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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:
Monday— 1 May 2006

Luncheon:
Monday—15 May 2006

MONTHLY LUNCHEON

Please note that because of the Gunfire Breakfast the monthly luncheon is not held in April. The next luncheon is scheduled for Monday 15 May 06.

President's Report

NEW CLUB MANAGER

Highgate welcomes Sarah Scott, the newly appointed Manager of ANZAC HOUSE, who was introduced to the committee on Monday 13 March.

GUNFIRE BREAKFAST

To avoid any undue delays at the door on the morning we ask members to make sure they are booked in now. Tables are pre-allocated so that mates can sit together and this is done as returns are received. Manning the registering-in point, upstairs this year will be committeeman Roger Tingley. Roger will also be selling tickets for the raffle, which this year features two bottles of rare liqueur, captured by SVP Bob Norris whilst overseas and two books on the Gallipoli campaign.

Doors of the Western Australia Club will open at 07:00 hrs for coffee with breakfast commencing at 07:30 hrs and the programme concluding at 08:50 hrs, so that all can join their units in time for the march.

Our speaker on the morning will be Neil James, Executive Director of the Australian Defence Association, a community-based public interest guardian organisation with a long-term perspective.

LADIES LUNCHEON

Each year we dedicate a special luncheon to our ladies in appreciation of their support of the members of Highgate Sub-Branch. Not only does this include those members who dedicate time each week to serve with the Sub-Wardens and the Honour Avenues Group, but also the selling of Poppies, attending school services, speaking to other service clubs, visiting Highgate members in hospital and sadly attending funeral services to pay tribute to Highgate mates who have passed on.

These are the many hours spent away from wives and partners and so we should show our appreciation for the wonderful way and spirit in which they let us carry on with our work and comradeship.

Seating arrangements will be along normal luncheon/meeting lines.

(Continued on page 2)

Members, the charge for the monthly luncheon is now \$30, and would you please endeavour to tender the exact sum to our overworked "cashiers". This will make it much easier for them. And, very happy indeed.

**Sub Wardens Duties****Wreath Laying ceremonies currently scheduled at the State War Memorial, Kings Park:**

Tuesday 25 April 2006 — 06.00 for 06.15 — Returned & Services League of Australia WA Branch Incorporated
 Friday 28 April 2006 — 11.00 for 11.15 — BCOF Association of WA Inc.

*(Continued from page 1)***MEMBERSHIP**

Our strength is in our membership and it is from this strength that we can draw the members we need to carry on the many civic duties we have undertaken and which we are admired for as a sub-branch.

Make it your project to join a new member this year. Bring them innocently to lunch, for there is no such thing as a free lunch.

I look forward to welcoming you to our April and May functions.

*Norman Manners***The Reverend A.P. (Percy) Bladen OBE, VD**

It is rare that a literary gem falls into ones hands and it is a moving experience when it does. Ken Bladen has graciously loaned me "IN ANZAC'S TRACKS: An Account of the Gallipoli Campaign" written by his Grandfather, The Reverend Percy Bladen. Percy Bladen was 50 when he enlisted in the AIF. He was allotted to 23rd Battalion, 6th Infantry Brigade, 2nd Division and appointed Chaplain 4th Class (rank of Captain).

Although at this moment I have only thumbed through Percy's writings, I can immediately see that such intimate memoirs of the campaign, couched in the language of the day, will undoubtedly stir your emotions, just as they have mine. A small extract follows, as will more, in no particular order, when space permits.

*Editor.***Disembarkation at ANZAC Cove**

The process of disembarkation was a very tedious and uncomfortable experience. We were taken ashore in lighters, whose structure is similar to canal boats without a deck. They were deep enough to make necessary a somewhat hazardous leap from the end of a footway from the lower deck of the "Partridge".

We were lying at some distance from shore, but there was no doubt about the nature of our service now, and the fact that we were within the war zone. The crack of rifles was intermittently continuous, if one may be allowed the use of so paradoxical a phrase. Bullets found their way even where we were. Several struck the boat, and one of our men was startled by one passing through the leg of his trousers. Every now and then we heard the sound of a shrapnel shell, and very frequently the roar of naval guns from our own war boats not far away from us. We could see the shells bursting on a ridge on our left.

