to Iraq in 2006 where he was promoted "in the field" to the rank of Major General. I don't have to tell most of you how rare it is for a Pte to rise to this rank.

In 2007 he became Deputy Chief of Army and in 2010 he was deployed as the Commander of Australian Forces in the Middle East Area of Operations.

John Cantwell was clearly impacted by aspects of his operational service and within months of his retirement he published his personal story in this book "Exit Wounds".

He describes his book as "...my story, but it is also the story of thousands of Australian veterans from Iraq, East Timor, Afghanistan and other conflicts who bare similar emotional scars. This is what becomes of those men and women we send off to war, pay little attention to, then forget once they are home."

The subtext of this passage could, I think, be described as – Post Traumatic Stress Disorder. How do we truly prepare for, then care for the men and women we put in harm's way in the service of our nation?

I'd like to make a few points about this.

Post Traumatic Stress Disorder, within the broader category of mental health, is the single biggest challenge currently facing the ADF

Our troops are trained to be "warriors". They inhabit an environment where strength, be it physical or psychological, is lauded, and where weakness is not tolerated.

ADF research shows that over half of the members currently serving in the ADF, if suffering from PTSD, would not volunteer information about their condition.

There has always been something of a "stigma" associated with speaking out and this exacerbates the sense of isolation felt by victims.

While a 2010 study by the ADF put the rates of PTSD among troops who had been deployed overseas at 8%, the figure is closer to 20% for troops on the frontline with up to 50% showing some symptoms. This presents a huge challenge for us as a nation.

At a State level PTSD among our returned troops has and will continue to have an impact on our citizens and on our health services.

When Australian Task Force 12 returns from the Middle East between 36 and 225 of them may well be suffering PTSD to some degree. This will not only affect them but also the community beyond.

Every person who suffers PTSD impacts another 22 members of the community, so somewhere between 800 and 5,000 South Australians could be affected in the longer term. As a State we need to acknowledge and prepare for the significant toll that will be visited upon us.

So, what is the solution?

Education is one of the best defences against PTSD. Comprehensive pre-deployment training to prepare our soldiers as best we can is essential.

When they return the immediate provision of social and professional support will certainly aid recovery.

But recognition of the problem and the removal of the "stigma" is vital and John Cantwell has made a courageous contribution to this. I am sure there are many young men and women who have recently said to themselves – if a General can stand up and admit he is suffering, I can too.

I am told they call that "leading from the front!"

While John Cantwell's career has been remarkable, I think that he may through this book make an even greater contribution to the members of the Australian Defence Force, their families and our nation.

I thank Major General Cantwell for the courage and leadership he displayed in writing it.

Lest we forget.

EXIT WOUNDS – ONE AUSTRALIAN'S WAR ON TERROR

The below review of Major General Cantwell's book *Exit Wounds – One Australian's War on Terror* has been prepared by the President of the Vietnam Veterans' Federation (SA Branch), John Gillman.

Right from the first page of the Prologue this book is very hard to put down. Major General John Cantwell bares his soul to the reader, and if you suffer from war caused Post Traumatic Stress Disorder (PTSD), you will find this book and its contents very confronting.

As a PTSD sufferer, I was taken on a journey that I couldn't get away from, not that I wanted to. With total clarity I was transported back to the first Gulf War. As a Brigadier, Major General John Cantwell was seconded to the British Army.

He was involved in the liberation of Kuwait by the British and Americans. Being the reader I felt every bump that he encountered during his hair-raising participation in the invasion.

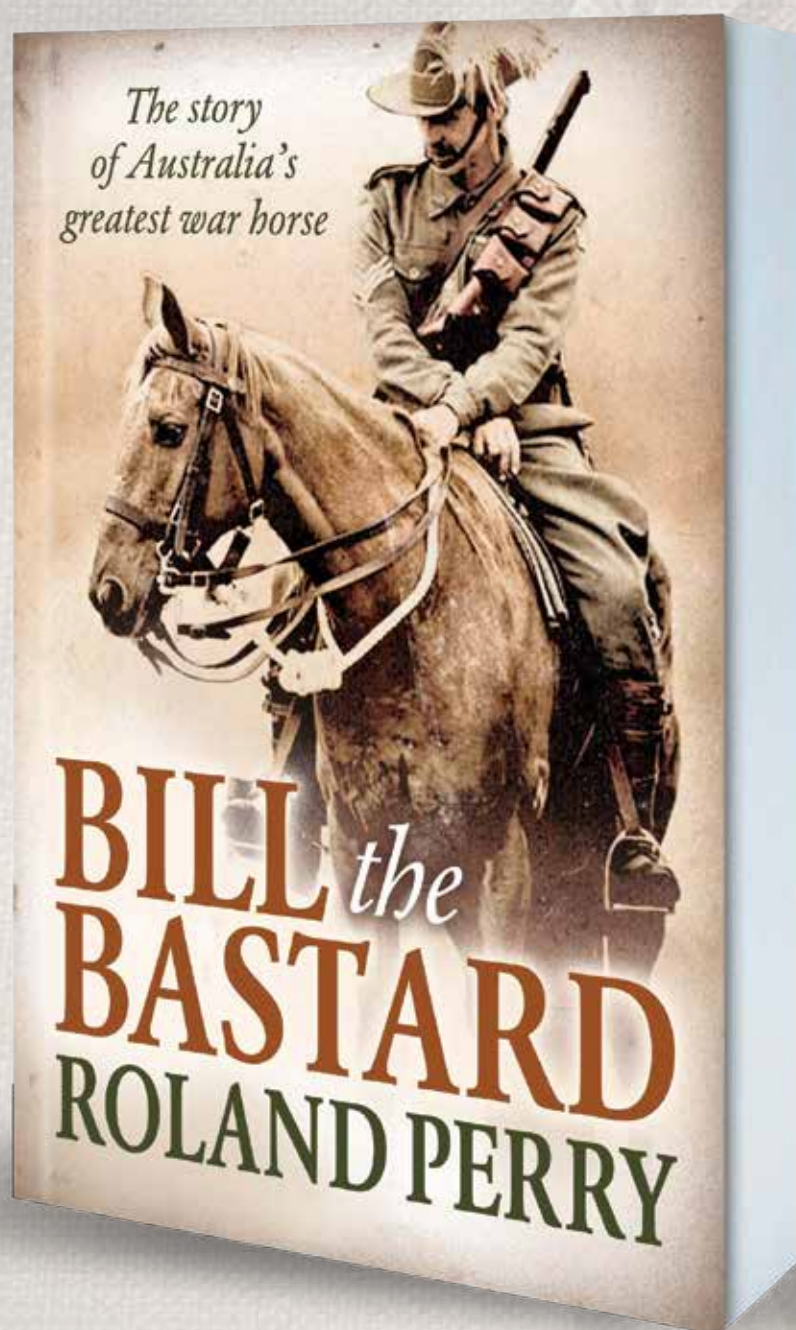
Without glorifying war, I firmly believe that with the release of this book (and it being read by our younger veterans), that they will suddenly recognise themselves, and realise that if it's OK for the General then it's OK for them to be afflicted with PTSD.

Furthermore, this book will go a long way to removing the stigma attached to being diagnosed with chronic war caused Post Traumatic Stress Disorder.

The General's journey from the First Gulf War up to his promotion and command in Afghanistan, then to a psychiatric hospital is one that the reader will have no trouble identifying with.

I hope that you will enjoy the book as much as I did. I have not heard one word against the book uttered by those who have read it. Only praise for a man who was a much revered leader of his men and a very brave Australian.

He rode with bravery and valour at Gallipoli and the desert campaigns and became a symbol of the courage and unbreakable will of the Anzac mounted force



The remarkable story of a great Australian war horse
by the bestselling author of *The Australian Light Horse*

Available now where all good books are sold

Bill the BASTARD

Extracted from *Bill the Bastard* by Roland Perry. Published by Allen & Unwin.

24

THE RUSE

Harry Chauvel, who had been knighted and promoted to lieutenant-general, devised a shrewd plan to fool the Turks before the last important thrust to drive them from Palestine, Syria and Arabia. The secret aim was to move his Light Horse force west to the coast at Jaffa where they would be hidden in orange groves. They would wait for the British infantry to make a shock attack and punch a hole in the Turkish defence forces in Palestine's north. Then the horsemen would emerge from the orange groves, thrust through the gap in the Turkish lines and ride north. The aim would be to defeat the one enemy army there before sweeping east to take on the second enemy army in Palestine. After that it planned to ride further east and north to tackle the third Turkish army, which was being harassed by Lawrence's Arabs in Jordan.

Chauvel had to make the Turks believe his force would be staying in the Jordan Valley. It was September 1918. His 34,000 horsemen and cavalry would have to succeed, otherwise, when the war ended, the Turks might still be in Palestine, Syria, Jordan and Arabia, which would mean they would retain that territory in a carve-up following an armistice. In effect, the Turks would maintain their dominance in the Middle East, as they had done since the sixteenth century, making the past three years' effort by the British amount to securing just the Sinai and acquiring southern Palestine.

Part of Chauvel's ruse was to stage a five-event race meeting near Jericho, not far from the Turkish defences on the Jordan River. The Turks' scouts and spies would be able to see the build-up to the event. A program was to be printed and distributed in all major towns, and primarily Jerusalem, to make sure that the Turks knew about it.

Chauvel called a meeting at his Jericho HQ days before secretly driving to his HQ at the village of Sarona, five kilometres north of Jaffa on the coast, where he would oversee the build-up of horsemen.

'The main event should be billed as a Melbourne-Cup style race,' he told several select officers, 'but we can't call it that. It won't be a handicap event.'

'How about a cross between Palestine and Melbourne,' one officer suggested, 'the Palbourne Cup?'

Chauvel winced. 'Bit insipid and obscure,' he replied, 'need a bit of alliteration. Something like "The Cairo Cup".'

'The Jericho Cup?' a second officer proffered.

'That's better. It has a sweet ring to it. That name also lets the Turks know where it is.'

The Jericho Cup was adopted.

'And the length?' Chauvel asked. 'Must be at least two miles.'

'Longer,' another officer suggested. 'That will mean we can use leaflets saying that the biggest and strongest Walers in the entire force will be tested in the race. Hopefully this will make the enemy believe the authenticity of the event. The Turks would know that our eighty strongest horses would always be in the front line of any attack. If they think they are racing in the east, clearly we could not be planning anything in the west.'

'Let's make it three miles then,' Chauvel decided. 'Make sure the horses are not watered for, say, twenty-four hours before the event.'

That will mean they will go harder when they get wind of the well as they head into the straight.'

'General Allenby has asked that Major Paterson's big Arabian thoroughbreds be in the event. They would not be in any attack, so that helps.'

'It would be good to have Bill the Bastard up against them,' a third officer commented.

Chauvel nodded. 'I saw him do the despatch run at Gallipoli. He was strong and covered more than three miles speedily enough. But no one can ride him, except that Aborigine what's his name, Mullagh?'

'He hasn't stayed on him for very long,' the third officer remarked. 'Besides, Major Paterson ordered him not to be used as other than a packhorse, out of respect for his efforts at Romani.'

'That directive applied only to battle,' Chauvel corrected, 'I don't think it matters if he is in a race.'

'But could Mullagh last three or four minutes on him?' the first officer asked.

'Only one way to find out,' Chauvel said.

*

More than 10,000 spectators—including 5000 British infantry and Indian soldiers, about 1000 Anzacs not required in Jaffa, and 4000 bribed locals—lined the rough dirt and sand track just outside Jericho. The crowd's size gave the meeting an authenticity. Turks guarding their camps on the Jordan River used binoculars to see the build-up of the spectators. The event promised to be gruelling in the projected 90-degree Fahrenheit temperature in early autumn.

Betting was rife, especially among the Anzacs, and some sizeable wagers were laid out with bookies from as far away as Cairo. Many Light Horsemen, stealthily tucked away at Jaffa and waiting for the order to attack, put money on the Jericho Cup.

The fifth and final race on the program had fifteen starters. The non-Walers were the big Arabian horses owned by Paterson, including Khartoum, Tut 1, Tut 2 and Blackham. Jackie Mullagh agreed to ride Bill the Bastard. Most of the alleged 'smart' money was on the powerful black stallion Khartoum. He had the fastest times by far over the Melbourne Cup distance of two miles and had been clocked and trained over this distance for two years. The next best times had been scored, in order, by Blackham the white mare, Tut 1 the gelding and Tut 2 the stallion. Two stayers from South Africa had been able to clock faster times than the remaining nine starters. Bill had never been timed with a jockey on him and the only guide was his Gallipoli despatch run, but that had been without a rider for most of the distance.

The Jericho Cup was not a handicap race so Khartoum, who carried an ex-professional Sydney jockey, was the out and out favourite. By the beginning of the event punters could not put a bet on him. Bookies, some experienced operators from Melbourne and Sydney, had never seen such a huge plunge in percentage terms compared to other competitors. There was one bet of 750 pounds from Cairo, and the bookies suspected . . .



Christmas

at Hutt St Centre



For people who are homeless Christmas

is about more than cards and lunch. In fact, receiving a Christmas card from anyone at all is very unlikely for most of the 160 or so people who come together for lunch at Hutt St Centre on Christmas Day. But, with the help of the community, Hutt St Centre certainly does its bit to ensure there is a little joy and love for everyone at Christmas.



Hutt St Centre opens its doors at Christmas to give more than a place to eat. Music, gifts, sweet treats, familiar staff and friendly volunteers ensure that Christmas is a time of hope for people who have little.

Disconnection from families and friends is often a symptom but can also be the cause of homelessness. Watching the world around them preparing for a feast with their families, putting up their trees with their children and shopping for gifts, is often a stark and sad reminder of the things people living in poverty miss most. Many of those people who are disconnected from their families or are struggling to live from day to day, feel very lonely and isolated at Christmas.

Hutt St Centre CEO Ian Cox said “Each year with the help of the community, we make sure that at Hutt St Centre there is a place for everyone at Christmas. There will be good food, good people and a warm and welcoming meal to share with others on Christmas Day. Gifts will be given to all and the spirit of Christmas will live through the many volunteers and visitors that make our place special.”

“The gifts we receive through our Christmas Appeal will help us work towards ensuring that those people who are homeless here this year will be safe in their own place in their own community and with hope of a better life by next Christmas”.

A gift to Hutt St Centre at Christmas extends way beyond the festive season. Funds raised through the Christmas Appeal keep the centre’s doors open throughout the year, enabling Hutt St Centre to help their clients achieve things they had never expected to achieve. Through an Education and Training Program, people with low levels of education are starting with basic skills such as reading and writing, and embarking on TAFE and Red Cross College certificate courses in areas such as Aged Care and Community Services.

“This is a fantastic accomplishment for people who are challenged by their housing, their health, their personal journeys and their self esteem. To wake up in a tent, a car or in a boarding house and head off to Hutt St Centre for breakfast then to ‘school’ with a packed lunch from the kitchen is an awesome feat.” Ian Cox said

This year Hutt St Centre asks people to open their hearts to help open doors to new opportunities for people who are homeless. If there is one great gift to give at Christmas, it’s not a card or a perfectly wrapped present, it is the gift of hope which can last forever.

DISCONNECTION FROM FAMILIES AND FRIENDS IS OFTEN A SYMPTOM BUT CAN ALSO BE THE CAUSE OF HOMELESSNESS... WE MAKE SURE THAT AT HUTT ST CENTRE THERE IS A PLACE FOR EVERYONE AT CHRISTMAS.



For more information contact Hutt St Centre on 8418 2500 or email dchutt@huttstcentre.org.au

Open hearts...



open doors.

Christmas is more than cards and lunch. It's about family, friends AND HOPE.

This Christmas Day, like many before, Hutt St Centre will make sure that those without family, friends or a home can find an open door and be in the midst of good company and good cheer

Your gift allows us to extend a welcome to all, that's warm and comforting, not just at Christmas, but every day of the year.

PLEASE DONATE ONLINE
AT HUTTSTCENTRE.ORG.AU
OR CALL 8418 2500 OR USE
THE TEAR OFF SLIP PROVIDED

PLEASE ACCEPT MY CHRISTMAS GIFT
TO HUTT ST CENTRE

\$25 \$50 \$100 \$500 My choice of gift

Name

Address

Postcode

Email

I would like to make a gift to the Hutt Street Centre on behalf of someone I know who would rather give than receive. Please send a thankyou to:

Name

Address

Postcode

YOUR CHRISTMAS GIFT WILL:

- \$25** Give the spirit of Christmas to someone in need.
- \$50** Provide a homeless couple with a place to celebrate Christmas with others.
- \$100** Put a smile on the faces of a homeless family this Christmas.

PAYMENT METHOD

Visa Mastercard Bankcard American Express

Card No.

Name of Cardholder

Expiry

Signature

Please find enclosed cheque/money order payable to Hutt Street Centre Foundation.

Your gift helps make Christmas special for people who are homeless and vulnerable. It also contributes to Hutt St Centre's work throughout the year. **THANKYOU**



GREENHORNS BY WILL SWANTON

WHERE did all the old farts go?

Oh, here's one now: Roger Manning, president of the Mona Vale Bowling Club. With a regal sweep of his hand taking in both greens, he invites us to inspect the scene playing out in front.

What is this?! Happy Gilmore on a green. Shouldn't Manning be appalled? Shouldn't a respectable 70-year-old be shaking a clenched fist at these barefooted young hoons all hooting and hollering while trying to get the big black ball to kiss and cuddle the small white ball?

Jeans, T-shirts and boardshorts have invaded his picturesque and previously serene little club. A live band is playing in the background. A live band! There is sledging and laughter and carousing, and come on old boy, what fresh hell is this?

Manning sees and hears no evil. He walks on to the mat, tells the young punks to look and learn. He takes his stance, bends his knees, steps forward, releases. His bowl purrs down the green, drawing a slow and beautiful arc towards the jack. One of the young punks, breaking a somewhat mesmerised silence, whispers: "Nice."

Fifty-odd revellers have turned up at 1pm at Mona Vale, dressed more for a mosh pit than a bowling green, admitting they only came because the beers were guaranteed to be cheap and lawn bowls sounded a novel way to socialise. Lo and behold, they discovered the sport itself to be a little ripper. So gloriously simple to start with, so frustratingly difficult to master, so unquestionably addictive and so fantastically inexpensive.

You can join Mona Vale as a full member for just \$110 a year. What other sport, Happy Gilmore and his mates ask, lets you go barefoot and have an ale while you're playing? Too few, it seems.

Manning is dressed in his traditional bowls gear after representing Mona Vale at pennants on an adjoining green. He rushes over to spread the word to Generation Why Bother, casting an eye over the organised chaos with a grin. People are playing bowls. There is no downside to that. Ten dollars per player will have them here till the cows come home.

The same scene is unfolding at bowls clubs across Australia where social sessions, barefoot or otherwise, complemented by free lessons, are becoming readily available to spread awareness and boost playing numbers. The amount of first-timers who return, according to Manning, proves what a seriously enjoyable hobby/pastime/sport this 800-year-old endeavour can be.

"Bowls has had a bad rap over the years," Manning says. "It has a reputation for being about the old farts like me. There's a reason for that. After the Second World War, when the RSL guys came back, they all joined bowling

clubs. But there weren't enough bowling clubs, so the ones that did exist were full. Younger guys would go down and like the look of it but they'd be told, 'Look, we can't fit any more in, come back and see us in five or six years'. They'd lose interest in that time. The years went by and clubs ended up with all their members being 70-something, and the clubs started thinking 'Christ, half our members are dying here'. They'd try to get young people back but no one would join because bowls clubs had only ever been full of oldies.

"That early reputation has stuck. It's ridiculous. This is not an old man's sport. The Australian team, I don't think there's anyone over the age of 30 in it."

