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

President

Norm Manners
Telephone: 9405 2421

Senior Vice President

Bob Norris
Telephone: 9302 3529

**Junior Vice President
and Treasurer**

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

Immediate Past President

Ian Mulholland
Telephone: 9572 2632

Secretary

Ron Adams
37 Tooday Glen
CHITTERING WA 6084
Telephone: 9571 0127

Editor

Bob Arnold
6 Currajong Road
DUNCRAIG WA 6023
Telephone/Fax: 9448 2757
Email: arnold@wn.com.au

Welfare Officers

Clare & John Curtis
Telephone: 9271 4520
Email: curtisj@bigpond.net.au

Pensions Officer

Jim Eayrs
Telephone: 9341 2979

**FORTHCOMING
MEETINGS**

Committee:
Monday— 3 April 2006

Luncheon:
Monday—17 April 2006

Monthly Luncheon

Monday 20 March 2006

Venue: Gallipoli Room
Time: 11.30 Hrs Fellowship, 12.30 hrs Luncheon
Speaker: Robin McClellan—United States Consul General
Topic: A subject of her choosing.

President's Report

THE YEAR AHEAD

It is with great pleasure and with a full understanding of the responsibilities involved that I take up the position as your President. Ian has done an exceptional job over the last two years and carried on the high traditions of this office, which I will now follow. Our appreciation is extended to Ian for a fine innings.

I will be well supported by a strong committee, which includes a new member, Bob Norris, who comes from a commercial finance background with extensive committee experience in senior appointments, at national level, with the Royal Australian Armoured Corps Association. Bob will serve as Senior Vice President.

Roger Tingley also joins the committee, as a former Armoured Corps Officer. Roger will bring experience and enthusiasm to his duties.

The year ahead calls for renewed effort as new projects are tackled by our Wardens of the State War Memorial, the Honour Avenue Group and the Schools Spirit of ANZAC sub-committee. Welfare is also a priority as is pensions and we are pleased to advise you that Jim Eayrs is now able to continue as our Pension's Officer. We look forward, as a committee, to maintaining the reputation of Highgate as an innovative and hard working sub-branch.

MEMBERSHIP

The best form of recruitment is by friendly persuasion so bring a mate to our monthly luncheon and expose him to the excellent fellowship, upgraded premises and perhaps old service mates he hasn't seen for a long time, then sign him up.

CV's

Phil Loffman tells me there is a problem with members not supplying their CV's and many who have done so without photos. If this includes you please make an effort to correct it before Phil picks up his old faithful .303 and heads your way.

GUNFIRE BREAKFAST

When making your return, signifying attendance, mark clearly who you wish to be seated with and we will do our best to locate you on the same table, or for large parties within the vicinity of each other. Tables will be allocated on a "first in" basis.

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

Sunday 26 March 2006—12.30 for 12.45 — Consulate of Greece

Saturday 1 April 2006—09.45 for 10.00 — Royal Australian Air Force Association (WA Division)

*(Continued from page 1)***MARCH GUEST SPEAKER**

We can now confirm the attendance of the United States Consul General, Robin McClellan, at our March 20 luncheon.

A highly knowledgeable and vibrant lady she will speak on a subject of her choice, one that will not be revealed until the day. As a senior member of the State Department Robin is sure to fascinate our members with her discussion.

I look forward to seeing you at the March luncheon.

*Norm Manners***HIGHGATE SUB BRANCH COMMITTEE**

There is little doubt that members of the Sub-Branch acknowledge and appreciate the time and effort that the Committee expends in ensuring that member's needs and interests are paramount in all its deliberations. But, with a large membership, and with all the good will that there is, there will be some members who don't know all their Committee and, as space permits, we will introduce you to them via these pages.

We believe that in the first instance it is appropriate that you get to know a little more about your new President and the Immediate Past President.

*Editor***Norman G Manners**

Born in Kalgoorlie his family moved to Wiluna during the depression and Norm and his elder brother were sent to Perth to complete their education.

