



HIGHGATE



NEWS

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

MONTHLY LUNCHEON

Monday 15 June 2009

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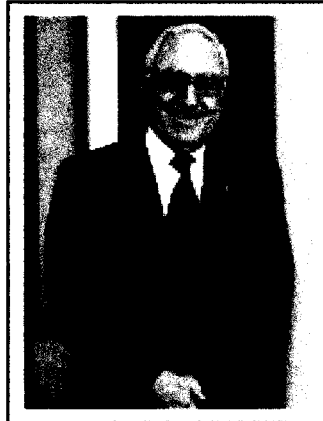
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Venue: Gallipoli Room

Time: 1130 hrs—Fellowship
1215 hrs—Luncheon

Guest Speaker : His Excellency
Dr Kenneth Conninos Michael AC
Governor of Western Australia

Dr Michael is a distinguished engineer but is better known for his tireless and respected contribution to many aspects of government, business and community activity within Western Australia spanning more than 40 years.

He was born in Perth in 1938 and is the son of migrants from the island of Castellorizo in Greece. His father arrived in Australia in the 1890s as a young boy, was naturalised in 1905, soon after Federation, and served with the 11th Battalion of the AIF in the First World War. His Mother arrived in the mid 1930s and married his father soon after.

Dr. Michael attended Highgate Primary School, Perth Boys High School and Perth Modern School before embarking on his educational pursuits at The University of Western Australia. He completed a Bachelor of Engineering with First Class Honours in Civil Engineering in 1961 and in doing so received the James A Wood Memorial Prize.

He started his career as a bridge design engineer with the Main Roads Department, before travelling, a few years later, with his newly married wife Julie, to London under the Commonwealth Scholarship and Fellowship Plan to undertake post graduate studies at the Imperial College of Science and Technology. He was awarded a PhD degree in engineering from the University of London in 1968. He returned to Main Roads and after a distinguished career retired from the Public Service in August 1997 to start his consulting engineering and management practice.

(Continued on page 2)

FORTHCOMING MEETINGS

Committee: 6 July 09

Monthly Luncheon: 20 July 09



(Continued from page 1)

Dr. Michaels' contribution to the citizens of Western Australia is enormous. Included amongst the many appointments, following his retirement from the Public Service, are the Chairman of the East Perth Redevelopment Authority, Chairman of the Board of Trustees of the Western Australian Museum and Chancellor of the University of Western Australia.

In 1996 Dr Michael was honoured with membership of the General Division in the Order of Australia for public service and services to engineering and in 2006 became a Companion in the Order of Australia for wide ranging community service of lasting benefit, particularly in the development and management of road transport systems, engineering, tertiary education, cultural institutions and the Greek Community.

On the 18th January 2006 Dr Michael was sworn in as the 30th Governor of Western Australia.



PRESIDENT'S REPORT

June Luncheon – don't forget the Governor of WA Dr Ken Michael AC will be our Guest

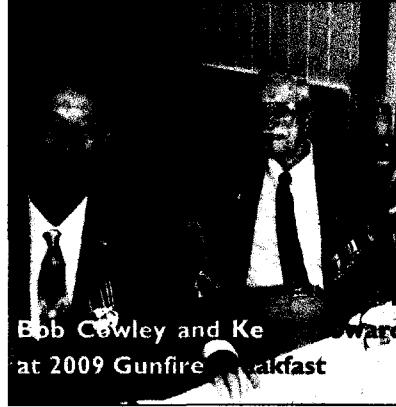
Because we must have a more accurate count of members attending the June Luncheon we request you signify your attendance at Luncheons by sending an email or telephoning either Bob A or Ian. If you get an answering machine just leave your name so we know you will be attending. We need your RSVP by NOON on the Wednesday prior to the Luncheon and for June that is Wednesday 10 June The Luncheon is Monday 15 June.

July is our 80, 90 and 100 Birthday Luncheon

21 July is the date when we celebrate those of our members who turn 80, 90 or 100 during this year and they will soon receive their invitation to the luncheon. Those involved should ensure that their CVs on the web site are up to date as these will be the basis for the

preparation of the profile of your career which is to be read at the luncheon.

Ian



Bob Cowley and Ken Michael at 2009 Gunfire Luncheon

Bob Cowley was very passionate about the RSL and often wrote to State and Highgate about various issues.

Due to the number of letters rolling in from Bob on various RSL matters President Mo decided

(about four months ago) to offer him a place on the Highgate committee. (If nothing else but to stop the copious correspondence). Bob accepted it readily and I know, was flattered to have been elevated to committee. He eagerly listened and whenever possible would volunteer for any job going.

But the biggest thing in his life, in my perception of the man, was his passionate role in being a marshal on ANZAC day. He really adored wearing the hat and armband. Bob must have been on marshal duty for yonks and (during my last 4 parades) often suggested how together we could achieve a better parade.