Manning gives Sports Active a set of bowls and a lesson. He provides an explanation of bias - the weighting which sees a bowl curve. Instruction on the delivery of the jack, the speed of the green, the width to be given each bowl. The technical aspect isn't too technical, of course: step forward and give it a roll. You pick a spot at the back of the green, about 2m wide of the jack, as your marker. You lean forward and release. When the delivery is smooth, when you're balanced in your follow-through, when you're watching your bowl draw its rainbow over the green in the 10-ish seconds it takes to reach the other end, the feeling is rather beautiful.

The surroundings are wonderful. The greens are manicured to perfection. It is a very nice sensation to watch a bowl give the jack a smooch, comparable with a long, curving putt in golf dropping into the cup.

"Anyone with hand-eye co-ordination, people with a background in golf or tennis or any sport, really, they can take up bowls and very quickly become pretty good," Manning says.

"We'll snaffle a few club players out of a social day like today. Most people come for a muck-around then end up playing competition. We had a guy here who was probably the best bowler never to play for Australia. His name was Frank Soars. Frank was an ex Rat of Tobruk, a bit of a rough diamond. He used to say what he thought, which didn't always go down well with the national selectors in his day. Frank passed away a while back now but he was a freak who came from a pretty rich rugby and sporting background.

"Great bowlers can pop up out of nowhere. You can play socially all your life, you can play pennants, you can end up representing Australia at the Commonwealth Games. The difficulty is getting people to have their first game. But when they do, I'll tell you what, they remember. The reason for that is very bloody simple: it's a bloody great game to play."

Manning is into his 21st year of bowls. He talks with infectious glee about moving the jack a few centimetres for an eight-shot turnaround. He likens the intricacies of top-tier bowls to the nuances of chess. He rejoices in the old-fashioned mateship of a sporting club.

One group of social players catches the eye. An hour ago they were mucking around, pretending they were ten-pin bowling, delivering the jack like it was cricket ball. Now they are studies in concentration, captivated by the slow and beautiful arcs they have begun to draw. Happy Gilmore puts down his beer and asks: "How much are memberships?" www.theaustralian.com.au

**NEW YEARS EVE AT
MONA VALE BOWLING CLUB
ROCKHOUSE BAND WITH PAUL
CHRISTIE & ANGRY ANDERSON.
BOOK NOW ON: 02 9999 3271**





" I'VE ALWAYS HAD THE DESIRE TO BE THE BEST AT SOMETHING AND THAT BECAME SURFING AS A TEENAGER".

At the age of 16 Layne Beachley became a professional surfer. By the age of 20 she was ranked sixth in the world. Beachley became the Women's ASP World Champion in 1998, and won the title again in 1999, 2000, 2001, 2002, 2003 and 2006. The first woman in history to gain 7 World Championships, six of them consecutive. She has since created the Layne Beachley Aim for the Stars Foundation that empowers young females to live their dream.

The Last Post: Hi Layne and thanks for joining us. What have you been up to lately?

Layne Beachley: Yeah, well, Kirk and I have just celebrated our second wedding anniversary and, also ten year anniversary of our first date. I've also just returned from a surfing trip to Mexico with three very talented surfing girls. We went to Baja for a surfing adventure. Before that I was over in London for the Olympic Games, mentoring the Australian team.

TLP: How did that role fit in with you?

LB: I loved it. It's an extension of the mentoring I do with my Aim for the Stars Foundation, really supporting, encouraging and inspiring young people. With the Foundation, it's all women. Girls and women from across Australia. With the Olympics it was a chance to step into the shoes of some great athletes and see what they have to go through and support them through that process and to be a mentor and sounding board and to provide all the support they may need to let them perform at their best.

TLP: You were certainly in some good company over there.

LB: Yes, John Eales, Kieran Perkins. We were called 'Athlete Liaison Officer'.

TLP: Is that something you'd do again?

LB: I loved every minute of it. I've put my hand up for Rio. "Pick me, pick me". There, I

could surf everyday because I go slightly insane not being anywhere near the water.

TLP: Talking of the surfing. Way back when. How did it all start for you?

LB: Well, my Dad was a surfer, my older brother was a surfer and I started when I was four years old.

TLP: That's a nice young age to begin.

LB: Yes.

TLP: Around Manly?

LB: Yes, I grew up at Manly beach.

TLP: Was it something that came naturally. Your standard I suppose was quite amazing. You started competing at, what, sixteen?

LB: Well, my standard wasn't exceptional. I taught myself how to surf and I taught myself some very poor techniques. I was moving up in the ranks in the world but not as well as I would've liked. I got to number two in the world and realised the way I was going about it was all wrong. I got a surf coach who was then working with world champions and sought out his skill and advice and I virtually had to strip away everything and start all over again. I had to slow myself down to speed myself up. It was a lot to go from number two to number one but once I had a taste of victory and became World Champion, I just did not want to let go.

TLP: How hard was it then, at the beginning. You were working to fund yourself?

The Last Post chats with

Layne Beachley

LB: Yes, I was working four jobs and doing everything I could as well as training and surfing and to promote myself at every opportunity to become world champion but I wasn't able to generate enough financial support from sponsors to achieve my goal. It filled me with a sense of frustration and dissatisfaction but my tenacity and determination to overcome those challenges is essentially what drove me.

TLP: Desire, drive and determination?

LB: They're the three pillars to my success. They continue to contribute to the success I now have out of the water. Identifying those three pillars really influenced the decisions I made and make and the choices I make. I've always had the desire to be the best at something and that became surfing as a teenager and the drive to surround myself with a team of people that can support me and be there during the highs and the lows. Then there's the determination to overcome the obstacles and hurdles.

TLP: Aim for the Stars. How's that going?

LB: It's going really well. I established it back in 2003 with the luxury of hindsight. I reflected back on my career and six consecutive World titles, I took the time to consider what I'd endured and the opportunities that had been presented to me and realised that there were so many times in the early stages where I wanted to quit or walk away because it was all too hard so I established the Foundation to prevent girls from having to endure that same amount of adversity and hardship that I experienced. To give them the support to believe in themselves and they inspired me as much as I inspire them. We've given over \$500,000 worth of grants to hundreds of girls across Australia to achieve their dreams in all endeavours. Not just in sport but in music, science, culture. Academia, environmental studies, disabilities, indigenous as well as athletic studies and educational programs. All of these women are extremely talented and passionate but have hit that financial roadblock and that's

what I experienced back in the early stages of my career.

TLP: Education being the tool for change and you're helping these people to achieve.

LB: Yes, anyone who's striving to achieve something will encounter resistance and criticism and it comes down to your strength of character and tenacity and how passionate you are about what you're striving for. When these girls demonstrate their passion and enthusiasm and have the courage to ask me for help then I'm always more than willing to provide it. When someone tells you that they believe in you, it instills a lot of confidence in yourself. I'm fortunate to be in a position where I can provide that for these women and I take that very seriously and I pride myself on presenting the opportunity to them. If it wasn't for people in my life that picked me up and dusted me off and told me they believed in me then I wouldn't be where I am.

TLP: With you, seven world titles. How did the first one feel?

LB: The first one was extraordinary but it was an overwhelming sense of relief more than anything because I'd been planning for ten years that I was going to become a world champion so for me it was a case of "When?" not "If" so when I did win it, reflecting back is still the memory of relief but also knowing that it happened at exactly the right time. I trust that things do happen for a reason an timing is everything. I say that because, had I won the World title any earlier I can honestly say I wouldn't have had the maturity or understanding to deal with the pressure and expectations that come with being number one in anything. There's a lot more to becoming the best in anything than just being good at it. I had to really adapt to that.

TLP: A great learning curve Layne, to be out there fighting with the world's best, as far as personal maturity goes?

LB: Absolutely. Fighting with the best female and male athletes out in the water. The period

of growing up in Manly and fighting for my position in the line-up gave me an opportunity to learn how to stand up for myself and to fight for what I believe in. Also it gave me clarity because the clearer you are the more powerful you are. When I became clear about what I wanted and how I was going to achieve it, that presented me with a platform to fine tune the direction in which I was heading. Otherwise we're all like rudderless boats, waiting for the wind to push us in one direction or another.

TLP: Were you always thinking of ways to improve and achieve?

LB: Yes, absolutely. It was the small, incremental improvements that allowed me to stay at the top of my game for ten years. Managing expectation and dealing with pressure, overcoming challenges and having respect for my competition but making sure I don't place them on a pedestal. Respecting myself too and having clear, concise goals and the ability to communicate that with my team and being honest and open. Knowing too, that there's going to be times when I'm not feeling good but that's okay. To remaining focused is a big one, especially going from winning the world title to defending it. That was one of the hardest things I've had to do. It's a totally different mindset. Six years in a row teaches you a lot.

TLP: Well, how did the seventh title feel?

LB: Completely different. I'd come back from my near career ending neck injury and I was left with two choices. I was going to either retire or to allow myself time to heal and to give myself the opportunity to come back. So I chose the latter. I took six months out of the water, chose not to have surgery because I considered that too extreme. I really relished the opportunity to relax and detach myself from the necessity to train. I enjoyed the six months I had out of the water but deep down I was chomping at the bit to get back into it. A few days before the Roxy Pro in 2006 I went out in the water and the feeling was amazing. The first six titles had been driven from mainly fear at having to prove myself but that seventh time I'd proven I was worthy and there was instead, love and gratitude and appreciation. To win the seventh title with that mindset was extremely satisfying.

"I GOT TO NUMBER TWO IN THE WORLD AND REALISED THE WAY I WAS GOING ABOUT IT WAS ALL WRONG".



... now all you have to do
is choose your destination.

NEW WEBSITE LIVE



Talk to the experts.

Email enquiries@surftravel.com.au

Call 02 9222 8870

Facebook Surf Travel Company

THE **SURF TRAVEL** CO.

SURFTRAVEL.COM.AU

"I ESTABLISHED THE FOUNDATION TO PREVENT GIRLS FROM HAVING TO ENDURE THAT SAME AMOUNT OF ADVERSITY AND HARDSHIP THAT I EXPERIENCED, TO GIVE THEM THE SUPPORT TO BELIEVE IN THEMSELVES".

TLP: It must've been a very good place to be, at stage of your life?

LB: It was. Yeah, you know, in my mid-thirties, starting to think about life after competitive surfing and winning and realising there were at least two ways to win. And learning so much about myself and the three P's – patience, perseverance and passion, they come into play. All in all, a wonderful lesson.

TLP: And your lesson to young adults, particularly females is about self-respect and, I guess not having to win seven world titles to feel good about yourself?

LB: It's important that you remain relevant with an understanding of your position as a role-model. There's so much hype about the young kids coming through and you see it in all sports so as a role-model you have to set the bar for these kids. To be a positive role-model and vigilant spokesperson for women's surfing is important because a lot of decisions I've made during my career have been for the betterment of women's surfing. Some of it fell on deaf ears but I remained focused on trying to better women's surfing as a whole. I prided myself on that and now we see Stephanie Gilmore and Sally Fitzgibbons and they're taking it to a whole new level. They're talented, they're beautiful, they're responsible and a lot will now rest on their shoulders too, to be healthy role-models for young girls. I think kids

these days will make decisions on what they see more than what they hear so if they see that their role model walks the walk and talks the talk, then they'll believe it more. I was lucky enough to be strong willed and I must say that being adopted had a profound effect on my life and that's essentially what drove me to become a world champion. I was out to prove a point. But what I've learnt from all of that is that with the kids we have to give them time to prove themselves, away from unreal expectations and pressure to achieve their goals.

TLP: You're Vice-President of the International Surfing Association as well?

LB: Yes and on the Board of Surfing Australia. I love implementing change so that's fun as well as being part of the growth of surfing. We really focus on developing the young kids, from the age of five even and providing them with fun with their opportunities. Sitting with the ISA remains important in trying to get the IOC to continue to pay attention to placing surfing in the Olympics. I've also just joined the Board of the Sport Australia Hall of Fame.

TLP: What's next for Aim for the Stars?

"STEPHANIE GILMORE AND SALLY FITZGIBBONS, THEY'RE TAKING IT TO A WHOLE NEW LEVEL. THEY'RE TALENTED, THEY'RE BEAUTIFUL, THEY'RE RESPONSIBLE".


LB: Well, Aim for the Stars continues to grow as an organisation. This years applications closed on the 15th November and we're always encouraging more girls to apply so we can give more grants. I enjoy the fact we're continuing to grow and mentor and just meeting these young adults. What's next for me is my Be Inspired program that takes the workshop around the country, teaching kids the importance of setting goals and to realise what they're passionate about. Also, the fact that as individuals they shouldn't allow anyone else to dictate to them.

TLP: Yep and if we're all passionate about what we do then productivity and feelings of satisfaction from what we do is going to be higher. And happiness is just that. The more that are happy, the less problems there will be.

LB: Yes, that's right. The more people are happy, the more positive actions they'll take and make others around them happy too.

TLP: All the best with Aim for the Stars and for your continual work with young women and surfing. You continue to be a great ambassador both for your actions and your words.

LB: It's been a pleasure Greg.



"THE PERIOD OF GROWING UP IN MANLY AND FIGHTING FOR MY POSITION IN THE LINE-UP GAVE ME AN OPPORTUNITY TO LEARN HOW TO STAND UP FOR MYSELF AND TO FIGHT FOR WHAT I BELIEVE IN".



Family member, Nic, at the Marist College Ashgrove ANZAC Day Assembly this year.



Three generations of the Keogh family have been involved as members, volunteers and staff at Red Cross in Queensland.

When Julia Keogh joined the Warwick office as an intensive family support caseworker in 2006, little did she know that it would inspire her family to become involved with Red Cross.

“My whole family has gravitated towards this incredible organisation,” Julia says.

Her aunt Eileen volunteers as a TeleCHAT volunteer with four clients on her call list. “She’s even brushing up on her French to better communicate with one of her clients,” Julia says.

Mother Kate is the Secretary and Treasurer of the Warwick Branch, of which Julia’s daughter Elizabeth and two sons Sebastian, 18, and Nicholas, 15, are all members. Kate is also the Zone Representative Darling Downs and wider region. Elizabeth, 20, who works at the Milton office in Brisbane, plans to study nutrition at the University of Queensland. Julia is particularly proud that Elizabeth has been a regular blood donor since leaving high school.

The full extent of the Keogh family’s commitment to Red Cross was demonstrated when the Queensland floods occurred in 2010.

“Warwick was hit severely by the floods,” Julia says. “The town was cut off in 2010 and again in 2011 so we had many people travelling through visiting family, we had international visitors who were stranded, it was an intense time.

“Because of the limited number of volunteers with experience in emergency training... mum, myself, Elizabeth and Sebastian ran the evacuation centres.”

“I remember in the second evacuation, Seb had been on his feet for about 17 hours and he sat down, pulled off his shoes and socks and said, ‘Next time, remind me to put on a dry pair of socks’. When we were activated, it was like ‘Get in the car now, they’re closing off access’, so we just had to grab whatever we could and go. Now we all have our ‘evac’ packs ready to go next time we’re activated.”

“I’m very lucky to have such an amazing family,” Julia says. “Their compassion and ability to give is inspiring for me and I get so much positive energy from them – it’s great to see they’re willing to give of their time without question.”

2010 ANZAC Day 2010, Sebastian Keogh-Peel. Photo courtesy: Warwick Daily News



2010 ANZAC Day Elizabeth Keogh-Peel. Photo courtesy: Warwick Daily News



REMEMBER ME: THE LOST DIGGERS OF VIGNACOURT



Two soldiers of the 5th Australian Division, November 1916. Australian War Memorial P10550.019, courtesy Kerry Stokes Collection, The Louis and Antoinette Thuillier Collection

A rare collection of First World War photographs are featured in a new exhibition, *Remember me: the lost diggers of Vignacourt*, on display at the Australian War Memorial. Capturing the faces of men who have just stepped off the battlefields of the Western Front, these photographs tell an intimate story about the Australian experience of war.

The collection of fragile First World War photographic glass-plates negatives that feature in *Remember me* were donated to the Australian War Memorial by Mr Kerry Stokes AC. They form part of the Louis and Antoinette Thuillier Collection, discovered in 2011 after sitting undisturbed for nearly a century in the

attic of a farmhouse in the French town of Vignacourt. Mr Stokes donated more than 800 of these glass-plate negatives, which feature Australian soldiers in informal settings.

Vignacourt is an old rural village, just 12 kilometres north of the city of Amiens. During the First World War it lay behind the front line of the Somme fighting and was never far away from action.

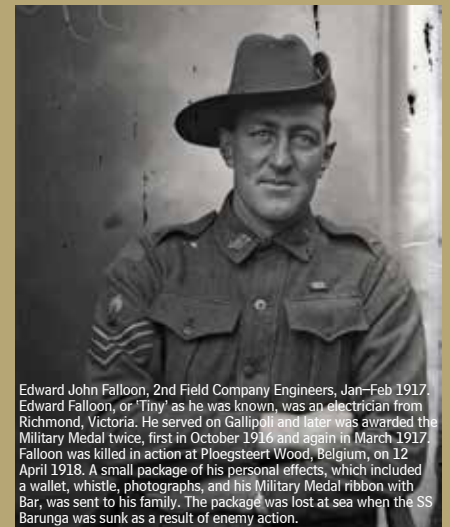
Vignacourt was used as a forward rest area, a place where for troops to recover from recent fighting and to prepare for the next battle.

Among the locals in Vignacourt were local photographer Louis Thuillier, and his wife, Antoinette, who documented the activities of British, Australian and Empire soldiers during their visits to Vignacourt, photographing them in a humble outdoor studio in the courtyard of their house.

Many of the photographs were taken between November 1916 and January 1917, and many of the Australians in these images had recently endured the horrors of Fromelles, Pozières and the Somme winter trenches, and

would soon face another two years of bloody fighting in northern France and Belgium. A second set from the collection captures scenes of celebration following the end of the war in November 1918.

Remember me: the lost diggers of Vignacourt explores the personal experiences of Australian soldiers on the Western Front, drawing on material from the Memorial's collection, including diaries, letters, uniforms and works of art. The exhibition will be on display at the Australian War Memorial until 31 July 2013.



Edward John Falloon, 2nd Field Company Engineers, Jan-Feb 1917. Edward Falloon, or 'Tiny' as he was known, was an electrician from Richmond, Victoria. He served on Gallipoli and later was awarded the Military Medal twice, first in October 1916 and again in March 1917. Falloon was killed in action at Ploegsteert Wood, Belgium, on 12 April 1918. A small package of his personal effects, which included a wallet, whistle, photographs, and his Military Medal ribbon with Bar, was sent to his family. The package was lost at sea when the SS Barunga was sunk as a result of enemy action.



Lone Pine tree on the grounds of the Australian War Memorial. Photo: Kerry Alchin, Australian War Memorial PAIU2010/119.05.

The Lone Pine tree at the Australian War Memorial, one of the most iconic symbols of Australia's Gallipoli campaign, has undergone specialist treatment to help with its preservation.

"This Aleppo Pine (*Pinus halepensis*) was planted in 1934 and is one of the oldest surviving plantings in the grounds. It was damaged in two

ICONIC LONE PINE HAS UNDERGONE IMPORTANT CONSERVATION WORK

storms in December 2008 and August 2012 and needed work to conserve the tree. This latest work has increased its ability to deal with storms and high winds," said Stewart Mitchell, Head of Buildings and Services.

"Despite its age and this recent storm damage, the Lone Pine still stands strong and remains an important part of Australian heritage and commemoration," said Mitchell.

The work included the cabling of key limbs and thinning of the canopy to reduce the impact of the wind load. The original decorative iron railing surrounding the tree has been restored and reinstalled.

The significance of the Lone Pine tree arises from the fighting that occurred in early August 1915 at the position called Lone Pine. On 6 August the Australian 1st Division launched a major attack against Lone Pine. The Australian had given the position its name because of the single pine tree that had earlier stood there. Over three days of bitter fighting, the Australians first

captured then held the ground. Their losses were devastating, with some 2,200 casualties sustained; the Turkish losses were estimated at 7,000. Seven Australians were awarded the Victoria Cross for this battle.

