



# Highgate Highlights

Official Newsletter of Highgate RSL Sub-Branch  
Returned & Services League of Australia (WA)  
[www.highgate-rsl.org.au](http://www.highgate-rsl.org.au)

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## WA RSL Members honoured with Australia Day 2020 OAM awards

Congratulations to Highgate RSL member **John Thornton OAM** for his significant service to the performing arts, particularly with the Regal Theatre, plus for his work with the YMCA, Dalkeith Rotary Club and the Navy Band Association.

We also congratulate **Donna Prytulak OAM**, current Vice President of RSLWA for her service to Veterans and their families. Donna was also the first female to join 10th Light Horse in Northam, setting a precedent for other women to follow.

Congratulations also to two Cockburn RSL members - **Malcolm Small OAM** for service to youth and Veterans; and **Arthur Stanton OAM** for service to Veterans and their families.

And in a remarkable coincidence, our January guest speaker, **Dr Neil Burrows AFSM**, was this Australia Day awarded the prestigious Australian Fire Service Medal for his lifetime of distinguished work in bushfire prevention and management.

## Get your 2020 Honours & Awards submissions in now

Due dates for RSLWA honours and awards submissions for 2020 are provided below. Download forms under Tool Box at: <https://www.rslwa.org.au/secretary/>

### ANZAC of the Year/ANZAC Peace Prize

Nominations to RSLWA **NLT 20 Jan**  
Nominees advised of their nomination by post/email prior to ANZAC Day.

### State Congress - Competition Forms

Nominations to RSLWA **NLT 28 Feb** (earlier date alleviates pressure on Sub-Branches during the ANZAC Day period).  
Winners will be advised at State Congress.

### Life Membership and Meritorious Medal

Nominations to RSLWA **NLT 31 Mar**  
Nominees are advised of their nomination by post/email prior to State Congress.

### 50-Year and 75-Year Certificates

Nominations to RSLWA **NLT 31 Mar**  
Nominees will be advised of their nomination by post/email prior to State Congress.

Send all forms to [admin@rslwa.org.au](mailto:admin@rslwa.org.au) or Box 3023 East Perth 6892

## In the guise of good governance...

By Geoff Houn / Highgate Warden and Immediate Past President

**V**ladimir Putin has just proposed a constitutional overhaul that would extend his stay in power. He discussed the constitutional amendments during his annual state-of-the-nation address. Putin proposes amending the constitution to increase the powers of the prime minister and Cabinet. The move is seen as part of Mr Putin's efforts to carve out a new position of power for himself to stay at the helm, after his current term of president ends.

It might seem a bit unkind, but one has to wonder whether the RSLWA Board of Directors has been advising Mr Putin. Five days before Christmas, at a time when Sub-Branches don't normally meet, RSLWA announced there would be a 'snap' Extraordinary General Meeting (EGM) on 06 Feb 20 to consider changes to the RSLWA Constitution.

There was no consultation or discussion beforehand with Sub-Branches about the need for any change. Indeed, the *Sub-Branch Signal* of 16 January doesn't even mention the EGM which is scheduled for just three weeks later.

Undesirably, the proposed changes will entrench a small elite to run the RSL in WA. The changes will also exclude most Members from participating in the leadership of the RSL and extend the term of office of the proposed, exclusive, leadership group to four years. *Continued page 2*

## Join our next Luncheon on Monday 17 February at the Karrakatta Club in Sherwood Court Perth

Located at the foot of Sherwood Court, on the corner of The Esplanade in Perth CBD. (Sherwood Court runs south off St Georges Terrace, directly opposite London Court)

### Monthly luncheon bookings

Our luncheon meetings are \$40 per person (plus \$5 per raffle ticket if wanted) at 1200 for 1230, usually on the third Monday of each month. For catering reasons, bookings must be made no later than the preceding Thursday, please.

### Three ways to book - Choose the best for you

**1. Via the Highgate RSL website** at <http://highgate-rsl.org.au> Click on *Next Luncheon*. Then click on *Luncheon Booking or Apology* and you'll be transferred to our booking sheet page. Electronic funds transfer details are also on the page.