In 1940 his only brother joined the RAAF as a trainee pilot and was sent to England. In 1943 he was killed in the Middle East

On leaving Perth Boys, Norm was presented with the school's first For Service Award. Having always wanted to be a radio announcer, he joined Radio 6PR as the office boy but with speech study and determination he became an announcer on that station at the age of sixteen, the youngest on a metropolitan station in Australia. His on air shifts ranged from mid-morning, to afternoon with the Hollywood Hospital Hour to Saturday night's Party Show. He then moved to the top rating station, 6IX-WB-MD to do the racing panel, afternoon and finally evening programmes which included the well

rated Swing Shift.

Later Norm moved across to 6KY-NA to become Programme Manager of a station that was last in the ratings. His radical programme changes and extension of broadcast hours to 24 hours, proved a winner and the station went to number one which it held for eight years.

The new medium, television, presented a challenge and he joined Channel Nine Perth where he was appointed Programme Manager. Now married and with four children wanting attention, Norm was fed up with being away so often from home and decided to leave television for a leading advertising agency as Director of Radio & Television. After some four years he joined Jack Bendat and Kerry Stokes as advertising manager for their shopping centres. During this period he was opening manager of the new Grove Plaza.

After opening Whitford City, Norm, in association with his artist son Brett, decided to create their own agency which they called Manners Marketing & Media which operated for some four years until Norm went back into property management with Raine & Horne (Perth) looking after their portfolio of shopping centres.

From there he retired to write what became a well received biography of Vivian Bullwinkel, an Australian Army Nursing Sister who was the only survivor of a World War Two massacre of 21 nurses by the Japanese.

Norm was also Founding Chairman of community radio station 89.7FM Wanneroo and JVP,SVP and finally President of the Naval Military & Air force's Club W.A. He served for 16 years in the army reserve, with a period of full time duty, firstly with the 10th Light Horse Regiment and then as S.O.3 W. Comd HQ as their P.R. Officer until retirement at the age of 55 years.

He is a member of the RAAC Association and currently holds the position of President of Highgate RSL Sub-Branch and Chairman of the Honour Avenue Group.

Ian Mulholland

Ian Mulholland brings a diverse business background to the RSL Executive. Holding senior management roles, in Perth for over 20 years, in information technol-

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From the pen of **The Senior Vice President**

I have taken a month off to visit Germany and Italy and therefore asked the President if he would pass on several points to you.

THE NEW HEADQUARTERS

You'll be pleased to know that the scaffolding to the front of ANZAC HOUSE has been moved, giving the building and entranceway a cleaner and more inviting look.

It is planned to utilize the footpath with tables, chairs and colourful umbrellas to entice the public to use these facilities for coffee etc. This, it is hoped, will encourage the public and surrounding office staff to use the downstairs dining room on a regular basis.

Already the refurbishment has reflected an increase in turnover.

POPPY DAY

Poppy day looms again and we urge members to consider putting in some time as a collector. This is our main fundraiser and you are only asked once a year to contribute a little time to ensure its success. Don Blair will circulate position and time forms at our next luncheon and we would like to see your name on one of them.

HONOUR AVENUE

The AGM of the Honour Avenue Group was held on the 7 February 2006 and the following officers were voted in.

Chairman.....	Norm Manners
Deputy Chairman & Treasurer.....	Alf Till
Secretary.....	Ken Jones
Assistant Secretary.....	Robin Slater

Should you be approached for information regarding the plaques of Kings Park please refer them to Ken Jones on 9448 2415

SOUVENIER BOOKLET

We still have stocks of "The Remembrance Plaques of Kings Park" 16 glossy pages in full colour, which tell the story of how the idea was first conceived, carried out and finally taken over by Highgate Sub-Branch. It is an excellent publication, produced by Highgate, for only \$4. Every member should have one as a souvenir of the past history of the sub-branch or as a gift to send to a friend overseas or interstate.

I will be back in time for the March luncheon and so look forward to seeing you then. In the meantime, from Germany, I wish you good health and I won't mention the war.

Bob Norris

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ogy, business advisory, project management, facilitating change and human resources. In that time he worked in the private sector from small to large companies, global enterprises and government.

Retiring as an Army Warrant Officer Class One with more than 21 years service in which he saw service in Borneo, Vietnam, Malaysia, Singapore, Thailand and Europe almost every state and territory of Australia with the last 5 years in Canberra as a Team Leader in computer systems re-development.

Currently a Business Advisor with the Small Business Development Corporation, the previous five years Ian was the Service Delivery Manager for the Western Australia Police Service specialising in out-

sourced information technology services; infrastructure, facilities and application support for Frontline Policing.