Among the fallen was a soldier from the 4th Battalion, Australian Imperial Force. His brother, having gone to Lone Pine shortly after its capture, sent their mother in Australia a cone from Gallipoli. Many years later, the Australian War Memorial acquired a sapling grown from a seed that she had taken from the cone. On 24 October 1934, Prince Henry, the Duke of Gloucester (and later Governor-General of Australia), planted the sapling on the grounds of the Memorial.

During the storm on December 2008, a branch from the Lone Pine was salvaged and later crafted into keepsakes for the public. These limited collector's items are available from the Australian War Memorial's store. For more details visit: www.awm.gov.au/shop



Remember Me

THE LOST DIGGERS OF VIGNACOURT

Until 31 July 2013 | Australian War Memorial, Canberra

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

Courtesy Kerry Stokes Collection, The Louis and Antoinette Thuillier Collection

Open daily 10 am – 5 pm

Closed Christmas Day

Treloar Crescent Campbell ACT 2612

www.awm.gov.au

| SGH



SLOUCH HATS CONTINUE TO BE MADE IN AUSTRALIA

Recently Minister Jason Clare announced that Akubra Hats was one of the successful tenderers for the new slouch hat contract. What is significant about this announcement is that the tender requires that the Slouch Hat be made in Australia. Akubra has been manufacturing its fur felt hats for more than 130 years. The company is now in its 5th Generation of Australian family ownership and produces all of its hats in Kempsey on the mid north coast of NSW.

The announcement by Minister Clare confirms Akubra's long tradition of being a supplier of the Slouch Hat to our defence forces and acknowledges not only the Australian made emphasis but also the inherent quality in the manufacture of these hats. "When the tender was about to expire Minister Clare took the time to visit our factory to see for himself our detailed manufacturing process" noted Managing Director and fourth generation of the Keir family Stephen Keir. "Like many visitors in the past there is often quite a surprise when they see the level of detail in the manufacture of Akubra Hats, especially the hands on nature of our process. So it was pleasing to see the commitment from Government to ensure that, as they put it, the Slouch Hat must be manufactured in Australia to recognise that it is indeed a national treasure of historic value."



AKUBRA



Still proudly flying our Flag.

Akubra Hats, made in the true spirit of Australia. www.akubra.com.au





GALLIPOLI CRUISE

2015

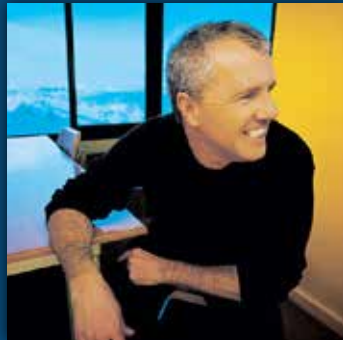
100th Anniversary Cruise 1915 - 2015

BOOK NOW!
Limited Availability



"..We will remember them"

Fremantle ★ Albany ★ Cocos Island ★ Colombo ★ Luxor ★ Gallipoli ★ Istanbul ★ Kusadasi
★ Santorini ★ Mykonos ★ Athens ★ Palermo ★ Naples ★ Rome



facebook.com/gallipolicruise

Call 1300 139 450

gallipolicruise2015.com.au

Gallipoli Cruise 2015 Pty Ltd

ABN 99 143 049 423

Licence No. TTA 237241



The Last Post: Good morning Rolf, how are you?

Rolf Harris; I'm good thanks, yeah.

TLP: You never cease to amaze. You've won the Order of Australia now.

RH: Yeah, bit of a shock. A real surprise but a nice one. And the really nice thing about it is that my dear old mate, Harry Butler, he's got it as well. So that's lovely.

TLP: Well, that was meant to be. How was the day for you?

RH: Well, it was fantastic. I had all sorts of interviews with Australian media, televised interviews with a few channels, some late Sunday night interviews to get them out in time for the morning in Australia. It was great, absolutely thrilling. As I was saying with Harry Butler, him and I were born within 5 days of each other so we're almost identical age. We've been mates since we were sixteen so it was really lovely to see him get it as well. Quite unplanned and quite remarkable.

TLP: Well, with Harry, he'd done a lot of work before coming to fame via his television

shows and I suppose, what was that, the 70's and 80's? And he's done a lot of work since then too.

RH: Yes, a conservationist extraordinaire.

TLP: We know you as one of Australia's favourite sons and your award was greeted with great news here. What's it mean, after all these years, to be Australian. Has the feeling changed and does receiving the award focus your feelings on what it means to be Australian or is it just more icing on the cake?

RH: It's lovely for me because my whole persona is based on the fact that I am an Australian first, although I've lived in Britain for over half my life. I've lived in Britain for 58 years, as long as the Queens reign, ha. But I still get great joy at looking at everything through an Australian perspective and eyes and to try and maintain that attitude and Australian feeling of being casual and relaxed in my approach to things. I don't know, trying to keep a smile on my face all the time, trying to relate nicely to people and not be aggressive.

TLP: That's an intelligent way to be, Rolf.

"MY WHOLE PERSONA IS BASED ON THE FACT THAT I AM AN AUSTRALIAN FIRST, ALTHOUGH I'VE LIVED IN BRITAIN FOR OVER HALF MY LIFE".

RH: Yeah, trying just to live your life and to help others along the way, spread a bit of love and affection around the world and spread some smiles here and there, it makes such a difference.

TLP: Talking of spreading the love and 'All you need is love', you have worked with The Beatles at some stage.

RH: That was a few weeks ago, ha, when they first started in the 60's. I was working with George Martin then, he was producing my records and then, of course, he started working with The Beatles and pretty soon they were so successful that he didn't have time for me anymore because he was flat out doing

The Last Post chats with

Rolf Harris



in '62 with a whole new attitude in myself and aware of the fact that I didn't have to pretend to be British anymore, to speak correctly, as it were. Yes sir, no sir, three bags full sir, all that sort of stuff. I mean, I had a lot of interesting things to see and do anyhow, I could paint, draw and beyond and my accent was just part and parcel of myself.

TLP: Yes and a lot of people feel they know Rolf Harris because of that. Even if they don't, your being yourself is openness and honesty. People took to you a long time ago because of that, well, naturalness.

RH: Well, yes and I hope so. You just do that, own up if you make a mistake and take things for what they are, without spin and, as I said, spread a little love and affection. And to know your worth. I'm very lucky and in most cases with my life, when one door has closed a bit of luck has led to another door opening, sometimes in a different area. When doing the cartoons on television stopped I was offered the job on Animal Hospital which was a runaway success. We were getting around 7.5 million viewers each week and it was incredible. Nobody could believe it. We had been expecting to get a lot less, maybe one million a week. When that finished after ten years, and we got five awards for that program and then I started doing a program called, 'Rolf on Art' where I looked at the old masters and did paintings in their style. That ended up getting the same number of viewers as Animal Hospital. I had the luck of having another door that I could open and proceed down that new path.

TLP: Who needs The Beatles when you've got Rolf Harris?

RH: Ha.

TLP: You're a great artist who expresses that art through song and painting. What was it like back in Bassendean in the eastern suburbs of Perth all those years ago? Did you feel the need to express yourself through art back then?

RH: I had a fantastic childhood in the West. I grew up on the riverbank in a house my father had built. He could afford it because he'd built it with second-hand timber. That's one of my strong memories of going along with Dad as he bought second-hand timber and getting it cheap because all the nails were still in it. He would take each nail out and straighten them up and use them all again. I inherited that sort of thing from Dad, with so many tin cans full of

everything with The Beatles. At one stage I'd done a job as a host at a new years eve show, The Beatles new year eve show. It was '63 or '64. It was funny because we ended up writing special verses for 'Tie Me Kangaroo Down, Sport' and they sang it with me. I'll never forget it, it started off, "Prop me up by the wall, Paul, prop me up by the wall. I'll prop and cheer 'til I fall, Paul if you prop me up by the wall, All Together Now....." And they sang it with their Liverpool accents with the Little Richard thing in the middle, "Don't confuse me pet dingo, Ringo.....". The final verse was, "Keep the hits coming on sons, keep the hits coming on....."

TLP: You still do a very good rendition. A sure-fire hit if it was released today. England must've been very different when you first went there in '52. Do you see much there today that was evident in '52?

RH: No, it's changed so dramatically. The main changes are to do with computers and how they've impacted. Just about everything that happens now is a new way of looking at things, isn't it? Sometimes you're left wondering what you did without computers to take care of everything! The mere idea of sending off messages around the world instantly and the Google thing. Casting my mind back, I remember, when I first arrived

in England I was very intimidated by, of all things, the accents. I remember spending a lot of time trying to speak properly and trying to pronounce things correctly. Then, in 1959 I came back to Perth to run the children's television for a year and I recorded 'Tie Me Kangaroo Down, Sport' which I'd written for the Down Under Club for all the Aussies in London and it was recorded in an unashamedly Aussie accent and it went to number one in four weeks, Australia-wide. It suddenly let me know you could actually be yourself and proudly and speak the way you spoke and be successful, which I hadn't known up until that point. You didn't have to pretend to be a Yank or a Brit, you know.

TLP: Yes, later on of course we had Australian groups singing about Australiana but you had done all that before and broken ground and maybe the realisation that you could be Australian came about before people realised.

RH: Yes, I hope so and I hope that was giving faith to all the Australian artists because I hate to hear people imitating the Yanks, for example with the accent because there are millions of 'real' Yanks already over there and who wants a phoney Yank or phoney anything. So be yourself and say what you do, that's the joy of it. It can work, as I found out. So, I returned to England

old screws and this, that and the other which is funny, thinking I might need them one day. My wife despairs on me but it's ingrained in me – to try and use things and not throw them away. It's the opposite to the throwaway world we live in today where people can't be bothered and throw things away, instead of fixing. My childhood was fantastic. I swam all the time. I was in and out of the river all the time. I was the Australian Junior Backstroke Champion when I was fifteen. I was painting, too from the time I could hold a brush and my Dad encouraged me because he was a frustrated painter. Mum and Dad both encouraged me but Dad was a really good critic. He was just an ordinary working type of bloke but he made sure I had the best watercolour brush and paints and paper. We couldn't afford much but what we could afford, he would get for me. The best thing was the support and the constructive criticism. When I was fourteen I painted a surfboard and sent it over to Sydney and I still have the record as the youngest entrant in the Archibald Prize competition.

TLP: Little did they know what was to come?

RH: Yes, and it's at the point now where most of my income is from painting. Although I still do a little television it's not an ongoing thing although I'm doing a series on Welsh art where I get to go to Wales every couple of weeks and filming in Wales about Welsh painters. My parents were both from there so I have a great affinity for it.

TLP: With the painting, you recently did a painting of the Queen. What was that like?

RH: That was as scary as anything until it started and once it started it was marvellous. The Queen was delightful. She put us all at ease and soon we were chatting away like old friends. It was wonderful.

TLP: Back in those days again, you must've felt you travelled a long way from Bassendean.

RH: Yes indeed. My brother, who lives in Sydney and his feeling is that we had to leave the West, the both of us, to achieve somewhere else, you know, to reach our potential. Of course, I went to England to study painting. My parents had often held up London as being the centre of the universe as to that's where you achieved any and everything you wanted. If you wanted to study painting you went to London, they said. Of course, with shining lights all around the word "London". I hated Art School when I got there and was lucky enough to meet an Australian impressionist artist called Hayward Veal. He took me under his wing and taught me all about impressionist painting, which I'd always wanted to learn. He taught me his approach and everything I do today is based on what I learnt from him. Once again, I was very lucky. I'd dropped out of art school because I'd hated it. They weren't teaching me the things I wanted to learn. I found out later



that what he was doing was the foundation course for getting you to do all sorts of things to find out what you prefer. I was doing etchings and learning to paint murals, lots of things. None of those things are what I wanted. What I wanted to do was to paint portraits.

TLP: Another outlet, music. With your success, do you think it's cross generational?

RH: Yes, of course it is. Look at Tom Jones, still killing them on stage. He does a show and the reaction is just fantastic. And what, he's in his 70's? At Glastonbury, they gave me a best entertainer award with "entertainer" being the major part. At Glastonbury, the last time I was there, what, about 300,000 people. I did what I normally do but, with all the people here that have grown up with me on the television, they sang along because they knew the words to every song. Great.

TLP: I think that's more than The Seekers got at the Myer Music Bowl way back when.

RH: That's right. Absolutely brilliant, to come out on stage and be greeted by people as far as the eye can see. We did *Waltzing Matilda* and I said, "as soon as you get to the part, Up came the troopers, one, two, three...", just all stand and raise your right hand with your index finger up". Hah. To see that, it lit my heart greatly. Amazing.

TLP: I remember being in school in 1969 and your song, *Two Little Boys* was a big hit. Can you tell me a little about that because I think it hit close to home with you?

RH: Well, it did and I didn't realise it until much later how poignant it really was. I learnt

the song from Ted Egan, great Australian entertainer, Ted. Ted had learnt the song from his mother when he was young and he told me he'd never forgotten it and he suggested I do it, saying it was a great song for all ages but with great lyrics and melody it would be good for the kids and the show I was doing back in England. He was right, hah. And of course, everybody loved it because it was such a powerful song and it got through to so many people on all sorts of levels. I came back to Australia to do a few concerts and I was in Sydney in 1970 and my Auntie Pixie said that she couldn't listen to the song and had to turn it off whenever it came on. I was, as you can imagine, quite hurt. She had always been my soul mate in lots of ways because she was artistic and a big, big supporter. I asked, as you would, "Why's that?" and she told me that it reminded her of my Dad and his brother, Carl. It had never occurred to me before but my Dad and his brother Carl had left Wales, out of nine kids, Dad was sixteen and they left by sailing boat for Australia, where you could make your name and fortune. When the war broke out a couple of years later, Dad was eighteen and Carl was sixteen and they thought of it as a great adventure that would be over by Christmas. Dad put his age up to twenty-one so that his sixteen year old brother would be eighteen, hah. So they signed up and had their training period and then they came back to England before going off to France. They both went back to Wales to see their family when they had some leave



Discover the magic of the Red Centre

Uluru is such a mysterious and intriguing place. The beauty of this undulating monolith cannot be denied. There's plenty to do within the World Heritage Listed Uluru-Kata National Park, including walking the base of Uluru and seeing the sun rise through the 36 domes of spiritual Kata Tjuta (The Olgas). Travel further north to Watarrka National Park for the rewarding sight of Kings Canyon. Hike the rim of this natural wonder, and discover all the secrets the Northern Territory's Red Centre holds. Contact your NT experts at Territory Discoveries now.

Views of Uluru 3 days from \$462*

Witness the magnificent and overwhelming beauty of Uluru on this 3 day getaway to the Red Centre. Walk around the base of Uluru and marvel at its captivating height.

Includes: 2 nights 3.5 star accommodation in Ayers Rock, SEIT Uluru Tour.

Booking code: TDC3LP1

Roadtrip for a King 4 days from \$554*

Discover the cultural centre of Australia and explore incredible scenery with a self-drive adventure through the magnificent Red Centre. Taking in the sights of iconic Uluru, the curved domes of Kata Tjuta and the vast depths of Kings Canyon, this is a journey that will stay with you forever.

Includes: 2 nights 3.5 star accommodation in Ayers Rock, 2 day vehicle hire - including unlimited km, 1 night 4 star accommodation in Kings Canyon.

Booking code: TDC3LP2

Wildlife, wilderness, outback skies, Aboriginal art & culture. We know what goes with the Territory.

To contact our Reservations department, please call **13 31 01**



(Rolf Harris cont.)

and Dad met up with his childhood sweetheart again, my mother of course. After the war, he sent for her and she came out to Australia. In the meantime, their mother, my grandmother was upset at Carl being in the army at such a young age so she contacted the Australian authorities and gave the game away. They then took him out of active service and put him into communications. That split the two of them up. My Dad then went back to the war, he went to Belgium and was in the fighting in the trenches there. Back in communications, as soon as Carl was old enough, as soon as he turned eighteen he rejoined the active service ranks. He was sent out in another regiment and was fighting alongside Dad in the final big battle of the war. Neither of them knew where the other was. Dad knew that Carl had rejoined active service but had no idea where he was. As it turned out, there was about a mile separating the two of them. Dad was wounded with a bit of shrapnel, took his helmet off and a big chunk out of his skull. He was rushed off and people thought he was dead. He'd been wearing the helmet with the chin-strap at the back and we were told if he'd had the chin strap on, properly, under his chin, it would've taken his head off. They found the helmet about 100 metres away. Anyhow, they patched him up and rushed him off and at the same time Carl had been hit by shrapnel too which destroyed his right knee and they took him off but he bled to death in the hospital. When Dad regained consciousness the first thing he did was to ask about his brother, Carl. But he was asking after "Mick" Harris because in the war, if you had a German sounding name they gave you a more "English sounding" name. Mick was Carl's nickname and Dad was asking after Mick. Of course, no-one knew about a "Mick" Harris but he was actually at the same hospital. So, back to Aunty Pixie. - that was the story and that's why she said she couldn't listen to it. When I sing it now, it has even more resonance.

TLP: For a lot of people that hear that song, it remains with them. A strong reminder, maybe of what our fathers and grandfathers went through. Here in Australia we have had a history perhaps of quiet pride and remembrance in favour of flag waving but how's it feel, for you, to be Australian?

RH: I feel as though it gives you an edge over everybody else in a funny way because there seems to be no formality about your attitude to life. My father taught my brother Bruce and I that there was nothing you couldn't do if you put your mind to it. Nothing. All you had to do was decide what you wanted to do and do your homework and find out the best way to go about it and then go and bloody do it! Always go in with the attitude of knowing you're going to make a success of it. With that mindset, most times you will. That's a fantastic attitude

to have. A lot of Australians have had access to that attitude and over here, in the UK, they look on in amazement at that attitude. They see Australian kids giving it a go. Kids as young as ten sailing their own yachts in competition, never too young to give it a go. They see Aussie kids of six and seven going out fishing for breakfast and coming back with a bag full. There's a self reliant streak that we have in Australia. I don't say that everybody's like that but when we were kids we had to make do. It was in the depression years and we had to learn how to achieve what we wanted through different means.

TLP: There was still a little bit of that going on when we were growing up in the 60's and 70's because our parents had been through the Depression and our parents had been kids then. I suppose we have to be careful that everything is not just handed to our children now and that they can actually learn through experience and getting their hands dirty.

RH: Yes, that's right. Happy memories of childhood despite or because of the hardships.

TLP: And Perth, what a lovely spot to do it. My brothers and I spent a couple of years there with Dad in Scarborough.....

RH: Oh, geez mate, great. I of course grew up on the Swan at Bassendean, on the other side of Perth, going up to the hills.....

TLP: Yes, beautiful spot.

RH: Yes, lovely spot and I lived the life of a young Tarzan, climbing trees and swimming in the river all the time. Not a care in the world. There was little money and we appeared to be broke a lot of the time but it didn't matter, we were the same as every other kid.

TLP: The wobble board. I've heard that Ringo has a collection of wobble boards. Do you know much about that?

RH: Gee, I don't know, he might have. Hah.

TLP: Someone said that he had a collection and was a big fan.

RH: Good one, how good is that. It's funny because we've turned them into purchasing items. We put them up for sale. The problem was that most who bought them, couldn't use them. They couldn't get that rhythmic thing happening. To me, it's self-evident. You just bounce it up and down and it's like a pendulum. You don't force it or use your will. You just let it bounce and it happens. If you try to impose your will on it, it just goes all wrong, so a lesson there. So, from a financial point it was a total disaster.

TLP: Would there ever have been the Wobble Board without Rolf Harris?

