



HIGHGATE



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Website: <http://Highgate-rsl.org.au>

NEWS

The official newsletter of the Highgate (WA) Sub-Branch of the Returned & Services League of Australia

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APRIL: ANZAC DAY GUNFIRE BREAKFAST

Friday 25 April 2014

Venue: Gallipoli Room

Time: 0700 for 0730 hrs - After Dawn Service at Kings Park

GUEST SPEAKER: Jan Stewart - CEO of "LotteriesWest";



Jan is the current State Warden of the State War Memorial - just one more distinguished position in public life held by this multi-talented lady in a life of many accomplishments. With an earlier background as a Social Worker, she has since held down senior administrative roles with Community Lotteries both in WA and abroad since 1990; and held Board positions with TAFE, the Curtin University School of Business and Hale School.

This promises to be an interesting talk!

See the Booking Slip inside (Page 4) for the ANZAC Day Gunfire Breakfast. Members with access to the web-site CAN book in **AND PRE-PAY** electronically; (on the **BOOK-IN SHEET** by Tuesday 22nd April) - see below. But others (without PC access) **need to complete and mail the Booking Form and PRE-PAY by cheque etc.** Cost: \$40.00 per person.

Method: **GO TO the web-site.** Double-Click on "GUNFIRE BREAKFAST" under the photo of the Flame of Remembrance and **AS IF BY MAGIC, the printing will change colour and be underlined.** 'Click' on it again and the spreadsheet/Book In list will appear). ****FOR THOSE WITHOUT email please call Margot Har-ness: 9293 1076 (or any of the committee listed at left) to book in.**

president's Report

We are inviting veterans who have served in Afghanistan and Iraq to join us as guests at our Gunfire Breakfast this year. We believe that we should be encouraging younger members to join us. This will not be easy as most of them are of an age where they are most concerned with families and other practical matters. But please, if you know anyone who served in either of these conflicts, do encourage them to come along. Registration for guests is with our JVP: Geoff Hourn. Advertisements are being placed in the "West Australian" newspaper.

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FORTHCOMING MEETINGS

NO APRIL LUNCHEON (nor Committee Meeting) - just Gunfire Breakfast



(Continued from p.1)

Volunteers to collect Luncheon money and to sell raffle tickets at our normal Monthly Luncheons are urgently required. The Committee is not always available to do this task due to the committee meeting held immediately prior, at 10.30. Please members - don't leave everything to the committee. Thanks to Bill Wilson, the desk is always set up, but Bill finds his eyesight doesn't enable him to deal with the desk after he has set it up. Thanks Bill for your continuing help; it is most appreciated.

Last Friday I attended a "Presidents' Round Table" held at the Artillery Museum in Fremantle. State President, Graham Edwards and his team gave a briefing on a number of items, including the following:

- An update on revising the WA RSL Constitution, which now may have to proceed independent of the National rewrite;
- The 'new look' website and new Facebook page; (<https://www.facebook.com/rslwahq>) *check them out*;
- A new variety of *grevillea* developed and still to be named, with sales to benefit the RSL;
- New WA RSL logo. We saw this at our last luncheon;
- Watch out for the new look Listening Post;

There was also wide ranging discussion on topics such as:

- Welfare Fund restrictions
- Poppy Day difficulties for some clubs
- Logo guidelines to be developed prior to sub-branch use
- "Soldier On" co-operation
- Recruiting younger members.

Thanks to all our members who serve as sub-wardens and members of the Honour Avenue Group. There will be a short address re the Honour Avenue Group at the May meeting.

Two buglers from the Menin Gate featured at the SWM ceremony for the Last Post on Saturday, 22nd March. As always our sub-wardens supported the ceremony. Thanks for your dedication.

Please join us for the Gunfire Breakfast on ANZAC Day. The Booking Sheet is available now.

Yours in friendship,

Peter



(Centre) Two visiting Belgian volunteer Firemen from Ieper (Ypres) - who serve at the nightly "Last Post" ceremonies at the Menin Gate)

Hear Ye Hear Ye Our hard-working Treasurer, Richard Adams (who does such a good job, it is unlikely he will ever be 'relieved' in this role!) - backed up by President Peter - wants to encourage as many members as possible to utilise payments to the Sub-Branch by Electronic Transfer (EFT) please. This includes pre-payment for Monthly Luncheons (\$30). For those who use electronic banking, the Highgate RSL Sub-Branch is with the CBA. BSB is 066-001, A/c: 00925571. **Ensure you include your surname**. This will help ease Richard's burden a great deal, and will be much appreciated.

