



HIGHGATE



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Website: <http://Highgater-sl.org.au>

NEWS

The official newsletter of the Highgate (WA) SubBranch of the Returned & Services League of Australia

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MONTHLY LUNCHEON AND AGM

Monday 18 June 2012

Venue: Gallipoli Room
Time: 1130 hrs for 1215 hrs

GUEST SPEAKER: Will be Ken Walker, Marketing Manager for the Army Museum (in Fremantle). The Charter of the Museum is to collect, conserve and exhibit the history of the Army in Western Australia, and Western Australians in the Army. Volunteers have an important role in its day-to-day functioning

PLEASE TAKE SPECIAL NOTE: To attend a monthly luncheon you need to book your name on the **BOOK-IN SHEET** by the Friday before the Monday lunch (Friday 16th March, for the next one). You can do this by using the link previously emailed to you. **FOR THOSE WITHOUT** email please call Margot Harness on 9293 1076 (or any of the committee listed at left). If you need the link again send an email to our Treasurer (see email on front cover) and request it. Please note that the Book-In Sheet allows you to place yourself on a **PERMANENT** basis.

President's Report

I am seeking inspiration.

In the process of planning for the coming OBE luncheon in July the thought came to mind that we are no closer to joining new members into the Sub Branch than we were at this time last year. We have 12 members reaching the grand milestone of 90 and another five members turning 80—but no new members on the horizon. This undesirable situation compounds into other administrative matters such as finding new committee members that are willing to carry the mantle from a diminishing pool of willing hands. To address this our committee is attempting to encourage new members to join by holding mixed functions on weekends, looking at new ways to improve our communications to members and encouraging as much interaction and interest between members as possible through our

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FORTHCOMING MEETINGS

COMMITTEE - 11 June 2012

LUNCHEON - 18 June 2012



(Continued from page 1)

monthly luncheons and other significant events.

It all comes down to one thing. Everyone should be aware of the situation. Undertake to take some personal responsibility as an active Highgate member and try your level best to sign up one member. If the buddy system works, as it usually does, we will be able build on our membership. In the process we need to focus on targeting younger members and also encourage affiliate members to join.

Ask the question – you may be surprised who may be thinking of joining. Sitting on our hands and doing nothing will not achieve this. We certainly need someone to step up and offer to take responsibility in our important membership role and we always need constructive and productive feedback on ways we can promote the RSL as a good organization to be a part of.

I propose that all committee positions be for a two year tenure to relieve the pressure on having to do the yearly scrounge around for committee volunteers and I will continue to look for support from benefactors that can help to reduce member costs and make the difference between an average turnout and an excellent event. We already have the Memorial Lunch in November to look forward to and we can build on this. Our intention is to invite some key guests to this luncheon to make it even better. For the monthly lunches, we will be inviting members from other interested Sub Branches to form a table so they can mix with our members and enjoy the presentations from our interesting and varied guest speakers.

The strength of any organization is in its membership so please take up the cause.

We have plenty of forms at the ready and can even help you fill them out if required.

Yours in friendship.

Leon.

AN URGENT PLEA FOR HELP

Your Highgate RSL Honour Avenue's Sub-Committee has continued to work hard to ensure the success of plaque refurbishment, the Dedication of new plaques and the ongoing financial stability of the Honour Avenues of Kings Park.

We enjoy an enviable reputation, amongst the Senior Officers and Board of the Authority, for the dedicated work carried out in the field, the workshop and our administration centre.

Now we need support from the Highgate membership. **We need a volunteer member to fill the position of Assistant to the Treasurer.**

This is a new appointment and you will be working by the side of the Treasurer, Alf Till, in our air conditioned offices in The Lodge, Kings Park.

Aspects of the position are:

- * Required Tuesday mornings only between 0800 and 1100 hours
- * Free parking facilities behind The Lodge available.
- * All banking accounts and financial records computerized
- * Excellent team spirit amongst those whom you will know as you ease into the job.

Ring the Chairman, Norm Manners on 9405 2421 if you want to be a participating volunteer and hold up the pride of Highgate Sub-Branch as well as ensuring the spiritual graves of the men and women of this state.

