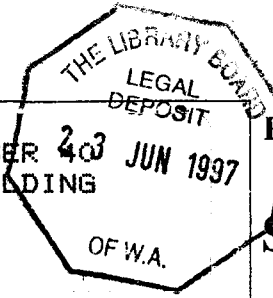




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Registered Publication No. PP602669/0033 No. 355 June, 1997.
(The official newsletter of the Highgate (WA) Sub-branch of the Returned & Services League of Australia)
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TREASURER: B N (BRIAN) KING Tel. 9381 - 8557

MONTHLY LUNCHEON.

MONDAY, 16 JUNE, 1997.

VENUE: GALLIPOLI ROOM, ANZAC HOUSE, ST GEORGES TCE., PERTH.
TIME: 1150 HOURS FELLOWSHIP - 1230 LUNCHEON.
SPEAKER: SIR FRANCIS BURT, AC KCMG QC
**SUBJECT: THE CONSTITUTION NOW AND THE IMPACT OF AUSTRALIA
BECOMING A REPUBLIC.**

Sir Francis is a member of Highgate Sub-branch. He was Governor of Western Australia from 1990 - 1993. Having been admitted to the Bar in 1941 he was appointed Chief Justice and Lt/Governor in 1977 of Western Australia in the same year continuing in these high posts until 1990.

After serving a term in the RAN Sir Francis returned to University to complete his law degree. Having obtained his educational qualifications he was accepted for training as aircrew under the Empire Air Training Scheme where he qualified as a pilot. When he finished this course he was posted to No.10 Squadron RAAF where he flew Sunderland flying boats performing maritime duties in the European Theatre.

Sir Francis was, as a boy, nicknamed Red for obvious reasons. When he joined his crew in 10 Squadron he found that (the late) Alan Bagshaw was also called "Red". As Sir Francis was the captain of the aircraft Alan generously accepted the title "Blue", a name under which many Highgate members will remember him.

(TOM HORTON)

FORTHCOMING MEETINGS:

COMMITTEE: 1215 hours 7 July, 1997. Anzac House

LUNCHEON: 1150 hours for 1230 hours 21 JULY, 1997 Anzac House.

ASSISTANT CASHIER FOR JUNE LUNCHEON : BRIAN KING.
MEMBERS ARE ASKED TO HAVE THE CORRECT MONEY (15-00)
READY AND SO HELP THE CASHIERS.

(DEADLINE FOR JULY ISSUE OF HIGHGATE RSL NEWS - 27 JUNE, 1997) 1997)

LAST MONTH'S SPEAKER:

Lt. Commander Alex Donald DSC (Retd) presented a very good talk on diving experiences in the Vietnam seas supported by a wide range of slides and photos which were of great interest. Thank you very much for your interesting presentation.

(TOM HORTON).

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FROM THE PRESIDENT'S DESK:

VALE Charles Hugall. Charles was the inaugural Secretary of the Sub-branch. Born in January, 1913, he served in the RAAF and RAF completing his service with the famous 10 Squadron RAAF, which flew Flying Boats in the European Theatre. When the Australian Government purchased 6 Flying Boats to speedily boost their inter-island business, Charles flew the first Sunderland to Australia. Charles was a tireless worker for Legacy.

In June John Surridge will stand down from the State Executive of the RSL a position he has held with great distinction for 18 years, commencing in March, 1979.

John is at present editor of the "Listening Post" and is on the Congress Agenda Committee. During his long term of office he has been the liaison officer for Highgate and has served on almost every executive committee spending, at times, up to 20 hours per week to further the RSL and its service to former service personnel. Replacing John Surridge on the executive will not be easy. It does, however, present a great opportunity for some younger member to carry on this important work - so, let's hear from you!!

During May President Don and his wife, Kath, have been enjoying a great holiday island hopping. First touchdown was Lord Howe Island, followed by North Island, New Zealand. We sincerely hope that Don and Kath had a relaxing and enjoyable holiday - "now back to work"!!

(TOM HORTON)

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HVO REPORT:

Several visits to Hollywood Private Hospital during the month of May found three of our members there. Bruce Courtney was attending the day procedure unit for ongoing treatment and, although a little drawn from his ordeal, was in good spirits and we wish him well.

Jim Hall, our Past President, was spending a few days in Ward 9 and has since been discharged. Hope you're well and truly on the road to recovery, Jim.

Jim was particularly glad to see that Highgate has a representative HVO as the last time he was "in dock" he didn't see anyone.

Bill Stamps was reclining in Ward 7, having just had his second hip replacement and was looking chipper. He was discharged into the care of his good lady on Thursday, 15th May and is continuing his recovery at home. Take it easy, Bill, as we look forward to seeing you at our Luncheon meetings once more in the not too distant future.

The remark made by Jim Hall regarding visitors prompts me to again encourage members visiting friends or relatives to please check the notices in the main corridor and, if possible, pop in on any member listed. Please don't hesitate to add anyone else as the HVO gets to amend the notice once every week.

Our heartfelt commiserations to Colin Grey, whose lovely wife, Florence, is presently recovering surgery.

Sir Valston Hancock is seriously ill in Sir Charles Gairdner Hospital. Any member who can do so is requested to "drop in" and say hello.

GOOD NEWS TIME: Committee member Warren Smith has kindly agreed to help me in the duties of HVO - many thanks, Warren.

(LES STEWART)

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Ancient proverb: If you are prepared to accept second best then that's the best you'll ever get!!

SUB WARDENS' DUTIES.

