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

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## AN OPEN LETTER TO SIR CHARLES COURT

Sir Charles Court, AK., K.C.M.G., O.B.E.  
CLAREMONT  
WESTERN AUSTRALIA

September 2006

Dear Sir Charles,

On the 29<sup>th</sup> of this month you will celebrate, with your family and friends, your 95<sup>th</sup> birthday, a day in which to remember the wonderful highlights of your life that have gone before.

We, at Highgate RSL Sub-Branch, remember the mateship we have shared with you over the years and of the dedication you have shown to the principles of the League.

You have been a dedicated member virtually from 1918, when you joined the RSL Band as a cornet player, and over the years there have been many tasks and speeches you have readily attended to despite your heavy work-load.

We remember your unstinting dedication to this great state of ours, during your political career, achieving the dream you had envisioned for it and delivering it into our hands to take forward.

The strength and prosperity of Western Australia today is a direct result of that vision and your hard work.

You travelled extensively throughout the state in your pursuit of knowledge and the needs of Western Australia and the firm footprints you have left will live on for hundreds of years in the mines, dams, oilfields, townships and agriculture of this land.

You once said, during an address to a school, "Fortitude in adversity, indomitable courage, stamina, trustworthiness, the spirit of mateship, caring for one's mates, this is the spirit of ANZAC and the Spirit of Australia" - we say they describe Charles Court perfectly.

*(Continued on page 2)*

*(Continued from page 1)*

"Have-a-good-one", as we say in the service, from all your mates at Highgate RSL.

Happy birthday.

*Norman Manners*  
President



### **The Reverend A.P. (Percy) Bladen OBE VD**

*You will recall that in the June issue Percy began to describe his accommodation at Gallipoli which he occupied from the third day of his landing on the peninsula. We now continue with his memoirs.*

It was as safe as a dugout could be in that place. It was a sure protection against shrapnel and rifle bullets. No place there was proof against the 75mm guns and heavy artillery. This dugout in which I lived for four months was right at the top of the gully, at the beginning of Gun Lane, which led into Lone Pine trenches. I could look down almost the entire length of the gully and out onto the deep blue of the Aegean Sea. Across that strip of water, about twelve miles off, was the island of Imbros and a little further north was Samothrace, a rocky and precipitous island which figures in the Paulino history as related in the Acts of the Apostles. At that time of the year the sun used to dip into the sea at night just midway between the islands. In the act it painted pictures of incomparable beauty, constant in their magnificence, but always changing in design, like the successive productions of a master artist. Brown's Dip itself, with its incessant activities, its always moving human figures, its heaps of stores and equipment of all kinds, and its many fires and cooking places, never suggested war. That was indicated with a vengeance when the shells were falling around us, and by the continual rattle and roar and screech of fire arms and artillery. But the normal features of this and of all the other gullies occupied by our men, were almost identical, as been previously indicated, with those of an Australian mining camp, in their heaps of upthrown earth, trenches, fires and restless life.

*We will continue with extracts from Percy Bladen's memories of his time at Gallipoli as space permits.*

*Editor.*

### **PLEASE NOTE**

To ensure that appropriate steps are taken, members who have concerns relating to the standard of the monthly luncheons are asked to pass their comments to Committee Member Don Blair and not to the serving or kitchen staff. Thank you for your cooperation.

### **INTRODUCING A NEW JUNIOR VICE PRESIDENT**

*In his own inimitable style the Branch's newly appointed Junior Vice **Roger Tingley** describes his past and his priorities.*  
*Editor*

I went to Kent St. hockey (w/Wayne Tarr) Cricket/Tennis. A Como kid, then Printers Devil/Storeman/Jnr Clerk before Elders (4 yrs) and into Army.

Radio Op/Tank Gunner then OCS Portsea. Applied for Inf. but posted as Tp Ldr PWLH/1Cav. Blew up part of Sgts Mess by accident/1st (unofficial) APC across Harbour Bridge/Troop once assaulted misplaced Boy Scout camp/arrested MPs who interfered w/Roadblock trg. Pistols meant rabbits for dinner & blowing dud grenades, an experience to be missed. Also seemed to do Duty Officer quite a lot?). To 3 Cav & trained 2 Troop for SVN. Pistol shooting/skydiving/last ni of pre emb lve. took dates to Drive In in duty vehicle! Arr Vietnam AN-ZAC Day 67 during mortar attack. Tp XO & walked w/inf ONCE!! (riding/coffee safer!). Hitch hiked around SVN during med leave (NSM Driver was from Kal...liked Mines!!). Pud Ross and I were bored in hosp. so 'asked' 7RAR driver to take back to units (Duty Officer again!!).

