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

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Dresident's Report

It was an extremely poor turn out at the last Luncheon to celebrate our Birthday Boys. The Birthday Boys enjoyed their time in the limelight. Jack Boon (who turned 90) cut the cake and our Rev Tim Harrison (just hit 80) had a very humorous response to the toast.

Ladies Dining Night - Friday 30 November 2007

Venue: ANZAC House

28 St Georges Terrace

PERTH

The reason for this evening is to honour our wives/partners with a dinner and toast their acceptance of us enjoying the conviviality of Highgate at Luncheons and other work that members carry out on behalf of the Sub-Branch such as; Sub-Wardens duties, Honour Avenue etc and provides an insight as to how we operate and conduct our meetings.

We have undertaken some pre-planning for this evening, if we can secure around 35 or more couples we will be able to have dinner in the Gallipoli Room. The all inclusive cost for this evening is \$70.00 per head. The cost includes pre-dinner drinks, 3 courses with table wines and a port with coffee.

It is the intention to invite a notable Perth dignitary as the Guest of Honour and for him or her to speak for about 10-15 Minutes. The Senior Vice President will present a toast to the ladies.

Interesting Guest Speakers

The next three luncheons we have three very interesting speakers. August is Ron Manners about the early days of mining in WA in his book the "Wild West".

September is WA Police Commissioner Dr Karl O'Callaghan who is a down to earth speaker, and tells it like it is.

October sees the Governor of WA Dr Ken Michaels brother of our member Mick Michaels.

Looking for a New Secretary

Margot Harness has accepted a full time position as the Welfare Officer at ANZAC House, and therefore, has resigned. Bob Arnold will step in in the meantime but we are looking for a full time Secretary.





FROM THE PEN OF ROGER TINGLEY—SENIOR VICE PRESIDENT

OBE's ALL



ur annual OBE Lunch was held on July 16th and was a qualified success, with only 6 of the 10 invited Guests of Honour able to attend on the day. I was assured (by them) that they were arguably the finest and better looking of the whole bunch and they seem to have enjoyed themselves on the day, despite it being mid winter.

Jack Boon wielded the cake cutting sword very calmly and effectively and unlike some, was very happy to hand it back to the Sgt at Arms. Father Tim, after firmly alleging that 'he had only been allowed 30 seconds' for his reply, then completely ignored any thought of a timeframe and happily forged ahead and in his inimitable style, went on, making us all laugh repeatedly, before his unselfish closing remarks, gently reminded us all of the need for friends and, young members.

Each of the attending OBEs has been sent a copy of the attached photograph. They are, from L to R, Back Row JACK BOON - LAURENCE CONNOLLY - LEON ZEITLIN - TIM HARRISON (Fr) - GEOFF STEVENS - BOB KLEIN.

All present asked to pass on their best wishes to our 4 absentees: GERALD YORK - NIGEL MASTERTON - BOB SMYTH - JACK BEN-SKY,

OBSERVATIONS ON YOUR COMMITTEE

hat very sense of belonging, of history, of having been there from the beginning. Of having actively helped to build something very special and quite unique. Of still wanting to participate, guide and safeguard, is highly respected and recognized, as it should be, by both older and newer members of Highgate. In Highgate, we are surrounded by men who exemplify that very ethos.

However if Highgate is to survive and continue in relatively good health - and not just passively succumb to the processes of natural attrition without putting up any fight, then the following has to be addressed.

We have an AGM and Committee election coming up and effectively only August and September in which to face the fact that if you do nothing, then there will be several vacancies on YOUR Committee.

They will exist for health, residential and/or travel reasons, due to other externally imposed priorities, workload and in significant part, because many of us have been content to enjoy the Highgate ambience and let some of our most respected, long serving and hard working members make all the decisions for us.

The majority of us have already served on our share of committees, however for some, that was a long time ago, the scars have healed and unlike that experience, you will find a good, gracious and mutually supportive bond running through Highgate's Committee.

A wise man once said that: ".....'Club, Committee' and 'Contribution'.....go hand in hand....and he who watches and says that a process can be improved.....should take part in it, forthwith......"

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Highgate News

COMING EVENTS

This Month's Luncheon: Monday 20 August 2007

Venue: Gallipoli Room Time: 11.30 hrs Fellowship, 12.15 hrs Luncheon

Guest Speaker: Mr Ron Manners, Author "The Wild West". Topic: Early days in WA mining

Committee: 3 September 2007

Luncheon: 17 September 2007 - Guest Speaker—Dr Karl O'Callaghan APM Commissioner for

Police WA

SUB WARDENS DUTIES

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

Thursday 9 August 2007 — 1015 hrs for 1030 hrs — HMAS Canberra - HMAS Shropshire Association.