A Pun Can be Fun Corner

(alas, this scarcely ranks as a 'pun' at all! - but hope it passes muster)

Last night I held a little hand So dainty and so neat -
 I really thought my heart would burst So wildly did it beat.
 No other hand I held so tight - Could greater gladness bring
 Than the little hand I held last night Four aces, and a king.



SUB WARDENS DUTIES

Wreath Laying Services currently scheduled at the State War Memorial Kings Park

Friday **25 April 2014** : Bus at 0500 hrs. 0530 ready for 0548 hrs -ANZAC Day - Dawn Service
Friday **25 April 2014** : Jewish Service - **No involvement of Sub-Wardens**
Wednesday **30 April 2014** : 1030 for 1100 hrs - City of Perth - Visit of Mayor of sister-city: Houston USA

"The Way We Were" Gallery Our Golden Oldies

There's no doubt about it - Highgate harbours some very interesting folk in its midst! Certainly one man who has had some exotic adventures in a long and varied life is John Harper-Nelson. Just the extent of his travels alone brings visions of swooping over the globe on a Persian "Magic Carpet"! The man seems to have been everywhere.

John was born in England in 1922. His father had served three years in WWI in Mesopotamia and his diaries are reproduced in John's latest book: "Trilogy" (published in 2011). John's father was a surgeon, and when sent with his wife to a position in the Indian Medical Service, John, at the tender age of seven, was sent to boarding school in England. . The fact that he was able to cope with such independence at such a young age was an early indicator of the self-reliant, adaptable career path he would later follow.

After school, at age 17, John spent a year in India before commencing at Oxford University in 1940. Whilst there he was commissioned in the Kings Royal Rifle Corps, shipping out firstly to the Middle East in 1943 and then to Italy - being transferred to the 1st Battalion Royal Fusiliers (part of the then 8th Indian Division). John spent the winter of 1943-44 in front line duty. In May 1944, as Platoon Commander of an action across the Rapido River at Cassino, he was hit by a "friendly" shell that had "dropped short" and ended up in hospital.

Back in the line in July, he was injured again when another shell landed by his slit trench and was again hospitalised. "Actually, this was lovely" says John, "because re-hab was a month in Sorrento!" Shortly after, during another advance, his platoon sergeant inadvertently stepped on a mine and lost his foot. John was temporarily blinded by the explosion, and that was the end of his war.

In 1946 John was demobbed and, through his sister's "connections", started working in the film industry with both the Crown Film Unit and later the Colonial Film Unit ("script writer and Unit Manager"), making documentaries in the UK and Africa: most notably, Tanganyika, Kenya, and Uganda. Then in 1951, he received a request from the British army to rejoin his county regiment, the Argyll and Sutherland Highlanders, who had suffered heavy casualties in South Korea.

So from 1951-1962 he was back in the Army serving in Occupied Berlin, British Guiana, Suez and then with the Somaliland Scouts in British Somaliland and in the Kings' African Rifles in Kenya, Eritrea and Uganda. Many of these experiences are colourfully recounted in a book he later wrote entitled: "The Decline and Fall of the British Empire". He says his greatest misfortune during these remarkable days may have been recommending his then-Sergeant-Major, Idi Amin for a commission! His book also describes one interesting deployment in the far north east of Uganda, protecting natives of the Karamajong people (whose menfolk favoured total nakedness) from marauding Turkana tribesmen across the Kenya border, who had designs on their cattle. In Kenya, he met and became friends with Dr Cecil Walkley - also in Highgate.

Come 1962 John came to WA as a "Ten Pound Pom", and secured a position with the Australian Broadcasting Commission. He worked as an announcer on both radio and television, helped pioneer WA's first current affairs program: "West

Coast 63" and presented a variety of TV shows from quizzes to comedies, in-depth interviews and light entertainment. All in all - a pretty impressive "CV"!

He was seconded from the ABC to the State government in 1972 to become Liaison Officer for Cultural Affairs to the Premier and then executive officer of the newly formed Arts Advisory Board (later the WA Arts Council). He retired from the ABC in 1981. John has been professionally involved with music, acting and many areas of the arts. He has published seven books - two of them military memoirs.

You've certainly had a heck of an adventurous life and a helluva ride John!



LAST POST

All deceased men and women of Highgate Sub-Branch. R.I.P.

Lest We Forget





EARLY REMINDERS. *Mark in your Diaries*

SUNDAY LUNCHEON AT ROYAL FRESHWATER BAY YACHT CLUB. To be on 29th June. You may like to invite family and friends to join you for what is usually a wonderful relaxing day in one of the most “plum” dining locations on the Swan River. Your Committee has, thanks to member: Lynn Lovell-Durant, negotiated a special price of \$40 a head for a Roast+Hot dish/Veg/Salads meal + Dessert. Further details to follow. PAYMENT WILL BE “AT THE DOOR” - but we will need to ascertain numbers attending beforehand, to assist the Yacht Club with catering.