On 'light duties' as LO to 11th Armoured Cav Bde. Took every opportunity to ride w/FAC. Airstrikes/ Gunships/Cambodia/Delta/CIA Drops/DMZ etc. Some ground ambush/tank ops & back to 3 Cav as Troop Comd. Convoy escorts in Jan 68 as 2/3 of Aussie TF went to help protect US defended areas. So Tet Offensive opened with bulk of IATF 'away' & 1st Aussie armour multi storey street fighting for decades. Same old Aussie pattern (intel ignored/very understrength/untried inf). Free ride to MASH & Aussie Hosp (remember those bloody 5am bottom slots!!) Later snuck out a little (rides with MPs/Canadian ICC etc). hitched back to 3 Cav. patrols etc. OC returned after 5 days. Was sent home (alleged combo hosp/AWOL/RPG magnetism/QM accidentally fell in weapon pit/grazed face when asked why keeping vital Tp weapons). VC waved goodbye w/122mm rockets on Airport. Very thoughtful. My legal R&R was due that week.....am now owed 38 years interest!!

As newlywed to 2 Cav. Only subby there on Day 1, so IO/LO/TO/HQ Tp Ldr Offr/11 (of 16) Regtl Appts. plus Trg Officer/Mil Funerals/Vic Bks Guards etc. NO extra Duty Officers (wonder why?) Then two yrs each as SO3 Pers WA/Army Careers Officer/Adjt 10LH (incl posting offers for AATTV/UK/Israel/Singapore). Resigned in '75.

APS 19 yrs: Recruitment/Youth/Schools/Apprenticeship counselling/pre-selection. Exec recruitment/UN pre-selection. Career trg support for Disabled/Sole Parents/Ex Pris/Boat People. Postings in Industry Trg/Mkt Survey/Office Mgmt/Trg course and Programs design/Development/Appraisal. Enjoy Selection Criteria Design.

Have since travelled, delivered cars(USA), painted homes/counselled Vets/been shot at by Barra Poachers, overturned among sharks/chased by crocs/had desk machetted by disgruntled indigines. Thankfully, met my soulmate at 54, built our home/ started writing/ almost mugged in Casablanca/joined RSL. Four dtrs/2sons. Was keen canoist/fisherman. Priorities now: My Wife/Ballroom Dancing/ Writing/ Gardening/ Grandchildren/fighting the rust!



## Yesterday & Tomorrow

(Senior Vice President's Page)

### HISTORY AND COMING EVENTS

**This Months Luncheon:** Monday 18 September 2006

**Venue:** Gallipoli Room

**Time:** 11.30 hrs Fellowship, 12.30 Luncheon

**Speaker:** Midge Carter - Military History Society of WA (Inc) **Topic:** West Australians Involvement in the Boer War.

**Committee:** 9 October 2006

*( Remember, Lunch is now \$30.00 and it will be much*

**Luncheon:** 16 October 2006

*appreciated if you tender the correct amount)*

### Extracted from "Second World War" by Martin Gilbert—Published 1955

(Continued from July Newsletter)

#### APRIL

##### 1943

- 13 US decode Japanese signal giving details of visit of Admiral Yamamota to Bougainville Island resulting in successful killing of the most illustrious Japanese war leader. Manhattan Project given go ahead.
- 19 Jewish resistance to deportation from Warsaw results in a revolt that took three weeks to quell.

##### 1944

- 4 South African reconnaissance plane "discovers" Auschwitz, the significance was not recognised. Japanese troops attack Kohima India.
- 10 Bombing raid commences on Normandy.
- 11 Precision bombing by British aircraft on Gestapo Headquarters in the Hague.
- 19 British, American and French warships bombard Sabang.
- 22 Operation "Persecution" launched on Hollandia and Aitape New Guinea.
- 26 Practice commenced for the cross channel beach landings

##### 1945

- 1 US land at Okinawa, battle is to last for 82 days. Berlin - Hitler moves to the bunker behind the Chancellery.
- 2 Soviet troops capture Hungarian town of Hegyeshalom cutting off fuel supplies to Germany.
- 12 President Roosevelt dies.
- 15 British tanks enter Belsen. Canadian forces capture Amhem.
- 16 Russian forces attack Berlin.
- 27 US Target Committee select Hiroshima as the target for the first A bomb attack.
- 30 Hitler commits suicide.

#### MAY

##### 1940

- 10 German forces move into Belgium and Holland.
- 22 British Intelligence break the Enigma Code
- 27 Operation "Dynamo" - evacuation of Dunkirk begins at midnight 2 June.



