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

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**Monthly Luncheon**

**Monday 21 February 2005**

**Venue:** Gallipoli Room, ANZAC House  
**Time:** 11:30 hrs Fellowship 12:30hrs Luncheon  
**Event:** Annual General Meeting  
followed by  
**Speaker:** Brigadier Andrew Freemantle  
**Topic:** "Meeting the Challenges as a Soldier and  
a Civilian"

**Presidents Report**

**Annual General Meeting**

The format will be formal but brief so as not to detract from the usual monthly gathering with the agenda (as per Rule 27.18):

1. Presentation and adoption of the President's annual report.
2. Receiving the financial statement of the Sub-Branch for the past financial year.
3. Receive the auditor's report on the Sub-Branch financial affairs.
4. Presentation of the audited statement to the meeting for adoption.
5. Confirmation of the elected Sub-Branch officers and committee for 2005.
6. Appointment of an auditor for 2005.

**RSL Badge Year Clips**

Due to the prohibitive cost involved in the production of the Year Clips they have been discontinued nationally.

For Highgate Members traveling Intrastate, Interstate or Overseas a "Membership Card" to verify your financial status is available. Please contact the Secretary with sufficient notice if you require a Card.

All the best, Ian

**FORTHCOMING MEETINGS**

**Committee:** 10:00 hrs Monday  
14 March 2005

**Luncheon:** 11:30 hrs. Monday  
21 March 2005

Assistant Cashier for December **Richard ADAMS**  
Members, please assist by bringing the correct money  
**\$25.00**

<b>Hospital Visits – Otto Pelczar</b>	<b>Wanted New Members</b>
John Jackson is having a stint in Hollywood, recently discharged Martyn Thompson and Brian Cooper is back on deck. Otto Pelczar 9311 2429 or 0408 940 928.	Why don't you persuade a mate that they would be enjoy their there time better as a member of Highgate.

### **Sub Wardens Duties**

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

Sunday 13 February	10:45 for 11:00	WRAAC Association (WA)
Monday 14 February	09:45 for 10:00	National Servicemen's Association (WA)

### **Membership Fees – 2005**

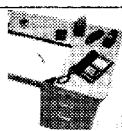
Many members have paid their fees for 2005, however, there still members with outstanding fees. **Fees are \$37.00 for all classes of Members.**

Please ensure you send your payment to the Treasurer \$37.00. **Please do not pay ANZAC House.**

### **Executive and Committee for 2005**

Members as endorsed last meeting to be confirmed by this meeting:

<b>PRESIDENT</b>	Ian MULHOLLAND	<b>Pensions Officer</b>	Jim EAYRS
<b>SENIOR VP</b>	Norm MANNERS	<b>State Branch Representative</b>	Bob MERCER
<b>JUNIOR VP</b>	Brian MARTIN	<b>Deputy Warden State War Memorial</b>	Phillip SKELTON
<b>PAST PRESIDENT</b>	Don BLAIR	<b>Welfare Officer's</b>	John & Clare CURTIS
<b>SECRETARY &amp; EDITOR</b>	Ron ADAMS	<b>Cadet Liaison</b>	Bob MEES
<b>TREASURER</b>	Richard ADAMS	<b>Hospital Visiting Officer</b>	Otto PELCZAR
<b>Custodian</b>	Warren SMITH	<b>Chair Honours &amp; Awards Sub Committee</b>	Les STEWART
<b>Historian</b>	Phil LOFFMAN	<b>RAAF Rep and Greeter</b>	Alan SAVILLE
<b>Committee Member</b>	John JACKSON	<b>Poppy Day Rep</b>	Tom HORTON
<b>Committee Member</b>	Robin SLATER	<b>Committee Member</b>	Martyn THOMPSON



From the of the Senior Vice President

### The Son Who Never Forgot

Towards the end of 2003 a man, in his early sixties, approached the Honour Avenue Group for a plaque to be dedicated to his father who had died in Asia during the Second World War.

He was only a babe in arms when his father marched off with his unit to Singapore not to return. As he grew up he wondered where his father's remains were and what were the circumstances surrounding his death.

As the years flew past he finished his education, became a professor and was teaching in the United States of America where he married and had a daughter. Over the years he searched relentlessly for any detail surrounding the death of his father and speculated if he may rest in some unrecorded jungle grave.

