



# 2/2 COMMANDO COURIER

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## EDITORIAL

### OUR DILEMMA

A leading public health official has called on the food industry to "engineer a safe diet" in the fight against heart disease.

"Rather than tell us what food we should avoid," he states, "it would be better to make 'safe' foods even if it means **changing our diet habits**. By reducing the fat content and saturated fat in prepared food the high level of cholesterol in the blood stream would be reduced."

These remarks may be disliked. They may be decried, but they cannot be denied, for we face a dilemma which could be hammering nails in our coffin. Our diet is rich, tasty and a comfort to us—and the price we pay—obesity.

Although students of food technology would readily agree that eating habits have changed very little since the dawn of organized life. Most would also agree that a systematic examination of the qualities of food is a product of the present

century, and more especially over the past decade.

Certainly not the most ardent worshipper of empirical research can overlook the empiricism involved in distilling fundamentals from decades of habit by such discerning practitioners as we—the gourmets!

There can be no doubt of the great usefulness of the technological approaches to any field of inquiry into food and its preparation. It forces upon the researcher the definition of a problem, or problem areas, and places before us the means and desirability of seeing many problems associated with food more clearly, and the need for establishing methods and measures of effectiveness for controlled and sensible eating.

In the vast majority of instances there is a conflict between the individual who is motivated by personal sentiments and eating habits, or self discipline in his struggle and

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endeavour to avoid gorging and lazing himself into a heart attack.

There is no need for us to wait. We cannot wait on technological know-how. We have to or want to go on living. We must use such knowledge as we can bring to bear on our eating habits, regardless of our personal sentiments or eating habits, in the past.

Obesity is a slow, insidious disease. It is a seven year disease. It creeps upon one so slowly that it is not noticed until it is almost too late. Too late, not because of the obesity, but because of the habits that have caused the obesity.

We, in our middle age, can well take heed of the continued advice of our medico, and the reflective distillation of experience and research undertaken by food technologists in Australia and overseas.

In conclusion the leading public health official states: "The food industry cannot wait until we are told by political forces to do something. Now is the time to do it, voluntarily, and with a sense of obligation to our fellow men."

Let us not wait for the food industry to "engineer a safe diet". This is our dilemma.

—RON DOOK.

# Jubilee Safari

IT'S ON!!

IT'S ON!!

After two years of hard work and intensive planning in W.A., N.S.W. and Vic., the great event is hard upon us.

It is now up to everyone to have a good re-union and the best possible time. There is not the slightest doubt that our Interstate visitors will have the time of their lives and this will apply especially to anyone who has not been to the West before.

It is up to the W.A. members to rally round in force so that those coming from the East manage to meet as many as possible of the local members. It is a long trip they have made and we do not want it to be in vain as far as re-union with members is concerned.

Terrific thanks must go to Ron Trengrove for the arrangements he has made to get the contingent here from Sydney and other places. Ron

has worked tirelessly for a couple of years and he has achieved a wonderful result as far as numbers are concerned.

We in W.A. owe a colossal debt of gratitude to Len Bagley for his organisation of this end of the Safari. For months now he has canvassed all aspects of the show from accommodation to entertainment and has amassed a vast quantity of detail along the way.

The Committees in N.S.W. and W.A. also are deserving of our thanks for all the hard work they have put into this Jubilee Safari.

All we can now do is hope the weather gods are kind to us and that our efforts are not spoiled by too much rain.

Let us into it and enjoy it to the full. Here's a toast to the Jubilee Safari of 1971.

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**THE OFFICIAL ITINERARY AND PRICES ARE ON THE BACK PAGE**

# West Australian Whisperings

## Association Activities

### AUGUST MEETING

We had a terrific night at Anzac House Basement on Tuesday 3rd. Bill Epps and Arthur Smith showed us films of their latest trip to Timor along with films taken by Jack Fowler on the previous trip. We were all really amazed at the high quality of the film and this was exemplified in the long coverage of the Memorial at Dare. Bill had covered this from every angle and showed just how beautiful this Resting Place really is now that the rawness has mellowed down and the grass and plants and shrubs have really grown. It also showed up the care and attention being lavished upon it by those in charge. Our original worries regarding maintenance of this place are certainly unfounded up to date.