Key areas of focus include development of policies, executive management systems, processes and procedures, corporate and strategic planning, human resource management, financial management, risk management, corporate communications and continuous improvement programs.

His valuable experience as an advisor/consultant, with skills in business development, business analysis and information technology combined with project management experience, excellent communications and relationship building skills make Ian a real asset to the RSL team.





TUNA treatment offers relief for prostate problems

By Ann Beale



A new minimally invasive treatment option with fewer side effects is now available for men with enlarged prostate glands. Urologist Mr Syd Weinstein has been using transurethral needle ablation therapy (TUNA) at Hollywood Private Hospital for approximately six months. The procedure is an alternative to the more invasive transurethral resection of the prostate (TURP) surgery that is commonly used.

TUNA uses radio frequency (RF) energy to heat and shrink parts of the enlarged prostate gland. A probe with telescope is inserted via the urethra into the prostate gland, where the urologist can precisely adjust the needle length and position by watching the whole procedure on a monitor. "The radio frequency energy which travels through the needle is used to heat a variable number of one centimetre areas within the enlarged lobe of the prostate gland," Mr Weinstein said. The heating process causes shrinkage of local areas of prostate tissue creating more room and allowing patients to pass urine more easily.

The need for TUNAs and TURPs occurs because the gland enlarges as men age. This enlargement partially blocks the neck of the bladder and commonly causes urinary problems.

The statistics for what is known medically as benign prostatic hypertrophy (BPH) are sobering. 60 per cent of men in their 60s and 90 per cent of men over 90 have enlarged prostates and according to Mr Weinstein. BPH is an extremely common event in a man's life. "It affects most men beyond middle age. It doesn't mean that they all need treatment but eventually one in five will require an operation," he said.

If not treated, 55 per cent of symptoms worsen and can progress to more serious complications such as kidney stones, urinary retention, renal failure, infection and blood in the urine.

The available treatments for BPH include alpha blocker medication, the more invasive TURP surgery where part of the prostate is removed, stents, or simply doing nothing if symptoms are mild.

The 'gold standard' TURP operation takes up to an hour and requires hospitalisation for three to five days followed by seven to 10 days off work. Two to five per cent of patients may develop erectile dysfunction and 80 to 100 per cent end up with retrograde ejaculation - or semen that travels back up into the bladder, rather than out through the penis, during ejaculation.

However, not all patients are suitable candidates for a TUNA. If the prostate weighs more than 80 grams or has an oversized middle lobe, it becomes too large for the area that can successfully be reached with the needle. The procedure is ideal for patients who are high risk for an anaesthetic, on anticoagulant medication, or wanting to avoid taking long term alpha blockers.

TUNA therapy has been used for some years in other places such as the eastern states and the US but so far, Mr Weinstein is the only surgeon using the procedure in WA and he is an enthusiastic proponent of the treatment because of its efficacy, safety and reduced side effects and feels all men should be offered TUNA as an option.

TUNA is not yet replacing TURP as the definitive treatment for BPH but the procedure competes well because of the greatly reduced side effects.

According to Mr Weinstein, it is a 'very good operation', which is around 75 rather than 100 per cent efficacious and offers a 50 per cent reduction in symptoms after five years. "I would certainly have a TUNA rather than a TURP and that, to me, is perhaps the ultimate test," he said.

Enlarged prostate symptoms fall into two main categories:

1. OBSTRUCTIVE

Hesitancy, Straining, Incomplete emptying, Weak or prolonged stream, Intermittency (stopping and starting) when passing urine

2. IRRITATIVE

Urgency, Frequency, Nocturia (the need to urinate during the night), Urge incontinence (not making it to the toilet in time)

TUNA treatment, which is now covered by health insurance, has several advantages over a TURP.

The procedure takes only 15-20 minutes and is minimally invasive; The bladder neck is not cut; A shorter anaesthetic is required; There is minimal bleeding; Patients are hospitalised overnight and can return to work in 48-72 hours; There is a reduced risk of impotence and a less than one per cent incidence of retrograde ejaculation following surgery.



LAST POST

William (Bill) Musson GM MID

Former State Vice President, Warden of the State War Memorial and President of Legacy

LEST WE FORGET