I was in the last lighter load which left the boat.

Just as I reached the end of the plank and was in the act of jumping into the lighter, in the bottom of which a bale of hay was placed to "break our fall", my foot caught between two boards which formed the footway. Fortunately my weight wrenched it free but not soon enough to prevent my exit being more in the nature of a dive than anything else. I was precipitated head foremost into the lighter. I was lucky enough to escape injury, though very heavily laden. We were only permitted to bring from Egypt as much gear as we could carry. In my case this comprised my web equipment, my pack with blanket and waterproof sheet strapped over it, two haversacks and a kit bag. These accompanied me to the bottom of the lighter which I found to be redolent and dirty. It had been used for the transport of mules, and the abundant evidence of their recent occupation rendered the depths of the lighter exceeding "high".

I was none the worse for the experience except for the fact that my clothes borrowed a little from the floor. The worse was to come. We were packed so closely that there was only standing room. A swell, which we could not feel in the larger boat, made the lighter toss like a cockle shell. We stood and suffered there, waiting for the tug to come and tow us to the landing place. It did not come for two hours. Nearly half of the men became seasick. We were too closely crowded for the sick in the centre to get to the side. The curses which were visited on the heads of those responsible for the delay were loud, and deep, and comprehensive. There are occasions on which Australians in that respect can rise to the height of true eloquence. This was one. The maledictions dealt faithfully, not only with the delinquents themselves. With fine impartiality their ancestors and their prospective descendents were duly and in some detail, described and consigned to their own place. However, even steam tugs come to them who wait, and eventually we were towed to the landing place and disembarked.

Accompanied by guides, we then marched through the darkness by way of the beach and sap and trench, until we came to the place where we were to pass the remainder of the night. Curiously enough it was called Rest Gully. It was a



branch of one of the ravines that run from the coast to the heights inland. We toiled up with our baggage till we got near the top. We threw off our packs at 0230 hours. lay down where we were. and covered ourselves with our blankets without removing any of our clothes. In spite of the fact that bullets whistled over us. and shells screamed. and big guns boomed. with the compulsion of great weariness upon us. we slept through our first night on the peninsula.



PENSION OFFICER'S REPORT

Here's a few more changes to the Repatriation Medical Authority (RMA) Statements of Principles (SOP's). They seem to be coming through one after the other now. In general the changes are:

Factors Associated With Malignant Neoplasm of the Larynx

1. The smoking factor associated with this disability has been reduced from 3 pack years to 2.5 pack years before the clinical onset of the disease.
2. Being immersed in a smoke haze atmosphere. This factor is reduced from 7 years to 5 years.
3. The previous SOP placed no time factor on exposure to respirable asbestos fibres. The new SOP requires 1000 hours of exposure for the disability to be accepted
4. The previous SOP had a factor of inhaling smoke in a confined space for 7280 hours. The new SOP reduces this to 5000 hours.
5. The SOP has included a new factor of being on land or sea for 30 days in Vietnam.
6. The new SOP has a factor of exposure to 2,3,7,8 tetra-chlorobenzol for at least 30 days.

Heart Block

This is a new SOP relating to delay in the conduction of electrical current as it passes through the atrioventricular node etc and discusses issues such as angina. lymphoma etc.

Spondylothesis. Motor Neuron Disease. and Acute Stress Disorder

There have been changes to these existing SOP's

Malignant Neoplasm of the Thyroid

Changes to atomic radiation dosage and time after exposure to the clinical onset of the disease. There is no mention in the new SOP of the Hiroshima and Nagasaki explosions.

As I have said on many occasions now. if anyone has had trouble meeting the factor or factors in any applicable SOP in the past then it is worth while revisiting the claim with the help of any of the volunteer advocate/pension officers available. SOP's change and a factor that may have been an impediment to a successful claim in the past may now be relaxed sufficiently to have the claim accepted.

Best wishes

Jim Hayrs



From the pen of

The Senior Vice President

Highgate member George Oliver has been awarded the Legion of Honour by the French Government in recognition of the role he played in the liberation of France during World War II.