**Or... 2. Go direct to the luncheon booking sheet by pasting this link into your browser:** <https://forms.gle/qtXiEJawNFvELXk49> (Note: A new link each month)

Via the electronic booking sheet, you can add guests, food intolerances, purchase raffle tickets, check friends; and also register a non-attendance apology. If you book your luncheon via our website or direct, you will receive an email a couple of minutes later confirming your booking.

**Or... 3. Via Committee Member:** If you do not have internet access, please call Margot Harness on 9349 2847, or any Committee member, and they will help you book in.

## Important dates & events | please diarise now

- 1100 | **Mon 17 Feb** | Committee Meeting - Karrakatta Club
- 1200 for 1230 | **Mon 17 Feb** | Luncheon - Karrakatta Club
- 1100 | **Mon 16 Mar** | Committee Meeting - Karrakatta Club
- 1200 for 1230 | **Mon 16 Mar** | Luncheon - Karrakatta Club

## Last Post | Lest We Forget

We remember with deep sadness and affection all our departed Members and convey sincere condolences and sympathy to their families and friends





## *In the guise of good governance* (Continued from page 1)

The proposed changes will also grant the Board of Directors the power to appoint the State Vice President, as well as two non-elected Directors for an indeterminate period of office.



Geoff Houn

Getting back to Mr Putin, the BBC reports that under his plan, the Russian parliament will be granted the power to appoint the prime minister and the rest of the cabinet. Just like the proposed RSLWA changes. Under both Putin's and the RSLWA's rule changes, most stakeholders will be disenfranchised. In the case of the RSL, 98.35% of Members will be prevented from standing as a candidate for election to the Board of Directors.

This is because one of the rule changes will exclude Sub-Branches from nominating more than one candidate for the Board. The proposal, like Mr Putin's, is breathtaking in its audacity. If passed, it would drastically emasculate the pool of talent from which the RSL can choose its leadership.

There are about 7,500 Service Members in WA and 124 Sub-Branches. If that rule change is passed only 124 of the 7,500 Service Members will be able to be candidates for election to the Board of Directors every four years. In other words, only 1.65% of Members will be able to stand for election.

Superficially, this proposal has been dressed up as 'good governance' but will mean that only one representative from each Sub-Branch can stand as a candidate for election to the Board of Directors every four years. The proposal is more inequitable for Members of big Sub-Branches. It has been poorly thought through and is definitely not in the best interests of the RSL.

The RSLWA Board of Directors, like Mr Putin, argues that the changes will be more democratic and will be more effective. Putin duplicitously explained it as bringing power closer to the people but simultaneously said that he wanted to provide a strong executive. Regimes may say they have 'good governance' but can simply ignore stakeholders and often do. In the case of the RSL, the stakeholders are the Sub-Branches.

Most commentators see Mr Putin's move as masking another agenda, despite all his talk about democracy. Commentators, and reasonable people, are wary when autocrats justify changes in the name of 'democracy' or 'good governance'.

Putin's reasoning is similar to that used in the RSLWA Supporting Statement for the proposed changes. The term 'good governance' is mentioned throughout. Reading the Supporting Statement is a bit like hearing James Hird say: 'Here, suck on this! Trust me, it will enhance performance'.

The current RSLWA Board's justification is that disenfranchising Members, extending the term of office holders, reducing the size of the Board of Directors, granting the Board the power to elect a State Vice President and to appoint outsiders to the Board will reflect 'the highest standards of governance' and be a method to 'reduce the potential for conflict of interest'. Such changes, of course, would be the antithesis of good governance.

### *'Breathtaking in its audacity...'*

I often think the RSL Founding Fathers got it right. From 1917 until the 1990s, the WA Branch conducted annual elections for State President and Board Members. This was a successful system of governance that held the State President and Board Members accountable to the Sub-Branches at each Annual Congress.

Under the original system, if Boards of Directors looked after the Sub-Branches they were re-elected for another 12 months. But more importantly, the system ensured that if they weren't looking after the Sub-Branches they could be removed in a timely fashion – not four years later.

