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

President's Report

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Your Executive Committee attended the Annual State Congress, held over the weekend of 1 – 2 July, celebrating the 90th year of the RSL, which was opened by the Governor of Western Australia at the Rendezvous Observation City Hotel, Scarborough.

I am very pleased to report that Highgate members Ron Stone received his award of ANZAC of the Year and Sir Charles Court the Meritorious Medal of the RSL from the Governor on the opening day to vigorous applause from the attending sub-branches.

Sir Charles will turn 95 this September.

During the course of the Congress the incoming Warden of the State War Memorial was announced. This was Commodore Clem Littleton AO, RAN (Retd) who has a distinguished naval career and now resides at Mt Helena.

In this 90th anniversary year, a new direction has been sought by the National Committee, one which incorporates the children and youth of our community. It concentrates on welfare and social issues rather than military matters yet contains an underlying theme of the ANZAC SPIRIT that helped forge the strength and character that Australia can show the world today. Shortly we will receive a promotional package from our National Headquarters detailing the programme the highlights of which will be passed on to our members.

It was also announced that the ALP have offered to supply the Australian National Flag, free of charge, for the burial services of all Australian veterans, to be retained by the next-of-kin.

There were twenty-six items on the agenda to be discussed and voted on. These ranged from penalties for desecration of the ANF to the deportation of Indonesian fishermen.

Five items were lost, including an increase in members annual fees, however the four submitted by Highgate were carried and will go forward to the National Congress to be held in September of this year. These items were detailed in my last report to you and covered the proposals that all migrants must learn English within two years of their arrival in Australia. That DFRDB superannuants have their pensions indexed and adjusted in line with movements in the CPI or the MTAWC whichever is the greater. That the Federal Government assist returning veterans with fees associated with approved courses of study. That the ANF be better protected by inclusion of the wording of the Flags Act in the Australian Constitution.

In closing, it was felt by the majority of delegates that the

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new course set for the RSL of Australia, which embraced the core business of welfare for veterans combined with a stronger emphasis on youth and community, was the way forward.

Good health to you all

Norm Manners



WHO DARES WINS - SOMETIMES



????

The members of Highgate RSL are overwhelmingly mature ladies and gentlemen who have had fulfilling lives. And, some of us, maybe, have forgotten that we were once very much younger men and women.

It is therefore most refreshing to be reminded of our youth and the exploits of youth. The tale which follows is such a reminder and there is little doubt that some of us could all tell a not too dissimilar story, if we dared. — Our thanks to one who dared.

Editor

It was raining that afternoon in June 1967 which made the sticky balmy heat a little more intolerable. It seemed that the smell of rot and sewerage lingered longer in the wet. But I was pleased to be free and sporting civvies and on my five day R & C.

The rain was bucketing down when I suddenly heard Johnny Cash's 'Ring of Fire' belting out from this little bar just up from the beach. "You buy me Saigon Tea?" she said as she sleeked down along side me on the comfortable lounge sofa. Seemed like a fair request, considering I'd never seen such a pretty and well developed girl since arriving in country. In fact Nui Dat had no females at all.

I forgot how many 'Saigon Teas' I bought her that night before she grabbed the last of my money. "You come home with me now." she said. It must have been after midnight when she steered

me through the grubby back streets of shanty town. It was well after curfew so I knew there was risk. For some reason I felt more at risk in being mugged. But losing money was the least of my worries — she had it all.

The 'house' was a lean-to structure clad in Bud-Weiser beer can metal sheets. The smell was something I tried desperately to ignore as this little top heavy girl with her affectionate embrace was looking exceptionally promising.

I remember being told to wait in the dark for a while, before being led into a dark room and onto a hard double bed. It was still warm! I then realised that mum and dad had been ushered off elsewhere.

Now we had only just settled in together when there was an incredible crashing and screaming not far away. "You come quickly" she said and I gathered from the tone of her voice and the way she was dragging me from bed that it was not said with any sexual connotation — unfortunately!

I was led through a maze of dark passages before being pushed under a bed. Then she took off elsewhere. So I'm lying on the floor under this bed when all of a sudden I realise that I'm not alone. "How you going, Man?" whispers this yank and from the voice I knew he was an Afro-American. "What the hell's going on?" I said. He then told me that this was a regular occurrence. The 'White Mice' were press-ganging for conscripts into the army. Not having our creative marble conscript system, the ARVN (South Vietnamese forces) found 'volunteers' at night. Although a very creative recruiting system, in hindsight, it possibly explains as to why hearts and minds were not attuned to winning a war. This rampage went on for a considerable period of time and fortunately 'our house' wasn't in any way raided. Had we been found, we knew we would be in big trouble.

We had each other in fits of laughter on various issues and yarns which we swapped in those wee hours under the bed. Before long it was dawn and we crawled out and traversed the dingy alleyways to our respective barracks. Fortunately he knew his way out, otherwise I may still have been there today.

I did go back to the bar the next night (of course) — but that's another story.

You could say that I still call Vung Tau home. Pigs bottom!



Yesterday & Tomorrow

(Senior Vice President's Page)

HISTORY AND COMING EVENTS

This Months Luncheon: Monday 17 July 06

Venue: Gallipoli Room

Time: 11.30 hrs Fellowship, 12.30 Luncheon

Speaker: There will be no guest speaker at this luncheon. We will be celebrating the OBEs and presenting medallions to long serving Sub-Wardens.

Committee: 7 August 06

Luncheon: 21 August 06

Sub Wardens Duties

Wreath Laying Ceremonies currently scheduled at the State War Memorial Kings Park

Sunday 23 July 2006 — 09.45 hrs for 10.00 hrs — Yugoslav Royal Ex-Combatants Association.