A "Pun can be Fun" Corner

A new Middle East crisis erupted last night as Dubai Television was refused permission to broadcast the old cartoon series: 'The Flintstones'. A spokesman for the channel said. "A claim was made that people in Dubai would not understand the humour, but we know for a fact that people in Abu Dhabi Do."

HOWZABOUT A HOSPITAL "POP IN"??

If any member living in the Western suburbs has a chance, please pop into Sir Charles Gairdner Hospital to say "Hello" to Eleanore Wells, currently laid up as an "In-Patient", getting weary of being in hospital and a bit fed-up. Eleanore, who served as a WRAAF Sergeant during WW2 would really welcome a cheery visitor or two.

NEED A LIFT TO ANZAC HOUSE TO ATTEND MONTHLY HIGHGATE LUNCHEONS?

If so please contact me personally on 9244 8072

Ken Bladen



SUB WARDENS DUTIES

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

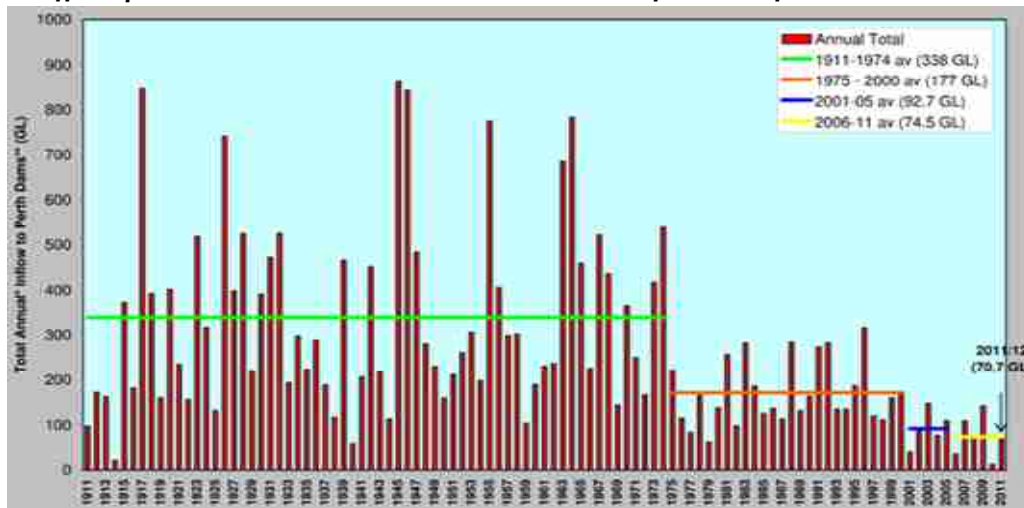
PLEASE NOTE: NO CEREMONIES FOR JUNE 2012

Sunday, 15 July 2012 : 1130 for 1200 hrs - Cypriot Community: to commemorate the Invasion of Cyprus in 1974

Sunday, 29 July 2012 : 11.30 for 1200 hrs- Commemoration of National Day of Independence of Macedonia

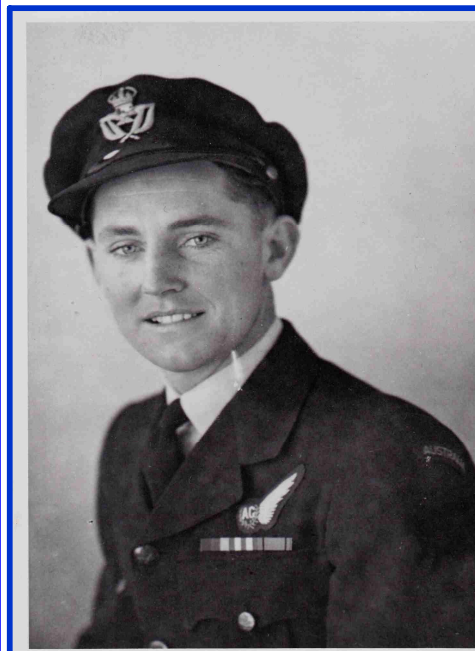
Geoff Simpson's talk at the last Luncheon was most informative for all who attended.

