

President

Ian Mulholland
Telephone: 9572 2632

Senior Vice President

Norm Manners
Telephone: 9405 2421

Junior Vice President

Brian Martin
Telephone: 9294 1915

Past President

Don Blair
Telephone: 9272 2933

Secretary

Ron Adams
48 Kooyong Road
RIVERVALE WA 6103
Telephone: 9361 1960

Treasurer

Richard Adams
PO Box 7146
PERTH WA 6850
Telephone: 0411 737 723

Welfare Officers

Clare & John Curtis
Telephone: 9271 4520

Pensions Officer

Jim Eayrs
Telephone: 9341 2979

Monthly Luncheon

Monday 22 August 2005

Venue: Gallipoli Room, ANZAC House
Time: 11:30 hrs Fellowship 12:30hrs Luncheon
Speaker: Amanda Bryce (Clinical Pharmacist)
Topic: Taking Your Medicine

Presidents Report

**Due to the end WW2 Celebrations to be
conducted in Perth on 15 August**

**Highgate Luncheon has been moved to Monday
22 August 2006, the 4th Monday**

Administrative Procedure Luncheons

I believe the administrative procedure at Luncheons will work well in the future as Members become more accustomed to paying the Cashier and then placing their Voucher with their Reservation Card on Tables. Remember to keep the Voucher you could win a bottle of wine.

Expressions of Interest – Proposals for Congress 2006

Highgate needs to put together a small Sub-Committee to research issues and areas of social values that affect the returned and ex-service community from both a State and National perspective. Investigate and where necessary raise appropriate realistic proposals, which contain logical and intelligent supporting comments and references.

Jim Eayrs has kindly agreed to chair the Sub-Committee. If you contact me when you can, we would like to have the Sub-Committee active by the end of August.

Committee Members 2006 onwards (see page 2)

Actively seeking Senior and Junior Vice President and an Editor. Editor required ASAP, other committee positions are available.
All the best, Ian

FORTHCOMING MEETINGS

Committee: 10:00 hrs Monday
5 September 2005
Luncheon: 11:30 hrs, Monday
19 September 2005

Assistant Cashier for Monday 22 August – **Ted White**
Members, please assist by bringing the correct money
\$25.00

Highgate Luncheon 4th Monday - 22 August at ANZAC House this Month only.

Hospital Visits – Otto Pelczar	New Members
John Jackson is in and out of Hollywood, All the best to you John.	Several memberships in the pipeline.

Sub Wardens Duties

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

Tuesday 9 August	10:15 for 10:30	HMAS Canberra – HMAS Shropshire Association
Wednesday 31 August	11:45 for Noon	HMAS Canberra – National Malay and Borneo Vets
Sunday 11 September	11:45 for Noon	Maltese Association of WA (Inc)

From the Pension Officer

In the last edition of the newsletter I spoke about the special rates of pension including the T&PI rate. This time I want to complete that item by discussing the Extreme Disability Adjustment (EDA) rate.

This is paid to veterans or members who are beyond the normal retiring age and who, because of their accepted war or defense caused disabilities are extremely handicapped or restricted in everyday functioning. There are four requirements to qualify. The veteran or member must be:

- a. in payment of disability pension at 100% of the general rate
- b. 65 years of age or over
- c. not being paid disability pension at the Intermediate or Special Rate; and
- d. found to have a combined impairment rating of at least 70 points and an average lifestyle rating of 6.

The level of incapacity for veterans and members in receipt of this pension rate is such that they have a minimum level of functioning and greatly reduced lifestyle activities. EDA is an amount equal to a 150% of the General Rate.

In practice, veterans whom I get up on EDA are in a very bad way indeed. If they are still driving their car, for instance then they have a problem qualifying for EDA.

Any queries? Talk to any of your friendly pension officers.

Best wishes, Jim Eayrs

Committee Members 2006 - onwards

Bruce Taylor the former JVP has resigned from the Committee due to his contract with the UN Mine Clearing operations in the Middle East; Brian Martin stepped to cover the role for this year only.

So we are looking for Senior and Junior Vice President who will, expectantly, move successively through to the Presidents role.

The Editors role is an integral part of the committee; publishing Highgate, RSL information and veterans and ex-service news and is the link between Highgate events and Members. Members contemplating this position ideally require a modern computer system including Microsoft suite and internet access. The pay and conditions are most generous see Norm or the President.

Please contact Ian Mulholland or Norm Manners directly.

Highgate Luncheon 4th Monday - 22 August at ANZAC House this Month only.



From the of the Senior Vice President – Norm Manners

For members who did not attend the OBE birthday luncheon on the 18 July, you missed an excellent day with the very large birthday cake cut by Eddie Benness, wielding a mighty Samurai sword, which was smuggled in to town by Phil Loffman.

