

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

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Monthly Luncheon

16 December 2002

Venue: Gallipoli Room, Anzac House

Time: 11:30 hrs Fellowship 12:30hrs Luncheon

Topic: AGM & Fellowship

Presidents Report

**Seasons
Greetings** 

Ladies Night

Once again the annual Ladies night held at the WA Club, was well patronised with 84 members and their guest attending.

Sir Charles Court addressed the meeting and as usual was inspirational with his presentation relating to the Bali tragedy and the effects and directions we as a community must adopt to guard against further attacks of terrorism.

AGM

Our next meeting on the Monday the 16th of December will be the AGM and I sincerely trust we will see as many members and Guest attending as possible, to join in the celebrations of the forth-coming festive season.

The past year as President has travelled "at the speed of sound barrier proportions" and it's hard to recall where the time has gone, however, on reflection I am convinced your committee achieved all tasks presented to them. My annual report will be presented at the AGM.

On behalf of my wife Jennifer, we thank most sincerely for a most wonderful year at Highgate and we would wish to extend the very best wishes to you and your loved ones, a very Happy, Healthy, Safe and Prosperous Festive Season.

FORTHCOMING MEETINGS

Committee: 1000 hrs Monday

4 February 2003

Luncheon: 11:30 hrs to 12:30 Hrs

18 February 2003

**Assistant Cashier for December
Brian Martin**

Please bring correct money **\$20.00**

Don Blair



Hospital Visits	Welcome New Members
<p>At short notice on 26 November 2002 I took over from Don Meredith who unfortunately was then admitted to Hollywood. During November the following were visited:</p> <p>Jack Bensky, Ed Benness, Terry Gill, Ron Smith And Don Meredith</p> <p>All have since gone home Ken Bladen on Don Meredith's behalf</p>	<p>Members please make these new members welcome:</p> <p>Brian French, Ken Jones, John and Clare Curtis.</p>

Sub Wardens Duties

Wreath laying ceremonies currently scheduled at the State War Memorial, Kings Park:

Saturday 28 December	09:15 hrs for 09:30 hrs	National RSL Bowls Carnival
Sunday 9 February	10:45 hrs for 11:00 hrs	WRAAC Association

World War 2 – Nominal Roll

If you served in World War 2 you can look at your brief record on the World Wide Web at:

<http://www.ww2roll.gov.au/>

Luncheon Costs to Rise in 2003

The cost of our Luncheons has been maintained at \$20 over the last (3) Years, however, ANZAC House have (due to a losses in their catering section) had to increased their charges by \$5 per meal, thus requiring our charge to now be **\$25 as from February 2003**. The meals served downstairs in the bar are also forecasted to rise to by **\$5.00 to \$12.00** in the near future. The raise in price will allow the Highgate to be able to maintain the cost for at least the next year or so, where else in town can you get the fellowship, lunch with wine and a speaker for such a price

AGM December

The format for this year will revert to the usual formats for the AGM from the past:

No guest speaker
 Presidents Report
 Confirmation of Committee for 2003
 Fellowship and cutting of the Cake

From the Desk of the Senior Vice President

At our November meeting, we were very pleased to receive a presentation titled "Rabbits and Spaghetti" from Mr Bill Bunbury. Bill is an ABC journalist and has won many awards and prizes for his articles and books. This presentation was about Australian POW's in Italy and Italian POW's in Australia.

The presentation was quite unique in that Bill had taped many experiences from our POW's while he was researching his book "Rabbits and Spaghetti and he played some of these tapes back to us. The excerpts were very humorous and well received by the luncheon members.

Phil Loffman who related some humorous anecdotes of his own very ably thanked Bill. Phil, as many of you would know, was an Italian POW.

Best wishes for Christmas and the New Year from Jim Eayrs.

Sub-branch Agenda Items for State Congress - 2003

Members are cordially invited to start thinking about suitable items or topics, which could be put up as Sub Branch Motions at State Congress in July 2003.

Suggested Motions, supported by appropriate preambles, or the reasons for the Motion should be kept short. Topics usually fall into the following broad categories:

- Repatriation, veterans; entitlements and benefits and aged care; administration, compensation etc;
- Social security and tax;
- ANZAC, commemoration, ceremonial and memorials;
- Defence, security and foreign affairs;
- Population - immigration etc;
- Community services, youth and cadets etc;
- Law and order;
- Crime and punishment;
- RSL general standing policy on various matters;
- National RSL constitution and State Rules, membership etc.

Ken Bladen

Coordinator Agenda Items

Highgate Programme Diary Notes - heads up for 2003

April 25	Gunfire Breakfast WA Club (50 th Highgate Breakfast)
June 21-22	State Congress 2003
August 29	Ladies Luncheon Venue Carine??
November 7	Poppy Day
November 28	Ladies Dinner
December 15	Annual General Meeting

Lets Help Legacy.

Legacy Plum Puddings available at the Christmas Luncheon Meeting \$8.00 ea.

Pension Officer

During the last month, I conducted 5 interviews with ex service personnel/ widows at the RAAF Association Bullcreek. At the DVA office in Perth, my associate Ken Curley and myself conducted interviews with 11 veterans. Most of these interviews resulted in claims being processed by DVA. I have also conducted an interview with a veteran at Hollywood hospital and again a claim has been submitted on his behalf.

Best wishes for Christmas and the New Year from

Course brings help to veteran after 50 years

For more than 50 years, World War II veteran George Madigan has suffered the effects of Post Traumatic Stress Disorder (PTSD).

It is only in recent months that Mr Madigan found help – and hope – in the form of the Seniors' PTSD program at The Hollywood Clinic in Nedlands.

Mr Madigan served as an engineer in the 2/4th armoured regiment, in the South Pacific Islands, from 1942 to 1946 and when he came back he found it difficult to adjust to civilian life.

“It was pretty hard to settle down – so I went up north,” he said.

His wife of 49 years, Jean, has also had to cope with Mr Madigan's symptoms – from nightmares to mood swings. The couple has four children. During their married life, they have lived in the North-West as well as Perth.

“Since the course he has been a different person – it's been absolutely marvellous for both of us,” Mrs Madigan said.

So what would the Madigans say to any veteran who felt they may benefit from the course?

“We would wholeheartedly recommend it! Give it a go – and stick with it,” Mr Madigan said.

The program involves meeting with other veterans and their wives/significant others in a group one day a week for approximately 12 weeks. During one group per day, women and men meet separately. Individual counselling is provided for veterans as well as group therapy.

Groups cover a range of topics including: understanding PTSD; learning ways to cope with painful memories and feelings; managing depression anxiety and anger; enjoying life and relationships; healthy living and reviewing meaning in your life so far.

The program is funded by the Department of Veterans' Affairs. A referral is required.

Course co-ordinator Allison Rolfe said: “Staff felt privileged to work with the senior veterans and their partners during this program, and hope to be able to offer the opportunity to others.”

For more information, please contact The Hollywood Clinic on (08) 9346 6201.

The staff of Hollywood Private Hospital wishes all members of the Highgate RSL a happy and healthy Christmas and all the best for a safe and successful New Year.

The Highgate Committee wishes all members and their families a Merry Christmas and a safe and Happy New Year