



HIGHGATE



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Website: <http://Highgate-rsl.org.au>

NEWS

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

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MONTHLY LUNCHEON - MONDAY 15 JULY 2013

Venue: Gallipoli Room
Time: 1130 hrs for 1215 hrs
Event: OBE's Luncheon

Today we celebrate The birth of those who were born in the far away year of 1923 and the not so recent year of 1933 and also, again recognise, all those of 80 years of age and beyond who were born in the month of July. If this is you we truly hope that you will be with us.

1923

Ernst Baints
Peter Hummerston RFD
Frederick Johnston
Ronald Rigg
Ron Seares

1933

Richard Albury RFD ED
Trevor Arbuckle
John Deykin
Lou Halvorson RFD
Patricia Kailis AM OBE
The Hon Neil Oliver RFD ED JP

For the Luncheon (15 July 2013) PLEASE enter your name electronically on the BOOK-IN SHEET (by Friday 12 July), using website (click on JULY LUNCHEON under the pic of the Flame of Remembrance). FOR THOSE WITHOUT email please call **Bob Arnold on **9448 2757** (or any of the committee listed at left). Margot is overseas.**

Please note that the Book-In Sheet allows you to place yourself on a PERMANENT basis.

President's Report

In this edition I would like to pay tribute to one of our club stalwarts Eli Quartermaine who was laid to rest in June. A big crowd attended the service. Highgate Sub Wardens provided an honour guard for the ceremony upon request from the family. As President, I

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FORTHCOMING MEETINGS

LUNCHEON - 15 July 2013 (Committee: 10am same day)



(Continued from page 1)

had the privilege of reciting the ode before his family, his many friends, associates and colleagues.

Eli was a great man who contributed to the club in his own quiet manner that led to making such a difference for others. Many members have expressed their sadness at the passing of such a gentle and likeable person, a high achiever who left his mark in whatever he did with so little fuss. Eli thank you for being part of our lives, you will not be forgotten.

“Rest in peace good friend”.

This month we once again celebrate and pay homage to our OBEs at our monthly luncheon. Geoff Simpson has coordinated the event and Peter Harries has volunteered to MC for the day. We will try to make sure Peter follows a script of sorts and refrains from getting people to dance on the tables. It is left to see how the celebration unfolds? I urge everyone to make the effort to come along to

make it a memorable day for the birthday boys.

The weather turned out a gem for the function at the Royal Freshwater Bay Yacht Club held last Sunday. Food and surroundings were excellent and everyone had a most enjoyable time. Suzie Glasfurd in her own effervescent way held the raffle and made sure everyone, or almost everyone, won a prize. Thanks Suzie. Also thanks must go to Lyn Durant-Lovell who tracked everything down to the last detail with the club to ensure members had the best day out. Most people agreed it would be difficult to match this wonderful venue for value and service. It was also good to see so many guests come along and I am hopeful we will be able to continue with a similar outing next year.

We can look forward to more memorable outings coming up soon.

Keep well.

Yours in friendship. *Leon.*

COMMUNICATION WITH MEMBERS

- EMAIL ADDRESSES:** If you haven't received an email from RSL Highgate Sub-Branch over the past few weeks it means we either don't have it or your old address is invalid. Please send the Secretary an email at ray.galliot@highgate-rsl.org.au to advise your email address.
- Members with mobile phones** are asked to send their mobile phone number via SMS to the Secretary [0412 990799]. This will enable the Sub-Branch committee to send urgent messages direct to members' mobile phones.

Ray Galliot, Secretary

NEW NAME BADGES



Your committee has approved the supply of new, metal name badges for RSL Highgate Service Members. These high quality, magnetized badges are a considerable improvement over the paper/plastic badges we have used over the past few years. Members attending other sub-

branches or external events will be able to wear the new badge that better represents Highgate Sub-branch. The cost per member is \$10 as the committee has approved a subsidy.

Please remit \$10 to the credit of our bank account [Highgate RSL (CBA) **BSB:** 066 001: **Account No.:** 0092 5571] – include your name in the message section -“Last Name><Initial>” e.g. Badge - Griffiths L **OR** mail your cheque to The

Treasurer, RSL Highgate Sub-branch, PO Box 3551, PERTH 6832 **OR** pay at any luncheon meeting. If you wish your name embossed in a different form to what we have on file, please advise the Secretary: (ray.galliot@highgate-rsl.org.au) or 9243 7453 e.g. “Bill” instead of “William”.

Purchase is voluntary: on receipt from the supplier, your new name badge will be available for collection at any of our monthly luncheons.

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

Sunday	14 July - 0830 for 0900hrs - Association of the Movement of Serbian Chetnicks Combatants
Sunday	14 July - 1130 for 1200hrs - Greek Cypriot Community of WA
Saturday	27 July - 1000 for 1030 hrs - Korea & South East Asia Veterans Association
Wednesday	31 July - 1000 for 1030 hrs - Australian Army Team Vietnam Association

Where would we be without Volunteers?