RH: I don't think so. I came up with the idea and it was purely by accident. I was painting a portrait on a hardboard and had covered it with a blue colour and mixed a lot of turpentine in with the oil paint. I wanted this blue colour to be a really mysterious background because he was

a magician and I wanted that effect. It wouldn't dry. I thought, with all the turpentine it would be dry by the time he arrived but he was only half an hour away and the board was still wet, like, well, like wet peanut butter so I propped it between a table and the back of a chair and put the oil heater underneath it with the wet side facing down. The smell of turpentine was overpowering so I opened windows and doors and had a gale blowing through. I returned to the board and pressed against it with my finger to see if it was drying. It was that hot it gave me a blister. Red hot. I then had visions of it catching alight and I picked it up but I couldn't hold it, it was that hot. So I stretched my palms back ward and gripped it like that so I held it like that and shook it, to cool it down and it went like, you know, the sound of the wobble board. I stopped and thought, My God, what a great sound. I started bouncing it and, being a musician, started emphasising every second beat and it went wobble, wobble. You know the sound. I had written a kangaroo sound about three months earlier and it fitted in perfectly, it was Tie Me Kangaroo Down, Sport. Anyhow, it was great and as I'm playing the wobble board this guy from the flat downstairs comes out on the balcony and yells out something about the water pipes in the attic must be broken because he can hear the sound of water pumping everywhere. I just stood there with the board and said, "Do you mean this sound?" and I wobbled the board and his mouth dropped open and he said, "Oh, yeah". He must've thought I was mad. Little did he know I'd just invented the wobble-board, something that was to help take me around the world three dozen times.

TLP: That's so Rolf Harris and I feel honoured to have sat here and actually heard how the wobble board came to be.

RH: Yes, it's all true. One of the sad parts was when Sophie Loren and Peter Sellers did that song "Goodness Gracious Me".....oh Doctor I'm in trouble, well goodness gracious me. And it was produced by my old mate George Martin. He had a wobble board on it and, goodness gracious me, he hired a musician to play it. All he had to do was to get on the phone and ring me and I would've been there like a bloody shot.

TLP: Sophie, Peter and you. I thought I heard a wobble board on it but it wasn't you.

RH: Damn it! A huge hit.

TLP: Thanks for being part of The Last Post's Christmas edition and letting us into your thoughts. So a Merry Christmas Rolf to you and to Harry Butler when you catch up with him.

RH: Yeah, well he's out Barrow Island looking after the animals and wildlife to make sure it's not destroyed. The beauty of Australia's outback and wilderness is unique so it's very important. Merry Christmas to you too and all your readers Greg.

JOIN US TO PROVIDE “HELP FOR TODAY AND HOPE FOR TOMORROW”

PARKINSON'S NSW:

- Fund research towards finding a cure for Parkinson's disease
- Offer support services to people with Parkinson's disease and their families
- Provide education to doctors, specialists and hospital staff



RUDY'S STORY

Rudy was just 46 years of age when diagnosed with Parkinson's disease (PD).

Parkinson's NSW helps Rudy by providing regular counselling every month and helps guide Rudy on optimising his medication.

PLEASE LEND A HAND TO FIND A CURE

- For someone living with PD for 12 years, the average lifetime financial cost is around \$144,000, which is on par with the lifetime cost of cancer (\$165,000)
- PD is the second most common neurological disease, after Dementia
- 10,500 new cases of PD were diagnosed in 2011
- 30 new diagnoses every day
- 19% of people living with PD are of working age (15-64)
- Approximately 1 in 350 people in Australia lives with PD

In Australia someone is diagnosed with Parkinson's disease every hour of every day. To support or bequest please contact us:

Phone 1800 644 189

Email pnsw@parkinsonsnsw.org.au

Visit www.parkinsonsnsw.org.au



Parkinson's NSW

Palliative Care Australia President Professor Patsy Yates talks to The Last Post

Patsy is jointly appointed as Professor of Nursing at Queensland University of Technology, and Director for Queensland Health's Centre for Palliative Care Research and Education, a statewide service that was established to enhance palliative care services in Queensland through education and research. As Director for the Centre, Patsy leads a range of programs focused on developing workforce capacity in palliative care, researching priority issues in palliative care, and strengthening the nexus between research, policy and practice.

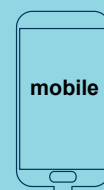
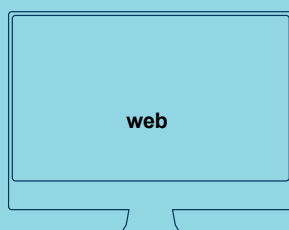
Patsy has over 30 years experience working as a Registered Nurse in oncology, palliative care and aged care rehabilitation settings, and as an educator and researcher in cancer and palliative care. She has served on several committees and boards. She is currently a member of the Executive Committee for Palliative Care Australia, and has contributed actively to several of Palliative Care Australia's core projects including the standards development. Patsy has also been National Chair for the Cancer Nurses Society of Australia for four years, has served as member of the Executive Committee and Council of the Clinical Oncological Society of Australia, and Secretary/Treasurer of the International Society of Nurses in Cancer Care.

Her service to the professional community has been recognised through awards including a 2010 Citation for Outstanding Contribution to Student Learning from the Australian Learning and Teaching Council, and the 2009 Tom Reeve Oration Award for Outstanding Contribution to Cancer Care.

ehospice Palliative care news,
views and inspiration
from around the world

Revolutionising

the way you access hospice,
palliative and end of life care news.



Palliative
Care
Australia

Find out more www.ehospice.com





"I REMEMBER FEELING QUITE HELPLESS BECAUSE WE WEREN'T DOING ENOUGH TO HELP PEOPLE TO MINIMISE THEIR DISTRESS."

WHAT DO YOU THINK WILL BE SOME OF THE KEY ISSUES FOR PALLIATIVE CARE IN YOUR PRESIDENCY?

We will continue to face increasing demand for our services. There will also be greater recognition that some groups in our population are underserved when it comes to palliative care. This will place more and more pressure on us to find ways to provide services based on need. It will also require continued efforts to build capacity of communities and all sectors of health and social care systems to respond to end of life care issues.

The impact of Local Hospital Networks and Medicare Locals on the way our services function will become clearer. We will need to focus on the opportunities these reforms can provide palliative care in terms of innovative service models and improved linkages between service sectors.

The advances that have been made in recent years in improving the quality of palliative care in Australia through Australian Government funded initiatives such as the National Standards Assessment Program (NSAP) and the Palliative Care Outcomes Collaboration (PCOC) are gaining momentum. If we are committed to quality end of life care for all, we need to take the time to critically reflect on what data from these initiatives tell us about how well we are going and what needs improvement.

WHAT DO YOU SEE AS THE PRESIDENT'S ROLE FOR PCA?

I see the President's role to be a lot about facilitating, to bring the expertise and wisdom of those with an interest in palliative care to finding strategies and solutions to achieve our vision and goals for end of life care. I will need to clearly communicate PCA's vision and goals to stakeholders at all levels. Together with other members of the Executive, I will be charged with ensuring PCA is governed effectively. At an operational level, the role also involves ensuring the CEO and PCA staff are supported to carry out the work needed to achieve our goals.

HOW DID YOU BECOME INTERESTED / INVOLVED IN PALLIATIVE CARE?

I became interested in palliative care as a young nurse working in an infectious diseases unit in the late 1980s. This was the period of time when AIDS was a relatively new disease and it did not have a good prognosis. When I was caring for these patients, I remember feeling quite helpless because we weren't doing enough to help people to minimise their distress. These experiences made me want to do more to improve care for people who are dying

WHY DO YOU WANT TO BE PRESIDENT OF PCA?

People who are dying in Australia deserve the best possible care that our community can provide. We have made significant advances in care of people who are dying over the past decade. Unfortunately there is still much work to be done. We still have unacceptable variation in the standards of care provided to people and tremendous needs for community development when it comes to issues of death and dying. We also don't have adequate plans in place to deal with the growing need for good quality end of life care in the future. It is a great privilege to be President of PCA, as I will have new opportunities to address some of these needs and gaps.

HOW LONG HAVE YOU BEEN INVOLVED WITH PCA AND IN WHAT CAPACITY?

I have been a long standing member of Palliative Care Queensland (PCQ), working on local projects during the 1990s. In 2004 I joined PCA's Standards and Quality Committee, and contributed to development of the current edition of PCA's Standards for Palliative Care Provision. In 2006 I was elected to the PCA Executive and have held a position on the Executive since then.

CAN YOU TELL US ABOUT YOUR CURRENT ROLE AS DIRECTOR OF CPCRE AND PROFESSOR OF NURSING AT QUT?

My current role includes teaching, research and management responsibilities. Our research group at QUT's Institute of Health and Biomedical Innovation includes about 25 team members from varying disciplinary backgrounds. I work with them on a day to day basis developing new research ideas, writing research proposals, managing our current projects in symptom management and palliative care service reform, and disseminating the findings of this work in publications and other forums. I also supervise 8 PhD students who are studying a range of topics in palliative care. I teach an elective palliative care unit to undergraduate nursing students and do some guest lectures on cancer and palliative care throughout the nursing program. As one of the more senior members of staff in our School, a large part of my job is mentoring our early career academics. At Queensland Health's CPCRE, I am also responsible for oversight of a range of service improvement projects and dissemination of information to health service providers about palliative care.

"PEOPLE WHO ARE DYING IN AUSTRALIA DESERVE THE BEST POSSIBLE CARE THAT OUR COMMUNITY CAN PROVIDE."



HERE COMES THE FUTURE, PLEASE ADJUST YOUR SET

By The Zone's Michael Short

We are arguably living in the most dynamic period of human history. So many aspects of our lives are being revolutionised by communications technology, in particular.

The internet has resulted in an explosion of creativity and has connected people across social and geographic borders, fostering communities and facilitating an unprecedented spread of knowledge and entertainment options.

One of the areas undergoing a metamorphosis is media. The way we consume and produce media content is changing so fundamentally that the mainstream practice of watching free-to-air television programs interspersed with conventional advertising will largely disappear.

Young people are already abandoning free-to-air television. This is evident to anyone who watches a young person watch television. The TV screen has become the second screen; primary attention is on the smartphone or tablet computer in their lap.

Young people, and more and more of the rest of us, are commenting on the television content in real time on social networks, sharing thoughts or accessing information often related to what is being broadcast on TV. This has enormous implications for advertising; more than \$3 billion a year is spent on TV advertisements, yet fewer people are taking notice of them.

Today's guest in The Zone is one of Australia's leading thinkers on the convergence of traditional media with web-based technology, a coming together that will be supercharged by the National Broadband Network. For the past three years, Tommy McCubbin has been the interactive director at advertising firm Clemenger BBDO Melbourne. In our interview, the full transcript of which as well as a short video are at theage.com.au/opinion/the-zone, he explains his outlook for audiences, content makers and advertisers.

McCubbin believes the convergence will alter television screens beyond recognition, and the idea of having a main screen and a second one in your lap will be superseded. He argues that free-to-air television is becoming irrelevant.

Our television screens will resemble large computer screens. They will be organised in a series of windows and feeds, and we will be adjusting the layout at will. At any given moment, we might be looking at a full-screen feed from a TV station or a downloaded program. We might be using video conferencing or be using social media. We could then switch to a game, which we might be playing alone, with others in the room or with others online. A ticker may be constantly updating us on news. Alerts will be popping up to tell us we have a new email or communication via social media. What we will not be doing is waiting for a

sequence of programs selected by executives at television networks.

Television ratings, a core part of the free-to-air broadcasting industry, have already been superseded, McCubbin argues.

"Since the web has come to the living room, not a lot has changed in how we measure the success of a television program. The sample is taken from several thousand random homes around the country. What that accounts for is who is in the room and what is on the television.

"There are a lot of factors which essentially undermine that by not being considered: where the audience is really looking, be that their lap to their phone, tablet, or laptop; have they got headphones on; are they talking on the phone. We are basing billions of dollars of investment on ratings which are discounting a lot of real factors involved in the performance of television."

But advertisers ought not despair. McCubbin believes there are plenty of opportunities to capitalise on the new order. The key is to create communities, rather than seeking to inform consumers about goods and services. He cites energy drink Red Bull as a leader in this emerging market.

"Red Bull has taken a plunge outside of traditional marketing on a global level. They have really made a commitment to owning

[WHO]

Tommy McCubbin, digital media strategist

[WHAT]

The way we watch television is poised to change radically

[HOW]

There will be a revolutionary convergence of internet and TV

adrenaline sports content and everything in and around that.”

The power of this strategy came days ago when they produced an event called Stratos that made the front pages of newspapers around the world, and was seen on TV and across the web by many millions.

“They actually got a base jumper and they flew him up in a balloon to the edge of the stratosphere and he jumped out, and the build-up to that was like a Hollywood blockbuster. They released the trailer. Then they showed details of the planning, had a live jump, watched by over 8 million people live on the internet, and you’d expect the fully fledged film in 3D coming soon. I think that is a model which needs a light shone on it as a way forward for brands to be relevant.”

Red Bull has created a tribe of millions to which they distribute, at zero cost, high-quality content. This drinks company has revolutionised advertising and marketing by circumventing free-to-air television.

There are opportunities for advertisers to continue to join forces with TV networks, but in a way that augments viewers’ experiences, rather than interrupting them.

McCubbin was aghast when a Toyota ad cut into one of the most exciting moments of the recent AFL grand final. “It was when the game was really in the balance. Buddy Franklin found a couple of yards out on the flank and he turned around and put it on his left boot and it would’ve been a 70-yard goal. It was a

real moment where the story of the game had turned a page ... you could feel that everyone who was watching the game knew that. But as soon as that ball sailed over for a goal, it switched to a Toyota ad and everyone in the room at that moment went from elation to absolute devastation.”

What Toyota should have done, McCubbin says, is enhance the moment by sponsoring a replay and then cutting to a special camera in the coach’s box. Instead of adding a layer to the moment, they destroyed it, gormlessly alienating countless viewers.

McCubbin believes the television screen will soon have our credit card details programmed into it. Just as iTunes changed the music industry by introducing micro payments that allow us to buy single songs from an album or single episodes of a drama series, we will be given the option of paying a small amount to watch a television broadcast without interruption from advertising.

And particularly when the NBN kicks in, we will be downloading content to watch on any screen we choose in the home.

And not only in the home; content producers and advertisers will need to build communities on mobile platforms. “Consumers are going from being an audience member to a participant. Not only are they going to choose the stories that they are interested in, they are actually going to drive those stories themselves. They can add their own little spin on it by creating their own content and commentary.

“You jump on a tram and you’d think it was a mobile convention. Everybody has got their head in their phones or tablets and it’s the same in the living room. So if we need to reach them, that is the ideal place to do it.”

McCubbin argues it is a bountiful and historic moment for creators and for audiences.

“It is the best time ever for a media consumer, because there have never been more interesting stories told. We have never before had access to this many stories or this many interesting things. This notion of building tribes and then actually those tribes curating content in and around interests that you share with them is the most exciting path for the media consumer these days.”

Commercially, the change is momentous; next year, for the first time, the amount of money spent on advertising via the internet will match that going to free-to-air TV. Australia’s most powerful media buyer, Harold Mitchell recently told *The Age*: “By 2014, online will overtake TV, which is the greatest change in the history of media.”

The situation is a bonanza for those who love to consume media. It can be, too, for traditional producers and advertisers. But they’ll need to move with speed and agility.

Read more: <http://www.smh.com.au/digital-life/digital-life-news/here-comes-the-future-please-dont-adjust-your-set-20121029-28ffm.html#ixzz2ApJPCIFz>



The Wildest Discotheque Of them All.

by Murray Walding

I stood towelling off as the early summer breeze gusted off the land, carrying with it the scent of eucalyptus. A set of waves thumped along the beach and hurried towards the high tide mark. Above the rumble of the breaking waves I could hear another sound- low and deep. Thud. Thud. Thud. I looked down the beach, wondering where the noise was coming from. Between the cypresses that lined the foreshore there was the twinkle of colored lights.

'What's that noise? That thumping sound' I asked.

'It's the Wild Colonial Club...probably a band doing a sound check.'

'The Wild what?'

'It's a discotheque. See it. Those lights- see that old hall, just behind the beach.'

'Yeah.'

Intertwined with the thudding was the echo of vibrato and the clamour of a keyboard. It was the same sound that I had heard from outside any of the myriad of clubs that were dotted around Melbourne.

I'd been a regular at most of Melbourne's swinging discos; from the famous Thumpin' Tum with its crazy ceiling of upended umbrellas to the grandeur of Berties, Sebastian's and That's Life, and to the wild decadence of the Catcher. Melbourne was studded with wild night clubs and most of them are now well documented, but the Wild Colonial Club may well have been the wildest of them all, but it wasn't in

Melbourne. It was in Lorne, on Victoria's Great Ocean Road.

The Wild Colonial Club was set up as a companion piece to 'The Arab' - a funky coffee lounge that opened its doors in 1956 with a ceiling of striped canvas, and seating on Persian rugs and cushions. It boasted a juke box and a small hissing chrome contraption- part boiler and part fighter jet, which produced a new fangled coffee called cappuccino. It was frequented by beatniks, bohemians and sun-freckled beach-goers, who spent the chilly summer nights listening to live folk and jazz with a touch of beat poetry thrown in for good measure. It was the first coffee lounge I'd seen where the staff- from the chef to the waiters, were groovier than any of the customers. The waitresses were the grooviest and most aloof of all and would prowel across the Persian rugs, hair blown up into beehives or cascading into long tresses that shaded their long eye-lashes. They wore short striped aprons over their denim jeans and on warmer nights took to the

floor wearing their jeans with gingham bikini tops. The Arab was impossibly exotic, alluring and sexy.

This new coffee lounge was the brainchild of Graham, Alistair and Robyn Smith. Graham was a well travelled dancer who had performed all over Europe. His visits to the smoky cafe's of Paris' left bank had inspired him so much that on his return to Australia in 1956 he talked his brothers into opening their own antipodean version.

The Arab was an instant and controversial success and its roster of live music quickly outgrew its floorspace. So, the brothers looked around for a larger venue for their live shows. They found it in an aging hall on Lorne's beachfront. Part cinema and part dance hall, this old hall had stood neglected since just after the Second World War but the Smiths gave it a complete makeover...

They removed the wall at the beach end then rebuilt it with a second floor mezzanine and veranda that gave you a view through the

cypress trees to the surf beyond, then shielded the veranda with large striped canvas awnings that guarded against the chilly sea breezes that gusted from Bass Strait. It was a unique vantage point but this wasn't the only unique feature that the Smiths installed.

Entrance to the wild colonial was via the mezzanine- so how did you get up there? Simple- the Smiths provided a trap door, and a ladder- you paid your money at the box office below and climbed the ladder up through the trapdoor and onto the mezzanine. If the view through the cypress trees wasn't enough, you only had to cross the new mezzanine and look over the Colonial's dance floor, and directly below the veranda the Smiths built a small stage.

Graham had designed a wide sweeping staircase that curved down one wall and onto the dance floor; its treads were wide and gracious so that anyone descending had to by necessity, make a grand entrance- think Scarlet O'Hara descending the steps of Tara. Once the mezzanine was completed, the Smiths set about redecorating the old hall. They built partitions along the length of the hall and filled them in with panels decorated with old photos of Victorian era footballers in breeches and bristling moustaches. They added extra panels covered in paisleyed velvet flock wall papers. They stuffed the little nooks and crannies with lumpy sofas and painted the interior walls in hi gloss black and crimson paint. Then for a final touch they climbed into the ceiling and strung from the old beams, any number of olde-worlde contraptions- horse collars, wagon wheels,

buggy shafts and bench seats. They even took an old green meat safe, jammed its door open and fitted it with a one thousand watt flash. Its dazzling white light was blinding and left an afterglow on your eyeballs that lasted for as much as a minute- like a giant snap frozen strobe!