Friday 31 August 2007 — 1145 hrs for 1200 hrs — National Malaya & Borneo Veterans Association.

Wednesday 5 September 2007 — 1000 for 1030 hrs (TBC) — RAAFA—(Battle for Australia).

Sunday 16 September 2007 — 1145 hrs for 1200 hrs — Maltese Association.

Vietnam Veterans' wanted for help in a study of war-related posttraumatic stress disorder (PTSD)

The study is trying to understand what influences the development of PTSD in war veterans so that future treatment can be more effective.

- Volunteers are required to complete anonymous questionnaires about their thoughts and feelings.
- The questionnaires are usually not difficult and will take about 30-60 minutes to complete.
- To participate in this study you need to be a Vietnam Veteran either with PTSD or without PTSD.
- The questionnaires, an information sheet, and a reply paid envelope are available from the researcher.
- Once completed, please mail them anonymously to the researcher.
- This study is being conducted by David Cockram, a registered psychologist, as part of his Doctor of Psychology research.
- David is a Vietnam Veteran who served in a rifle company with 3 RAR.
- All responses are anonymous so no person can be identified, but results of the study will be available later.
- To obtain a questionnaire package please contact:

David on 0417 457 295, by email dcockram@netspace.net.au or the research supervisor Dr Chris Lee, School of Psychology, Murdoch University, Perth, 6150, chris.lee@murdoch.edu.au

EXTRA ASSISTANCE REQUEST

Poppy Day Appeal Friday 7 November 2007

Our Next Poppy Day Appeal will be held on Friday the 9th of November 2007.

Those faithful band of Highgate volunteers are too well aware that our ranks are growing thinner each year. Highgate is experiencing a shortfall of volunteers at our two collection points:

Bus Port at the Esplanade — Wellington Street Bus Station.

Over the last two years we have been assisted by a few Reserve Forces Members, however, their attendance is restricted, because of their work commitments and not being able to commence their roster before 0900 hrs. Highgate respectfully request members to seek assistance from their family and friends to fill the void during the peak periods. (They can be registered as collectors) The <u>minimum</u> peak roster times relate to the number required at each location

0600-0630---6; 0630-0700---7; 0700-0730---8; 0730-0800---9; 0800-0830---10; 0830-0900---10; 0900-0930---8; 0930-1030---6; 1030-1130---5.

Should any Highgate Member have a solution to our problem please contact Don Blair Work: 9272 2933 home; 9474 1741 mobile; 0417 961 874



PURPLE BRA DAY 2007

(With thanks to Penny Tassone—Hollywood Private Hospital)

n a new initiative, Hollywood Private Hospital were major sponsors of the Breast Cancer Foundation of WA's Purple Bra Day on Friday 1 June 2007.

Throughout May, in the lead up to Purple Bra Day, Hollywood together with Joondalup Health Campus donated \$1 for every bra that was dropped into a 'bra bin' to help the Foundation raise much needed funds to support West Australians affected by breast cancer.

Over \$200,000 was donated to the Foundation on Purple Bra Day and more than 25,000 bras collected!

The sponsorship of Purple Bra Day was extremely rewarding. Through supporting the Breast Cancer Foundation of WA, Hollywood is working towards the prevention, the treatment and the cure of breast cancer, while spreading awareness across Perth at the same time!

Ramsay Health Care state manager operations Kevin Cass-Ryall said The Breast Cancer Foundation of WA relied heavily on donations from the public and Hollywood and Joondalup's sponsorship of Purple Bra Day injected much needed funds into helping raise breast cancer awareness.

"I encourage all community organisations to get behind initiatives such as Purple Bra Day. The Breast Cancer Foundation and other important, like-minded charities need our help to continue to fund and raise awareness of these devastating diseases.

"At Hollywood and Joondalup, our staff see first-hand the impact breast cancer has on the lives of patients and their friends and families. We want to do as much as we can so not only are we treating sufferers, we are also trying to raise community awareness also," Kevin said.

Due to Hollywood and Joondalup Health Campus' contribution this year, the day was doubly successful for the Foundation in comparison to the last few years. Colourful posters promoting the day were put up everywhere in the western suburbs and northern corridor areas to draw attention to the cause.

Hollywood also ran a competition to see who could create the most outlandish and fantastic purple bra and the entries were either worn by the team at 94.5FM or were on display in Forrest Chase in the city for Purple Bra Day.

All in all, it was a successful day for Hollywood and the Breast Cancer Foundation of WA – and thanks go to everyone involved.