



Registered
Publication
PP60269/0033

Issue 418
March 2003

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

President

Don Blair
Telephone: 9272 2933

**Senior Vice President &
News Editor**

Ian Mulholland
Telephone: 9572 2632

Junior Vice President

Mike Ruffin
Telephone: 9448 1683

Past President

John Jackson
Telephone: 9245 5015

Secretary

Barry Long
Telephone: 9561 1741

Treasurer

Brian Martin
78 Swanview Road
GREENMOUNT WA 6056
Telephone: 9294 1915

Honour Avenue

To Be Advised

Monthly Luncheon

17 March 2003

Venue: Gallipoli Room, ANZAC House
Time: 11:30 hrs Fellowship 12:30hrs Luncheon
Speaker: Mr Kevin Cass-Ryall, CEO
Topic: Hollywood the Whole 9 Years +

Presidents Report

Australia Day Medallion

Highgate was presented the Australia Day Medallion by the State President Mr Bill Gaynor on the 17 January, the highest honour awarded by the Australia Day Council for an RSL Sub Branch. The award was in acknowledgement for meritorious services provided as custodians for Honour Avenue and as Sub-Wardens of the State War Memorial. It was quite moving and most appropriate that Don Meredith received the award on behalf of Highgate.

Life Membership Award to Don Meredith

The RSL National Executive has Awarded Life Membership to a most worthy member of Highgate in Don Meredith. The State President presented Don with his Life Membership badge at Hollywood Private Hospital. On the 17th February, it was a wonderful occasion, as Don had his wife Kath, daughter Susan and her husband Richard together with all the grand and great grand children present to witness the occasion. There were also 11 members of Highgate present 2 of whom were patients.

Unfortunately Don passed away on 3 March 2003.

Tom Ferrero Honoured

Tom Ferrero retired from the committee after twenty years of service in which time he also was President for one year in 1991. Tom was honoured at our February meeting by being presented with a certificate of appreciation for his continued involvement with Highgate over many years. Thank you again Tom for your service and look forward to seeing you at monthly luncheons.

Lest We Forget

Don Blair

FORTHCOMING MEETINGS

Committee: 10:00 hrs Monday
7 April 2003

ANZAC Day: 25 April 2003
50th Gunfire Breakfast
7:15hrs for 7:45hrs

Assistant Cashier for March

Brian Martin

Please bring correct money \$25.00

Hospital Visits

The overall numbers were up a little during February and the following were visited:

Robert Hills, Tim Rutter, Pat Mehan, Jim Hall, Dick Standing, Gordon Stacy, Don Meredith and Eric Silbert.

The good news is that apart from Gordon Stacy, all members should be home by the long weekend.

Ken Bladen

Sub Wardens Duties

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

Sunday 23 March	11:45 hrs for NOON	Consulate of Greece
Sunday 6 April	09:30 hrs for 09:45 hrs	RAAF Association (WA)
Wednesday 16 April	11:00 hrs for 11:15rs	Schools ANZAC Commemorative Service

Defence Reserves Association – Gallipoli 2003 Tour

16th - 26th April 2003

This tour is a ten day tour of the Gallipoli Peninsula organised by the DRA(WA Branch). The agent responsible for ground content is Kokoda Treks and Tours (Principal - Frank Taylor). The travel agent responsible for air bookings is Turtle Travel - contact Kevin Turtle 94815055. They can organise add on tours at either end of the main tour.

Contact for expressions of interest is Dick Cook, DRA President, on 93215571.

Tour cost is \$3300 and includes Air & Ground travel, all accommodation and breakfasts, all tours except Topkapi Palace and some lunches.

Name Board

We are seeking the help of a handyman to make-up a new name board and refurbish the existing, all materials supplied, if you can assist please contact the SVP Ian Mulholland on 9572 2632.

80th Birthday Celebration 2003

Should any member who turns 80 this year, please ensure you contact the JVP Mike Ruffin 94481683, so that your name can be included as one of those to be honoured at the birthday luncheon on the 21st of July meeting.