The band was half way through its first set as we strolled down the path between the cypress trees. A small knot of kids were queuing at the door, getting their hands stamped with magic ink that glowed under the black light by the entrance. We hesitated for a while checking out the crowd...waited until three beach girls lined up at the entrance. We lined up behind them. They paid and turned to go in through the only available entrance- up the ladder. If the view on the way up the stairs was good, the view from inside the Wild Colonial Club was even better. I stood on the veranda and watched as a set of waves broke cleanly in the moonlight. I turned and walked to the other side of the deck and looked down to see the Grape Escape winding up the crowd with their blend of pop-soul. The place was already packed and the crowd below seethed and boiled with the music. I took my time coming down the long curved staircase checking everything out. Girls in their latest summer minis bopped with their girl friends. Young surfers flung their blonde hair into mops and flops. A long the side of the room, in the little nooks and crannies, dark couples pashed in the shadows.

I stepped onto the dance floor where the sound really hit me. Vox keyboards, grumbling bass, fiery guitars, pounding feet and the scent of cypress, surf and perfume left me feeling intoxicated. I turned and watched as a clutch of young Brighton chicks sashayed down the stair case, knowing that every bloke in the place was lingering over their steps. They were followed by a handful of western district young farmers, with buttoned check shirts and white jeans. Their freshly shaved and ruddy faces wincing at the flash of the meat safe and the pounding drums.

It was all new to me but I felt strangely at home. It wasn't much different to the wild night clubs of Melbourne at the time, except this was on a warm summer night in an aging hall so close to the surf that you felt that the next high tide might wash the stage away. It was all new, but it was old- the Wild Colonial Club had been operating like this for very summer for the previous ten years. It had been fitted out like this since the long hot summer of 1958.

When the Smith Brothers first opened the Wild Colonial Club they

used it as showcase for the best jazz bands in the country. Their roster of early acts included seminal jazz bands such as the Red Onions New Orleans Jazz Band who, by the mid sixties had morphed into the Loved Ones and the Wild Cherries. The renowned Melbourne University Jazz Band, Frank Trainor, and the Yarra Yarra Jazz Band were all regulars at the Wild Colonial, and when jazz musos weren't available the Smiths brought in world renowned folkies like Paul Marks to entertain the beatniks and inner city groovers who were taking time out from their jobs in Melbourne.

The Melbourne cast of West Side Story made Lorne their summer hang out and were regulars at the Wild Colonial and if music wasn't there cup of tea, there were regular beat poetry readings with ridgy-didge beat poets, all goatees and berets reading summery existentialism from a lumpy couch on the stage while a captivated crowd sat cross legged on the sandy floor at their feet. When the beat, folk and jazz scene disappeared in the early sixties with the onset of Beatle-mania, the Smiths moved with the times. They ditched the jazzers and folkies and brought in beat groups. Melbourne's famously nasty Spinning Wheels had summer residencies, as did Bobbie and Laurie, and MPD Ltd.

A Who's-Who of Australian music all strutted their stuff on that sandy stage underneath the curving staircase. Somebodies Image, Daisy Clover, the Brigade, the Graduate, Max Merrit and his fabulous Meteors, the Groove, the Grape Escape and Ray Hoff and the Offbeats were just a few of the famous acts who spent summer nights rocking in Lorne.

It was a wintery night in the early seventies as we strolled up the beach and hid from the rain under the old awnings of the Wild Colonial Club. I lit a match and by its flickering light we pushed through the gaping hole in the side of the building. The ladder had long disappeared and it the old hall felt cold- and creepy. Shadows laughed across the walls. The staircase lay in ruins. Floorboards were missing. There was nothing left inside- just junk and ghosts who still whispered about the fun of summer.

But the owner of the local pub- the Pacific Hotel, finally realized that there was a lot of money to be made in live acts playing in the old ballroom behind the Pacific's main bar. The Wild Colonial Club didn't stand a chance.

The Smith Brothers sold off the Arab and left the Colonial to the elements. The new owners remodelled it as family restaurant and it still stands to this day.

The old beach hall was left empty and dilapidated until on a cold winter's night in 1973, the Wild Colonial Club burned to the ground. It's now a gravel car park.





BENDIGO BANK AWARDED RED CROSS HUMANITARIAN AWARD

Red Cross has awarded the Bendigo Community Bank in Mount Gambier with a National Humanitarian Partner Award for supporting and encouraging staff to volunteer for Red Cross' Telecross service.

Telecross is a service where volunteers call people who are isolated, or at risk of an accident or illness that may go unnoticed, to check on their well-being. The calls are made to clients every day of the year, helping them to maintain their independence and providing reassurance. If a call goes unanswered, a procedure is followed to check that the client is okay.

Since 2010, Mount Gambier Community Bank staff have been volunteering to make calls at least once a month from the Mount Gambier Red Cross office before going to work. The Bank volunteers are also supported by their work colleagues who backfill for them if they arrive late to work. Today there are seven Mount Gambier Community Bank staff who join 40 other Telecross volunteers to provide the invaluable service to the greater Mount Gambier community.

Red Cross Regional Telecross Officer Ruth Cameron said the Mount Gambier Community Bank staff are highly regarded by the clients and are an asset to the Telecross team.

"With people having so many commitments and responsibilities it can be a real challenge to find volunteers. It is a commendable act by the Bendigo Bank to encourage their workforce to support and actively participate in assisting the community," said Mrs Cameron.

As a further incentive the Mount Gambier Community Bank rewards employees with an hour off work a month for their voluntary contribution to Red Cross.

The National Humanitarian Partner Award is given for outstanding service to Red Cross by an external humanitarian partner. The presentation has been sponsored by the City of Mt Gambier, Regional Development Australia, Limestone Coast, Government of SA, DFEEST, The Blok and Australian Red Cross.

For more information or to arrange an interview contact media adviser Katie Isaac on 0408 858 255 or kisaac@redcross.org.au.

YOUR RSL AT WORK

TWO WELLS RSL

by Greg T Ross

Prior to holding its inaugural meeting as the Two Wells Community RSL Sub-Branch in 2006, the previous RSL at Two Wells had been closed for nigh on 30 years. The previous Two Wells RSL, which used to operate from 1933 to 1980, used to meet in the old Council Chambers next door to the current RSL. Prior to that members met at the Two Wells Hotel on the corner of Old Port Wakefield Road and Gawler Road.

The current Two Wells Community Sub Branch has around 50 Service members and 100 Affiliate members with President Tony Flaherty OAM JP, Vice-President John W. Atherton and Secretary John G. Allen

There is a family atmosphere at the Club with a three-course meal to write home about served up every Friday night. Just to put you in the mood one should be in on a Friday night, that comes with a choice of a glass of wine, water or soft drink. We cater for teetotallers too! Friday nights are a night where the friendly staff take pride in attending to you, be you a member or non-member. Children are also welcome.

In keeping with the relaxed atmosphere, the Bi-Monthly meetings are held while the main course is being consumed, just as you might enjoy a family chat over dinner.

As a Community RSL, Two Wells holds Community Fundraising Events. Over \$50,000 has been raised in this manner, all going to the local community. As an integral part of the community, that money has been used in a variety of ways, a prestige fence for the Two Wells Cemetery, a stone wall that was erected around the local War Memorial, six wheelchairs for an Aged Care home, scooters for the disabled, walking sticks as well as assistance in paying for funerals for community members. The money was also used to send a school student to the Western Front as part of the Anzac Award.



As a practical way of supporting veterans of all conflicts as well as the local community, the Sub Branch has also supported the launch of the book 'Beyond Dark Clouds'. Beyond Dark Clouds is the highly acclaimed sequel to 'Vietnam, the War Within' by former Vietnam war medic, Dr. Glen D. Edwards PH.D. The book was launched by His Excellency, Rear Admiral Kevin Scarce AC CSC RANR.

In 2011 the Sub Branch received a de-commissioned Leopard Tank from the Federal Government. It arrived on March 11th and was installed on the same day.

Seminars are also held by Virginia Pharmacy at the Sub Branch, designed to help improve and lengthen the lives of locals on subjects

such as Heart, Diabetes and general health. These seminars are always well attended to and appreciated.

The Sub Branch has also set up programs such as Beyond Blue, Hospital Visits and Home Visits. These programs were set up to enrich the lives of those who may need company and a bit of TLC.

Once a month the Sub Branch invites their neighbours, the Council staff to come in for lunch and a chat on Fridays.

The Two Wells RSL enacts the philosophy of reaching out and helping others and honour the legacy in loving and practical ways. Pop in for a visit.

AUSTRALIA IS HEADED FOR A RETIREMENT SAVINGS DISASTER ACCORDING TO A CPB AUSTRALIA STUDY!

By Simon Guiliano, Senior Adviser, Segue Financial Services www.segue.com.au

No one wants to aim for less than a comfortable retirement yet recent Westpac Bank research indicates that at age 70, only 1 in 5 Australians will have any superannuation left. With a ‘big black hole’ looming for a large number of Australians in retirement where do you stand?

HOW DO THE COMMENTATORS DESCRIBE A “COMFORTABLE RETIREMENT”?

Lifestyle needs are a personal thing; what’s comfortable for some may be inadequate or even affluent for others, depending on what they are used to and what their goals are. The Association of Superannuation Funds of Australia (ASFA) has attempted to define what income is required to live a comfortable retirement through its regularly revised ASFA Retirement Standard. (<http://www.superannuation.asn.au/resources/retirement-standard>)

Based on the costs of a range of household essentials, as well as leisure activities, it has arrived at the following:

Modest Lifestyle – Single
\$22,024 per year

Modest Lifestyle – Couple
\$31,760 per year

Comfortable Lifestyle – Single
\$40,391 per year

Comfortable Lifestyle – Couple
\$55,213 per year

WHAT IS COMFORTABLE FOR YOU?

Your answer will help define your plans for building your Retirement Nest Egg

Whether you are happy with “comfortable” as defined by the ASFA Retirement Standard or whether comfortable for you is a multiple of ASFA’s Standard you need advice to find out where you stand right now and what action (if any) you need to take.

Peace of mind comes from knowing what is needed and doing it. Half of 65 year olds alive at present will live to 100 due to bio-medical advances in the next 35 years according to the Actuaries Institute Chief Executive Melinda Howes. Will your money meet your lifestyle comfort level in retirement if you live to 100?

The following are just some things you should consider, no matter how old you are...

1. SEEK PROFESSIONAL ADVICE

This is the most important step. A qualified adviser will provide you with a clear, step by step plan to help you achieve your goals. Look for an adviser who prioritises strategy over products. The strategy includes how best to structure your assets, how to build them over time in the most tax effective manner, how to protect them in the event of injury or illness and how to ensure they pass onto your intended beneficiaries when you pass away.

2. PLAN EARLY

The earlier you can start planning, the better your chances of meeting your retirement targets. Don’t fall into the trap of waiting until retirement is around the corner to prepare for it. Early planning helps position you to achieve maximum government benefits in retirement, as well as maximizing the value of your nest egg.

3. SET REALISTIC AND AFFORDABLE GOALS

There is a trade-off between enjoying your money now versus having enough for later on. It is important to set realistic goals about what you want to do in the future and assess the affordability of these goals. Is short term gain worth potential long term pain?

4. REVIEW YOUR SUPERANNUATION FUND

You should review your superannuation fund and whether it continues to be right for you. For most, superannuation will provide the bulk of our retirement savings. It is important to remember that your superannuation is your money, and you need to take an active interest in how it is being managed.

5. CONSIDER SALARY SACRIFICE

If you are generating income that is surplus to your needs, a tax effective way of building your assets is to direct part of your pre-tax salary to superannuation via an arrangement with your employer. Salary sacrificed to superannuation is taxed at 15%, compared to at your marginal tax rate when paid to you. This is a very effective way of building your superannuation assets.

6. TRANSITION TO RETIREMENT

You could elect to salary sacrifice a higher amount, and then replenish this by drawing a tax effective pension from your superannuation fund. Remember, super pensions are tax free after 60, so there can be significant tax savings which, in turn, boost your superannuation balance.

7. DELAY RETIREMENT AND PLAN FOR THE GOVERNMENT AGE PENSION

While it may not be ideal from a lifestyle perspective, delaying retirement in turn delays the need to draw on your own assets (while at the same time boosting them with the super guarantee for a few more years). This could add several years to their longevity. At least delaying retirement until you reach Age Pension age allows you to supplement your retirement income with the Age Pension, reducing the drawdown on your own assets.

8. CONSIDER DOWNSIZING YOUR HOME

If you find you don’t have enough at retirement, or run out of superannuation early, you can always consider downsizing your home to generate surplus capital which can be used to live on. Most will find that the family home becomes too big to manage at some stage, so a change can have both lifestyle and financial benefits.

By following the above tips, you can go a long way to ensuring you don’t become just another statistic, and can live the comfortable retirement you have dreamed of.

ARE YOU HEADED FOR A RETIREMENT SAVINGS DISASTER?

DID YOU KNOW.....

an increasing number of BABY BOOMERS are spending their entire superannuation to pay off debt according to CPA Australia.

The research shows that between 2002 and 2010 households aged 50-54 had a debt to superannuation ratio of 91%?

- Will you be able to travel and do the things you would like to do when you retire?
- Will you be able to pay for your health care?
- Is your income and lifestyle protected right NOW?
- Will you be able to pay the bills and continue saving for retirement if illness or injury strikes?



Tim and Lorraine's story...

Tim age 63 and Lorraine age 63 wanted to retire when they reached 65. Tim and Lorraine felt they needed \$60,000p.a. to have a comfortable retirement. Their current combined income was \$85,000 net after super contributions and tax. With only two years to plan Tim and Lorraine had an uphill battle.

Segue put together a plan that with some agreed 'belt tightening' along with a reduction in their desired income from \$60,000pa to \$55,000pa they are on track to reach their retirement income goals. Lorraine agreed to do occasional part time work to fund the extras like travel and a new car.

Their Government Centrelink entitlement at 65 (approx. \$26,000 - inclusive of the fringe benefits) will supplement their income to ensure their long term income goals are achieved. Regular monitoring to adjust their plans leading up to and in retirement will ensure maximum Centrelink benefits are obtained. Tim and Lorraine love the fact that Segue looks after all dealings with and requirements related to their Centrelink pensions.

Bob and Annette's story...

Bob and Annette came to Segue when Bob was age 55 and Annette age 56. Bob wanted to retire in 5 years with an income of \$135,000p.a.

Given the longevity in both families, to provide the income they want indexed to keep up with inflation through to age 95 they needed to have saved a minimum of \$2,265,000 by age 60.

With some adjustments to their budget to divert unnecessary spending into their savings, along with regular monitoring Bob and Annette are on track to achieving their retirement goals.

They were delighted that in addition to achieving their income goals Segue's Self Managed Superannuation Estate Planning could enable them to save their estate more than \$300,000 tax on their death as well as provide tens of thousands in ongoing superannuation tax savings for each of their three children.

Joy Smith
CFP



Take advantage of an obligation free assessment of the health of your savings.

Call Joy on 9509 1599 to arrange a meeting to save your retirement from disaster!

"Don't wait until it's too late to take action to turn your retirement from struggle to enjoyment!"

SEGUE
your financial direction

WHO CAN YOU TRUST? Segue Financial Services is a group of leading investment advisers and self-managed super fund specialists committed to improving people's lives through a living financial plan... From one generation to the next Segue focuses on continued education and up to date knowledge, looking for and finding possibilities and opportunities to enhance your lifetime goals. A unique combination of strategies, structures, investment returns and services that provide long-term financial benefits *and* satisfaction not readily available elsewhere.

► Financial Planning ► Active Investing ► Portfolio Services

Segue Financial Services Pty Ltd. AFS Licence 255257.

General Advice only. Recommendations and figures quoted are examples only. You should seek advice before taking action

Suite 2 307-313 Wattletree Road Malvern East VIC 3145 Australia T 03 9509 1599 F 03 9509 1577 E spp@segue.com.au W segue.com.au



WARSHIP STRENGTHENS INDIGENOUS CONNECTION

The tiny Northern Territory town of Tennant Creek swelled in size over the weekend of September 22 and 23rd when the ship's company of HMAS Warramunga paid a visit to some special friends who reside in the area.

With their ship at anchor in Darwin Harbour, 65 sailors and officers from the Perth-based Anzac Class frigate travelled to the inland town in Central Australia to visit the Warumungu people. The Australian warship is named after the Aboriginal community, whose land surrounds Tennant Creek.

The logistics involved in transporting a large portion of the ship's company to the outback town, and providing them with accommodation, presented a unique challenge. But HMAS Warramunga's Commanding Officer Commander Michael Turner said it was very much worth the effort.

"The local council, the Central Land Council, and the Warumungu people have bent over backwards to help us make this happen, and we've felt incredibly welcome since we started planning this visit."

"Seeing just how much our visit has meant to the Warumungu community, and to my crew members, has been the reward. This visit has proven that there's a very special bond between us, and it has reinforced the pride

we feel to be part of the Warumungu story," Commander Turner said.

Lenny, a Warumungu Elder, said the connection to HMAS Warramunga was very important to his people.

"Well, it makes me feel stronger. It makes the community feel stronger too. See, because you get HMAS Warramunga coming here, it gets the whole community speaking about it. So, it makes people here feel like we've got a warship behind us. It feels good," he said.

Early in the visit the Warumungu people welcomed the ship to their country in a solemn ceremony at a sacred site near The Pebbles. The elders presented a Warumungu warrior shield to Commander Turner, to protect the ship from enemies. The ship's company bonded with the local community over their shared love of Australian Rules Football, playing the local Clontarf Academy and Stronger Sisters teams. Then the Warumungu Elders took the crew 'out bush' where they taught the skills of hunting and gathering, collecting bush tucker, and administering bush medicine.

Kangaroo tails with damper was served for dinner, cooked the traditional Warumungu way, on an open fire. Some of the ship's galley staff were taught the fundamentals of cooking 'bush tucker' with a view to incorporating some

elements into Warramunga's onboard menus and official functions.

A charity fund raised by the ship's company and supported by Navy Health was used to purchase Aboriginal art, crafted by the Warumungu people. It was auctioned during official functions onboard the warship, with the proceeds going to education programs which encourage Warumungu youth to attend school and support ongoing contact between the ship and the Warumungu people.

"It's my hope that this visit has started a new chapter in meaningful engagement between HMAS Warramunga and the Warumungu people," Commander Turner said.

"It is because of these people that the name Warramunga is more than just the name of the ship. It actually has a deeper meaning, a connection, and that's pretty special," he said.





RSL TASMANIA



Will you join us?

Fiction: RSL Tasmania is for older people and only those who went to war.

Fact: Any former and present Australian Defence Force personnel can be Service Members. Any person, who is a relative of a person (living or deceased) who is or was eligible to be a Service Member, can be an Affiliate Member. Also, anyone who has been a member of the Emergency Services (Police, Fire, Ambulance and SES) for at least six months can also be an Affiliate Member.

Affiliate members have their own unique badge and have voting rights and a voice for the continuance of the Sub Branch of their choice.

All RSL members receive the RSL (Tasmania Branch) "On Service" magazine three times per year, delivered to their door, plus a range of individual benefits. More importantly you join one of the hardest working charitable organisations in Tasmania.

RSL Tasmania is nearly 100 years old and we have been supporting former and serving members of the ADF and their families for all of that time. We hope to continue this fine work well into the future.

We need you to become a member of RSL Tasmania right now, so that we can continue to deliver our Pension, Advocacy and Welfare services to our members, continue to assist the community and ensure that our commemorative services such as those held on ANZAC Day and Remembrance Day continue.

RSL Tasmania is very active in 50 communities throughout our State. All of our 50 Sub Branches give at least 50% of their annual profits to fulfil their charitable objects, ie: on welfare, commemorative and patriotic activities. We are one of the largest charities in the country and our volunteers do a great job with no expectation of remuneration of any kind.

By joining RSL Tasmania and wearing the badge you will be showing your support for our former and current serving personnel and for those who may serve in the future.