HIGHGATE’S 61st ANNUAL GUNFIRE BREAKFAST

- Date:** ANZAC Day, Friday 25 April 2014
- Time:** 0700 for 0730 hrs until 0900 hrs
- Venue:** Gallipoli Room, ANZAC House
28 St Georges Terrace, Perth
- Cost:** \$40 per person (to be paid by 18th April)
Bookings essential — no payment at the door.
(Wives, husbands, partners welcome.)
- Dress:** Jacket, Tie, Medals

Menu: Poached Egg/Sausage/Tomato/Bacon/Hash Brown/Mushroom/Toast/Coffee/Tea

Bookings: Via the Highgate RSL Sub-Branch web-site: www.highgate-rsl.org.au . Click on GUNFIRE BREAKFAST (immediately under the picture of the Flame of Remembrance at Kings Park). This will open up the Booking in screen. E-Pay details at top of spreadsheet.

HIGHGATE’S 60th ANNUAL GUNFIRE BREAKFAST “PAYMENT SLIP”

- Close-off date: 1600 hrs Friday 18th April 2014
- Paying by mail: Attach your cheque to this portion
- Paying by EFT: CBA 066001 : 00925571 (include your name)
- Payment confirmation/bookings: Internet Link or Mailing in this Booking Form with cheque (\$40 per person) to our Treasurer:
- Cheques to: Treasurer RSL (WA) Highgate Sub-Branch
PO Box 3551
PERTH WA 6832

Name.....

Guests.....



A UNIQUE EULOGY - REMEMBERED

In this ANZAC month as well as centenary year, it seems appropriate to “re-visit” the moving speech given by the then-Prime Minister of Australia: Paul Keating, on the 1993 occasion of the re-interment of Australia’s “Unknown Soldier” in his special place within the Australian War Memorial in Canberra. The “ANZAC Legend” tends to focus mostly on the events that took place on Gallipoli; but this moving memorial speech used a broader brush - acknowledging the many war-time tragedies suffered in this nation’s history and its quest for “freedom”.

Mr Keating, like any politician, was not universally liked - but there was a general consensus that the eloquent speech he delivered on this occasion graciously tapped into the national psyche. A visiting journalist from Britain’s “The Guardian” wrote that the PM’s words were: “..... profound, with deeply moving resonance. Such resonance translates with historic and geographic symmetry, linking the lost soldier in Canberra to the hordes of our unidentifiable dead on the old battlefields.”

Transcript as delivered : “We do not know this Australian’s name and we never will. We do not know his rank or his battalion. We do not know where he was born, nor precisely how and when he died. We do not know where in Australia he had made his home or when he left it for the battlefields of Europe. We do not know his age or his circumstances - whether he was from the city or the bush; what occupation he left to become a soldier; what religion, if he had a religion; if he was married or single. We do not know who loved him or whom he loved. If he had children we do not know who they are. His family is lost to us as he was lost to them. We will never know who this Australian was.

Yet he has always been among those whom we have honoured. We know that he was one of the 45,000 Australians who died on the Western Front. One of the 416,000 Australians who volunteered for service in the First World War. One of the 324,000 Australians who served overseas in that war and one of the 60,000 Australians who died on foreign soil. One of the 100,000 Australians who have died in wars this century.

He is all of them. And he is one of us.

Because the Great War was a mad, brutal, awful struggle, distinguished more often than not by military and political incompetence; because the waste of human life was so terrible that some said victory was scarcely discernible from defeat; and because the war which was supposed to end all wars in fact sowed the seeds of a second, even more terrible, war - we might think this Unknown Soldier died in vain.

But in honouring our war dead, as we always have and as we do today, we declare that this is not true. For out of the war came a lesson which transcended the horror and tragedy and the inexcusable folly. It was a lesson about ordinary people - and the lesson was that they were not ordinary.

On all sides they were the heroes of that war; not the generals and the politicians but the soldiers and sailors and nurses - those who taught us to endure hardship, to show courage, to be bold as well as resilient, to believe in ourselves, to stick together. The Unknown Soldier we inter today was one of those who by his deeds proved that real nobility and grandeur belong not to empires and nations but to the people on whom they, in the last resort, always depend.

That is surely at the heart of the ANZAC story, the Australian legend which emerged from the war. It is a legend not of sweeping military victories so much as triumphs against the odds, of courage and ingenuity in adversity. It is a legend of free and independent spirits whose discipline derived less from military formalities and customs than from the bonds of mateship and the demands of necessity. It is a democratic tradition, the tradition in which Australians have gone to war ever since.