Bob always had ideas as to how it could be improved next year. Sometimes I wondered how I could ever shut him up. Bob would often pull me aside at a luncheon and say, 'Richard, if we do this and that next year ...' He just loved it.

His big moment every year, and I know was his highlight, was to kick off the ANZAC parade. It was Bob's job. Bob would stand in front of the mounted police with his hand up and then glance down at his watch. Only when Bob's hand drop did the whole parade begin.

As unflattering this photo is, this is Bob - with his marshal armband proudly on his arm. We will miss him.

Richard Adams



LAST POST

Robert (Bob) Cowley
Lest We Forget



SUB WARDENS DUTIES

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

Saturday 27 June 2009 1540 hrs for 1600 hrs - RSL State Congress

Sunday 5 July 2009 0930 hrs for 1000 hrs - Z Special

Sunday 19 July 2009 0945 hrs for 1000 hrs - Association of the RYA Combatants

When confined to barracks

The happenings outside right now are rare; it's raining cats and dogs and I'm confined to barracks. Just finished the last book borrowed from the library and thought I'd go surfing (note the up to date cool language) and I found a couple of web sites which I think will interest many.

The first is:

www.secondworldwarhistory.com

It's a user friendly site, with which we aged fellas won't have much difficulty. What it does is offer a concise look into the significant and seemingly not-so-significant events that made up that global conflict. Events are presented in consecutive order by day, month and year as they happened. What this offers is a better sense of what the world and many of our 80+ years old members were going through in that period of history.

The second is:

www.militaryfactory.com

This site is also easily used and although it is biased towards matters USA its spread across a range of subjects is wide and encompassing and I feel confident in saying that most will find topics of interest.

A look back in Time—Do you remember?

(With thanks to Laurie Taylor)

"Miss Keating?" "Mr Taylor?"
"I'd like you to take a letter, Miss Keating." "Certainly, Mr Taylor."

I rose from my desk and began the sort of slow pensive perambulation around the office that I knew from ob-

servation was the accepted way to begin a piece of dictation.

"Dear Mr Clarence Maude.

Further to your letter of the 19th, I am now writing to inform you that your order will be subject to further delays."

It was my very first piece of dictation, my first dictatorial act. And even though it was nearly 50 years ago, I can still recall every detail of the scene: the dented grey filing cabinets against the far wall, the piles of flat black ledgers on my desk. But most of all the sight of Miss Keating - Sheila - sitting below me at her secretary's desk with a note pad balanced on her slim knee as she waited to record every detail of my next utterance in her best Pitman's shorthand.

In the sales offices at the rayon factory where I worked for five years, there was no stronger indication of status than having your own secretary. And even though Miss Keating was technically the "property" of the deputy sales manager, his absence on business abroad meant she was available for my sole dictation for an entire month.

All the male sales assistants in the department - and at that time only men were ever engaged as sales assistants - had to rely for their secretarial services upon the typing pool.

This was not a happy predicament. For although on the one hand the typing pool, with its complement of over 30 women, was regularly spoken of over well brewed tea in terms which might otherwise have been reserved for an oriental house of pleasure, everyone knew the reality was considerably less erotic.

Any male assistant who required typing help from the typing pool was forced to enter the actual pool room and deliver his request to the fierce matriarch who presided, not unlike a galley master, over the 30 young women who sat in neatly ar-

ranged desks before her. He'd then be given a chit to take to the woman selected as his typist.

This was the moment of ritual humiliation. Even the most pre-possessing young men in the department knew they wouldn't emerge unscathed from their walk into this slave market, knew that they'd be the subject of muted catcalls and giggles and whistles, knew that they'd be lampooned for their hair style, their clothes, their facial blemishes. ("Hey, spotty, give us a big kiss.") Of course, in the strictly gendered division of labour which existed at that time, secretaries like Miss Keating would never mingle with mere members of the typing pool any more than they would be seen dead with any of the hundreds of head-scarved women who laboured away in the coning room of the rayon factory.

They were far too refined for that, so refined in fact that they were the only women in the works who were allowed to take lunch in the staff dining room, where they could sit in the same room as managers and eat off white table cloths.

My infatuation with secretaries, with their poise and demeanour, stayed with me for years after I left my rayon job. So much so that during my early years in higher education, I formed a liaison with a departmental secretary. Anne shared all Miss Keating's charms. She wore similar secretarial clothes - fresh frilly white blouse, tight black skirt, and sensible high heels. She was ultra smart and very efficient.

But the relationship quickly began to cool. One night we lay together in bed. Both of us staring silently at the ceiling. "This isn't much good, is it?" I said. "No," said Anne. "What should we do about it?" I said mournfully. "I know," she said. "I'll go and sit behind a typewriter."