## SCREENING CAN SAVE LIVES

*By Director of Medical Services Dr Margaret Sturdy, Hollywood Private Hospital*

**I**t's the pesky mammogram here or the embarrassing pap smear there, but it's no exaggeration to say that health screening saves lives.

Screening is all about detecting illnesses before any symptoms develop providing the opportunity for a cure, while late detection of advanced disease may be associated with a poor outcome.

For example, the early detection of cardiovascular disease, which is the number one killer in Australia, gives people the chance to lose weight, get fit and decrease cholesterol levels before experiencing the chest pains of a heart attack.

However, throughout our life there are periods when we are more susceptible to various conditions so it is important to consider what needs to be screened for in which age group.

Obviously gender is important, as is any history. This article brings to light some significant tests that need to be undertaken through the various decades however, if you have any symptoms or are concerned about any aspects of your health then it is a good idea to see your general practitioner.

A pap smear is a quick and simple medical test used to screen women for changes to the cells of the cervix that may lead to cervical cancer. Women should have pap smears from the time they become sexually active and they should be repeated every two years for life if they are normal. Any abnormality or atypical results must be vigorously followed up by a specialist.

Testicular cancer is the most common form of cancer in young men. It is easily detected by testicular self examination (TSE), which is not just a casual game of 'pocket billiards' but instead a systematic examination of the scrotum in a warm and comfortable environment. This is most important in the age range from puberty until around mid-30s when the condition becomes less common.

To screen against breast cancer, women should make a lifetime habit of examining their breasts, which is best done each month following menstruation as the breast may develop transient 'hormonal' irregularities just before a period. Any irregularities or lumps, however slight or small, must be followed up. After the age of 50 the Health Department provides a free mammogram screening program and all women should participate in this, however women with a family history of breast cancer should commence formal screening at an earlier age.

Bowel cancer is becoming more common but in most instances it is curable through early detection. The early stages of bowel cancer often don't present with any symptoms, so health screening for this particular disease is extremely important. The Gastroenterological Society of Australia (GESA) recommends that a screening colonoscopy should be performed at the age of 50 and any polyps removed.

Any person who has a family history of bowel cancer should commence screening at an age five years younger than when their family member was diagnosed with bowel cancer, or even younger if there are multiple family members affected. Another useful screening test for bowel cancer is faecal occult blood testing. This is a simple to use kit, but is very sensitive and there may be significant numbers of false positive tests.

Prostate cancer screening is a topical subject and is done using a prostate specific antigen (PSA) and a digital rectal examination (DRE), as doing one test without the other only gives part of the picture. Screening should start at about age 50, or even earlier if there is a family history.

Other than the aforementioned health screens, there is a wide range of medical conditions for which screening can be undertaken. Babies are routinely screened for a variety of conditions including phenylketonuria (can lead to the impairment of normal neural activity) and hypothyroidism (can lead to stunted body growth and mental retardation) soon after birth, through the "Guthrie" test.

Adults may wish to check blood pressure, cholesterol and blood sugar levels for diabetes regularly and undergo other cardiovascular tests, like the coronary artery calcium measures, exercise stress testing and stress echo that have become more readily available.

Bone density testing and body fat measurements can also be easily screened with a DEXA scan (see article on page 4 for details). There is no definitive age when this should be commenced, but a positive family history is important.

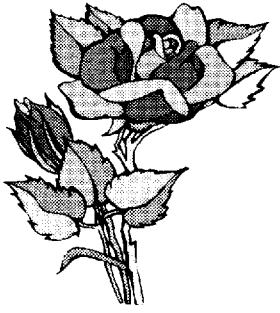
While this article is about screening for disease, this edition of the *Hollywood Star* is focusing on wellness through eating well, exercising and feeding the soul. Although this will not ward off all evils, it will make you feel better and healthier. However, any immediate concerns you have regarding your health should be discussed with your GP.



LAST POST

- John S Miller -

Lest We Forget



# *Ladies Luncheon*

*“Let’s thank the Ladies”*

*On Monday 6 November 2006*

Gallipoli Room Anzac House  
Commencing 1130 hrs

Admission \$ 35.00 per head  
Pre-paid Bookings Essential as numbers are limited to  
100

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Please forward your money and this form by  
October 25 2006 to :-

The Treasurer  
PO Box 7146  
Perth WA 6850

I will be attending the Ladies Luncheon on Monday  
November 6 2006

Member .....  
Wife/Partner/Guest/s.....

Amount Enclosed..... X \$ 35.00 = \$.....