It was only after 75 years that the wisdom of our founding fathers was discarded and the annual tenure of the State President and Board of Directors was extended – firstly to two years and then to three years. And now they want four years!

The proposed changes will exclude broad leadership participation from among the 7,500 Service Members

who are currently eligible to be elected and it will stifle leadership aspirations for most of our membership. It will block many talented and suitable candidates from nominating to serve on the Board of Directors, or as State Vice President or as State President.

Introducing four-year terms of office, along with the other changes, would be retrograde. Obviously it is in the interests of the Board of Directors but it is not in the interests of the RSL. It will condemn the RSL in WA to perpetual leadership by a small elite who are not regularly accountable to Sub-Branches.

The proposal to extend terms of office is contrary to the *Not for Profit Governance Principles* of the Australian Institute of Company Directors. These Principles were updated as recently as March 2019.

The Institute's Principle 3 is that 'Tenure of Directors is limited to encourage renewal and staggered to retain corporate knowledge'. As the AICD explains, 'It is a good idea for a director's tenure to be limited to encourage renewal.'

*Although there may be good reasons for a director to serve for an extended period in certain circumstances, there are benefits to bringing fresh perspectives onto a board.'* AICD goes on to state: 'Limiting tenure will encourage regular review about whether their appointment continues to be in the best interest of the organisation'.

The proposed changes will hinder RSL renewal and evolution and are definitely not in the best interests of Sub-Branches.

Every Life or Service Member of the RSL in WA should have the right to be a candidate for election to the Board of Directors of RSLWA each time an election is held. That is in the best interests of the RSL.

Westpac currently leads the field in how a Board can self-inflict a loss of stakeholder confidence. But the RSLWA Board has now entered the race with the proposed constitutional changes they want passed. Although RSLWA isn't in the same league as Westpac, this is a fine example of how a Board can quickly trash the confidence of its stakeholders.



## ***In the guise of good governance*** *(Continued from page 2)*

What is written in the RSLWA Supporting Statement is a conscious effort to dress up this proposal in the guise of 'good governance' when in fact it is the complete opposite. To label this proposal as reflecting 'the highest standards of governance' and a method to 'reduce the potential for conflict of interest' is disingenuous.

Mr Putin wouldn't want his big plan to be rejected, nor will the current RSLWA Board of Directors want theirs to be. If Sub-Branches sit idly by, there is every chance that the current RSLWA Board will have its way.

The stated justification for these constitutional changes is Machiavellian. The proposed changes are contrary to real democracy and good-governance and consequently, delegates and Sub-Branch proxies for the EGM on 06 Feb are urged to vote against the amendments being proposed by RSLWA.

## **Highgate Committee position**

Highgate RSL Sub-Branch Committee has unanimously endorsed this position and President Bill Munro recommended in a message to all WA Sub-Branch Presidents and Secretaries:

*With the EGM only needing a quorum of 31 Sub-Branches, it is important that every Sub-Branch has a say. This is a crucial matter and your urgent consideration is requested to support the best interests of the RSL.*

*If your Sub-Branch is unable to attend the EGM, please ensure your proxy is given to a trusted delegate by completing the Delegate Proxy Form and choosing the option:*

***The above Proxy shall vote on the proposed motions and any amendments made at the Extraordinary General Meeting as follows:***

***Item 2.1 Amend Rules 14.1 and 14.2 as detailed in the EGM Agenda - AGAINST***

***Item 2.2 Amend Rule 14.6 as detailed in the EGM Agenda - AGAINST***

## **Australia to honour Rwanda peacekeeping Veterans**

*Australia will commemorate the 25th anniversary of the United Nations Assistance Mission in Rwanda (UNAMIR), Operation TAMAR, with a National Commemorative Service in Feb 20.*

Operation TAMAR was established in Jul 94 in response to the humanitarian crisis in Rwanda and in support of the United Nations Assistance Mission.

The focus of this commemoration will be a National Commemorative Service conducted by DVA and Defence at the Australian Peace-Keeping Memorial on Anzac Parade in Canberra on Sat 22 Feb 20.

