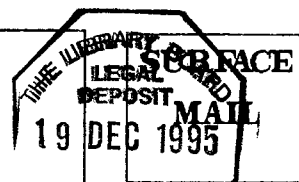


# THE HIGHGATE R.S.L. NEWS



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**YOUR '96  
ANNUAL SUBS  
ARE NOW DUE  
SEE INSIDE**

## MONTHLY LUNCHEON & ANNUAL GENERAL MEETING - MONDAY 18 December, 1995.

VENUE: Gallipoli Room, Anzac House, St. Georges Terrace, Perth.

TIME : Fellowship: 1150 hours - Luncheon: 1230 hours.

(N.B. As usual at the pre-Christmas Luncheon there will NOT be a GuestSpeaker.  
Instead we will be regaled with "Tall Tales and (?) True by various members.)

### FROM THE PRESIDENT.

As 1995 draws to a close and I prepare to hand over the Presidency of Highgate to my successor, I take this opportunity to express my appreciation and gratitude to those committeemen and members who have made my year in office one of satisfaction and pleasure.

Highgate is blessed with a large number of dedicated and benevolent individuals. This was amply demonstrated on Poppy Day under the stewardship of Tom Horton.

Repeatedly, at the State War Memorial under the leadership of Phillip Kennedy and Ron Stone, and continuously in Honour Avenue, under the control and guidance of "Bish" Kwiecinski and Max Brice. To name but a few!

My only regret was to learn that at our November meeting someone removed, to another place at the table, the "Reserved" card of one of our members to accommodate his own needs. The member had placed his "Reserved" card near the exit to facilitate access to the toilet due to a medical problem.

I believe that the placing of a "Reserved" card on the table is sacrosanct and can only be moved with the express and prior approval of the person who placed it there. Who, if approached, would no doubt have agreed to move.

Such action, in my opinion, is ungentlemanly and unbecoming a member of Highgate. The Ladies night at the WA Club was the highlight of our social calendar and a fitting tribute to our ladies.

In closing I wish to all our members and their loved ones a joyous Christmas and a prosperous New Year.

Les Stewart, President.

## LAST MONTH'S SPEAKER:

What a pleasure to hear such an expert as Ron Alexander talk on a subject which is, obviously, so close to his heart! With our chairman giving him just a little latitude as far as time was concerned Ron was able to provide a rapt audience with a talk which was not only full of Australian football lore but long on humour and intimate details of a career devoted to sport and youth.

For those few among us who were not brought up on a steady diet of Aussie rules there were many moments when we became somewhat baffled by references to former greats of the game and the several nuances which like tribal secrets are known only to the initiated. However so succinct were Ron's explanations and so clear his deliberations that even the most illiterate of us turned the corner and became, if not experts, then at least able to hold a conversation in the language.

Thank you Ron for a most entertaining and lucid dissertation!

## VJ COMMEMORATIONS - UK

by Dr Alan King

Having been nominated by the RSL, I was honoured to be selected as one of three World War II veterans representing Australia at the VJ commemorations in London from 19th-20th August 1995, marking the fiftieth anniversary of the end of the War. After serving in the Western Desert and Greece as a member of the 2/7 Field Ambulance, 6th Division, I was captured on Crete. I then spent four years as a POW in Germany - most of the time involved in treating Allied tuberculosis sufferers in various camp hospitals. For this work I was awarded a Mention in Despatches on 20/9/45.

The other Australian representatives were Vic Ferry (also from Western Australia) representing the RAAF and Rod Merson (NSW) representing the RAN. The two days were taken up with much pomp and pageantry. On the 19th, following the service of Remembrance and Commitment around the Queen Victoria monument, there was a march past of some 8,000 veterans along the Mall with the Queen taking the salute. Her Majesty was accompanied by HRH the Duke of Edinburgh and other members of the Royal family.