He is not interred here to glorify war over peace; or to assert a soldier’s character above a civilian’s; or one race or one nation or one religion above another; or men above women; or the war in which he fought and died above any other war; or of one generation above any that has or will come later. The Unknown Soldier honours the memory of all those men and women who laid down their lives for Australia. His tomb is a reminder of what we have lost in war and what we have gained.

We have lost more than 100,000 lives, and with them all their love of this country and all their hope and energy.

We have gained a legend: a story of bravery and sacrifice and, with it, a deeper faith in ourselves and our democracy, and a deeper understanding of what it means to be Australian. It is not too much to hope, therefore, that this Unknown Australian Soldier might continue to serve his country - he might enshrine a nation’s love of peace and remind us that in the sacrifice of the men and women whose names are recorded here there is faith enough for all of us.”



The Tomb of the Unknown Soldier, in the mosaic-lined 'Hall of Memory' at Canberra's Australian War Memorial



Innovative drug eluting angioplasty comes to Hollywood Private Hospital

A newly approved minimally invasive procedure for treating patients with the debilitating and potentially limb-threatening condition known as *Peripheral Artery Disease (PAD)* is now available at Hollywood Private Hospital.

A technology, known as Drug Eluting Balloon (DEB) angioplasty, utilises balloons coated with a precise dose of a pharmaceutical agent that is delivered to the wall of the artery. This dilates a narrowed artery and delivers, to the artery wall, a drug that significantly reduces the scarring that can result from standard angioplasty or stenting and cause restenosis, or re-narrowing of arteries, over time.

This process of scarring - called neo-intimal hyperplasia - is the most common cause of recurrent symptoms, repeat angiogram procedures and treatment complications. DEB technology is particularly revolutionary because it addresses the challenge of restenosis, which is the 'Achilles heel' of standard angioplasty and stent treatments.

"Drug eluting balloons, while not replacing existing techniques, are an invaluable and much-awaited addition to our treatment repertoire." said Dr Stefan Ponosh, Vascular and Endovascular Surgeon at Hollywood.

"They have certainly changed how endovascular surgeons treat re-narrowing of arteries and have resulted in significant benefits to patients by reducing potential repeat procedures and prolonging the benefits of current treatments. While initially only using this technology for restenosis, it is now becoming a first-line treatment, which is very exciting and is showing exceptionally promising results", says Mr Ponosh.

DEB has been trialled at Hollywood, and has been formally approved by Australia's Therapeutic Goods Administration.

Perth resident, Christine Murray, had three previous arterial stenting procedures, all of which unfortunately developed re-narrowing within months, associated with the return of her debilitating leg pain. More than 12 months ago, she underwent a DEB angioplasty at Hollywood with Dr Ponosh.

"I am thrilled," said Ms Murray. "it's the first time in years that I have not had to deal with the problem. Before the first stent, I could never walk more than about 50 metres without getting severe pain in my calf".

"Every time I had a stent inserted, my symptoms returned very soon afterwards as the stents re-narrowed. However, since Dr Ponosh did the special angioplasty procedure, I haven't experienced any problems and I am back either playing golf or walking every day."



Vascular and Endovascular Surgeon, Dr Stefan Ponosh, at HPH

The innovating DEB technology not only improves the quality of life of patients with PAD by restoring mobility, but can also save limbs in those with more severe disease. Apart from this benefit, reducing potential future procedures associated with restenosis both reduces potential procedural complications and saves the Australian health system significant costs.

In Australians aged 40 and older, it is estimated that approximately 475,000 have PAD. About 2,500 Australians die of PAD each year and there are more than 24,000 hospital admissions. It is conservatively estimated that 300,000 Australians could benefit from access to the technology.

Peter Mott, CEO, said that the approval of DEB technology contributes to Hollywood Private Hospital's expertise in cardiovascular and endovascular surgery.

Hollywood already has significant infrastructure and expertise in vascular and endovascular medicine," said Mr Mott. "Our state-of-the-art angiosuite, which allows for exceptionally high-quality diagnostic and therapeutic procedures, is one of the most advanced in the State."

The continuing support of Hollywood Private Hospital and their generous assistance to RSL Highgate Sub - Branch is warmly and gratefully acknowledged.

HOLLYWOOD PRIVATE HOSPITAL



**THIS NEWSLETTER IS PRINTED AS A SERVICE TO THE VETERAN COMMUNITY
BY THE OFFICE OF THE HON ALANNAH MacTIERNAN,
FEDERAL MEMBER FOR PERTH**