As part of the service, Meritorious Unit Citation Warrants will be presented to the Australian Defence Force on behalf of Australian Service Contingents 1 and 2 for their services in Rwanda on Operation TAMAR between 25 Jul 94 and 08 Mar 96.

To be eligible to wear the citation insignia, Veterans must have completed 30 days of service on Operation TAMAR between these dates. The Meritorious Unit Citation can be awarded posthumously. Eligible Veterans should apply to Directorate of Honours and Awards for assessment and issuing of the citation insignia at **Defence Honours & Awards**

The commemoration will be broadcast live on ABC across the country, providing all those in the community with the opportunity to recognise the dedication and sacrifice of these Australians and thank them for their service.

From 1994-96, it is estimated that up to 800,000 people were killed in Rwanda. The magnitude of the violence and killings perpetrated on largely innocent civilians gained worldwide attention and condemnation.

For the Australian Service men and women deployed to Rwanda, forming part of the United Nations Assistance Mission, advanced training and prior deployments could not prepare even the most experienced for what was awaiting them in Rwanda.

Through this mission, Australian Service men and women gained great respect and admiration for their compassion, professionalism and humanity.

Significantly, all three ADF Services were represented by 14 RAN, 629 Army and 44 RAAF personnel.



## **Burn or be Burnt**

*Our January speaker, Dr Neil Burrows AFSM, spoke strongly about the need to carry out regular, mild-intensity burns in State forests and national parks. This article can be read in full at [bushfirefront.org.au](http://bushfirefront.org.au):*

The aim is NOT to stop bushfires from starting. The aim is to reduce the killing power of a wildfire. Even on a hot, windy day in mid-summer, a wildfire is easier, cheaper and safer to control if it is burning in light fuels.

The corollary of this statement is also true: even on a relatively mild day, a wildfire in heavy forest fuels is difficult and dangerous to control.

In some Eucalypt forests, up to three tonnes of fuel can accumulate every year on every hectare of forest. The accumulation goes on, often for 15 years or more, meaning there can be over 20 tonnes of fuel just sitting there. The more fuel, the more intense the fire, the harder it is to control and the more damage it does.

Decades of bushfire experience have shown that when fuels are more than five or six years old, the accumulated fuel loads will feed fires that quickly become uncontrollable under summer conditions. A thousand firefighters and a hundred water bombers will not extinguish, nor even slow a raging forest fire burning in heavy fuels under extreme weather conditions.

The Bushfire Front believes that it is better to arrange to burn forest fuels under conditions of our choice, when the fire will be manageable, rather than to try to put it out when it has become uncontrollable.





## From our President



Bill Munro

The year 2020 looks like being very significant for Highgate - even though we are still in January.

It began with Highgate Chaplain, The Reverend Jeff Astfalck, being commissioned as Priest-in-Charge of St Matthews Anglican Church in Armadale, with a strong contingent of Highgate members attending the service. Jeff was very appreciative and acknowledged our attendance in his acceptance speech.

Highgate's monthly lunch at the Karrakatta Club was less than a week later and another sell-out event with 77 members and guests attending, just eight less than the maximum legally allowed at the Karrakatta Club, and a good reason to book our next lunch early.

Nearly a dozen members came with their partners, a trend which I hope will continue during the year as they are very welcome and our luncheon speakers are always excellent.

Coupled with a first-class two-course meal and table service provided by Hospitality Manager Janice and her Team, the \$40.00 plus \$5.00 raffle ticket (for those that want them), represents excellent value.

The high attendance was an acknowledgement of our guest speaker for the month, Dr Neil Burrows (recognised in the Australia Day honours this month with the awarding of the prestigious Australian Fire Services Medal), and there is additional coverage of his talk in this newsletter.

Neil, now semi-retired, did not hold back on his reflections of 42 years with the Parks and Wildlife Service under its various name changes, fighting, investigating and analysing fires.

Next month's guest speaker will be Margaret Allen PSM. Margaret is State Librarian in WA and she and her team have been instrumental in Ian Petkoff's work in collating the history of the Highgate Sub-Branch. Margaret is far removed from the image of the traditional librarian and will prove to be an interesting guest speaker.

