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

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FORTHCOMING MEETINGS

Committee: 10.00 hrs,
Monday—7 November 2005

Luncheon: 11.30 hrs,
Monday—21 November 2005

Monthly Luncheon

Monday 21 November 2005

Venue: Gallipoli Room
Time: 11.30 Hrs Fellowship, 12.30 hrs Luncheon
Speaker: Ian Williams
Topic: Mining and the Aboriginal Question

President's Report

LADIES DINING NIGHT

Because of the lack of numbers attending we regret that the Ladies Dining Night has had to be cancelled. The Treasurer will be refunding all monies paid as soon as he is able.

OCTOBER LUNCHEON—REFURBISHMENT

The builder altered the schedule for ANZAC House without reference to the staff; therefore, we had no alternative but to cancel the October Luncheon. I am pleased to say we contacted most Members via email and telephone; a few stalwart members arrived on the Monday for whom we shouted a few drinks.

POPPY DAY

"Poppy Day" is over. Highgate did not have enough people to cover our collection areas. This is our major fund raising event of the year and is the opportunity to fill our coffers so next year we are able to distribute the monies collected in the form of welfare to those in need.

We need ask for family members to assist with collections in 2006.

COMMITTEE NOMINATIONS

If any member wants to put themselves forward for a committee role for 2005, please contact the Secretary before the end of November.

Legacy Christmas Puddings \$8.00, available at the November Luncheon.

All the best. †



Sub Wardens Duties

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

- Sunday 30 October — 12.15 for 12.30 — Consul of Greece.
- Friday 11 November — 10.00 for 11.00 — Remembrance Day.
- Friday 11 November— 18.30 for 1900 — 1st Salter Point Sea Scouts
- Wednesday 16 November— 16.45 for 17.15 — Perth Legacy.

HOSPITAL VISITS



Otto Pelczar, on his visits to Hollywood, because of privacy provisions, is unable to establish the names of those who have been hospitalised.

Should you, unhappily, be hospitalised and would like a cheery face from our branch to lighten your day and keep you informed, do not hesitate in giving him a call. Or, if any member should know of one of our members who is a hospital patient please let Otto know.

He will welcome it. Otto can be contacted, most conveniently, on 0408 940 928.

Editorial:

Thank you for the opportunity to be your editor.

Editing a newsletter can be a rewarding task and it is particularly so when members regularly contribute. There can be little doubt that every member has had an experience, or more probably a number of experiences, which would be of interest to others and these should be shared. And, don't for one moment think that by putting pen to paper to relate your experiences you are being egotistical. It is not bragging it's sharing. To this end I have put my postal and email addresses on the front page and feel confident that being the new boy on the block many of you will help me out.



ISSUES FOR CONGRESS 2006

A small sub-committee comprised of **Jim Eayres** as Convenor, **Bob Galloway** and **Bob Arnold** has been established to examine and put forward to the Sub-Branch Committee proposals to be submitted to the next Congress. Members who have any item or items which they consider should be presented please advise any member of the sub-committee.

To allow time for review it is requested that your submission be with the sub committee by March 2006.

LAST WILL AND TESTAMENT
Being of Sound Mind I have spent
all my money.

HOW'S YOUR MILITARY HISTORY?

These few words were uttered, just prior to which famous battle?

"Have you come from Raglan?" cries he. "Where the hell are the infantry, do you know?" We shall be sadly mauled at this rate, unless he moves soon. Look at the Heavics yonder; why don't Lucan shift 'em back faster, out of harm's way?" And indeed they were retiring slowly; it seemed to me, right under the shadow of the Heights, with the Russian fire still kicking up the clods round them as they came. I ventured forward a little way; I could see Lucan, and his staff, but no sign of Campbell, so I asked Morris, of the 17th, and he said Campbell had gone back across the plain, towards Balaclava, a few minutes since.

(Answer at foot of page 4)

THE WORLD WAR 2 NEWSREELS

Boxed sets of 4 DVDs of these newsreels are available from Access 31 Television at a discounted rate for RSL members of \$35.00 (Regular Price \$39.95), plus postage of \$9.95 or they may be collected from Access 31 at 265 Great Eastern Highway, BELMONT.



From the desk of the Senior Vice President—Norm Manners.

KILLER CALDWELL

AUSTRALIA'S GREATEST FIGHTER PILOT

By Jeffrey Watson — Published by Hodder Australia

This month I have another book review for you and this one will appeal to all those Air Force types who like to read about Australians who acquitted themselves, in the air, extremely well during WW11. This book deals with the life of Australia's greatest fighter ace and his war in the Western Desert, the North of Australia and the islands.