We were favoured with a good roll up of both members and wives and I am sure this adds up to an excellent evening. The supper provided by the ladies was excellent.

Thanks Arthur and Bill for your excellent show.

### WORKING BEE KINGS PARK

We had a very successful working bee in our earea of Lovekin Drive on Sunday, Aug. 1. Geo. Fletcher fully mowed the area. Arthur Smith did the edges and then the area was fertilised in the hope that it will be in top shape for September. Most of the plaques were reset on the trees and the road edges cleared of debris. In all this only took about an hour and a half which speaks volumes for the number present and how they worked. Among those present were: Geo. Fletcher, Bill Epps, Arthur Smith, Gerry Maley (and small son), Rod Dhu, Len Bagley, Percy Hancock, Harry Sproxtan and Col Doig.

## Committee Comment

The W.A. Branch Committee met at Anzac House on July 20. We were favoured on this occasion by Alf Hillman and Tom Crouch, two

of our Country Vice-Presidents, being present. Both were in Perth for a Local Govt. Council meeting.

Treasurer Dick Geere gave a resume of the current finances which appear to be adequate for our present purposes.

President Len Bagley referred to the recent death of C. J. "Slim" Holly and said that for many years he had been a most assiduous worker for the Association.

The drawing night for the Mammoth Raffle was reviewed and voted an outstanding success. This also applied to the Mammoth Raffle itself.

A working bee was arranged to put Kings Park area into shape and especially to fertilise it.

There was a further review of events for the Jubilee Safari and it was decided that it would be necessary to have meetings every Tuesday until the events took place.

A letter was received from Minister of Foreign Affairs advising of the reasons for the closure of the Consulate in Dilli.

A film night by Bill Epps and Arthur Smith was arranged for the usual monthly meeting in August.

## Personalities

It is with the most extreme of regret that we have to advise of the passing in Melbourne, of Jim Wall. I feel his passing probably as much as anyone can as Jim was a member of 5 Section when I had the honour to command that good gang. I can say that Jim was an excellent soldier in a quiet efficient manner and as loyal as they come. He was a good sportsman who played a strong brand of Aussie Rules football. On return to civie life he did a tremendous amount of work for the Association in the Victorian Branch and was Treasurer for a very long time and was one of a small band of stalwarts who kept the show alive in that State.

Jim was an absolute credit to himself who by dint of hard work and application lifted himself by his boot laces to a very elevated position in the Taxation Dept. He was with

the Tramways in Melbourne and decided to take accountancy and slaved at this in such a manner that he became fully qualified in a very reasonable time and then joined the Dept. of Labour and National Service and later transferred to Taxation Dept. rising rapidly in the latter Dept. In his capacity as an examiner with Taxation Dept. he made a couple of trips to W.A. and we were lucky that one trip coincided with an Annual Dinner in 1968 held at the South Perth R.S.L. Hall.

We can ill afford to lose people like Jim Wall especially at such an early age. Jim was a wonderful husband and father, a faithful Public Servant in the best sense of the word.

We offer our most sincere sympathy to his bereaved wife and family.

Vale Jim Wall, top grade soldier, sportsman, husband, father and citizen, but most of all good friend. A bloke you were proud to call mate.

—Col Doig.

Tom Crouch gave us a brief resume of his recent trip East where he met up with Jim Cullen, Happy Greenhalgh and Ron McArthur. He said Jim was sorry he could not make it for the Safari and "Happy" was looking forward to his visit very much. Ron McArthur is currently in a wheelchair and not enjoying the best of health. He is a T.P.I. Repat. pensioner. Tom reported that conditions at Manjimup were quite good but a lot more rain was required.