As a senior Engineer with the Water Corporation for many years, Geoff described his involvement with addressing shortages and the building of Perth's Desalination plant. This graph, showing Perth's average run-off patterns into Dams over the past 100 years is one sobering illustration of why we all need to be more "water-wise".



"The Way We Were" Gallery Our Golden Oldies

He was dashing then as a Warrant Officer Wireless Op/Rear Gunner on Lancasters with 463 Sqn, Bomber Command, in 1944/45 and he is still pretty dashing even today- same spunky tilt of the head and dapper standard of dress.



You are looking at long-time, loyal member: John McKenzie of course.

Post-WW2, John returned to his employment with West Australian newspapers, where he was their sports photographer for many years (long before digital cameras came into use; and when only a sharp eye and split-second timing caught that splendid footy mark or great Test cricket catch on film). He later made a career change and for 20 years became a very successful insurance agent.



In this month and year when a Memorial is being dedicated in London to the valiant men of Bomber Command to mark 70 Years since WW2, we salute one of the precious few who are still with us.

Good on you John!

LAST POST

ALL Past Members of Highgate, who have passed on

Lest We Forget





HPH NEWS: PUTTING VOLUNTEERS IN THE SPOTLIGHT

(with thanks to Clare Sadlier at HPH)

Whilst Hollywood Private Hospital's dedicated staff provides a high standard of quality care and amazing service, volunteers at the hospital also make an enormous difference to the lives of its patients and visitors.

Nola Cruickshank, Director of Clinical Services at Hollywood Private Hospital, said that it is through the use of generous volunteers time that the hospital can offer its patients and visitors extra assistance and support.

"Hollywood Private Hospital currently has over 90 active volunteers, with a regular weekly presence of about 60 at the hospital, and they all play an invaluable role in enhancing the overall patient and visitor experience," said Ms Cruickshank.

The Hollywood Volunteers initiatives include general patient support activities such as visiting and playing games with patients; a Companionship Program that targets longterm care patients; Front of House roles which involves guiding visitors and offering hospitality; and the Courtesy Buggy service that provides transport for visitors within the grounds.



A group of Hollywood Volunteers with Volunteers Manager Helen Morrell pictured second from right.

One of the services that the volunteers provide is and foot massaging treatment. is a Hollywood provides hand massages every Leslie Starceвич Hollywood Pri-

most popular Hollywood Vol-patient hand sages – a and particularly patients receive- Kathy Mulligan Volunteer who and foot mas-Monday in the Day Suite at vate Hospital.

"Patients may be experiencing nausea, or have tender, swollen feet so the massages provide a great amount of relief for them. Human touch in itself can be very healing," said Kathy. "I love getting to know the patients and having a chat. Patients may come in for treatment on their own so I like keeping them company, sometimes playing Scrabble. I enjoy the interaction so much that I feel I get just as much from the experience as the patients do!"

An appreciative, regular, female patient said: The massages provide me with a lot of relief as I suffer muscle and joint stiffness. The Volunteers are very welcoming and it comforts me to see a friendly face".

Helen Morrell, Volunteer Manager at Hollywood Private Hospital said that the Hollywood Volunteers gain a great deal of satisfaction from the contribution they make.

"Many of our volunteers find it highly gratifying knowing they have made a positive contribution to a patient's healing process through providing companionship, assisting a patient with something they couldn't do themselves or cheering them up," said Ms Morrell.

Hollywood Private Hospital is looking for new volunteers to join the team with a range of volunteering roles available to suit people's schedules, interests, skills and abilities.

For enquiries about volunteering at Hollywood Private Hospital please contact Helen Morrell by phoning 9346 6275 or emailing MorrellH@ramsayhealth.com.au

The continuing support of Hollywood Private Hospital and their generous assistance to RSL Highgate Sub-Branch is warmly and greatly appreciated.

HOLLYWOOD

PRIVATE HOSPITAL



**THIS NEWSLETTER IS PRINTED AS A SERVICE TO THE VETERAN COMMUNITY
BY THE OFFICE OF THE HON STEPHEN SMITH, MEMBER FOR PERTH**