From the Desk of the Senior Vice President**March Guest Speaker**

Highgate Honorary Member and Chief Executive Officer of Hollywood Private Hospital Kevin Cass-Ryall will speak to members at our March Luncheon.

Kevin will cover some background of what has been achieved by the Ramsay Medical Group in the last nine years at Hollywood he will cover aspects of the re-development that is ongoing at Hollywood and then give an overview of the services and clinics that are available to veterans.

Last Month's Guest Speaker

Elaine Robinson presented an informative study of "Shell Shock" as it affected Australian soldiers in WWI. Some members suggested to Elaine that her thesis needs to be forwarded to Veterans Affairs to add to the body of knowledge that is kept by the department. I have undertaken to see that Elaine's paper is forwarded to Veterans Affairs.

50th Gunfire Breakfast – ANZAC Day

This year is our 50th Gunfire Breakfast.

The Guest Speaker is to be a senior member of the Special Air Service Regiment.

Once again the breakfast is to be held at the WA Club. We are expecting a greater number of members and guests this year so we have booked the Club Suite on the 1st Floor.

To ensure your place make sure you complete the 'GREEN RETURN' in this newsletter and forward with you payment to the Treasurer as soon as you can. If you have a guest you need to include their name and payment also.

Numbers are limited to 120; door sales are unlikely, so get your Returns to the Treasurer ASP.

Highgate Programme Diary Notes 2003

April 25	50 th Highgate Gunfire Breakfast WA Club
July 12 & 13	State Congress 2003
July 21	Birthday Luncheon
August 28	Ladies Luncheon Venue Carine (combined m's)
November 7	Poppy Day
November 28	Ladies Dinner
December 15	Election of Office Bearers for 2004
February 16, 2004	Annual General Meeting

Ian ("Mo") Mulholland
SVP

Health hints from Hollywood

Hollywood Private Hospital recently agreed to be an inaugural sponsor of new 'community' radio station, Capital Radio 101.7 FM.

The station caters for the 55 and over age group, reliving 'the golden years of radio'.

As part of the sponsorship agreement Hollywood has provided the station with a large series of 'Health hints from Hollywood', educational community announcements concerning relevant health issues for the more 'mature members' of the community.

The scripts were written and spoken by Dr John Stokes, Hollywood's Liaison GP.

Dr Stokes said he enjoyed the challenge and the radio experience.

Currently the station broadcasts from 3.00am to 3.00pm each day, so why not tune into 101.7 Capital FM, relive some 'golden oldies' and pick up some practical health hints from 'Dr John'.

Pension Officers - Report

Over the last couple of months elderly veterans have visited, asking me to help them in their claim on the Department of Veteran's Affairs for prostate cancer.

In my experience this is one of the most difficult of diseases in which to put forward a successful claim for an elderly veteran. It seems to me that very few veterans other than those who have been through Vietnam have a chance of getting this disease accepted by DVA.

The reason is because of the factors, which the Repatriation Medical Authority lay down as being the minimum requirement connecting the disease with a person's relevant service. In brief, the factors involve:

Spraying or decanting herbicide containing 2,4D or 2,4,5T at least 5 years before the clinical onset of the disease.

Being on land in Vietnam or at sea in Vietnam waters for at least 30 days at least 5 years before the clinical onset of the disease.

Increased animal fat consumption etc. for at least 20 years before the clinical onset.

Inability to obtain clinical management for the disease.

Since the first two factors relate to Vietnam veterans, it is easy to see that they are unlikely to apply to the more elderly veterans who come to see me about the disease. The last two factors are, in the vast majority of cases, very difficult to apply. I do recollect a few years ago a case was recorded where a veteran stated that because he had developed the eating habit of consuming vast quantities of steak and French fries while attached to American Forces that he continued the eating habit for many years on return to Australia and that caused his increased fat intake and consequently his prostate cancer. Nice try. Failed though.

Last Post

Since our last newsletter I regret to announce the passing of:

Sam Dallywater, another most highly respected member of Highgate. Many members of Highgate including the Sub-Wardens attended Sam's funeral on Friday the 21st Feb.

Don Meredith, our most recent Life Member, Past President and great supporter of the Wardens at the State War Memorial, passed away on 3 March 2003.