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

President's Report

It was unfortunate that we had to cancel the Highgate Ladies Luncheon, which was set for the 6th November, through lack of support. However, I would like you all to pass on to your wife, or partner, our appreciation for their support during 2006 and may 2007 dawn as a bright new year for them.

We shall be celebrating our members' promises to be a decided not to have a very talented entertainer for you and as there will be little business, it means you can move around the dining room later to meet, greet and chat to old friends and I am sure this will liven the atmosphere considerably.



We are restricted seating wise to some 110 persons under the current laws so I suggest you arrive early and claim your spot by placing your door prize ticket on the table. You cannot reserve seats for mates unless you pay for them. Remember it is unfair to your fellow members and it messes up the system if you don't.

On the 29th of November I met the Governor at Government House in company with your Senior Vice President, Bob Norris, the Treasurer Richard Adams and Junior Vice President Roger Tingley. It was that stormy day we had, however we were greeted by his Excellency with a very big and bright smile plus a warming cup of coffee.

H.E. is a most affable man and a great supporter of the RSL, especially Highgate, as he has learnt much from brother Mick Michael.

We discussed the duties the Sub-Branch carries out at the State War Memorial and with the Remembrance plaques within the Honour Avenues as well as the associations we have with schools on the eve of ANZAC DAY. He was very impressed with the amount of work we carry out and spoke at some length as to the necessity of teaching the children of this state about their proud

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heritage obtained at such great cost over all the conflicts we have been embroiled in since the Boar War.

Before taking our leave, following an interesting and most enjoyable hour, his Excellency promised he would join us at one of our luncheons in the New Year.

On Saturday 16th December of this year the Honour Avenues Group, together with an Army Padre and Bugler, will dedicate ten new plaques in Kings Park.

The ceremony will be held in May Circle, May Drive at 10:00am where next-of-kin will receive their relative's plaque and attach it to its allocated post. Highgate members are invited to attend and if so medals are to be worn.

Many young people as well as the middle aged and elderly are coming forward each month requesting a plaque and if the serviceman or woman enlisted in Western Australia and was killed in action overseas, or in the case of a servicewoman, was killed in an operational area, we will process the request. There is a one up charge for the plaque and post and thereafter the maintenance becomes the responsibility of Highgate's Honour Avenues Group.

The ten to be dedicated in December are:

Patience F.N. 16 Bn.. Died of Wounds. England 1917

Lawton C.P. 459 Sqn.. Killed in Action. Egypt 1942

Williams D.J. 2/1 Hy Bty.. Died POW. Burma 1943

Waters J.H. 11Bn.. Killed in Action. Dardanelles 1915

Hickey B. 16Bn.. Died of Wounds. France 1916

Hurlston A.G. 48Bn.. Killed in Action. Pozieres 1916

Hurlston G.H. 11 Bn.. Killed in Action. Gallipoli 1915

Nazzari F. 2/4 MG Bn.. Died POW. Sandakan 1945

Holland T.E. 10LH. Died of Wounds. Lone Pine 1915

Cavanagh R.E. 51 Bn.. Killed in Action. Mouquet Farm 1916



LAST POST

Jim Harrower

LEST WE FORGET



COMING EVENTS

Christmas Luncheon: Monday 18 December 2006

Venue: Gallipoli Room

Time: 11.30 hrs Fellowship, 12.15 Luncheon

Speaker: Our Guest 'speaker' for the Christmas Luncheon is an entertainer.

- His name is Adam Murby. "**The world of Illusion**" by a very talented young man who astounded his peers on his recent trip to London this year where he confronted the world's best illusionists.
- This guy is only 18 years of age and lives in Success – which is somewhat appropriate.
- Standby and watch this chap rise out of 'Dullsville' to the international arena in the very near future.
- **Highgate members! don't miss this very entertaining Christmas Luncheon.**

Committee: Monday 5 February 2007

Monthly Luncheon (AGM): Monday 19 February 2007

Sub Wardens Duties

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

- Sunday 11 February 2007—10.45 hrs for 11.00 hrs—Women's Royal Australian Army Corps Association

THE RAILWAY MAN

The November 2006 Newsletter referred to the book "The Railway Man" by Eric Lomax. This is the story of a Royal Signals Lieutenant who was tortured by the Kempeitai. but, post war reconciled with the Kempeitai interpreter (see following material) who is an important character in the story.

What is not apparent, is the story of the Kempeitai Interpreter who was Lieutenant Nagase Takashi **after 15 August 1945.**

On 22 September 1945 a party of 16 (including 13 POWs) went back up the railway line, commonly referred to as the Burma Thailand Railway. In this party there were 2 West Australians, the late Les Cody (author of Ghosts in Khaki) and Jack Sherman (residing in Manjimup 2006).

Both were members of the 2/4 Machine Gun Battalion. The group task was to identify the cemeteries and bodies related to the railway. This task was completed on 10 October 1945. In the event, they identified 144 cemeteries and found 10,549 graves (the total allied deaths is estimated to have been over 13,000 (not allowing for an estimated over 90,000 deaths of coolies)).