That evening at the Tower Bridge there was a fly-past of RAF planes in formation including Hawk TIA's, Tornado F31's, Harriers and helicopters. This was followed by a spectacular fireworks display. On the 20th there was a meeting of the 500 veterans from the 50 Commonwealth countries at the BCEL Centre. The final event, that night, was the Beating of the Retreat on the Horse Guards Parade, with the massed bands of the Household Cavalry, the bands of the Guards, Marines and the RAF. From the stage the Queen delivered her speech thanking those who who had fought, under often appalling conditions, to defend Britain's freedom.

SUB-WARDENS' DUTIES

SUNDAY 11/2/96

0945 hours for 1000 hours

WRAAC Assoc. (WA)

Omitted from last month's "News" article on the Honour Avenue:- (Members of Committee)

A M (Max) Brice (Secretary and has been involved with the Committee since 1948 when arrangements commenced for Lovekin Drive to be extended to cater for applications for plaques for servicemen who lost their lives in the 1939-45 War.). In addition to his Secretarial work Max does the mounting of plaques on posts home.

POPPY DAY, 1995.

by Tom Horton

The 1995 Poppy Day must be considered an overall success. Our member volunteer collectors' efforts totalled \$5606-80 after expenses for poppies and wreaths. Highgate receives just over \$2000.... a damn good result for your efforts.

This result was only possible because our members volunteered and manned the Wellington Bus Station and the Bus Port at Riverside Drive. I would like to thank especially:-

DON MEREDITH who organised Wellington Street all day from 0500 hours to the finish: members should know that Don works all year round on the Honour Avenue, Kings Park. Thanks Don.

TOM FERRARO who has, every year, taken a hundred or so poppies and in his own quiet way contributed \$200 each year. This year he has excelled. Thank you Tom.

PHIL LOFFMAN, our CVD historian, looks after the Myer Empire. Each year he personally visits each Metro Myer store selling wreaths and poppies. This year he again collected over \$560. Many thanks, Phil:.

THE LEGACY CLUB (Legacy Widows) collected over \$200. I will thank Margaret, their organiser.

TED STEVENSON ( who for many years organised successful Poppy Day collections) again helped for several hours. Thanks very much, Ted.

HARRY FENNELL, our Sub-branch Treasurer, helped me personally from 0530 until midday. Indeed , for that help - Thank you Harry.

THE OTHER MEMBERS - I would like to thank all the other members who volunteered!!

YOU raised the bulk of the money by your unstinted support (\$4500).

I would like to reflect on the day's activities to improve next year. Between 1100 hours and 1300 hours we need at least four members per hour at each Station. It is a slow and monotonous, tiring and hard stint but, of we persist, Highgate will be \$3 - 4000 better off. This is the cream on the cake. Please think about it!!

In conclusion, for the year 1996 I hope we have a greater turnout of members, because it is getting harder to sell poppies. From this year's practical experience all members must realise that -

**" PEOPLE SELL POPPIES"**

## WELFARE OFFICER'S REPORT:

### EXTENSION OF ELIGIBILITY FOR DEFENCE SERVICE HOMES BENEFITS TO FULL TIME MEMBERS OF THE WORLD WAR II WOMEN'S SERVICES.

This measure will provide Defence Service Homes eligibility to full time members of the World War II Women's Services. This NEW entitlement is a separate benefit especially for WWII ex service women. Entitlements to the benefit will not be affected by, nor will it affect, any any entitlement under the scheme gained as the spouse or widow of an eligible person.

#### BACKGROUND:

For fifty years former members of the WWII Women's Services who did not actually serve overseas during wartime have been excluded from the Defence Service Homes Scheme benefits in contrast to many of the male volunteers. This initiative addresses that situation and recognises the major contribution to the war effort made by thousands of female volunteers who joined the services on the same basis as their male counterparts.

#### COMMON QUESTIONS:

(Q) How do I find out whether I am now eligible for DSH assistance ?

(A) Contact the office of the Department of Veterans' Affairs WA Ph. (City) 366-822 or (Country) 1800 113 304.

(Q) If I already have a DSH loan because of my spouse's eligibility does this change mean that I might receive another ?