On a serious and personal note, I seem to recall it was necessary for Servicemen to make out a will at some stage in their career. Since those days, which for many of us is over 50 years ago, we may have married at least once, had children, and accumulated a few assets.

Hopefully, the will that was made back then has been updated and replaced by one more appropriate to today's circumstances. None of us will live forever and it is critically important for our family and loved ones that we have a will in place that details how we wish to allocate our assets. For your consideration, please.

Regards – Bill Munro

## Pensions & DVA Report

*By David MacLean | Highgate RSL Pensions & DVA Liaison*

Our attention has been firmly focused on friends and family affected by the bushfire crisis, especially those Service colleagues who settled near their former bases when they discharged. Many around the ACT have been affected by smoke, but have not suffered property loss.

Not so for many who retired to the south coast in the Nowra/Albatross regions where some have suffered serious losses. It is great to see the contemporary ADF rising to meet the occasion, with the military call-out being the most sensible government action that could have been taken to address this crisis.

Our local pensions area has seen two successful s.62 reviews where Defence-related claims had been disallowed.

Currently, I'm involved in a s.137 action where a Veterans Entitlement Act claim has been disallowed.

I recently gained a new client who had served as a National Serviceman in South Vietnam, and discharged in 1971, but had no idea about repatriation benefits, and has never had his qualifying service recognised.

How do we get the message out that there are generous benefits available for Veterans – but only if they ask? Please help spread the word among former Service members.

## HMAS Voyager 56th Commemoration Service

*By David MacLean | Highgate RSL Pensions & DVA Liaison*



The 56th anniversary of the collision between the Daring Class destroyer *Voyager* and the Light Fleet carrier *Melbourne* will be commemorated at the *Voyager Chair*, off May Drive near Saw Avenue, Kings Park, at 1100 on Mon 10 Feb. **Lest We Forget**

Navy is providing a chaplain, bugler and a speaker for the event, and everyone is most welcome to attend. As there are no facilities there, please bring folding chairs, water and hats. Medals can be worn.

## RSLWA Financial update

During 2019, RSLWA obtained grants of \$4.6m and \$5m from Lotterywest and the Federal Government towards construction and fit-out of the new ANZAC House Veteran Central building, significantly helping to reduce direct funding by RSLWA.

The 2019 RSLWA Ball raised more than \$20,000, while the Help Our Heroes Golf Day raised over \$41,000.

Fundraising events planned for 2020 include the RSLWA Ball, the annual charity golf day, two networking breakfasts and a charity walk, with proceeds going towards the new Companion Dog, Warrior Wellness and Veteran Housing programs.

Relations with DVA remain cordial. They do their best in the current economic climate, but I am praying for climate change in this area. The Advocacy Training and Development Program people expect that advocacy services will continue in their present form for the next five years, before the recently recommended reforms are implemented.

However, your Pensions & DVA Liaison representative expects to be lodged in the Home for the Bewildered long before this happens.

## Sub Warden Duties | 2020

Wreath Laying Services | State War Memorial Kings Park

POC: Geoff Simpson OAM RFD  
Deputy Warden State War Memorial



Sun 09 Feb 1030 for 1100 Women's Royal Australian Army Corps

## Veteran suicides | RSLWA Royal Commission Survey

RSLWA State  
President Peter  
Aspinall is



**RSLWA**

*seeking views from all Sub-Branches regarding the debate on a possible Royal Commission into Veteran suicides. Sub-Branches are asked to survey Service Members only, and to provide the number of members participating in the survey, please.*

*Responses need to be via email to [admin@rslwa.org.au](mailto:admin@rslwa.org.au) by Fri 14 Feb.*

*Here is Peter's letter:*

In the Veteran community, there is debate regarding whether the Government should establish a Royal Commission into the issue of Veteran suicides.

A Royal Commission is the highest form of inquiry on matters of public importance as it is the form of inquiry most likely to determine all facts and issues relevant to its subject, within its terms of reference.

Powers of a Royal Commission are extensive. A Royal Commission warrant provides for research into relevant issues, consultation with experts and may grant significant investigatory powers, including summoning witnesses, offering indemnities, seizing documents including those normally protected, holding in-camera hearings if necessary and in some cases, compelling government officials to aid the Commission.

