

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

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Monthly Luncheon

Monday 20 September 2004

Venue: Gallipoli Room, ANZAC House
Time: 11:30 hrs Fellowship 12:30hrs Luncheon
Speaker: Mr Ken Bladen AM
Topic: Dunkirk, Sea Lion and D Day

Presidents Report

Governor's Talk

It seems now that whenever you pick up a magazine or a paper there is always some story about China. The Governor outlined the growth the China has gone through since the troubles of Tiananmen Square. China is going through a period of increasing growth and looks to Australia to feed its industry.

We must pay more attention to China.

Next year the V8 Super Cars are holding a round of the Australian Touring Car Championships in Shanghai at a new racetrack. This is a first for Australia. Perhaps we can expect to export Commodores and Falcons.

Ladies Luncheon

Due to problems with the Carine TAFE the Ladies luncheon has been cancelled by the TAFE not Highgate. A small Sub-committee investigated alternative venues but the cost was prohibitive.

We will find an alternative for next year.

Secretary

Ron Adams has now had a handover/takeover of the Secretary's job from Barry Long. Barry has been a particular stalwart as a member of the executive a fine committeeman and a most efficient and effective secretary. I am sorry to lose Barry, however, he has done his time. We wish him well.

Thanks Bazza.

**All the best
Ian**

FORTHCOMING MEETINGS

Committee: 10:00 hrs Monday
11 October 2004
Luncheon: 11:30 hrs. Monday
18 October 2004

Assistant Cashier for September - **Errol Smith**
Members, please assist by bringing the correct money **\$25.00**

Hospital Visits – Otto Pelczar	New Member
Greg Lakeman in St John's at Murdoch. Jim Hall is still in Hollywood and Ron Seares had short stint also. Otto Pelczar 9311 2429 or 0408 940 928.	On behalf of Highgate Sub Branch we extend a most sincere and warm welcome to our new associate member Miles Pointon

Sub Wardens Duties

Wreath laying ceremonies currently scheduled at the State War Memorial, Kings Park:

Sunday 5 September	10:45 for 11:00	Thirtyniners Association
Sunday 12 September	11:45 fro 12:00	Maltese Association of WA (Inc)
Wednesday 20 October	09:45 for 10:00	RMC Duntroon Class of 57-60 Reunion.

Ladies Dining Night - Friday 26 November 2003

Venue: WA Club
101 St Georges Terrace
PERTH

Highgate has arranged the Club Suite on the First Floor for dinner the Governor and Mrs Sanderson be joining us again this year. The cost for Dining Night is \$60.00 per head a small increase from the last 2 years. If you and your good lady are attending please complete the "GREEN" return and post or give to the Treasurer with your payment.

FROM THE PENSIONS OFFICER

Many of our veterans have been able to successfully apply for a service pension through the Department of Veteran's Affairs. Most of us would be aware that there are certain requirements, which have to be fulfilled in order for the claim to be successful. In general these are:

- Be at least 60 years of age
- Have rendered qualifying service (generally considered to be operational service)
- Satisfy the means and assets tests

It is not well known that veterans below the age of 60 years who are permanently incapacitated and can satisfy the eligible service requirement and means and assets test can also apply. The permanent incapacity element is generally considered to be present if a veteran becomes Totally and Permanently Incapacitated (TPI), within the criteria of the Department of Veteran's Affairs, such that he/she is unable to work for periods up to 8 hours per week solely because of the incapacity and provided he/she satisfies the other criteria then a successful claim is generally the outcome.

Another issue is that the permanent incapacity for work can also be satisfied if the veteran has an impairment that does not result from a war caused or defence caused injury or disease but can arise from any disease suffered by the veteran. A veteran to whom this applies must still have rendered qualifying service, have an impairment, that if it were an injury or disease assessed by DVA would result in a rating of 40 or more impairment points and the veteran must be permanently unable to work for periods adding up to more than 8 hours a week solely because of the incapacity.

Now I didn't know that. **Jim Eayrs**



From the of the Senior Vice President

**MILESTONES OF WORLD WAR TWO - FEBRUARY 1942
(62 YEARS AGO THIS MONTH)**

Feb 1, On Dutch Timor, as Australian troops surrendered, a group of several hundred Australian commandos took to the jungle, where they continued to harass the Japanese for eleven months, before being taken off to safety; in those eleven months, they killed 1,500 Japanese, for the loss of 40 of their own.

Ten Australian soldiers, captured at Sowacoad, on Amboina Island, were bayoneted to death by Japanese troops. When the principal port of that island was overrun, and its small garrison of 809 Australians surrendered, 426 were bayoneted to death by their Japanese captors, or were later to die from torture or starvation.