It's the Aussie thing to do

Phone 6224 0881 for the location of your nearest RSL Tasmania Sub Branch



REDIPLAN

Disaster preparedness

Summer is the peak season for fires, floods and cyclones and too many Australians are leaving themselves exposed by being under-prepared for disaster.



Being prepared in advance of an emergency helps save lives. Still a recent survey by Red Cross found only one in five Australians have made preparations for a disaster, such as filling out a plan or packing an emergency kit.

No one is immune from a disaster and it does not have to be an event on the scale of the Black Saturday bushfires or the Queensland floods to warrant early action.

If your house burns down, you experience a serious crime or a family member faces a medical emergency, then that can be a disaster for you and your family.

Knowing the risks, preparing a plan and discussing your plan with family, friends and neighbours is the best way to secure your safety and wellbeing when an emergency strikes.

The Red Cross REDiPlan sets out four easy steps that will help put you in the best position in case of an emergency.

- 1) Be informed.
- 2) Make a plan.
- 3) Get an emergency kit.
- 4) Know your neighbours.

Completing a plan, like the REDiPlan, will prompt you to make important decisions, such as when and under what conditions you will leave your home, where you will go and what personal items to take, including copies of insurance policies and medications.

Also if you need help filling out the plan and putting your preparations in place, now is the time to ask your family, friends, neighbours or a carer.

Alternatively, if you know someone who might need assistance with their preparations, please talk to them about how you can help.

In Australia we see a great number of extreme weather events, everything from floods, fires and storms to earthquakes and heat waves. It is important not to be complacent about the risks these events can pose.

To learn more about REDiPlan or to make a donation to support the work of Red Cross visit www.redcross.org.au.

AUSTRALIAN'S ROLE IN HUMAN RIGHTS ACT UNDERVALUED – MARTIN FLANAGAN

A LARGE statue commemorating the famous incident that occurred during the medal ceremony for the men's 200 metres at the 1968 Mexico Olympics stands outside the San Jose University in California.

When I first saw an image of the statue, I must confess to being disappointed since it contains only two figures, black Americans Tommie Smith and John Carlos, and not the third man on the dais that day, white Australian Peter Norman. I was disappointed because I had heard both Smith and Carlos say Norman was part of what occurred.

I have read that Norman actually spoke at the unveiling in 2005 and that his absence from the statue is meant to provoke the viewer into asking themselves whether they are prepared to step up and fill the gap when confronted with a moral challenge, but somehow the statue pretty much sums up Peter Norman's story, at least in his lifetime. He's the missing figure.

I'm embarrassed to admit that it was only when I attended Norman's funeral in Williamstown in 2006 that I began to fully comprehend the significance of his story. Smith and Carlos were the leading pall bearers. When Carlos spoke, he told the audience, "Go and tell your kids the story of Peter Norman."

A few days later, I spent an hour with Tommie Smith, a serious, intelligent man with a doctorate in sociology. Smith and Carlos are very different people. Carlos was a city boy, from Harlem. Smith was the son of a Texas sharecropper with 12 children, who grew up "with a Bible and three alligators to play with".

Smith at various times held 11 world records, but for periods of his career had to work washing cars while white athletes with far lesser credentials got scholarships. He was determined to get an education and did so at San Jose University, as did Carlos. Here they came under the influence of sociology professor Dr Harry Edwards, author of the Olympic Human Rights Project.

The question the project asked of educated black athletes was how could the Olympics be used to advance the cause of human rights which, in their eyes, inevitably meant the rights of black Americans. By 1968, with race riots across America, there was a strong push for black American athletes to boycott the Games but, at a meeting three weeks before the Olympics, the decision as to what to do was left with each individual. That, Smith said, is when he made his decision. He didn't know what he would do, but he was going to do something.

The dialogue between Norman and the two Americans took place in the two hours between the race being run and the medal ceremony. Smith says that, as the three were sitting together he explained to Carlos what he was doing and Carlos said he would join him. According to Smith, Norman then said: "What can I do to help?" The black Americans were incredulous. Norman, according to Smith, then said: "I believe in what you guys are doing."

Smith gets deeply offended by people who say he and Carlos made black power or Black Panther salutes. The issue to him was human rights and that, he says, is what Norman understood. "Peter saw it wasn't about two black men standing there. It was about two people." In Smith's eyes, it was Norman's participation that took the act beyond race politics.

The proof that Norman knew what he was doing, which I had never understood before his funeral, was that he wore the badge of the Olympic Project for Human Rights on the podium. The two Americans have no doubt Norman was "chosen" for the moment. The Americans point out that Norman ran the race of his life to get to the dais. "No white American athlete would have stood with us," Smith told me.

This week, Labor MP Andrew Leigh moved for the federal parliament to issue Norman with a posthumous apology on the grounds that he was allegedly blacklisted by the Australian Olympic Committee for his stand. The AOC denies the claim but it is a fact that the part Norman played in one of the iconic moments in 20th century sport has been blithely overlooked in this country. A reporter from the LA Times who covered the 2000 Olympics in Sydney was amazed that the only reference to Norman he could find in Sydney was a wall mural.

Peter Norman, by virtue of the Olympic drama in which he participated, is one of our great Olympians. It is time we erected a statue or major mural in recognition of him. Where? There is only one place. The MCG.

<http://www.theage.com.au/sport/athletics/australians-role-in-human-rights-act-undervalued->



Can we save the Reef



by controlling crown of thorns starfish?

The Great Barrier Reef has lost half its coral cover in the last 27 years. The loss was due to storm damage (48%), crown of thorns starfish (42%), and bleaching (10%) according to a new study published in the Proceedings of the National Academy of Sciences today by researchers from the Australian Institute of Marine Science (AIMS) in Townsville and the University of Wollongong.

“We can’t stop the storms but, perhaps we can stop the starfish. If we can, then the Reef will have more opportunity to adapt to the challenges of rising sea temperatures and ocean acidification, says John Gunn, CEO of AIMS.

The finding is based on the most comprehensive reef monitoring program in the world. The program started broadscale surveillance of more than 100 reefs in 1985 and from 1993 it has incorporated more detailed annual surveys of 47 reefs,” says one of the program’s original creators, Dr Peter Doherty, Research Fellow at AIMS.

“Our researchers have spent more than 2,700 days at sea and we’ve invested in the order of

\$50 million in this monitoring program,” he says.

“The study shows the Reef has lost more than half its coral cover in 27 years. If the trend continued coral cover could halve again by 2022. Interestingly, the pattern of decline varies among regions. In the northern Great Barrier Reef coral cover has remained relatively stable, whereas in the southern regions we see the most dramatic loss of coral, particularly over the last decade when storms have devastated many reefs.” says Peter Doherty.

The study clearly shows that three factors are overwhelmingly responsible for this loss of coral cover. Intense tropical cyclones have



caused massive damage, primarily to reefs in the central and southern parts of the Reef, while population explosions of the coral-consuming Crown-of-thorns starfish have affected coral populations along the length of the Reef. Two severe coral bleaching events have also had major detrimental impacts in northern and central parts of the GBR.

“Our data show that the reefs can regain their coral cover after such disturbances, but recovery takes 10-20 years. At present, the intervals between the disturbances are

generally too short for full recovery and that’s causing the long-term losses,” says Dr Hugh Sweatman, one of the study’s authors.

“We can’t stop the storms, and ocean warming (the primary cause of coral bleaching) is one of the critical impacts of the global climate change,” says AIMS CEO, John Gunn. “However, we can act to reduce the impact of crown of thorns,” he says. “The study shows that in the absence of crown of thorns, coral cover would increase at 0.89% per year, so

even with losses due to cyclones and bleaching there should be slow recovery.

“We at AIMS will be redoubling our efforts to understand the life cycle of crown of thorns so we can better predict and reduce the periodic population explosions of crown of thorns. It’s already clear that one important factor is water quality, and we plan to explore options for more direct intervention on this native pest.”



your rsl at work

Everyone is



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

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

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

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

Geelong RSL

50 Barwon Heads Road.
Belmont, Victoria

03 5241 1766

"WE'RE HERE FOR EVERYONE,"

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



welcome at Geelong RSL.

The club also have bands every Saturday night and holds jazz nights every Sunday where you can purchase a two-course meal is just \$18. Regular meal and show nights started off on October 28, with Iconic Australian rock star Ronnie Charles in his band, Ronnie Charles and the Retro Bandits. More great acts on their way.

The Geelong RSL also features a large function room with fully-serviced bar and kitchen which

can be booked for any occasion for \$250. Half price if you support my footy team! Manager Chris Bennett says despite common misconceptions, anybody can become a member.

"We're here for everyone," he says. "You don't have to have served in the defence forces or be service persons relative, you're very welcome here."

"Every day at 6pm we honour the people that guard our freedom with a moments silence."

Chris says the most anyone pays for membership is just \$35 but non-members are also welcome to come and enjoy some of the facilities.

Come down and try us out!

...come down and try us out!





Australian Government

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

Have you served?

VVCS provides counselling and support services to Australian veterans, peacekeepers, eligible members of the Defence Force community and their families, and F-111 Fuel Tank Maintenance workers and their partners and immediate family members. VVCS is a specialised, free and confidential Australia-wide service.

VVCS can provide you with:

- Individual, couple and family counselling including case management services
- After-hours crisis telephone counselling via Veterans Line
- Group programs including Anger Management, Depression, Anxiety, Lifestyle Management and Heart Health
- Support on transition from military to civilian life, including The Stepping Out Program
- Information, self-help resources and referrals to other services.

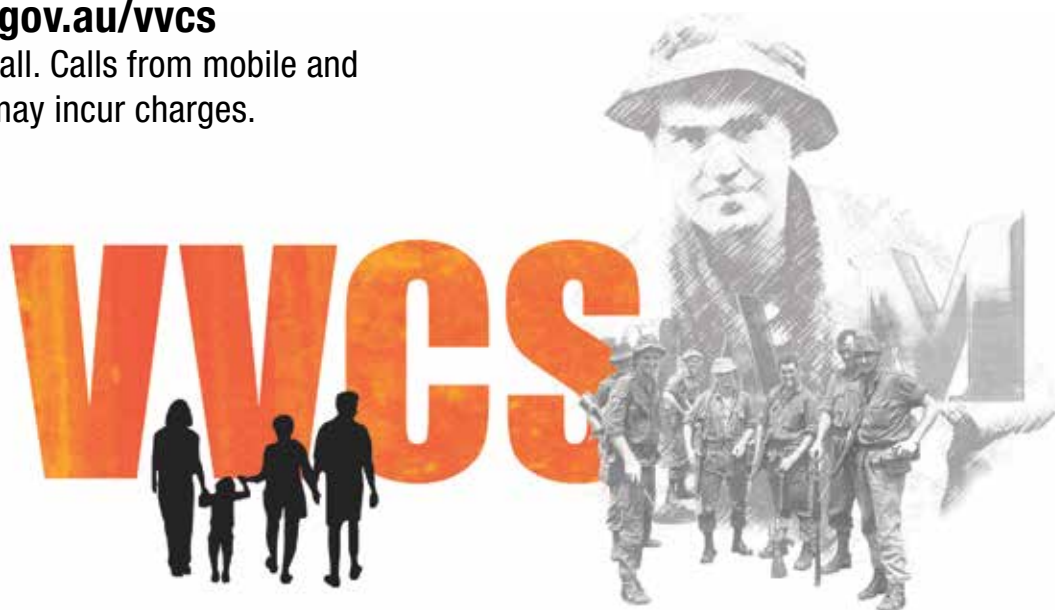
We can help you work through issues such as stress, relationship, family problems and other lifestyle issues as well as emotional or psychological issues associated with your military service.

If you need support or would like more information about us please give us a call or visit our website.

1800 011 046*

www.dva.gov.au/vvcs

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



Veterans and Veterans Families Counselling Service

A service founded by Vietnam veterans

WHATEVER HAPPENED TO... MILK BARS?

Milk Bars Defying Their Use-By Date

by Natalie Craig

“FROM little things big things grow.”

It is a surprisingly earnest piece of graffiti, painted in white on the boards of an old milk bar in Northcote.

You could dismiss it as a hipsterish cliché, but there is a good chance the former owners of the milk bar did go on to bigger things.

To many, Melbourne's old milk bars are reminiscent of simpler, happier times, when children played unsupervised in the streets and footy teams represented actual suburbs.

Entire families worked six days a week, for 12 or more hours a day. Often they lived behind the shop, and teenage children could be seen sneaking in a bit of homework here and there between sales.

To their school friends, these “milk bar kids” lived a glam life, making lime spiders, serving ice-cream in cones and acting as the gatekeeper to jars full of jewel-like lollies.

Meanwhile, the parents who ran the milk bar took on the role of secular priests - they knew everyone's names, would always have time for a chat, and readily offered advice when it was needed. They had infinite patience, especially for young children, who would spend half an afternoon drooling in front of the lollies counter, before finally deciding to spend their sixpence or, later, five cents on freckles and snakes.

There used to be a law in Victoria that groceries could not be sold after 6pm, when the grocery section of the milk bar would be locked up. Of course, if you desperately needed a tin of



tomatoes, one could always be “loaned” to you from the back.

It was a business model with a use-by date. Supermarkets and their trading hours expanded, and 7/11s and service stations also offered more convenient shopping. Hefty increases in inner-city property prices and the push of developers also played a role.

Milk bar owners, and their children, moved on.

A few original milk bars have survived - often thanks to coffee sales.

Dan Kuseta, whose family used to run a milk bar in Lower Plenty, and started the Milk Bar Mag website as a homage, says there are several old-school milk bars-cum-cafes that still retain a homely, neighbourhood feel.

The 1950s Rowena Parade milk bar in Richmond, for example, was resurrected 10 years ago by new owner Con Koustas, who still sells basics like milk, bread and lollies, as well as running a cafe with home-made Greek food.

Grigons & Orr (cockney slang for corner store) in North Melbourne is a cafe with a wall of groceries.

Then there's the scruffy garden cafe on Dundas Street in Thornbury, still covered in faded advertising. It might not be a shining example of a “big thing” growing from something little, but all may not be lost when it comes to milk bars.

Read more: <http://www.theage.com.au/victoria/melbournes-milk-bars-defying-their-useby-date>

REMEMBERING THE GREATEST AUSTRALIAN TRAGEDY OF THE SECOND WORLD WAR

After the end of the Second World War, those Australian prisoners of war (POWs) who returned home brought with them stories of courage and suffering from Changi, the Burma-Thailand Railway and Japan. The story of Sandakan POW Camp had fewer voices to tell it. Of the 1,900 Allied POWs remaining in Sandakan in January 1945, only six survived.

With so few survivors to tell their story, the tale of Sandakan has been overshadowed by more well-known POW experiences such as the Burma-Thailand Railway. However, as new generations of Australians engage with their nation's past, the story of Sandakan is assuming its place as one of the most tragic episodes in Australia's history.

Since 1995, the site of the camp has been occupied by the Sandakan Memorial Park. Operated by the Office of Australian War Graves (OAWG), the Park receives over 20,000 visitors a year, many of them young Australians. The Park comprises the Sandakan Memorial (a black granite obelisk), a Memorial Pavilion with interpretive displays telling the story of Sandakan, and remnant artifacts from the original camp.

Approximately 2,700 POWs, British and Australian, were transferred to Sandakan in North Borneo (now the Malaysian state of Sabah) between 1942 and 1943. As at other POW camps, the prisoners forged bonds of mateship, helped each other, and joined with locals in resistance to their captors. They formed an underground network which, when discovered by the Japanese, led to the imprisonment of many POWs and the execution of Captain Lionel Mathews, later to be posthumously awarded the George Cross. The officers were relocated to Kuching POW Camp on Borneo's west coast.

For those remaining at Sandakan, conditions deteriorated, with brutality and malnutrition commonplace. This culminated in the notorious

Death Marches of January-June 1945, with POWs forced to march inland, along about 260 km of jungle track, to a camp in Ranau. The few who survived the Marches, as well as those remaining at Sandakan, were murdered. The six survivors were all Australians who had escaped their captors. In all, 1,787 Australian and 641 British servicemen died at the camps and on the marches.

Related memorials in the region include the Ranau Memorial, Last Camp Memorial, Quaily's Hill and Kundasang Memorial Gardens. Although these are not official Australian memorials, the OAWG has provided funding assistance for restoration works through the Overseas Privately Constructed Memorial Restoration Program (www.dva.gov.au/opcmrp.htm).

To commemorate these terrible events, the OAWG delivers an Anzac Day Dawn Service each year, and provides support for a locally organised Sandakan Day Service on 15 August, the anniversary of the liberation of Sandakan. The OAWG also manages an ongoing program of maintenance and upgrades to the Park. Recent works include the installation of a timber walkway, the development of an online audio guide (available at www.dva.gov.au/audioguides.htm) and the forthcoming construction of an amenities building to provide improved services to visitors.

The story of Sandakan is one of courage and mateship in the midst of the worst of adversity. Its commemoration is a sacred trust.



Sandakan Memorial

TO COMMEMORATE THESE TERRIBLE EVENTS, THE OAWG DELIVERS AN ANZAC DAY DAWN SERVICE EACH YEAR, AND PROVIDES SUPPORT FOR A LOCALLY ORGANISED SANDAKAN DAY SERVICE ON 15 AUGUST, THE ANNIVERSARY OF THE LIBERATION OF SANDAKAN.



Pavilion, Sandakan Memorial Park

Jim Keays

65 year-old, former Master's Apprentices' front-man, Jim Keays has been labelled a "national treasure" and that's a well-deserved title. Having endured some significant trials and tribulations of late, no-one expected that Jim would deliver a comeback album, let alone one that has already seen critics (and the like) salivating over the vitality and panache of its contents. Initially conceived as a "garage-punk" album, *Dirty Dirty* ended up as, simply, a great rock album that harks back to the early days of the Master's Apprentices and beyond...

The Last Post: First of all Jim Keays, thanks very much for joining us here at The Last Post.

Jim Keays: It's a pleasure, Greg and an honour to be here.

TLP: What have you been up to lately?

JK: Working pretty hard really. Doing lots of gigs on top of what we did with the Long Way To The Top Tour which was great.

TLP: How was it, to get together with all those people from what was a great artistic period in Australian music?

JK: Look, it was great. Always a great thrill. Prior to this one, the previous one had been ten years back and that was one of the highlights of my career as this one was. A couple of people not around anymore. Billy Thorpe's not part of it anymore and Lobby Lloyd's not there now so we're losing them one by one but, yeah it was great.

TLP: And Jim, a long way for you too, from answering that ad for The Mustangs lead singer?

JK: Yeah, it's a long way back, that's for sure. The Mustangs were what, 1965. We're talking 47 years, which is getting on to half a century. It's a long time ago but I still remember it very fondly.

TLP: Back then, in the early days of The Masters, did you have any inclination of what you were doing, what it was to become or was it just for fun?

JK: Basically it was just for fun although, pretty soon, after we'd been rehearsing for a while, we started to get pretty proficient and started to get a few gigs and the gigs were very well received we started to realise we certainly had something. How far we'd take it, we had no idea but we realised from early on that the right ingredients were coming together at the right time and things were looking pretty good and it wasn't long before the good stuff started happening. One single and we were away. The rest is history after that but, yeah, we knew fairly quickly we had something going for us.

TLP: Yes and a great time, I know that for a good percentage of The Last Post readers, that was their time too. Did you feel a burning desire from an early age to get into recording. At what Burnside Primary and then Norwood High?

JK: Yeah, I guess around the late fifties, 1958, 59, that's when I first heard rock 'n roll. As soon as I heard it, it grabbed me. I didn't realise I was going to have a career in it because nobody had a career in it in those days, you wouldn't even dream of it but I loved it a lot and just wanted to sing to it, to somehow be part of it. It wasn't until, probably '64, when The Beatles had been that I really got serious about trying to join a band. Just for the sheer love of it. And then the ad and I joined.

TLP: Was it something that was shared by any of your class mates at school, at the time?