(A) Yes! So long as you meet the eligibility and lending criteria applied to all loans under the Scheme.

(Q) The members of which WWII Women's Services will benefit from this initiative ?

(A) Former members of the following WWII Women's Services will benefit:-

Women's Royal Australian Naval Service;

Australian Women's Army Service;

Women's Auxiliary Australian Air Force;

Australian Army Medical Women's Service; and

Full time members of the Voluntary Aid Detachment.

## POST TRAUMATIC STRESS DISORDER PROGRAMME

INTRODUCTION: Hollywood private Hospital has developed a programme to meet the needs of Veterans who are experiencing symptoms related to stress as a result of their war experience.

#### WHAT IS PTSD?

Post Traumatic Stress Disorder is associated with:-

-re-experiencing symptoms such as recurrent distressing and intrusive thoughts and flashbacks about painful war related experiences;

- avoidance of thoughts or feelings connected with traumatic events - often through the use of alcohol;

- increased arousal or "being on edge" which often results in sleep difficulties, irritability and anger.

The combination of these symptoms commonly leads to relationship and work related difficulties.

## ABOUT THE PROGRAMME.

### DURATION.

The programme starts with a 28 day in-patient stay followed up by day attendance one day per week for eight weeks.

### ELIGIBILITY.

The programme is funded by the Department of Veterans' Affairs. All veterans who have PTSD diagnosed are eligible for treatment.

### ASSESSMENT.

Each veteran will be assessed and appropriate treatment options recommended. Veterans who require detoxification will be offered this service prior to the programme commencing.

### GROUP SIZE.

Each programme is limited in size to 8 - 10 veterans. Once the intake is established the groups will be closed for the duration of the programme.

### STAFFING.

The programme is conducted by a team of qualified and experienced professionals which includes:-

Consultant Psychiatrist - Clinical Psychologists  
Mental Health Nurses - Social Worker  
Occupational Therapist

### CONTENT OF PROGRAMME.

#### Education about PTSD:

learning ways, within a safe environment, to deal with painful thoughts and feelings associated with PTSD;  
learning to manage depression, anxiety, anger, alcohol and drug problems;  
medication prescriptions (when indicated); and  
developing ways to improve quality of life and relationships.

### PARTNER SUPPORT GROUP.

These issues will be addressed using individual and group therapy approaches as appropriate.

**REFERRALS.**

Written referrals are required from General Practitioners, Psychiatrists, Psychologists or the Vietnam Veterans' Advisory Service. Self referrals for further assessment may also be arranged.

**TO ARRANGE REFERRAL AND ADMISSION CONTACT:-**

The Clinical Nurse Manager  
The Hollywood Clinic  
Telephone : (09) 346 - 6000

**FOR FURTHER INFORMATION CONTACT:-**

The Therapy Manager  
The Hollywood Clinic  
Telephone : (09) 346 - 6000

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**YOUR SUBSCRIPTION FOR 1996 IS NOW DUE.**

PLEASE COMPLETE ALL DETAILS.

SERVICE NO. \_\_\_\_\_

NAME IN FULL (block letters please) \_\_\_\_\_

ADDRESS \_\_\_\_\_

SUBSCRIPTION 30-00

DONATION \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

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H.A. FENNELL,

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**Wallace's Jewellers**

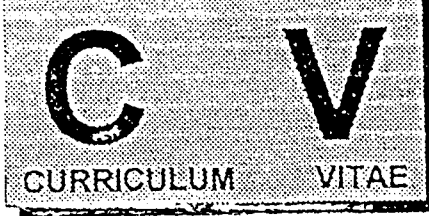
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preferred first name

surname

post nominals

birthday

service highlights

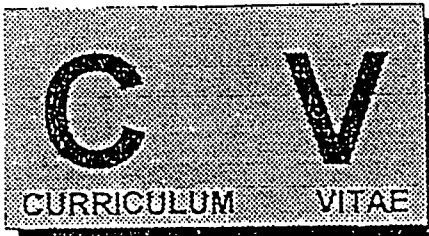
service organisations

civil

QUESTIONS PHIL LOFFMAN 385820

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preferred first name

surname

post nominals

birthday

service highlights

service organisations

civil

QUESTIONS PHIL LOFFMAN 3858208



- To celebrate Highgate's 50th Anniversary a commemorative history is being prepared.
- If your name or a friends name is *NOT* on this list please complete the CV form
- A proof reading will be displayed at the Christmas Luncheon. Any amendments or photo enhancement, please print clearly on the CV form (overleaf)

