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**Monthly Luncheon**

**Monday 18 July 2005**

**Venue: Gallipoli Room, ANZAC House**  
**Time: 11:30 hrs Fellowship 12:30hrs Luncheon**

**Members Birthday Celebration**

**Presidents Report**

**June Luncheon**

The Governor enjoyed Luncheon with members and was happy to share some of his reminiscences with us. The two books presented by members were well received and will give his Excellency and Mrs Sanderson special enjoyment in the future.

**Luncheon \$\$ Shortfall for June**

Members who did not pay at the June Luncheon please see the Treasurer.

**Future Luncheons**

It is unfortunate that we were unable to place more people for Luncheon in June: we were unable to seat some 8 Members.

Members you need to be aware that ANZAC House are only able to seat and cater for a finite number of Members and Guests for Highgate Luncheons that number is 112. That number allows for comfortable seating and for sufficient room between tables and chairs to meet concerns of Occupational Health and Safety.

There is no more **unpaid** Reserved Seating.

As from July you are to pay Cashier downstairs prior to placing your Reservation Card on a table in the Gallipoli Room.

When you pay, you will be issued with a **Voucher to place with your Reservation Card**. If you want to reserve a place(s) for your friends or Guests then you must also pay for them and be issued with a **Voucher to place with their Reservation Card** on the table.

The procedure will allow us to more accurately gauge the numbers for catering purposes and not take up seats for Members who are not attending the Luncheon.

The practice of moving Members Reservation Cards when they have reserved a place is to cease.

**All the best, Ian**

**FORTHCOMING MEETINGS**

**Committee: 10:00 hrs Monday**  
1 August 2005

**Luncheon: 11:30 hrs. Monday**  
15 August 2005

Assistant Cashier for July – **Ted White**  
Members, please assist by bringing the correct money  
**\$25.00**

<b>Hospital Visits – Otto Pelczar</b>	<b>New Members</b>
John Jackson is in and out of Hollywood, Warren Smith was in for a while, Brian Martin is recovering at home and Martyn Thomson is under going treatment. All the best to you fellas.	Members please make the following Members feel at home; Harold Birch transferred in from Claremont, John Allen transferred from Perth, Bob Galloway and Ian Mears.

### **Sub Wardens Duties**

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

Sunday 3 July	10:15 for 10:30	Reserve Forces and Z Special
Sunday 17 July	09:45 for 10:00	RYA Combatants
Sunday 24 July	11:45 for Noon	Cypriot Community (WA Inc)
Wednesday 27 July	10:45 for 11:00	K&SEAVA (WA Branch Inc)
Sunday 31 July	10:15 for 10:30	AATTV (WA Branch)
Sunday 31 July	10:45 for Noon	Macedonian Australian Association
Tuesday 9 August	10:15 for 10:30	HMAS Canberra – HMAS Shropshire Association

### **From the Pension Officer**

Lately, I seem to be interviewing a lot of ex veterans who have become so incapacitated that they are candidates for the Special Rate of pension from the Department of Veteran's Affairs (DVA). This rate includes Temporarily Totally Incapacitated (TTI) and Totally and Permanently Incapacitated (TPI). Most ex service applicants are unaware of the tests that the DVA require to be satisfied in order for them to be successful in their claim. These tests are contained in Section 24 of the Veteran's Entitlement Act of 1986 and briefly are as follows.

The DVA decision maker must be positively persuaded that the applicant satisfies the following three tests:

1. The applicants degree of incapacity from accepted disabilities must be at least 70%.
2. The applicants incapacity from the accepted disabilities must be of such a nature, of itself alone, to render the applicant incapable of undertaking remunerative work for more than 8 hours a week.
3. The applicants incapacity from war caused injury or disease alone must prevent the applicant from continuing the kind of remunerative work the applicant had been undertaking, causing loss of salary, wages, or earnings

The above three tests apply to applicants under the age of 65 years. Applicants over 65 years of age must satisfy the first two tests but in addition they must be prevented from continuing the last paid work they had been undertaking causing loss of salary, wages or earnings. This paid work must have commenced before 65 and the veteran must have been employed in it for at least 10 years.

Retired veterans who are 65 years or over, with very severe disabilities, might be entitled to Extreme Disability Adjustment (EDA). I will describe this in a separate item.