Tuesday	10 June, 1997	0930 hours for 1000 hours	Labuan Landing Reunion.
Saturday	14 June, 1997	1130 hours for 1200 hours	RSL State Congress
Sunday	20 July, 1997	0930 hours for 1000 hours	Royal Yugoslav Combat. Assoc.
Saturday	9 August, 1997	0930 hours for 1000 hours	HMAS Canberra & Shropshire Assc

PENSION/WELFARE OFFICER'S REPORT

INFLUENZA:

What is Influenza? Influenza is the correct term for the "flu". It is a contagious disease caused by a virus. A virus is a germ that is very small.

Influenza infects many parts of the body. When influenza strikes the lungs the lining of the respiratory tract is damaged. The tissues become swollen and inflamed. Fortunately, the damage is rarely permanent.

Once infected a person usually becomes very ill with fever, chills, loss of appetite and aching of the head back arms and legs. The influenza sufferer can also have a sore throat and a dry cough, nausea and burning eyes.

HOW CAN YOU GET INFLUENZA?

Influenza is spread from person to person by droplets from sneezing or coughing. Therefore it is easier to catch in crowded areas such as public transport. After being infected it takes about 24 to 72 hours to come down with the disease. As influenza is contagious for one or two days before the symptoms develop it is almost impossible to stop it from spreading.

WHO CAN GET INFLUENZA?

Anyone can get influenza!

For most people influenza is typically a moderately severe illness. The symptoms and fever may continue for two to five days and leave people feeling tired and weak. A period of depression is quite normal after influenza and may last a few weeks.

WHAT IS THE REAL DANGER WITH INFLUENZA?

The real dangers with influenza are the complications. The influenza virus leaves the body's resistance weakened and open to other infections. The most common infection after influenza is pneumonia. With age the body's resistance decreases leaving it vulnerable to other complications after influenza. This can occur even if the person appears fit and healthy. Influenza can also worsen other conditions such as various heart conditions, asthma, chronic bronchitis, diabetes and kidney conditions, to name a few examples.

WHAT IS THE BEST TREATMENT?

Prevention is, of course, the best treatment. However maintaining a healthy lifestyle which includes proper diet and exercise are important, as is keeping good control of any condition from which you may be suffering. In addition vaccination is an effective way of protecting against the latest types of influenza virus that may be affecting our community. Consideration should also be given to vaccination against pneumococcal pneumonia.

WHEN IS THE BEST TIME FOR IMMUNISATION?

Vaccination in Autumn is the ideal time. Influenza usually occurs from July to November in Australia. As protection takes approximately 14 days you can still vaccinate in the first two months of winter. It is always best to vaccinate before influenza hits the community.

(cont. from p. 3)

WHY SHOULD WE IMMUNISE EVERY YEAR?

Unlike other infectious diseases the influenza virus changes and different varieties occur around the country each year. The WHO (World Health Organisation) Collaborating Centres for influenza monitors the occurrence of the disease within this country and overseas. The Australian influenza vaccine committee advises of the most likely "strains" that may affect the community. These varieties of influenza viruses are included in the influenza vaccine. So the latest influenza vaccine has the most appropriate strains to protect you in the upcoming season. The vaccine gives between six months and one years protection.

CAN YOU GET INFLUENZA FROM THE VACCINE?

It is impossible to get influenza from the vaccine. The influenza virus strains in the vaccine are killed and split. What you receive in the vaccine is only the part that will protect you from the disease, not cause it.

WHO SHOULD NOT GET THE VACCINE?

Those who suffer from egg or chicken feather allergies. This because eggs are used to make the vaccine.

(Note: Always check with your doctor!!)

(BOB SMITH).

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HMS "GANGES"

His Majesty's ship "Ganges" was a shore establishment - a "stone frigate" - a group of low buildings and a high ship's mast set on a bleak, windy peninsula on the East Coast of England between the rivers Stour and Orwell. It was first established in 1865 in Falmouth on board an eightyfour gun man o'war of 3,600 tons, the original bearer of the name "Ganges". On board were the otherwise unwanted lads of Britain - the waifs, the strays, the abandoned bastards, the untameable, the Artful Dodgers of Queen Victoria's realm —the so-called scum of British earth were bullied, beaten, bashed, scourged, half starved, tormented, pummelled, lashed, keelhauled, cudgelled, thrashed, swunged, trounced, lambasted, hurt, manhandled, battered, thumped, scared and terrorised into total submission to the almighty will of My Lords Commissioners of the Admiralty. Then, at seventeen years of age, they were finally sent to sea in Royal Navy ships — some of the finest naval seamen that the world has ever known. "Once a 'Ganges' boy, always a 'Ganges' boy".

In 1899 HMS "Ganges" sailed from Falmouth to Harwich. Close by that port she dropped anchor off the Shotley peninsula. To the hell of corporal punishment was added the extra torment of even more bitterly cold winds, more rain and fogs almost eternal.

In 1906, the rotten old wooden ship was practically sinking at her anchorage, so that the training school was shifted ashore on to Shotley peninsula. A mast, 143 feet high, was erected first, a parade ground was laid, then low, spartan buildings were built to "house the boys. There was small chance of escape from "Ganges" — the only road led through the foggy marshes and escape in other directions was cut off by two rivers and the North Sea.

For one hundred and eleven years, apart from the latter part of World War II, HMS "Ganges" was utter hell on earth for boys, up to two thousand at a time, aged from fifteen to seventeen years.

"Ganges" finally closed down in 1976 as a naval establishment and is now a Pan European sports training centre.

(STAN CHASE—A "Ganges" boy).

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Members are advised that a "proof copy" of the Highgate Sub-branch 50th Anniversary Commemorative History book will be available for perusal and any necessary amendment at the June Luncheon meeting (16 June,1997). This will be your last chance to make sure that the details of your CV and photograph and/or those of your friends) are correct and in accordance with your wishes.

(PHIL LOFFMAN)

**HIGHGATE LADIES LUNCHEON - CARINE TAFE
(DETAILS IN APRIL NEWS)**

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