JK: No, not many of my mates were into rock 'n roll. When I started at school it was almost pre-rock 'n roll era, there was none. I'd gone through my early childhood without it and when it finally hit there weren't that many around me that were into it, until the early 60's perhaps. Around then it started to work it's way into the mainstream and kids were listening and playing it at home. But, right up until I was in my early teens, not many of my friends were into it, no.

TLP: You were quite taken by Little Richard's 'Rip It Up'?

JK: Yeah, and Jerry Lee Lewis, they were the first few records I heard that really hit home. As soon as I heard them I was hooked.

TLP: Did your parents find favour with it?

JK: Eventually they did. Like a lot of parents at the time they thought it was just a phase and fad people were going through, like, "Oh, you'll grow out of it". Of course, by '63, '64 they were thinking, "Hang on, this is hanging around" and maybe thought it might be around to stay. I don't know of many parents that embraced it straight away, they sort of rejected it.

TLP: Dirty, Dirty, Dirty, your great new album, is that sort of a re-birth for you?

JK: It is in a way. It started off as a bit of fun. It was the idea of another person who came along and said, "Why don't you do a garage punk album?" which is what the early Masters stuff grew to be called but at the time we didn't call it that, it was just rock 'n roll to us and in years gone by but now they've pigeon-holed it and called it garage-punk. Anyhow, after that suggestion I laughed, out loud, saying something like, don't be ridiculous, I don't do that sort of stuff anymore, I couldn't write it anymore but he told me not to worry. "I'll find the songs" he said. I was a bit wary mainly



"IT WAS JUST ROCK 'N ROLL TO US AND IN YEARS GONE BY BUT NOW THEY'VE PIGEON-HOLED IT AND CALLED IT GARAGE-PUNK."



because I've always written my own material but he assured me these songs he'd found were great and on top of that he was convinced they were one's that I could do great versions of. After a while I warmed to the idea and thought, yeah, maybe for a bit of fun. As the process went on and we rehearsed some songs, they sounded pretty good. I began to realise that this could be the serious stuff unfolding. So we recorded a few songs and they came up really well and we figured that it could be pitched to a record company. I said, "I don't think that's going to happen because no-one my age is going to get a record deal" but he insisted on giving it a try and sure enough he came back with a record deal. The record company had said, "We love those songs, go away and record some more and we'll make an album". So we did. I am really, really happy with it. It sounds, well, youthful. A lot of people that heard it and didn't know who it was said it sounded like a new, young band.

TLP: A lot of that has to do with the energy you put out, which, I guess, is timeless.

JK: Definitely and I was really happy to hear people say that. It didn't come across as some old guy trying to sing garage-punk.

TLP: I've listened to a handful of tracks and that's a good reflection of how it sounds, mate. It's relevant and something I imagine younger bands may look to for inspiration.

JK: Yeah, it's been incredibly well received by people of all ages, the media, the public. The media have been right on to it. I don't think it's had below a four-star rating in reviews, and there's been about a dozen reviews they've said just that, that it is inspirational in a way. On a few levels but not the least being that someone my age can come along and make a record like that, that sounds like a younger band. So yeah, very happy. I don't know that the sales will go through the roof and make me a millionaire but I didn't do it for that reason. It was done as a fun project and so anything beyond that is a bonus. It's worthy of doing another one and so we're already putting things in place to get material for a new one.

TLP: A lot of people would be happy to hear that. Rolling Stone gave it four stars. That's up there with Tracy Chapman's first album, *Dark Side of The Moon*, McCartney's *Tug Of War* and a '95 album from *Guided By Voices*. Pretty good company.

JK: I know. Rolling Stone are notorious for giving bad reviews and being scathing and I got a very favourable one from them, so that was good.

TLP: Back to *The Masters* for a minute. You'd reached your pinnacle here in, what '71 after back-to-backers, *Turn Up Your Radio* and *Because I Love You*. Those two songs come to mind because they've survived the generations and are locked in as great moments in Australia's musical history. But you already had a great backlog of songs by then anyhow. When you got to England, did you feel like you were knocking on the door or was there frustration over there?

JK: A bit of both. We used to go out and watch bands over there. We'd get back to where we were staying and say to each other, "Man, we could do as good as that." And in some cases, better than that. It was a great opportunity to catch some unbelievable acts but, by that stage, we were in that same league, we felt, at least. It was frustrating too because we had the ingredients to make it and, judging by the other bands we'd seen, we were sure we could've made it. The problem was that we didn't have the infrastructure around us that we needed, like the local bands did. They had the backing of their record company, their management, their agents, all those things around them to get them somewhere. We had nothing but ourselves. None of that at all. That part of it was very frustrating and nobody knew us over there. We couldn't get gigs, we didn't have the equipment. To top it all off, we knew in a big way that we were a band that was good enough to make it. But there were other factors beyond our ability that made it very difficult to make it.

TLP: You had 'St. John's Wood' on the B-Side of a single around that time. Were you inspired by *Abbey Road*?

JK: Yes that's where the song comes from and, of course, *Abbey Road* was a fabulous experience for us. Just being in that environment, it's so helpful in creating. It's a spark. To have John Lennon in the Studio next door, you're working with Pink Floyd's Engineer, guys from The Moody Blues are poppin' in as well as other bands from the time. It gives you inspiration to do your best. I think that *Choice Cuts* album that we did at *Abbey Road*, showed that. We really put our heart and soul into it and performed, perhaps beyond ourselves or maybe up to our real level, because we were in that environment.

TLP: A brilliant album, Jim. It was interesting because *Axiom* had gone over around the same time and it was like two of Australia's best commercial bands were over there at the same time.

JK: So true and interesting because none of the Australian bands that went over there, did anything. It was so difficult with no contacts or contracts, no lines of communication open in a way that would of helped us. Nothing on an industry level. Bands from Australia would lob over there and nobody knew who they were and nobody really cared, they had thousands of their own bands anyhow. So, the Aussie bands fell by the wayside. It's a great shame because there was some great bands, some great music and great songs that could've competed in that era.

TLP: It was a great era alright. My brothers and friends all thank you for being part of it. We even had a guy at High School who told everyone that he was your younger brother. He looked a little similar but it was a stretch.

JK: Geez, hah. Is that a compliment or not?

TLP: From his point, yeah. Maybe he expected to get the girls because he was a cool enough guy but a little height challenged, from memory.

JK: Well, how about that. But, yeah, aside from us, great, really great groups like The Loved One's for example. The Loved One and Everlovin' Man, how good are they? At the time I remember hearing them and going, "Wow, who's this?" It sounded like anything from maybe The Kinks or Them. Looking back now you wonder why those songs never break

“.....AROUND THE LATE FIFTIES, 1958, 59, THAT’S WHEN I FIRST HEARD ROCK ‘N ROLL. AS SOON AS I HEARD IT, IT GRABBED ME.”

internationally? They were just great songs and that’s just an example. There were plenty more through that era but they were virtually lost to the world because there was no infrastructure.

TLP: Being dropped on an island and being expected to succeed, a bit like working off a big handicap. Talking of handicaps, how’s your golf?

JK: Hah, well, I haven’t been playing too much recently. I used to play every week. Russell Morris and I and a couple of other guys, Mick Hamilton, we used to go out and play every week. We loved our golf, we really loved it and played a lot but then things changed. Cotton, Keays and Morris got bigger and busier and things change and then of course, I got crook. Once that happened, my golf went out the window. I used to love it and wish I still was able to play it.

TLP: Another passion of yours Jim, is painting. What’s happening there?

JK: I was always fairly good at drawing when I was at school and I used to dabble around. I never had any training or classes, I just had a natural ability. All through The Masters’ days and with all that happening I didn’t put aside the time to do any drawing. I seemed to be always flat out with whatever I was doing. It wasn’t until after I was diagnosed with the cancer that I started to think it might be good plus, I had a lot of time on my hands. I was off the road and I couldn’t perform with the band so I took up painting. I just got water colours but something in me made me realise I could be good at it and I found I had a natural ability. Soon I had quite a few paintings in my folio. It’s not that I’ve done anything with them but they’re there. Cotton, Keays and Morris has, or was getting busy again and, yeah, I’ll get back to it. I love it. Maybe when I retire.

TLP: If you had have been painting in the early days they would have been fairly grungy, around East St Kilda and Balaklava.

JK: That’s right but the paintings I do are mainly seascapes and landscapes, not that adventurous, I have to say. I might branch out and do something more wild later but at this stage, that’s it.

TLP: With the way things are just keeping on going for you, is there to be an update of your great book, His Masters Voice?

JK: I’m already about two thirds of the way through the next book. I started writing and hit a brick wall with it so I put it away for a while. I got back into it but recently haven’t done much with it. I need a huge window of time where I have nothing else to do except that. The first His Masters Voice was written like that. I just decided to put three or four months together doing that and I concentrated on it. That’s the

best thing for me and I haven’t really had the time but I’m hoping that will take place soon and enable me to finish the second book. I think it’s important for me to get all that stuff down and document the history of that time. That was the prime reason for writing it in the first place. I didn’t do it to create a giant expose on sex and drugs. The publishers may like that sort of thing but when I wrote His Masters Voice I was more intent on making it more as an historical document, believe it or not. You know, something that people can read and understand what it was like to be in a band in the 60’s in Australia. That’s more important than all the gory stuff anyhow. That’s been my focus with the writing, to try and get some historical focus on it.

TLP: The future?

JK: One never knows the future. Another album is definitely on the cards, I’d like that. Yep, and to finish the second book and to keep going with Russell. Obviously, when we lost Daryl we decided we wouldn’t replace him but go on without him and maybe do a couple of new songs as a tribute to him to keep his music alive. It’s a funny thing, the future because, this cancer I have, it’s eventually going to catch up. I’m going to have to have another massive treatment which I had five years ago. It’s coming up that I’ll have to go through that again so that’ll knock me out for the best part of a year. So there’s coming up where I’ll have a bit of a gap, I’ll be in hospital a lot and that could be up to a year. I’m not looking forward to it but it gives me a new lease of life afterwards.

TLP: A lot of people will be glad to hear about the new lease of life. You’ve been such a stalwart of Australian rock and bless the fact that your parents decided to come out from Scotland. Losing Daryl at such a relatively young age, did it come as a shock?

JK: It did, no doubt about it. It was so quick. Daryl was such a clean-living sort of guy. He didn’t smoke or drink or anything like that. He was virtually a monk! He got a bit crook and we didn’t think much of it, he was an asthmatic and he used to cough a lot. This particular night he was coughing and coughing and coughing, more than usual. We were in Sydney. It was our last gig in Sydney for the week and we were driving back after the gig to our accommodation. He was really in a bad way, coughing and coughing and we told him we’d drop him at the hospital. He said, “No, no, I’ll be alright, we’ll just get back to the accommodation and get up and get back to Melbourne”. We said, okay but told him to make sure he checked in to see his doctor when he got back. He said, “yeah, I will” and he did.

So, they took some tests and stuff and he rang us during the week. We were supposed to go to Brisbane the next weekend. So he rang and said, “Sorry boys, I can’t come to Brisbane with you”. Why? You know. And he told us the doctor had reckoned he had a chest infection. He told us he couldn’t fly. We said, okay mate and went off to Brisbane without him and when we got back, in the meantime he’d got the results of his tests back. That’s when he told us he had cancer. It was bowel cancer at first and then a couple of days later he said, “Look they’ve found something in my lymph system as well.” Then another couple of days passed and he told us they’d looked at his liver and found he had it in his liver as well. About a week after that he was telling people that he only had three weeks to live. We were shocked and saying, “C’mon, you can’t be right” but it turns out he was right except I think he went for about five or six weeks. It was a real shock and something we never would have expected. It’s a sad thing.

TLP: You were close.

JK: We were like family.

TLP: He had a great sense of humour. Do you remember when he was doing the Early Bird Show and he did a memorable scene with Marty Monster where he was, Marty was, attacked by a male kangaroo.

JK: That’s right, I saw that. It was on one of those Bloopers shows, where things go wrong and it was shown all around the world. Another one happened when a guy brought a snake onto the show, a python. He’s showing them the python and then it started crawling.....Marty Monster had this huge gap for a mouth and this python starts crawling down there. That was hilarious too. A lot of funny things happened on that show and a lot of people still remember it. Very funny. In Cotton, Keays and Morris, the three of us were like buddy comedians. In the car, on the way to gigs, in that car was some of the funniest things we’d come up with. People told us we should screen a reality tv show based on our travels and the humour was hilarious. If someone had of done it on us it would’ve been the greatest thing. Funny as. A missed opportunity but we had a lot of fun together. We were together for twelve years and I can’t remember ever having an argument or falling out in that time. We got along really well together and had a lot of fun together.

TLP: Thanks so much for joining us here at The Last Post magazine and going through, well, there’s been so much I guess, from The Masters, your solo career starting off with Boy From The Stars, but again, thanks Jim for sharing some of that with us.

JK: Thanks Greg, it’s been great and, yeah, I hope the story turns out well.

www.jimkeays.com and “Jim’s record, ‘Dirty, Dirty’ is available through Shock’.

BATTLE TOURS

History Revisited

Write a bit of your own 'Battle' History

With 'Your Battle & History Tour Experts'

Destinations

Vietnam

Turkey

France

Belgium

Thailand

Papua New Guinea

Borneo

South Korea

South Africa Egypt

Libya

United Kingdom

United States

Russia

Set Group Departures

Private Group Tours

Private Tours

School Tours

ANZAC Day Tours

Long Tan Day Tours



Licence No TIA 183117

www.battletours.com.au • Call 1300 139 450

THE NEW AGE OF OLD AGE

By Julia May

Alexandre Kalache is a world expert on ageing. With average life expectancy now above 80, he discusses what Australia should do to prepare for the longevity revolution.

World expert on ageing Alexandre Kalache: 'We are going to age differently. We are starting to see role models who are active, demanding, who will want to work longer or will want more leisure or will want to take part in society and expect that people will listen to their voices. It's exciting because it's a new stage of human development.'

ALEXANDRE Kalache's departure from his job as the World Health Organisation's Director of Ageing in 2007 was a moment of bitter irony. In October of that year he turned 62, and despite being fit and energetic with years of good work still ahead of him, he was forced by the organisation to retire.

It is policies such as this that, paradoxically, represent the central theme of Kalache's life work: that the retirement structure used by most developed countries was conceived in the 19th century and has ceased to be relevant in the 21st century. It is time for societies to adapt to what he calls the "longevity revolution".

When Kalache was born in 1945, life expectancy in his native Brazil was 43; now the average Brazilian can expect to live to 75. Kalache describes this leap in life expectancy in such a short time (mirrored in developed countries including Australia) as "the greatest societal achievement of the 20th century - something to celebrate".

But he also warns that "it threatens to become the greatest challenge for the 21st century if we don't have the right policies".

The numbers explain the challenge: by 2050, the number of people aged over 60 will double to more than 2 billion, or 22 per cent of the global population. With life expectancy in more than 20 developed countries already above 80, the economic and social impact on societies of an increasingly healthy ageing populace are obvious. For example, in Australia the cost of aged care is expected to double by 2050.

Politically, it also brings opportunities for governments to target the so-called "grey vote" - evidenced in the Gillard government's much-trumpeted aged-care announcement on April 20.

For his part, retirement has been a productive time for Kalache. His various positions include being president of the International Longevity Centre in Brazil, a senior adviser on global ageing at the New York Academy of Medicine, and a Resident Thinker on Ageing for the government of South Australia, where he is currently visiting.

He also runs campaigns on age-related issues close to his heart, such as making cities

more aged-friendly; a subject on which he is running a seminar in Melbourne on Thursday. He is evangelistic about the idea that ageing is not just something that happens to the elderly, that it's an integral part of every person's life journey.

The ebullient Brazilian grew up in Copacabana, surrounded by older relatives. He pinpoints his grandmother's three-year battle with cancer as the trigger for his later studies in geriatrics.

"She died at home, living with us. I was 15 to 18 at the time and I was going to be the doctor in the family: like it or not, I was involved in her care and it was fantastic. It gave me the privilege of what it is to care for someone who is at the end of their life."

Kalache trained as a doctor in Brazil before moving to the UK in the 1970s. He ended up staying in Europe for 30 years, studying first at the London School of Hygiene, then at Oxford University, where he taught geriatrics. A secondment to the World Health Organisation led to the directorship of what was then the Health of the Elderly program in 1994.

The first thing he did was change the name of the department, arguing that the label "elderly" put a segment of the population in a box, making disassociation easier for the rest of society. "I said the program should use the word 'ageing' - it's a much more active word and it involves everybody, because everybody will age. From there the other departments at the WHO started to recognise that they had a role to play in this."

Kalache is never more ardent than when discussing the frontiers being forged by those hitting old age now - the "baby boomers" born between 1945 and 1965. He says boomers have transformed every stage of life they've experienced and retirement is proving no different.

"You talk about the sexual revolution, the emancipation of women in the workforce, 1960s student movements - all this was in our day and age. Now that we are going to old age we are going to invent a new position, a new social construct," he says.

Kalache has even conceived a term for this stage of life - "gerontolescence" - by adapting the concept of adolescence for older age.

Before World War II, most people moved quickly from childhood to adulthood by starting work younger. After the war, says Kalache, developed societies discovered the "luxury" of having years to make the transition from childhood, with longer periods of education and less pressure to start work, a time we now know as adolescence. "But back in the fifties it was a new phenomenon."

In a similar vein, there was previously little transition from work to retirement and old age because most people did not live long enough to experience it; when German chancellor Otto von Bismarck instituted the first old-age pension for 70-year-olds in 1881, only 3 per cent of people lived long enough to actually receive it. But as life expectancy has increased, so have the opportunities to move into old age and redefine this phase of life.

"We are going to age differently. We are starting to see role-models who are active, demanding, who will want to work longer or will want more leisure or will want to take part in society and expect that people will listen to their voices. It's exciting because it's a new stage of human development ... It's going to be a very vibrant transformational period that is going to have lasting influences."

Sue Hendy, chief executive of the Council on the Ageing in Victoria (COTA) and a director of the International Federation on Ageing, agrees that baby boomers hold more sway than older people used to, but not because they are demanding different rights than their predecessors.

"They want respect, to live at home, to live in a world that's friendly and enables them to keep connected, to have civic participation. I don't think that's much different from what previous generations wanted," she says.

The difference is that previous generations of older people lacked the numbers that the current generation has today. This one, she says, has the capacity to be more activist, to demand greater attention from policymakers.

As part of the \$3.7 billion aged-care package launched by the Federal Government, \$577 million is new funding. Proposals include introducing means-testing for residential and home care, increasing the number of funded home-care places from 40,000 to 100,000 over three years and directing \$1.2 billion over five years towards tackling workforce shortages in the sector. Dementia will also become a national healthcare priority.

Importantly, though a user-pays model, the program will exclude the family home from asset calculations.

The federal reforms were a response to a Productivity Commission inquiry into aged care. The commission panel, which included former deputy prime minister Brian Howe, consulted Kalache and incorporated many of the principles advanced by the WHO under Kalache's reign.

Kalache says that Australia's aged are well represented by groups such as COTA, and that simply by having a minister for ageing Australia is ahead of the pack.

“So often, in other countries, ageing is diluted into some other department. It is actually fascinating that [Minister for Ageing Mark Butler] happens to be a young person; so often you find the minister, if they have one, is old, because it is about ageing. You know who to call here. Butler is young: he has a long shelf life.”

Hendy says that Kalache’s charisma and passion for the subject, as well as his impressive CV, lend an element of celebrity to the broader discussion about ageing and that this opens doors to politicians, academics and other influential people. He has had several one-on-one meetings with a “warm and enthusiastic” Butler and last Friday met with Jay Wetherill, the South Australian Premier.

Kalache’s response to the federal government package will no doubt be of interest to both government and the opposition (which has yet to articulate its response to the reforms). He says the initiatives are a “step in the right direction” and show that the challenges are being taken seriously by government.