PROSTATE CANCER SUPPORT

(With thanks to Katherine Filippi - Hollywood Private Hospital)

When a man is diagnosed with prostate cancer he'll invariably have to make some daunting decisions. Many men initially suffer shock and may feel angry, fearful or depressed. There are many treatment options and men often fear the risks of possible temporary or permanent incontinence and erectile dysfunction. Being able to talk about their situation in a relaxed empathetic environment is often extremely helpful.

The Prostate Cancer Foundation of Australia (PCFA) provides support to men and their families who have been affected by prostate cancer. Peer support through shared experiences with those who have 'walked the walk' can provide reassurance, strength and hope to cope with these developing circumstances. Members are usually surprised by how much their attitude improves and confidence increases as a result of their involvement. Debra Royle, PCFA State Manager, encourages men with prostate cancer to educate and empower themselves. "It is important to be able to discuss your concerns with your doctor in an informed manner and also share experiences and milestones with others.

Research has shown that cancer patients who attend a support group can have more rewarding lives and relationships. It is important to ensure the involvement of the man's partner in this process." PCFA has two affiliated support groups operating in the Perth metropolitan area (Western Suburbs and Southsiders) and others located in the regional towns of Albany, Busselton, Bunbury, Esperance and Geraldton. Hollywood's urology and oncology specialists are leaders in prostate cancer treatment. Mr Tom Shannon and Dr Siobhan Ng are both PCFA WA Board members who actively assist in providing information to the community. Mr Stan Wisniewski who also practices in the City of Albany has a strong relationship with the support group there. 'The Albany support group led by Karen Rendell is a role model for other groups in WA and I refer my patients by supplying them a business card with the local

details on it. For support groups to remain viable they need to be contemporary and provide sufficient information and support for people to feel confident to move on," Dr Wisniewski explained. General Practitioners, urologists, oncologists, nurses and other health professionals involved with the diagnosis and treatment of prostate cancer can feel confident that they are referring their patients to a service which will complement their medical advice. "Support groups are not a source of medical advice and are therefore complementary to the medical profession", Ms Royle says. All support groups are run by volunteers and resourced from within the PCFA organisational and policy framework. Members of support groups can also be involved in advocacy matters at a national level, for example, lobbying for Docataxel to be added to the Pharmaceutical Benefit Scheme and successfully reducing the cost of treatment for men in late stage cancer. Western Suburbs Prostate Cancer Support Group Convenor, Roger Constable, reflects upon his recent cancer diagnosis shortly before his 60th birthday. "Your mind goes numb and your mouth dries up; the dreaded 'C' word. You stare back at your urologist. The last you heard were the words 'Prostate Cancer'. You know people who have died from it. At the least this is the end of your life as a man. What do we do now you ask? You hardly hear the list of options and side effects. Your appointment is over. For the next few hours you're in a daze". About 18,700 Australian men will hear similar words and around 2,900 will die from prostate cancer every year. Prostate cancer is the second most common cancer in Australian men (after skin cancer) and is the second highest cause of cancer deaths in men. But if it's detected early, the chances of a cure and full recovery are actually quite good. Roger goes on to say "My father was diagnosed with prostate cancer in 1973. He was a hard man, not one to discuss personal matters, but I remember talking to him one evening. He was in tears, telling me he 'Wasn't a man anymore'. My fear was that my quality of life was going to be devastated by incontinence and erectile dysfunction

and I was even considering declining treatment, but I hooked up with a support group and was warmly met by other men (and their partners) who had been on the same journey. They talked freely about their own treatments and experiences and I felt reassured that there was life after a cancer diagnosis. My journey has convinced me that most men can benefit from a support group and that is what persuaded my wife, May, and I to start the Western Suburbs support group".

The treatment of prostate cancer can pose difficult choices and be long term for those with advanced disease. The support group environment can help with useful and practical information as well as critical psychosocial support for men and their partners.

Warwick Rowell, who is co-convenor of the Busselton Prostate Cancer Support Group, explains some things he found helpful prior to his prostate cancer surgery. "Before the operation, preparations included practical matters like buying two sets of tracksuit pants with no elastic at the ankles to accommodate the catheter bag. My wife and I had some long talks about the future and what we would do if I suffered erectile dysfunction. In the seven weeks before the operation I stepped up a weight loss program through reduced food intake and exercise such as yoga and swimming. Practising pelvic floor exercises, a weekly massage and meditation were the other additions to my routine".

This is the type of information that may be shared in the support group setting.

Partners are encouraged to attend meetings and new groups are being established this year. For details regarding prostate cancer support group meeting times and locations, please call the PCFA WA Office, on 9381 7444 or visit www.prostate.org.au.

"Those who are free of resentful thoughts surely find peace"

Buddha