SUB-WARDENS



Volunteers are required to bolster the number of sub-wardens available for duty at the Kings Park War Memorial. There are an increasing number of activities and ceremonies being conducted [5 in May for example] and it is expected that this will increase as we

move into the 100th Anniversary of Gallipoli celebrations in 2015. If you are reasonably fit and have the time to commit to the sub-warden duties, please contact the Secretary on 9243 7453 or ray.galliot@highgate-rsl.org.au.



G Geoff Simpson presenting **P** Peter Davies with a framed certificate of appreciation, in recognition of his service as voluntary bus driver for the Sub Wardens on ANZAC Day

This was a voluntary service that Peter gave from the Dawn Service 2003 until ill health forced him to give it up prior to the DAWN service 2012. Before 2003, Sub Wardens had to make their own way up to Kings Park for the Dawn Service and after its completion, down to the City for the Gunfire Break-

fast. The crowded conditions and parking difficulties was a blight to many of the Sub Wardens, several of whom did not arrive until after the breakfast had started. At a committee meeting prior to ANZAC Day 2003, it was suggested the bus held for the RSL Homes in Menora could be used by us provided we had a licensed Bus Driver. Bob Mercer said he would look after the bus and I volunteered to check with a friend of mine, whom I knew held a Bus Drivers Licence.

I approached Peter to see if he would be interested in a voluntary job. There was no hesitation from him and he faithfully each year, except for one year when he was out of the State, picked up the bus from the RSL homes on the eve of ANZAC Day, parked it overnight at his house and drove it next morning to be at the pickup point by 0430 hrs.

This was a task he enjoyed doing as he felt he was contributing in a small way to the Dawn Service.

"Attending early in the morning and watching to see the sun rise over the memorial, in reverence, with people to recognise the sacrifice others had made to keep our country free" he said.

As his health further deteriorated Peter was unable to attend the usual invitation to a Branch luncheon, so arrangements were made with Peter's wife, Maxine, for Geoff and me to attend an afternoon tea, at their home, a few days prior to ANZAC Day 2013, for Geoff to make the presentation.

The certificate reads:

"Highgate RSL Branch Western Australia. Certificate of Appreciation presented to **PETER DAVIES** in recognition of our appreciation as Voluntary Bus Driver for the Sub Wardens on ANZAC Days.

Leon Griffiths 20 August 2012".

Ray Mawson



The Hollywood Clinic opens a unique day program for patients with eating disorders.

A new initiative at The Hollywood Clinic now offers patients diagnosed with eating disorders the option of a comprehensive day program.

Commencing on 24 June 2013, patients can attend the Hollywood Clinic program for up to five days a week, in accordance with their individual treatment plan.

Complementing the existing and well regarded in-patient program at The Hollywood Clinic, the new Day Patient Eating Disorders Program provides a service for those patients aged 16 years and over with a minimum BMI (body mass index) of 15, who do not require hospitalisation.

The unique structure of the day program combines cognitive behavioural therapy groups with supported meals, exposure to social food settings and food preparation activities. The goal is to provide a powerful experiential opportunity to reduce disordered eating behaviours.

A multidisciplinary team comprising a consultant psychiatrist, psychologists, dieticians, clinical nurse and art therapists will ensure a comprehensive approach to addressing the range of factors that create and

maintain eating disorders. A patient's GP remains pivotal in monitoring their health.

Program Director, psychiatrist Dr Eileen Tay, said the incidence of eating disorders has increased in recent years, putting pressure on existing services.



"There are currently no community-based interventionist programs offering daily group support for adults with eating disorders," said Dr Tay.

"Disordered eating can significantly impair physical, psychological and social wellbeing. Left unattended, eating disorders such as anorexia nervosa and bulimia nervosa can continue to present a significant mortality risk.

"Indeed, anorexia nervosa has the highest mortality rate of any psychiatric illness, and our new program aims to ensure adequate services are available for patients before they reach the need for hospitalisation."

Hollywood Private Hospital Chief Executive Officer Peter Mott said the new day program was part of The Hollywood Clinic's ongoing commitment to excellence.

"The Hollywood Clinic has grown over the years into a highly regarded centre of excellence in psychiatric care," said Mr Mott. "The new day program will enhance that commitment by providing a much-needed service."

The Day Programme "also complements our existing in-patient mental health services, which are currently being expanded through the addition of a new wing that will add another 30 beds and have a gymnasium, dining room, doctors consulting rooms and staff rooms."

For more information on the Day Patient Eating Disorders Program please contact The Hollywood Clinic on 9346 6805 or ask your GP to refer you.

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LAST POST

Eli Lloyd Quartermaine — Ian Clarke

Lest We Forget

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