Also on this day:

The Japanese siege of American forces in Bataan, in the Philippines, began and British intelligence suffered its most serious setback of the war. The German Submarine Command, as part of an internal security drive, altered its Enigma machine in such a way that it was to prove unreadable for the rest of the year.

Feb. 4, One hundred and fifty Australian prisoners-of-war were massacred near Rabaul. Rommel wrote to his wife stating that "We have Cyrenaica back and it went like greased lightning".

Feb. 5, A further thirty Australian and Dutch prisoners-of-war were executed.

Feb. 7, General Percival declared that the city of Singapore "would resist to the last man."

Feb. 8, 5000 Japanese troops crossed the Johore Straits from Malaya and landed on Singapore Island. Fritz Todt, Germany's Minister for Armaments and war production, was killed in a plane crash and was succeeded by Albert Speer.

Feb. 15, Singapore surrendered and 32,000 Indian, 16,000 British and 14,000 Australian troops were taken prisoners-of-war.

On the same day, in a broadcast to the British people, Churchill told the world that "Here is the moment to display the calm and poise, combined with grim determination, which not so long ago brought us out of the very jaws of death" He went on to warn his listeners "the only real danger would be a weakening in our purpose and therefore in our unity – that is the mortal crime."

Feb. 16, Bangka Island, off the coast of Sumatra, twenty-two Australian Army Nursing Service sisters surrendered to a Japanese patrol. Ordered to march into the sea, in line abreast, they were shot from behind. There was but one survivor, Sister Vivian Bullwinkel, who, although severely wounded in the side, "played dead" and was later recaptured and interned by the Japanese for over three years.

Feb. 18 Singapore Island. The first group of 5000 Chinese civilians were rounded up and massacred by the occupying Japanese.

Feb. 19, Japanese aircraft launched their first raid against Darwin sinking all 17 ships in the harbour and downing 22 Australian and American warplanes. The allied death toll was 240.



New program helps Trauma victims

Everyday the media reports a never-ending succession of horrific accidents, violent robberies, sexual assaults and natural disasters taking place around Australia and the world.

If these reports are upsetting to watch, you can imagine the negative psychological impact such events cause to those involved.

In fact, if left untreated, the symptoms of Post Traumatic Stress Disorder can be just as devastating as any physical injuries sustained.

A unique Hollywood program is now helping people to recover from the serious effects of trauma.

The Trauma Recovery Program is facilitated by a dedicated team of mental health professionals in The Hollywood Clinic, Hollywood Private Hospital's mental health unit.

Some of the aims of the Trauma Recovery Program include providing a safe environment to help the patient to understand and explore the impact of the trauma, as well as developing anxiety management strategies and positive ways to embrace life.

Clinical Director and Consultant Psychiatrist, Dr Brendan Jansen, said it was vital that people who had experienced a trauma seek medical help as soon as possible.

"There is clear evidence that this disorder, if not treated, can lead to long term health, social, interpersonal and family problems," Dr Jansen said.

"A very special aspect of the program is Art Therapy, which helps participants communicate their feelings in powerful, non-verbal ways."

Trauma Recovery Program Coordinator, Dr Robert Segal said, "After a trauma we often try to file away

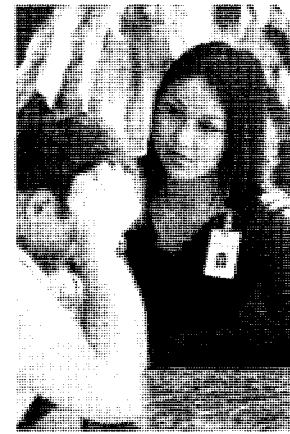
our memory of what happened, putting it to the back of our mind. It's as if we are trying to pack the event away into a box.

"In this way the content of the box becomes like a ghost that we are terrified of confronting. As part of therapy it's important that we confront this fear, open the box and inspect the contents for what it really contains."

The recent pilot of Trauma Recovery has been a great success with very positive changes achieved by participants.

The Hollywood Clinic has now made the Trauma Recovery program available to the general community.

All enquiries to The Hollywood Clinic, part of Hollywood Private Hospital.
Telephone: (08) 9333 8000.



Mental Health Nurse Sharlene Chew (on right) works with people suffering the effects of Post Traumatic Stress Disorder at The Hollywood Clinic

Last Post

Roy Marsh a loyal member and former Warden of the State War Memorial.

Lest we forget