For the 137 Royal Commissions conducted since 1902, the average duration has been 15 months at an average cost of \$75m, although these figures are now skewed since 2000 with Commissions taking two years or more to complete, not including the extended time governments take to consider the report, and at a considerably greater cost. (Eg: The recent banking Royal Commission cost over \$600m.)

During the conduct of a Royal Commission, additional initiatives, programs and/or additional funding in relation to the Commission's subject, and also additional funding

for existing programs, are not likely to be considered by Government.

In early December 2019, Denmark Sub-Branch emailed all Sub-Branch Presidents, Secretaries and Treasurers a letter it had sent to RSLWA expressing concerns regarding a media release by RSL Australia (RSLA) in which the National President, Greg Melick, presented an RSLA position of not supporting a call for the Federal Government to establish a Royal Commission into Veteran suicides. On 20 December 2019, Denmark Sub-Branch requested its letter be forwarded to individual members of the RSLWA Board of Directors for consideration.

A majority of Board members responded with support for a survey of Sub-Branches to determine the level of support, or otherwise, for a Royal Commission. The purpose of this letter is to initiate a survey of all RSLWA Sub-Branches to establish whether a majority of the members of each Sub-Branch supports, or does not support, the Federal Government establishing a Royal Commission into the issue of Veteran suicides.

It is requested that each RSLWA Sub-Branch canvas its membership base, with the Sub-Branch Secretary presenting to each Service member the question:

**Do you support the Federal Government establishing a Royal Commission into the issue of Veteran suicides? Yes or No.**

It is further requested that a Sub-Branch position be communicated to RSLWA by COB Fri 14 Feb, including the number of Service members who participated in the survey. RSLA will be advised of a substantiated RSLWA position the following week.

### HIGHGATE SUB-BRANCH POSITION

When we learnt of the concerns of the Denmark Sub-Branch in December, those concerns were conveyed to all Highgate members. We also conducted a straw poll among our members to gauge the view within Highgate. The results of our poll were sent by email to all our members and will now be forwarded to RSLWA.

## Emergency medications access for bushfire-affected Veterans

Temporary emergency measures have been instituted to the Pharmaceutical Benefits Scheme (PBS), ensuring those in bushfire-affected communities have access to the medicines they need, including those listed on the Repatriation Pharmaceutical Benefits Scheme (RPBS).

The emergency arrangements are available to clients of the Department of Veterans' Affairs to ensure those affected by bushfires have access to their medications, and supports Veterans who may have lost their valid prescription or are unable to visit their local doctor due to the impacts of the bushfires.

Continued Dispensing arrangements will also include some RPBS medicines supplied directly through community pharmacies, allowing Veterans to obtain their usual RPBS medicines without a prescription from their doctor, and for the usual cost of RPBS medication.

The temporary changes to Continued Dispensing arrangements will allow pharmacists to give patients up to one month's supply of the RPBS-listed medicine without a script, once in a 12 month period, depending on which State or Territory they live in. The changes will be in effect until 31 March 2020. More information at [www.PBS.gov.au](http://www.PBS.gov.au).

## Members celebrating their Birthday in February include:

**Edward White, Errol Smith,  
Mick Coyle, David Grace,  
Owen Page, Greg Smith,  
Ruth Shean, Kevin Whiting,  
Don Rae, John Klein  
and Lenore Fairfield**

*Age is an issue of mind over matter  
If you don't mind, it doesn't matter*

## Correction

*Our guest speaker for the ANZAC Day Gunfire Breakfast on 25 April is Hon Kerry Sanderson AC - Warden of the State War Memorial. We apologise for misspelling Mrs Sanderson's name in our December issue.*





## February Luncheon Guest Speaker **Margaret Allen PSM** Chief Executive & State Librarian

Margaret Allen PSM has been Chief Executive and State Librarian of the Library of Western Australia since 2004.



Prior to this, Margaret was Associate Director at the Library of South Australia, as well as holding roles in both public and special libraries, plus 15 years with a library management systems vendor.