Alf Hillman was able to advise that the Great Southern was having a good season and stock were in wonderful condition but prices made the cocky game pretty tough.

Colin Criddle is now back at work after a long bout of trouble with his ticker. We hope, Col, that you have now made a full recovery.

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## RANDOM HARVEST

**PETER BARDEN, of 6GN Radio Station and ABGW Channel 6 Television Station, Geraldton, writes:—**

In this troubled world I am going to begin this epistle by referring to Eric Smyth's wife, Twy, and the part she played in a highly successful Ecumenical Service held at Geraldton. It was the first service of its kind at Geraldton but I'm sure it won't be the last.

Twy Smyth took part in the actual service as the official representative of the Presbyterian Church, the other churches being represented by clergymen from the Anglican, Roman Catholic and Methodist Churches. Incidentally, my brother, the Rev. John Barden, who is Administrator of the Roman Catholic Cathedral Parish, represented this church.

While on the subject of the Smyth family, let me point out that Eric is obviously an advocate of the motto "Service in Peace Time as in War Time". Always a keen advocate of the aims and objects of Leg-

acy, Eric has been elected Treasurer of Torchbearers for Legacy—the fund-raising section of the Legacy organisation.

As far as Yours Truly is concerned. I am pretty happy about the result of the annual Colonel Collett Cup competition, announced at the R.S.L. State Congress in Perth. As Publicity Officer for the Geraldton Sub-Branch, it was again my pleasure to compile the submission for this competition—and you can imagine the thrill I received when I learnt that we had won the huge cup for the best country Sub-Branch for the tenth time in 14 years. The Collett Cup is awarded not only on matters associated with R.S.L. activities, but also on service to the community as a whole.

Our womenfolk are also pretty happy because a week earlier at their State Conference they learnt that they had again won the Country Cup for the best country Auxiliary in W.A.—their ninth win from ten attempts.

I saw Bruss Fagg the other day and he was enjoying himself immensely over a noggin or two (?) at the Geraldton Water Supply Depot. Bruss was representing the Northampton Section at a farewell to a friend of ours, Paddy Doolan, on his retirement as Works Foreman at Geraldton, after 47 years' service with the W.S.D.

I often see Nip Cunningham, who continues to display his fitness by turning the wheels of his bicycle in a manner that would do justice to the Hubert Opperman of old.

Many of you will no doubt have lasting and grateful memories of Allan Bennett, who has been transferred from Esperance to Geraldton as Harbourmaster. Capt. Bennett skippered one of the small ships, the "Vigilant", which did sterling service in transporting stores from Darwin to Timor after you had made contact with Australia per medium of that make-shift radio, "Winnie the War Winner". He later became navigator on a destroyer, H.M.A.S. "Voyager", which transported stores and equipment to Timor.

Well, I must be off now as duty calls.

Kind regards to all the boys.

**BERT BURGES, of "Burlands",  
P.O. Box 224, Katanning, W.A.,  
6317, writes:—**

I guess you must be thinking that I have developed into the worst correspondent ever. I could reel off a whole lot of excuses but they really wouldn't be valid so shall refrain from doing so.

Provided we get our normally consistent spring rains we should finish up with a very good season. The March rains gave us one of the best starts to a season for a long time. At one stage during May we were bogged out and it looked as though our cropping programme would not be completed, but, with the aid of dual wheels and a second tractor handy, did get it all in.

Haven't had much rain for the past five or six weeks but as stated earlier provided we get reasonable rains in August and September we shall be right.

Our elder boy, Peter, was home with us last year and I was able to act as manager for that period. However in January last he went off to the Maurist Fathers in N.S.W. where he has commenced studying for the Priesthood. He is currently at their Novitiate at Armidale. Earlier plans were that he was to return to Sydney in August but there has been no mention of that in recent letters so may be he will complete the year at Armidale.

We should have been shearing this week but our shearers come from Mt. Barker where they have had hold-ups caused by consistent damp weather. We are now due to start next week.