All of these tests are explained in much more detail in the Veterans Entitlement Act. Any veteran seeking more information should contact me, or any of our pension officers who will be only too happy to assist.

**Best wishes, Jim Eayrs**



From the of the Senior Vice President – Norm Manners

### THE REMEMBRANCE PLAQUES OF KINGS PARK

On Saturday 25 June some 200 people gathered in Kings Park for the dedication of 10 plaques to young Western Australians who gave their all in combat against a common foe. The ceremony was carried out by the members of the Honour Avenue Group and attended by the next-of-kin, friends and three members from Highgate Sub- Branch.

Because of the flow of applications for plaques it is anticipated a further ten will be dedicated in October of this year with a further ten in December. We believe that the duty of Highgate members goes past simply attending a monthly luncheon and that by attending one of these ceremonies you are not only supporting the eighteen members who do all the work and arrange such proceedings, you are paying your respects as a Highgate member to these Western Australians who gave their lives freely.

Well may they say:

**And, when you go home**

**Tell them of us and say**

*For your tomorrow*

*We gave our today*

### LUNCHEON SPEAKERS

We have some very interesting topics for the second half of the year, here are a few:

Amanda Bryce - will address the problem of medication and the oft misuse of it caused by confusion or forgetfulness of the taker.

Ernie Polis - who has made it his business to study the subject, unveils the secrets of the POW camps at Marrinup in our South West

Ian Williams - speaks on Mining and the Aboriginal Question

Graham Sherriff - has an update for us on the RSL Homes Project.

### Salutations Norm

#### July Birthday Luncheon – Everything is set for the Celebrations.

Invitations were forwarded to 19 Members, 16 of whom turn 80 this year and 3 who have their 90<sup>th</sup> birthday. As at going to print we have 10 acceptances and 3 that are unsure due to illness.

Ed Benness turns 90 this year

the 80 years olds are:

Alex Dick, Ted White, Allan Terry, John McKenzie, Brian Johnston, Jim Robertson, Noel Monks, Bill Kynaston and Bob Elliot; hopefully Allan Tyson, Ronnie Leigh and Peter Glover can make it.

Ron Stone will be attending the Luncheon as our Guest and has graciously agreed to propose the principal Toast to the birthday boys.

### Elderly depression slips under the radar

Psychiatrists at Hollywood Private Hospital have noted that depression among the elderly may sometimes be difficult to detect and if untreated can lead to suicide.

In today's society, depression is recognised as a relatively common problem with between 10 to 20% of the population developing a form of the disorder at some point in their lives. However, as is the case with many mental illnesses, it may be difficult to detect because of a wide range of symptoms and the varying degrees to which it affects people.

The Hollywood Clinic, the mental health facility on-site at Hollywood Private Hospital, offers a 'Bridges to Recovery' program, which was established to help people over 65-years-old recover from depression. 'Bridges to Recovery' program coordinator Mary Dullaghan said the general community had a limited understanding of depression in the elderly because of a view that they're like that anyway.

The term 'depression' is very broadly used and can be associated with anything from a bad day to a life threatening illness, according to a Hollywood-accredited psychiatrist.

"It can range in severity from a minor, temporary lowering of mood to a melancholic or psychotic depression," he said.

Whatever the problems surrounding the detection and diagnosis of depression in the general population, they become even greater when attempting to identify a depressed senior as symptoms may be misattributed to a concurrent medical problem or even just "getting old".

Generally, the elderly generation often misconstrues depression, as a character weakness so consequently may not acknowledge that anything is wrong.

"They may deny feeling depressed but perhaps admit to feeling low or down," the psychiatrist said.

Mary said the diagnosis of depression was plagued with difficulties, but if a loved one

displayed symptoms they should be encouraged to see their GP.

"With early detection, assessment and treatment we're looking at a successful outcome," she said.

According to Mary, it's when physical ailments, such as aches and pains, increased blood pressure and other complaints, coupled with behavioural problems like mood changes, increased irritability or loss of concentration, that it was time to look a bit deeper.

However, for those who suspect a family member or friend may be in danger there are ways to help.

"As a group they (elderly) don't readily talk about their feelings – they get on with life, they're resilient," Mary said. "It can help if they open up. Talk to them about how they're feeling and just listen."



The Hollywood Clinic 'Bridges to Recovery' program coordinator Mary Dullaghan.

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### **Last Post**

Eddy Brown

**Lest we forget**