Our State Library leads WA's 232 public libraries, championing literacy and believing knowledge transforms lives, and that information should be freely available to everyone. The State Library also collects, preserves and makes available WA's documentary history, embracing digital transformation and building skills for the future.



Margaret was a member of the International Federation of Library Associations and Institutions Governing Board (2015-17), Chair of the IFLA eLending Working Group, Chair of the Australian Libraries Copyright Committee, Board member of the Australian Digital Alliance, Past President and Fellow of the Australian Library and Information Association (ALIA) and a member of the Federal Public Lending Right Committee.

Margaret was awarded a Public Service Medal in 2018 for outstanding public services to the library sector.

Last year, our Web Manager and Highgate history guru, Ian Petkoff, contacted the State Library to obtain past copies of Highgate newsletters and any other information on our Sub-Branch and its predecessors.

Ian received outstanding cooperation from the staff at the Library and was able to obtain a significant amount of data at no cost to us. The results of Ian's research are now on the Highgate RSL Sub-Branch website.

## New members

*We welcome new members to Highgate RSL Sub-Branch:*

Immediate Past Warden of the State War Memorial, **LCDR Guy Burton RAN**, has transferred to Highgate RSL from Port Kennedy RSL Sub-Branch, effective 24 Jan 20.

**Alan Shephard** served as a Lieutenant in the Australian Army's 11 Independent Rifle Company for nine years - six as a Regular from 1968-74; and three years in Reserves from 1981-84.

**Jinkil Lee** served as a Sergeant in the Army of the Republic of South Korea, April 1964 – October 1967.

**James Lee** served as a Sergeant in the Army of the Republic of South Korea, August 1968 – June 1971.

We also welcome new Affiliate Member, **Joan Gravelle**.

## Open Arms Managing Pain Program

Open Arms will be holding a Managing Pain Program **Wed-Thu 12-13 Feb 20**. The Managing Pain Program is an interactive psycho-educational and skills based group program designed to assist individuals understand pain and to provide participants with strategies and skills for managing pain.

This introductory two day workshop looks at the nature of pain and provides strategies for treating or managing acute or chronic pain in daily life. The program also encourages Veterans and partners to seek appropriate activities and services to assist with ongoing treatment and these may include physical exercise, relaxation or referral to specialist treatment.

The workshop encourages awareness: Understanding the nature of pain and identification of individual responses to pain, balance, acceptance of pain, learning positive ways to manage it and control or build on what works.

If you wish to attend or know of someone who would benefit, call Open Arms on 1800 011 046. Open Arms is a service founded by Vietnam Veterans, and is now for all Veterans. More information at [www.OpenArms.gov.au](http://www.OpenArms.gov.au)

## 104 years since our troops left Gallipoli

The strategic withdrawal of the last Australian soldiers from Gallipoli Peninsula on 22 Nov 1915, 104 years ago, was remembered at a Service held at the Shrine of Remembrance in Melbourne in late December.

Australians and New Zealanders, along with the French and British, had fought against the Turks in what has become a campaign etched in our collective history.

However, the withdrawal is often forgotten, although troops were progressively moved without arousing the suspicions of the Turkish soldiers until the last of the Allied forces had left the Anzac Cove area.

A few soldiers were left in the trenches to maintain normality, occasionally firing rounds to keep the enemy thinking they were all still there. They also created self-firing rifles, rigged to fire by water dripping from one pan into another attached to the trigger - the rifle firing when the lower pan was full.



Major Nathaniel Dunbar Barton of 7th Light Horse Regiment described some of the scenes in a letter to his mother on 22 Dec 1915: ... *It was bright moonlight marching down, and very impressive seeing parties coming from all directions in silence, with padded feet to deaden any sound, and all making for their appointed places to the tick of time.*

In the early hours of 20 Dec 1915, the final boat cast off from the Anzac Cove area and further north, the 1st Royal Australian Naval Bridging Train left Suvla, where they had been maintaining the wharf from which the British rear-guard would leave.

The Gallipoli campaign ended with French and British troops leaving Cape Helles in January 1916.





### January Luncheon with Dr Neil Burrows AFSM / Burn Or Be Burnt

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