Lt Nagase was a Japanese interpreter allocated to the group. Post War Nagase devoted himself to reconciliation, became a Buddhist and even built a shrine near the so-called "Bridge over the River Kwai". It is of interest that there is a statue of Nagase at the Jeath Museum in Kanchanaburi and he has put tributes in other places, one of which over looks the Khao Laem Dam (now covering the original railway trace) and the memorial stick has the following wording on it in Japanese characters "In memory of the glorious Japanese soldiers whose spirits rest under the waters of this dam" (this is an approximate translation).

The assistance of Mr Rod Beattie of the Thailand Burma Railway Centre (www.tbrconline.com/) and Mr Derek Lawson is acknowledged.

Peter Winstanley

POPPY DAY

Our sincere congratulations and thanks go to all those who were involved on this our major fund raising day. You collected the magnificent sum of \$14,577.21 which is an all time record and, without your considerable efforts, such a result would not have been possible.

DRESS CODE

Whilst the great majority of members are aware that the dress for our monthly luncheons is jacket and tie, there have been occasions when new members, and those who have not been to a luncheon for a long time are unaware of this requirement and have been embarrassed to find that they are not properly attired. This reminder is inserted for their benefit.



MALE SEXUAL DYSFUNCTION

(With thanks to Ashlea Hatcher—Hollywood Private Hospital)

Men, according to Dr Denis Cherry, were designed to be muscle machines. When muscle turns to flab, sexual function suffers.

Dr Cherry, of the Perth Human Sexuality Clinic at Hollywood Private Hospital, said that for some time, there has been ample evidence to link erectile dysfunction (ED) to the usual group of lifestyle factors.

A complex physiological relationship exists between sexual dysfunction and the usual group of culprits – obesity, heart disease, high blood pressure, high cholesterol, diabetes and smoking.

Research carried out by cardiovascular physicians roughly 25 years ago discovered a chemical called nitric oxide (NO). NO acts by relaxing smooth muscle cells, allowing blood vessels to dilate, and hence increasing blood flow. At about the same time, urologists who were studying erectile dysfunction discovered that it was primarily a vascular problem.

Erectile tissue is like a big honeycomb compartment of vascular tissue. An erection is initiated by nerve impulses which release NO to relax smooth muscle cells allowing blood to fill the spaces in the honeycomb. This engorges the penis and pushes it up and out to give an erection. Once the spaces are filled with blood, they start to stretch. The stretch factor also induces NO production in the endothelial cells lining the blood vessels.

"So you now have two sources of NO," said Dr Cherry.

"The nerves initiate the erectile process but under the stretch influence of an erection occurring, the endothelial cells produce the extra NO that maintains the erection. It is a double process – the nerve cells and the endothelial cells," he said.

Obesity and lack of physical activity often go hand in hand and both factors negatively affect erectile function in different ways.

Overweight men are more likely than their lean counterparts to develop 'metabolic syndrome', where there is a combination of high cholesterol, glucose intolerance and insulin resistance. If left unattended for long enough, the syndrome eventually turns into full-blown diabetes.

The significance of this altered glucose metabolism is that it reduces the ability of the endothelial cells to produce NO, making it more difficult to achieve and maintain an erection.

The male hormone testosterone also feeds into the ED equation. Without adequate testosterone on board men's libido will decrease, as will their ability to produce NO.

Inactive men produce less testosterone and conversely, increased activity results in higher testosterone levels.

"Testosterone gives men greater strength and muscle mass than women – they were genetically engineered to be muscle machines," said Dr Cherry.

The rest of the bad news is that cigarette smoking is toxic to the endothelium, further reducing NO production, and alcohol adversely affects the biochemical processes of both the smooth muscle cell and the endothelial cell. Alcohol binging causes 'brewer's droop' and steady, long-term intake seriously decreases NO production which eventually causes ED.

High cholesterol and high blood pressure also have an adverse effect on erectile function by occluding and narrowing the blood vessels in the erectile tissue.

So, there are a number of ways that lifestyle factors impact on ED. The biochemical functioning of the cells is impaired in several ways, less testosterone is produced, and blood vessels essential to the erectile process are narrowed and blocked.

In the short term, ED can be treated with one of a group of drugs known as oral PDE5 inhibitors, which include Viagra, Cialis and Levitra. The drugs work by deactivating enzymes that sabotage the relaxation process in the erectile tissue.

When a man, typically 45-50 years old, presents with erectile dysfunction, Dr Cherry approaches the problem by initially running a battery of tests to exclude any other medical problems that may cause ED. Then he takes baseline measurements for the lifestyle factors - cholesterol level, blood pressure, weight, glucose tolerance tests and the extent of tobacco and alcohol use.

During the second session, he emphasizes the need to lose weight, exercise at least three hours per week, reduce alcohol intake and stop smoking.

"I explain that the medications will probably help for a while – but if men don't attend to the lifestyle factors, they are unlikely to respond to the drugs in 5-10 years," Dr Cherry explained.

He describes the situation as a 'tough call'. Most men are at a time of their life when they are working hard, and they have families and mortgages. Many intend to take action and start well for 2-3 weeks then 'life takes over'. Only about one in 10 succeed long term.

But Dr Cherry is hopeful the government will start a concerted anti-obesity campaign soon that will prove as successful as the 'heavy-handed' anti-smoking campaign.

"I am a realist. It is worthwhile if I can help one in 10 men. Lifestyles and the consequences are really difficult to deal with," he said.