Ron (as staunch as a rock) Stone proposed the toast to the “Birthday Boys” with a series of stories and poems that kept everyone giggling and then it was up to John (“There was a war in Europe you know”) McKenzie to defend the honour of the OBE’s with a speech in reply. This luncheon was so well received that many stayed on after the 2.00pm close to chat and enjoy each other’s company.

Earlier in the meeting I had the pleasure to report to the members present that the new Highgate Honour Avenue booklet was being well received and that, in fact, one of our members, Bill Kynaston, had sent a copy to his Sister-in-Law in NSW.

A letter was duly received from Bill’s relative congratulating us on the publication and enclosing a donation in memory of her husband Sgt. K. McCrackan... it was for \$1,000. This, as with other donations, will go towards the maintenance of the Honour Avenue remembrance plaques of Kings Park.

The booklet, entitled “Avenues of Honour” is now available at Aspects, the new gift shop in Kings Park next to the café.

It was also my pleasure to congratulate, on behalf of our members, our President, Ian Mulholland, on his recent election to the restructured RSL Board and State Executive, as Chairman of Corporate Affairs.

Ian’s portfolio includes the overseeing of the refurbishment and the operation of the ANZAC Club, the former is due to commence this year. You can bet your bottom bippy one the first items to be refurbished will be the Gallipoli Room’s P/A system.

I look forward to seeing you at our 22nd of August luncheon. Amanda Bryce, a consultant clinical pharmacist, is our guest speaker and she will address the problems associated with pill taking.

Meanwhile keep smiling, Norm Manners

Congress 2005

Held over the weekend of 9/10 July 2005 at Observation City a nice if cold venue, I refer to the air-conditioning. Addresses by the Governor, the Minister for Vet Affairs, her opposition counterpart as well as State politicians were well received; our elected representatives all have the welfare of veterans and the ex-service community well to the fore.

There was an address by the WA Football Commission which I am hopeful may be repeated to Highgate Members in September or October.

There was a formal farewell to Governor and Mrs Sanderson by the State President at the Congress Dinner on Saturday Night.

The standard of motions raised at Congress was generally poor as they dealt with insular matters, irrational, vaguely researched, and poorly presented and with little knowledge by the particular Sub-Branch, hence, the reason for a Sub-Committee; see Presidents Report page 1.

Highgate Luncheon 4th Monday - 22 August at ANZAC House this Month only.

New research puts prostate cancer in focus

Prostate cancer will directly affect 16% of Australian men and prove fatal for 3% of men making it the third biggest killer in the male community, according to Hollywood Private Hospital urological surgeon Mr Stan Wisniewski.

To find a cure however, researchers must first determine a cause and two Hollywood specialists have made a world-first finding in prostate cancer research.

Urologist pathologist Dr Ronnie Cohen and urologist Mr Tom Shannon have recently published a paper in the distinguished American Journal of Urology documenting their findings that identifiable bacteria may be associated with prostate cancer.

“One day we might find a cause and be able to then develop the prevention,” Mr Wisniewski said.

The most susceptible demographic for prostate cancer is men 50 to 70-years-old,

He said regular checks for prostate cancer should begin when men are 50-years-old or even as early as 40-years-old for those with a family history of the problem.

The prostate is a male organ about the size of a 20 cent piece and is found below the bladder. Problems with the prostate mainly arise when the man grows older.

Men often see the symptoms of prostate cancer as a product of aging so don't see a doctor, while many cases of prostate cancer develop without the presence of any symptoms.

Though Mr Wisniewski said there was little known about the prevention of prostate cancer, except for some evidence suggesting a good diet may defer the onset, he was buoyed by advances in procedures and technology for treatment.

Hollywood offers complete care for men with prostate cancer and is capable of diagnosing the disease and administering two of the three forms of treatment on-site.

Mr Wisniewski said Hollywood was heavily involved in the State Government's focus on equity of care, which included innovations in prostate cancer treatment.

He also praised the Hollywood palliative care unit, which provided strong support for patients with advanced prostate cancer.

Symptoms of prostate cancer include:

- Waking frequently to urinate, sudden or urgent need to urinate, difficulty starting to urinate, discomfort when urinating or slow flow and difficulty stopping urination
- Blood in urine or semen
- Decreased sex-drive
- Inability to get an erection and painful ejaculation



Above: Mr Stan Wisniewski.

End WW2 Celebrations 13/14/15 Aug

See the Press for details your Unit, Formation and Associations have all the details.

.....

Last Post

Vincent (Vin) Hart.

Lest we forget

Highgate Luncheon 4th Monday - 22 August at ANZAC House this month only.