Sunday 23 July 2006 — 11.45 hrs for 12.00 hrs — Cypriot Community of W.A. Inc.

Sunday 30 July 2006 — 11.45 hrs for 12.00 hrs — Macedonian-Australian Association of Veterans in W.A.

Wednesday 9 August 2006 — 10.15 hrs for 10.30 hrs — HMAS Canberra-HMAS Shropshire Association.

Extracted from "Second World War" by Martin Gilbert-Published 1955

MARCH

1940

- 4. Soviet Forces attack Finland
- 16. German Fleet attack British Fleet at Scapa Flow

1941

- 4. British launch Operation Claymore a naval raid against Lofoten Islands.
- 5. British launch Operation Lustre landing 4 Divisions in Greece.
- 8. United States pass the Lend Lease Bill
- 17. Germans move armoured units to Cracow in preparation of invasion of Russia.
- 30. Hitler announces invasion of Russia for June 22

Rommel advances across Cyrenaica.

1942

- 3. Japanese attack Broome WA.
- 5. Dutch evacuate Batavia.
- 8. Japanese attack New Guinea.
- 28. British naval and commando units attack St Nazaire.

1943

- 28. Montgomery signals Churchill - "Eighth Army has inflicted severe defeat on enemy.

1944

- 1. Germany resumes bombing of Britain.
- 2. Allies commence bombing of Yugoslavia from bases in Italy.
- 6. In preparation for Normandy landings British aircraft bomb railway centre at Trappes.
- 15. Allies attack Monte Casino again

1945

- 3. Finland declares war on Germany. Germany launches V1 bombs on London again.
- 4. American bombers complete the last precision bombing raid on Japan.
- 7. American Troops cross the Rhine at Remagen
- 9. American bombers launch "firestorm bombing" of Tokyo.
- 29. Soviet troops move into Austria.

APRIL

1940

- 9. Germans attack Finland.

1941

- 6. Germans bomb Belgrade-the battle for Yugoslavia had begun.
- 8. Germans bomb Coventry. Germans occupy Salonika, Greek troops ordered to surrender.
- 10. British troops withdraw from Salonika area.
- 23. Greek Army surrender to Germans.
- 24-30 British, Australian, New Zealand and Polish forces evacuated from Greece.

1942

- 6. Japanese attack towns in Madras India
- 13. Japanese bombers attack Mandalay. Germans launched attack on fortress Tobruk—Cpl Jack Edmondson awarded first Australian VC of WW11
- 18. Americans launch successful air raid on Tokyo, Kobe, Nagoya and Yokosuka
- 20. America and Britain attempt to deliver fighter planes to Malta.

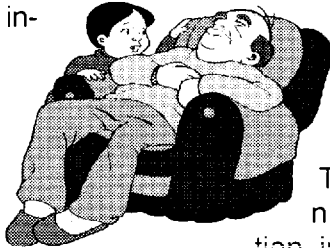


Lack of sleep can cause obesity and diabetes

(With thanks to Penny Tassone - Hollywood Private Hospital)

A recent health study has shown one in five people are sleeping less than six and a half hours a night, making them prime targets for diabetes and other chronic illnesses.

More than one in 10 people suffered from chronic daytime sleepiness, and more than three in 10 had insomnia or some other sleeping disorder.



According to the study, involving a random selection of 3,300 working-aged NSW residents, sleep-deprived people were also more likely to eat more as their hormones become confused – leading to obesity and possibly diabetes.

The Hollywood Clinic Insomnia Treatment Program coordinator Stephanie Manis said common problems arising from lack of sleep included poor concentration, irritability, no energy or motivation and bad moods. "The people in my program feel like their life is passing them by because they are living in this bubble of lack of sleep," Stephanie said. "They lack the ability to regain contact with their social life and they feel isolated and envious of people who do sleep."

However, Stephanie said most of the people she saw didn't present with physiological problems, as they were mainly dealing with psychological issues related to their sleep disorders. "I have a couple of patients who have physiological problems, such as being overweight, and I've found lack of sleep will only exacerbate those problems," she said. "Also you recover physiologically during sleep, so when you're not sleeping you don't give your body that chance to recover."

The survey showed people slept an average of 7.3 hours a night during the week and 7.5 hours on the weekend.

Stephanie said that everyone was different and sleeping hours depended on how each individual felt upon waking in the morning. "The average person needs eight hours a night, but that's not for everybody. If you feel bright, alert and ready to go in the morning you've had enough sleep but if you're feeling sleepy and irritable then you haven't had enough," she said.

In America they found people sleeping less than five hours a night were 40 per cent more likely to get diabetes 10 or 15 years down the track.

Why is sleep necessary?

- It is essential for stimulation of growth.
- To enable dreaming which is essential for healthy psychological balance.
- For rejuvenation of cells in the body, particularly those in the nervous system.



STOP PRESS:

1. The Victorian Branch of the National Servicemen's Association of Australia is seeking donations for the erection of a National War Memorial, in Canberra, to honour the 212 National Servicemen who lost their lives in Borneo and South Vietnam. Should you wish to make a personal donation towards the erection of the memorial (the cost of which is expected to be between \$275,000.00 and \$300,000.00) a cheque should be forwarded to the National Servicemen's Association of Australia Inc. RMB Moorak S.A. 5291.

2. Perth Legacy is presenting The Australian Army Band in Concert, featuring Rhonda Burchmore. The concert is to be held on Sunday 16 July 2006 commencing at 3pm at the Perth Concert Hall. Tickets can be obtained from Bocs Ticketing - 9484 1133 at a cost of \$45.00 Adults and \$35.00 Concession. All proceeds are in aid of Perth Legacy.