Am hoping to get up for at least one day during the Safari to meet our Eastern State visitors. When one is far off one tends to lack appreciation of the efforts that have gone into organising this 1971 Safari but on reflection a great deal of credit must be given to those few who have maintained their outstanding efforts and contributions. It is no mean feat either for those who are uprooting themselves from their firesides so to speak to make the trip over here to renew acquaintances. I hope that for them it proves rewarding.

Kindest regards to all.

**JACK PEATTIE, of 11 Denne St.,  
West Tamworth, writes to Ron:**

Herewith the cheque that makes my account look awful sick. However I've made it and should be able to save enough for refreshments before we leave.

Best wishes for Anzac Day.

.....

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# Jubilee Safari

## ITINERARY

### Thursday, Sept. 2:

A bus to meet arrivals at 7 a.m. and transport them to the Government Office Buildings, opposite Kings Park gates for breakfast. Bus will take the visitors to Hotel Imperial at 9.45 a.m. Civic Reception at Council House at 12 noon. Welcome to visitors at 7.30 p.m. in dining room of Imperial Hotel.

Prices will be \$1 per head for the breakfast and \$1.50 per head for the evening at the Imperial.

### Friday, Sept. 3:

Annual Dinner at Imperial Hotel from 6 p.m. Dinner at 7.30 p.m. Ladies to attend Town House Cinema, dine at 6 p.m., theatre afterwards, with coffee to follow at the Imperial Hotel.

Prices: Ladies \$4, Gents \$3.

### Saturday, Sept. 4:

Afternoon, races or football. Evening trots. Complimentary passes provided.

### Sunday, Sept. 5:

Afternoon Commemoration Service at Kings Park. A bus leaves Imperial Hotel at 2.45 p.m. Service to be at 3.30 p.m. Afterwards at Imperial Hotel dining room at 5 p.m. for eats and refreshments.

Prices: \$2 each.

### Monday, Sept. 6:

Bus tour of dams. Buses leave Imperial Hotel at 9 a.m. sharp. A barbecue lunch at Murray Arms Hotel, Jarrahdale.

Prices: \$2 each.

### Tuesday, Sept. 7:

Evening at the Fremantle Club. A bus will leave from Imperial Hotel at 7.15 p.m. and will leave for the return from Fremantle Club at 12.30 a.m.

Prices: \$4 each.

### Wednesday, Sept. 8:

Bus trip to Wanneroo Wildflower Nursery, then on to Yanchep Inn for lunch. Buses leave Imperial Hotel at 9 a.m., then they will leave at 12 noon from the nursery for Yanchep Inn, arriving at 1 p.m.

Prices: \$2 each.

### Thursday, Sept. 9:

River Trip. The ferry "Duchess" leaves from Barrack Street Jetty at 10 a.m. and returns at 4.30 p.m. A smorgasborg lunch on board.

Prices: \$3 each.

### Friday, Sept. 10:

Evening at Perry Lakes Stadium Hall—GRAND FINALE. Bus will leave from Imperial Hotel at 7 p.m. and return from Perry Lakes 1 a.m.

Prices: \$5 each.

### Saturday, Sept. 11:

Visitors must vacate hotel rooms by 10 a.m. Baggage transport provided to station cloak room. Day is left vacant for individual entertainment. Train will depart at 9.30 p.m.

### PRICES:—

The above prices shown are for local members only—all visitors are free to all outings.

If you are a country member and can possibly only attend one or two of the outings the prices will be as shown above—but if you intend to be in it and attend most of the arranged shows the Committee has a combined ticket which is selling at \$20 for a couple. Now if you total the prices above and compare them with the combined ticket deal you will see that you can save yourself a lot of trouble and also quite a lump of small change.

Be in it—buy yourself a combined ticket at \$20 and enjoy all the shows while the visitors are here.

**PACKAGE DEAL TICKETS — \$20 DOUBLE**