George joined the RAAF in 1941. In 1943 he was posted to the U.K. and served with the RAF. Ahead of D Day he flew special operations dropping supplies to the French Resistance. On D Day he was in the first waves of aircraft dropping paratroops and returned that afternoon towing a glider loaded with men to reinforce the airborne troops in Normandy.

In September 1944 he took part in the next major airborne operation at Arnhem and was shot down by a German fighter. With the aircraft on fire and too low to bale out he crash landed in enemy territory and made his way back to the Allied lines. He was mentioned in despatches when his tour of operations finished and was discharged in January 1946 Congratulations George on your receipt of this significant honour.

HM Forces Armed Forces Badge

To qualify for the Veterans Badge any of the following criteria must be met:

Men and women who served in HM Armed Forces up to and including 31 December 1954. Merchant Navy Seaman. Polish Forces under UK Command. Cyprus Regiment and Homeguard. It does not include Veterans who served in Armed Forces of other countries and who served alongside HM Armed Forces.

Contact details are:

Postal Address: Veterans Agency, Thornton-Clevelys, Norcross, Blackpool, FY5 3WP
 Email: help@veteransagency.gsi.gov.uk
 Telephone: +41 1253 866043

Bob Norris



YOU MAY BE ENTITLED TO THE AUSTRALIAN DEFENCE MEDAL!

For details see:

www.defence.gov.au/dpe_site_awards/resources/forms/forms.htm

HOSPITALITY n. - The virtue which induces us to feed and lodge certain persons who are not in need of food and lodging.



FAT AND FIT OR LEAN AND LAZY

TAKE THE DEXA TEST

By Ann Beale



A sophisticated scanning machine can now reveal whether you are fat and fit or lean and lazy.

Specialist physician Dr Arthur Criddle is using a scanning technique known as DEXA (dual energy X-ray absorptiometry) in his rooms at Hollywood Private Hospital to measure body composition.

DEXA uses a source that generates X-rays of two different energies to estimate body composition.

The machine, which is used to measure bone density in osteoporosis, can now be used to ascertain the proportion of fat, bone and muscle in your body.

It differs from previous techniques to assess body composition because it measures the density of three different body compartments. Former techniques, such as underwater weighing or measuring skin fold thickness with callipers, estimate percentages of body fat and muscle but do not take bone content into account and are less accurate.

According to Dr Criddle, DEXA is the most accurate method available and is frequently used in research studies that measure fat mass.

DEXA measures fat wherever it is in the body such as around the organs or on your legs – not just under the skin," he said.

There are better and worse fat distributions to have health-wise. Abdominal fat, that is the archetypical male beer belly, is 'bad fat' whereas the more pear-shaped distribution that tends to accumulate around female bottoms does not pose as great a health risk.

Ideally, women should have just under 30 per cent body fat and men about 18 per cent.

Exercise increases the amount of muscle in the body and muscle weighs more than fat. So if you are building muscle, it is possible to become healthier and gain weight.

Conversely, a diet that causes muscle loss in the body is an unhealthy kind of weight reduction and an undesirable consequence of a weight loss program.

Dr Criddle is quick to point out that exercise alone is not the answer if you are trying to lose weight because exercise is an appetite stimulant.

The advice is borne out by his personal experience. Dr Criddle describes trying to convince himself that his weight gain was extra muscle until he hopped on the DEXA and the machine told him otherwise. His percentage of body fat has now dropped from 27 per cent to 17 per cent since reducing his food intake and continuing to cycle.

"There is only one solution to weight loss. You have to stop eating as much as well as exercise," he said.

DEXA is used by people who run exercise programs promoting lifestyle changes, as well as by members of many professional sporting teams, such as the West Coast Eagles football team.

A baseline scan is performed initially then followed up with a re-scan six months later to see what changes have occurred in the percentage and distribution of body fat.

The scan costs \$55 and involves lying face up and fully clothed on what looks like an X-ray table for about five minutes. The arm of the machine moves slowly over the entire length of the body from above. The beams take readings at one centimetre intervals throughout the body.

The DEXA machine uses very fine X-ray beams known as 'pencil beams' which emit negligible radiation.

According to Dr Criddle, the scan is very safe. "You get much more radiation flying to Sydney and would need 50 DEXA scans to equal the radiation in one chest X-ray."



LAST POST

John B Mackay

Len J Owens

Lest We Forget