Jeffrey Watson is a well known television presenter who has researched this 271 page book extremely well to bring us some insight into the make up of Australia's most outstanding fighter pilot of the Second World War. A controversial character, Clive Caldwell enjoyed the limelight created for him by the press but hated the prefix "Killer" that had been pinned on him. Tall, a big drinker, straight talker, a fine leader and a remarkable shot he forever battled with the RAAF's top brass, especially Air Marshal George Jones, who he thoroughly disliked and fought an on running battle primarily because of the former's attitude to the Empire Air Training Scheme. On one occasion he was heard to refer to them as the Empire Air Training Scum and when Caldwell was put up for another decoration he wrote: "This officer is an Empire Air Trainee and as such is considered to be already sufficiently decorated and is to receive no more regardless of further service."

Clive's eagerness to fly led him to join the Royal Aero Club of NSW in 1938. When war broke out he applied for the RAAF and altered his birth certificate to come in under the maximum age for a fighter pilot, which was 28. Soon he was flying Tomahawk P40's in the Western Desert with 250 Squadron and it was here that Clive developed his shadow shooting technique. Instead of using the aircraft's fitted gyro gun sight, he practiced at shooting at his Tomahawk's speeding shadow on the desert

surface and perfected a system of self correction. It worked and he went on to use this for the rest of the war accelerating the number of enemy aircraft he destroyed to a total of twenty seven plus three shared, six probable and fifteen damaged.

In January 1943 Clive was transferred to a Spitfire Squadron operating out of a strip some 35 miles out of Darwin where he succeeded in shooting down a Zero and a Kate during his first engagement. Here is how he summed up the Spitfire "I regard the Spitfire Mark V as a superior aircraft generally, though less manoeuvrable at low speeds. In straight and level flight, and in the dive, the Spitfire appears faster."

The book also deals with the infamous grog running incident and the Morotai Mutiny that led to Courts Martial proceedings.

In all it is a quick read but one that reveals much of how Clive Caldwell fought and what he thought from day to day for, as he strapped himself into his aircraft and pulled the hood over his head he used to wonder if, perhaps, this could be his last day.

Well good reading and good health until we meet again at the next Highgate Sub-Branch luncheon. 🍷

Coming together is a beginning; Keeping together is progress; Working together is success.

Henry Ford



Dena

ART THERAPY

A unique method of dealing with the blues

(With thanks to Ashlea Hatcher, Hollywood Private Hospital)

In a sunny room overlooking the gardens of The Hollywood Clinic, dark spaces in people's lives are lightening through art therapy.

Art Therapist Dena Lawrence runs four main groups in the self-contained psychiatric clinic based at Hollywood Private Hospital as a component of other multidisciplinary programs.

The specialist groups cater for clients with post traumatic stress disorder (PTSD) mood disorders such as anxiety and depression and eating disorders. There is also an unstreamed 'pathways' group.

Art therapy is a relatively new form of psychotherapy involving both art and psychology, which provides an avenue for people to express their internal worlds through the non-verbal language of image making.

Dena combines painting, creative writing and metaphorical language to help people access the inner 'black areas' in their lives.

Both her own and clients' paintings facilitate the therapeutic process. She starts the session by presenting the group with a selection of images and asking them to choose the one that most closely represents their feelings.

Using the image as a catalyst, each person paints their own picture then the group reconvenes and analyses what is represented in the paintings. "I don't ask people to paint a landscape. I use metaphors and ask them what sort of landscape are you today? Are you a stormy sea or an empty desert?" Dena explains.

"People, especially from abusive backgrounds,

often get stuck in what is almost like a younger-state and it can be very difficult for them to articulate their feelings," she said. "The paintings act like a mirror that you can pull out on to the page then look at to make some sense of yourself."

Sometimes the paintings are divided into two sections with some kind of barrier between the trapped, hopeless self and the part of the authentic self that is lost or cut off from the place where there is life and relationship.

"Often the work starts out in a very dark, muddy place where there is a lot of black and red—the colours of anger, depression, isolation and despair. Gradually more clarity and light emerges in the work, and the colours change to brighter more optimistic yellows and oranges when people start to feel some hope in their life—often painted at the far end of a long tunnel."

Certain patterns emerge. In eating disorder patients, for example, the healthy self is often painted as something fragile and vulnerable like a butterfly or a bird, whereas the anorexic self is typically depicted as something monstrous like a red and black venomous snake. According to Dena, the meditative aspect of art therapy is also therapeutic.

Bernie a Vietnam veteran, describes the art component as 'an important part of his passage to recovery in the PTSD program that fills an extremely large void.'



(The Charge of the Light Brigade)

LAST POST

Ramsay (Don) Lawrence and Ken Winstanley

Lest We Forget