“It was a serious methodology that produced the [Productivity Commission] report and then you see the government responding to that report and choosing the most sensitive of all the sections [home care and means-testing].

“There has been a process of consultation that is admirable. Not everywhere is it done with this care.”

But he believes more needs to be done to facilitate self-care and informal care in the community; that the emphasis on residential and institutional care and the funding allocated to them is misguided.

Kalache draws a picture of four boxes, one inside the other. The largest box, taking in the majority of older people, is self-care in the home. Inside that is a box symbolising informal care at home by family, friends and neighbours.

This is followed by community care provided by councils, community centres and the like. The smallest box, proportional to the numbers it affects, takes in residential and institutional care. (Sue Hendy points out that only 6 per cent of people aged over 65 are in residential or institutional care at any one time.)

KALACHE says: “When you look at the money and where it’s given, it’s the wrong way around. Huge amounts go to institutions, a little to paid professionals, a little to the community - especially the mostly women who are behind the scenes holding things together: women who are untrained, unsupported and unrewarded and expected to give their best. And then comes self-care, where people are in control of their health and the process of ageing - well, virtually nothing is given there.”

A big part of empowering older people to take care of themselves for longer is through



health education and promotion, elements that both Kalache and Hendy say are lacking in the government’s proposals; and the aspects that do deal with health relate to palliative care and access to primary-health facilities by people in residential accommodation, with no mention of those still at home.

“There’s been very little attention paid to health promotion and older people at both state and federal levels,” Hendy says. “For instance, we’re writing a document for VicHealth because they acknowledge they’ve done very little on it.”

At the federal level, Hendy says: “There’s a lot of smoke and mirrors. I hope the detail will come.”

The federal program has been criticised for placing a higher cost burden on recipients of professional home care. An analysis by UnitingCare Ageing of the impact of the program last week found that the cost of home care would rise as a proportion of recipients’ incomes, with those on higher incomes paying significantly more.

This was recommended by the Productivity Commission and groups including Catholic Health Australia, a large operator of non-profit aged-care services, supported it. Others, including COTA’s national head, Ian Yates, decried the higher cost burden. Minister Butler responded by saying that “those who can pay more, should”, while those on lower incomes would be protected from large cost increases.

Kalache supports the idea that people should foot the bill for as much of their own care as possible, and that the wealthier should

pay more. “It expresses the idea of solidarity between all. I always say that if there is one word that rhymes well between longevity, it is solidarity. It is solidarity between the old and young, developed and developing, and then, yes, solidarity between rich and poor.”

Training is also lacking in the package, Kalache says. The \$1.2 billion earmarked for the aged-care workforce is being directed towards improving capacity, skills and conditions in a sector that experiences staff turnover rates of some 25 per cent. But more formal geriatrics training is needed for health professionals, he says.

“Australia is still training professionals for the 20th century, but they are practising in the 21st century.” It should go beyond health workers too; if cities are to cater for growing numbers of older people, then everyone from urban planners and architects to lawyers and bureaucrats needs to be better informed about the needs and impacts of ageing people “because we live in an ageing universe”.

For all the challenges of implementing policies for an ageing population, Kalache says Australia’s wealth, small population and relatively uncomplicated bureaucracies make him optimistic about its ability to prepare for the longevity revolution. “And that,” he says with a flourish, “is why I spend my time here.” Julia May is a Melbourne writer.

Read more: <http://www.smh.com.au/national/the-new-age-of-old-age-20120430-1xuzb.html#ixzz28DKIc7VW>

CERTIFIED
wild fox wines *organic*



Multi award winning
Wild Fox Organic Wine
PRESERVATIVE FREE range...

SHIRAZ

MERLOT

CABERNET SAUVIGNON

ROSÈ

- 90% approval rating from consumers
- Ideal for the sensitive wine drinker
- Enjoy quality wine without the headaches



'wild in taste, mild on nature'

...also available our convenient
PICCOLO BOTTLE range



SAUVIGNON BLANC
CHARDONNAY
ROSÈ RAW WINE
SHIRAZ ORGANIC & RAW WINE

MERLOT ORGANIC & RAW WINE
CABERNET SAUVIGNON
ORGANIC & RAW WINE
SPARKLING WINE/RED

- Cost effective way to trial our many different varieties
- Nice addition to any Christmas gift
- Order a dozen online for only \$60 plus GST & receive your Last Post discount



SPECIAL OFFER for Last Post Readers...

For every order of Wild Fox Organic Wine (750mL or 187mL piccolo) receive 10% DISCOUNT.

Enter online wildfoxwines.com or phone 08 8342 532 & quote the code 'last post'



'for fox sake'... wildfoxwines.com

Wild Fox Wines are proud supporters of Last Post Magazine and the RSL



Legacy's role:

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

Every day, Legacy provides caring, compassionate support for these families through pension advocacy, counselling, special housing, medical, and social support. They're also committed to nurturing children's education by contributing towards school fees, books, uniforms, and recreational activities to aid their self-development and confidence.

The contemporary need for Legacy is very real. The tens of thousands of Australian Defence Force (ADF) personnel deployed over recent years, and Australia's various peace-keeping operations and commitment in the Middle East, continues to see a growing demand for Legacy's services today and well into the future.

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

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

Tim and Jodie Buswell's Story

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

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

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

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

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

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

SUPPORT THE FAMILIES OF OUR FALLEN AND WOUNDED HEROES

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

Legacy offers more than just financial aid. We give the widows and families of our deceased veterans hope.

Young families and children don't just receive pension advocacy and financial hardship relief, but also education and development support.

Disabled dependents receive enduring care, social inclusion, independence skills, and the support they need to make the transition to residential care.

Ageing widows who have been left behind receive trusted advice, protection from social isolation, and financial support so they can live at home with pride and dignity.

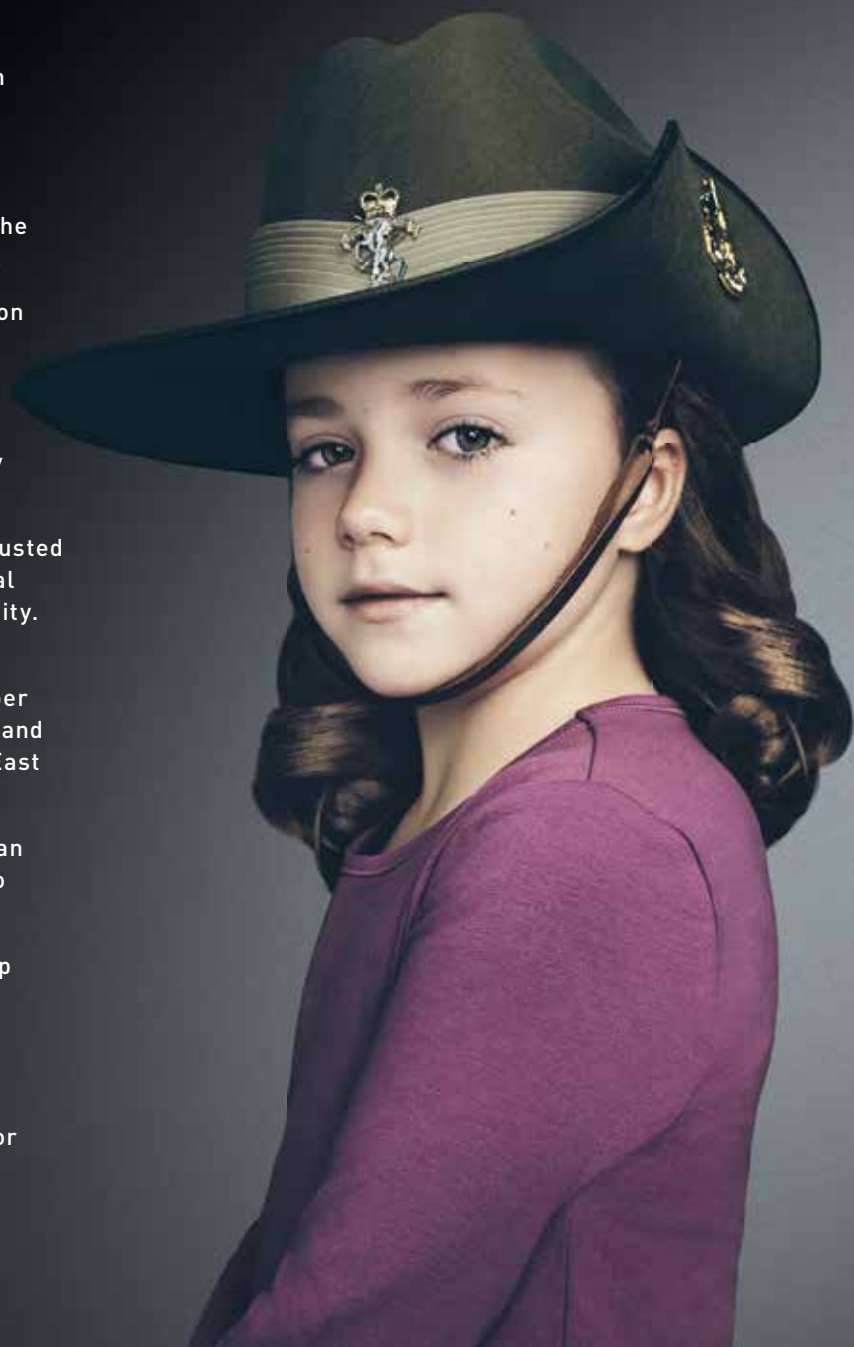
Currently we support the families of over 100,000 deceased and incapacitated veterans. But this number continues to grow, with many Australian servicemen and women participating in active service in the Middle East and on peacekeeping missions around the world.

For nearly a century Legacy has supported Australian Defence Force families in times of great need, but to continue we need your help.

Support the organisation that supports you, and help us keep a promise to our mates who have made the ultimate sacrifice.

Please give generously.

To find out how to make a donation or to fundraise for Legacy call 1800 534 229 or visit legacy.com.au



TO DONATE, CALL 1800 534 229 OR VISIT LEGACY.COM.AU



SINGER- SONGWRITER JOE SOUTH DIES

ATLANTA (AP) - Singer-songwriter Joe South, who penned hits in the 1960s and 1970s like "Games People Play," and "Down in the Boondocks," died on Wednesday, September 4th. South was 72.

South, whose real name was Joseph Souter, died at his home in Buford, Georgia, northeast of Atlanta, according to Marion Merck of the Hall County Coroner's office. Merck said South died from natural causes stemming from a heart attack.

"He's one of the greatest songwriters of all time," said Butch Lowery, president of the Lowery Group, which published South's music. "His songs have touched so many lives. He's such a wonderful guy and loved by many."

South was an inductee in the Nashville Songwriters Hall of Fame and the Georgia Music Hall of Fame.

South's song "Down in the Boondocks" was a 1965 hit for singer Billy Joe Royal. South worked as a session guitar player on recordings such as Aretha Franklin's "Chain of Fools," and on albums such as Bob Dylan's "Blonde in Blonde" and LPs by Eddy Arnold and Marty Robbins.

South also had a solo singing career producing hits such as the late 60s-song "Games People Play," which won him two Grammys for Best Contemporary Song and Song of the Year. The song, which was released on South's debut album "Introspect," spoke against hate, hypocrisy and inhumanity.

"Walk A Mile In My Shoes" and "Don't It Make You Want to Go Home" were also hits for South. He also wrote the Grammy-nominated "(I Never Promised You a) Rose Garden" for Lynn Anderson.

But his music career was struck by tragedy when his brother, Tommy Souter, committed suicide in 1971. South's last album was "Classic Masters" in 2002.

According to South's website, he was born in Atlanta on Feb. 28, 1940. As a child he was interested in technology and developed his own radio station with a 1-mile (1.6-kilometer) transmission area.

In 1958, South recorded his debut single, a novelty song called, "The Purple People Eater Meets the Witch Doctor."

New York Times



"HIS SONGS HAVE TOUCHED SO MANY LIVES. HE'S SUCH A WONDERFUL GUY AND LOVED BY MANY."

NARRABRI CELEBRATES OPENING OF NEW HOSPITAL

The new Narrabri District Health Service and Ambulance Station officially opened in September thanks to a \$38 million Australian and NSW Government investment in providing better health care for the community

Regional Australia Minister Simon Crean officially opened the redevelopment today with NSW Minister for Mental Health and Healthy Lifestyles and Member for Barwon, Kevin Humphries.

Mr Crean said the new 34 bed hospital will be co-located with the new Narrabri ambulance station and represented a strong investment partnership between the two governments.

"The Federal and State governments took a partnership approach to investing in this project," he said.

"Our Government contributed \$27 million and the NSW Government provided \$11 million to bring this state-of-the-art community hospital to life.

"The hospital will provide inpatient areas, an Emergency Department and maternity and surgical services.

"Community and primary health services will also be offered, with the new facility providing additional consultation and treatment rooms for GPs and visiting specialists."

Mr Crean said the modern facility would assist clinical and support staff at Narrabri to continue to provide excellent, quality care for the local community.

"The Federal and NSW Governments have worked together on this project in the best interests of the community to deliver these new facilities," Mr Crean said.

"It's also provided an important economic boost, creating 785 jobs during construction and 75 ongoing positions in health care."

Mr Humphries said the project was a significant investment in health care for the community.

"The new Narrabri District Health Service and Ambulance Station is a \$38 million investment in the present and future health and wellbeing of our community," Mr Humphries said.

"They are the facilities that so many in the community – along with staff from Hunter New England Health, the Ambulance Service of NSW, NSW Health Infrastructure, and project and construction teams – have planned and worked hard to deliver, and I congratulate everyone involved in the project since its inception.

"These are state-of-the-art, integrated health care facilities to complement the high standard, quality care and response provided by the dedicated staff of Hunter New England Health and the Ambulance Service of NSW.

"This opening is the result of the dedicated and enthusiastic health service staff and community members who worked together over so many years to see this new District Health Service become a reality."

Hunter New England Health Chief Executive Mr Michael DiRienzo said the purpose-built health campus brings services together and provides a greater level of integrated primary and acute health care.

"GPs, community health staff and visiting specialists are working from the same building as acute inpatient services," Mr DiRienzo said.

"The Ambulance Service is now on the same site, providing door-to-door response when needed.

"Our new facilities also incorporate the latest technology such as Telehealth and CCTV connection to major hospitals.

"This gives local patients improved access to health care without having to travel out of town. It also enables our staff to connect to specialists elsewhere who can provide real-time consultation and advice to help stabilise and treat critically ill patients."

Ministers Crean and Humphries inspected the facilities with Chief Superintendent Peter Pilon, Mr DiRienzo, and Chair of the HNE Local Health District Board Associate Professor Lyn Fragar.

FUNERAL FOR RETIRED MAJOR GENERAL ALAN STRETTON

In November, Major General Alan Bishop Stretton AO, CBE (retired) was farewelled with full military honours at the Royal Military College Chapel in Canberra.

Major General Stretton's military service spanned 38 years and involved active service in four separate theatres of war; however he is best known for his role in the recovery of Darwin after Cyclone Tracy in 1974. He oversaw the evacuation of 36,000 people after devastation struck on Christmas Day.

His extraordinary efforts over those six days led him to be made an Officer of the Order Of Australia and awarded Australian of the Year in 1975. Major General Stretton served his nation with distinction, but made it clear that he accepted the awards on behalf of the people of Darwin.

In the delivery of a heartfelt and humorous eulogy, comrade Eric Smith, recalled Major General Stretton's sense of daring, adventure and bravery.

Major General Stretton proved that he was a man of many talents by playing two seasons with St Kilda in the then Victorian Football League. Sport was a passion that developed

from a young age and one he carried through his life.

Major General Stretton held a number esteemed positions as he rose through the ranks from an Infantry Private through to Major General. Notably, he commanded the 2nd Battalion, The Royal Australian Regiment during their tour of duty in Malaya and was the Australian Army Chief of Staff in Vietnam in 1969.

For his service in Vietnam he was made a Commander of the British Empire, decorated with the Distinguished Service Order and the Bronze Star.

An Army band played while an honour guard and catafalque party performed ceremonial duties to mark the end of the service, as the gun carriage left the chapel.

Major General Stretton passed away at Batemans Bay in New South Wales on 26 October, 2012 aged 90 years. He is survived by daughters Virginia and April, and son Greg.



SUBSCRIPTION FORM

SUBSCRIBE NOW!

Join the growing number of Australian's here and abroad that are subscribing to this exciting new national magazine. Simply fill in the form below and mail or email to **GTR Publishing, 6 Way Avenue, Myrtle Bank, SA, 5064** or gtrpublishing@live.com.au and receive 4 quarterly editions of 'The Last Post' for the next twelve months. 'The Last Post' will be mailed direct to the address provided.

Thank you,
Greg Ross – Publishing Editor GTR Publishing
0419 165 856

OPTION 1 - 1 Year subscription: \$40 including postage (Quarterly magazine, 4 copies in total)

OPTION 2 - 2 Year subscription: \$70 including postage (Quarterly magazine, 8 copies in total)

Name:

Address

Method of Payment Cheque Credit Card Money Order

Credit Card Details:

Money Order or Cheque Number Details:

subscribe





**25,000 FAMILIES ARE HOMELESS
YOUR DONATION GIVES THEM**

H  **PE**

**CHRISTMAS
APPEAL**

THANK GOD FOR THE SALVOS

DONATE NOW

13 SALVOS (13 72 58)

salvationarmy.org.au

VETERAN PENSION RATE RISE ON 20 SEPTEMBER

The Minister for Veterans' Affairs, Warren Snowdon, announced that from the 20 September 2012, there will be an increase in pensions and income support payments for around 305,000 veterans, partners, war widows and widowers around the nation.

"The bi-annual pension indexation process, which was improved by this Government in 2009 with the introduction of the Pensioner and Beneficiary Living Cost Index (PBLCI), underlines our commitment to providing the support veterans and their families need to cope with the increased cost of living.

"The increases I have announced in September are part of this process, and will go a long way in helping out those that need it most," Mr Snowdon said.

The first full pension payment at the new rates will be on pension payday 18 October 2012.

The table below highlights the key changes to fortnightly rates.

PENSION	OLD RATE (PER FORTNIGHT)	NEW RATE (PER FORTNIGHT) 20 SEPTEMBER	INCREASE
Service Pension—single	\$755.50	\$772.60	\$17.10
Service Pension—couples	\$1,139.00 couple	\$1,164.80 couple	\$25.80
	\$569.50 each	\$582.40 each	\$12.90
War Widow Pension	\$765.60	\$783.60	\$18.00
Income Support Supplement	\$228.90	\$234.40	\$5.50
Special Rate (TPI) Pension	\$1,154.20	\$1,182.00	\$27.80
Intermediate Rate Disability Pension	\$783.40	\$802.30	\$18.90
Extreme Disablement Adjustment	\$637.30	\$652.70	\$15.40
100 per cent General Rate of Disability	\$410.10	\$420.00	\$9.90

Pensions are indexed twice a year in March and September by reference to the highest of three measures: the Consumer Price Index (CPI), the Pensioner and Beneficiary Living Cost Index (PBLCI) and Male Total Average Weekly Earnings (MTAWE).

Further information and a full list of the pension indexation rates are available from www.dva.gov.au
or by calling 133 254 or 1800 555 254 from regional Australia.



the power of humanity



Everyone should have a Will. Do you?

WILLS FOR LIFE

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

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

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

To receive a **FREE information booklet on making or updating your Will** please complete and return the form below, call 1800 811 700 or email bequests@redcross.org.au.

Please return this coupon to: Louise Turner, Australian Red Cross, GPO Box 2957, MELBOURNE Vic 8060. Alternatively call **1800 811 700** or email bequests@redcross.org.au.



TLP1212

Please send me a FREE information booklet on making or updating my Will

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

I have already included Red Cross in my Will

Title First name Last name Telephone

Address Suburb

State Postcode Email