AIREY	DIXON JOHN	KYLE Sir Wallace	RICHARDS
ALEXANDER	EAST	KYLE BERNIE	ROBERTS
ALLOM	ELLIOT BOB	KYNASTON	RODRIGUES
ANDERSON	ELLIOT FRED	LAMB	ROSS
ARCHER	EMBRY Sir Basil	LANG	RUSSELL
ARTHURS	FENNELL	LARKIN	RUTTER
BAGSHAW	FERGUSON BERT	LAWRENCE	SALEEBA
BALFE	FIRKINS	LEE LESLIE	SAVILLE
BAMFORD	FITZHARDINGE BILL	LEE KEN	SCULLY
BANCROFT	FITZHARDINGE JOHN	LEROY	SEARS
BANNISTER	FITZHARDINGE Roger	LODGE	SHACKLOCK
BENNESS	FLETCHER Sir Norman	LOFFMAN	SILBERT
BESSEL-BROWNE	FLETCHER BOB	LONG	SLATTERY
BIERWORTH General	FREETH Sir Gordon	LOW	SMART
BINKS	GENEROWICZ	LUCAS	SMITH BOB
BIRD	GIBBS	MAITLAND	SMITH PETER
BIRKS	GOLDSMITH	MANGER	SMITH RON
BLAIR	GOLDSWORTHY	MARSH	SMITH TONY
BOAN	GORDON	MARTIN	SMITH WARREN
BOON	GORSKI	McCUBBING	SPRENGER
BRICE	GRACE	McDONALD	STATHAM
BRIDGES	GREY	McKENZIE	STENHOUSE
BRIGGS	GRIMBLY	MEHAN	STEVENS
BRISBANE Sir Lance	HACK	MERCER	STEWART
BROADHURST	HALL DON	MEREDITH	STICKLAND
BROMELL	HALL PERCY	MITCHELL-BURDEN	STODDART
BROWNELL	HANCOCK sir Val	MONKS	STONE
BUNNING	HANTKE	MORRISON	SURRIDGE
CADDY ERNIE	HARDERS	MURPHY	TAYLOR the General
CADDY LINDSAY	HATELY	MURRAY	TILL
CAMPBELL BARNEY	HAYDEN	MUSSON	THOMAS LEL
CAMPBELL BOB	HEENEY	NEWBERY	THOMAS PHILIP
CANTWELL	HERLIHY	NOLAN	THOMAS TED
CHAPPELL	HORTON	NOONAN	TODD
COHEN	HOWARD	NORMAN	TYDEMAN
CONWAY	HUMMERSTON	PEARSON ALF	VON-NESSELRODE
COOPER	HUNGERFORD	PEARSON PERCY	WADE the General
COURT sir Charles	HUTCHISON	PEET	WALTERS MICK
COURTNEY	IKIN	PELZAR	WALTERS WALLY
COWIE	INGRAM	PENNELL	WETHERELL
CREWE	JAMES	PERKINS	WHITBY
CUTTING	JAMIESON	PLEYDELL	WHITE PERCY
DACRE	JOHNSON	POLLOCK	WHITE TED
DARGIE	KENNEDY the Admiral	POPE JOHN	WILLIAMS
DALLYWATER	KING ALAN	POPE HARRY	WILSON BILL
DAWE	KING DON	POTTER	WILSON JOHN
DAWSON	KING RAY	PYVIS	WOOD
DIXON GERRY	KWIECINSKI	RAMSAY Sir Jim	WYNDHAM
		RAPHAEL	