Finally, in 2002 a digger, who had seen what had happened to his father, was found and the story told for the first time. It was a savage story and one the ex digger had kept to himself fearing it would upset the family too much, he thought some things are better left unsaid.

But the family's anguish and desperate need to know, even after some sixty years, convinced him it was time to relate what had happened.

It was just after the surrender of Singapore when Dave's unit was rounded up by the Japanese and herded down to the docks. Here they were ordered to line up and Dave said something, which must have been derogatory, for one of the Japanese guards turned on him and sunk his bayonet into his stomach. With Dave impaled on the bayonet the guard walked him to the edge of the wharf and threw the body into the harbour. The body was never recovered.

The son, on finally learning the fate of his father, wanted a gravesite for him and the Honour Avenues at Kings Park were ideal resting, as he said, amongst so many other Western Australians who had given their lives. It was also a place where former servicemen tended the sites ensuring their longevity.

On the 12 December 2003, in company with his wife and daughter he held his father's plaque in his hands and attached it to a bright white post with a unit colour patch located at the base of a tall sturdy tree.

The ceremony for his father and the recipients of other plaques that day was as solemn as any ANZAC Day and he returned to his work a much calmer man, one who had found his father and knew where to come each Christmas on his return to Perth.

A letter of appreciation was received by the Honour Avenue Group some weeks later from Dave's son and enclosed was a cheque for \$1,000 to assist in their maintenance programme.

I have not used the name of the family for obvious reasons.

Norm

### Keith Norrish OAM

Congratulations to Keith Norrish on being awarded the Order of Australia Medal in the recent Australia Day Honours List.

### LEADING THE FIGHT AGAINST BOWEL CANCER

The disease claims more lives annually than road accidents, yet there are few bowel cancer awareness campaigns compared with the many road safety promotions.

This lack of awareness needs to change according to Hollywood Private Hospital consultant gastroenterologist Dr Matt Zimmerman.

"Someone in Australia dies of bowel cancer every two hours but, as a community, we ignore it," he said.

Dr Zimmerman said the disease was a killer but was preventable if people took practical steps to ensure early detection of pre-cancerous abnormalities.

"The earliest abnormality is a wart-like lump on the inside of the colon called a polyp," he said.

"A polyp is a benign tumour that rarely causes any symptoms, and can grow silently until it turns into a cancer. By the time a cancer has caused symptoms it can be incurable in up to 50 per cent of cases.

"However, if polyps are removed before they turn cancerous the chance of developing bowel cancer is reduced by up to 90 per cent."

The disease is most common in people more than 50-years-old, particularly men. By the time people are 50 years old they have a 25 per cent chance of getting a polyp.

If you have an immediate relative who was diagnosed with bowel cancer, you're at a higher risk of developing the disease. To allow for early detection, you should be screened five years earlier than when the disease started in your relative.

Screening techniques range from testing for microscopic blood traces in the faeces to looking inside the colon for polyps in a procedure called a colonoscopy.

"Colonoscopy has the advantage of enabling the removal of polyps as a one-stop procedure," Dr Zimmerman said.

"Hollywood has excellent facilities and staff for colonoscopy, and is particularly good at the detection and treatment of polyps."

In fact, Hollywood has the most qualified gastroenterology (GI) nursing staff in Western Australia, with 2004 GI nursing graduates Julianna

Griffin and Kate Gaspar, complementing the expertise of GI clinical nurse manager Leah Hansen.

If you see your GP for a referral, you can make an appointment for a colonoscopy at Hollywood's gastroenterology unit on telephone:

(08) 9346 6494.

#### **Early warnings of bowel cancer include:**

Any unexpected change in bowel habits like increased or decreased regularity, diarrhoea, constipation or changes in the shape or size of the bowel motions

Bleeding from the rectum

Unexplained weight loss

*If you have one or more of these symptoms, it's recommended that you see your GP.*



**Hollywood Private Hospital consultant gastroenterologist Dr Matt Zimmerman, pictured with GI nurse Julianna Griffin, said bowel cancer was curable if detected early**

#### **Last Post**

We regret to announce the passing, of Ken East in the UK in November last year. Fred Bannister and Bill Booth in December.

**Lest We Forget.**