

HOLLYWOOD PRIVATE HOSPITAL NEWS

Art is Calming Mirror for the Mind

For a person suffering from a mental illness, whether it be depression, an eating disorder or alcohol misuse, it is often extremely difficult for the individual to express their thoughts and feelings.

Confusion and despair may cloud the issues involved and make the process of recovery very difficult.

For this reason, the Art Therapy Program, at the Hollywood Clinic, can be an extremely useful way for clients to express their thoughts and feelings.

The art therapy program is a form of psychotherapy, which helps clients explore their emotions in a non-threatening environment.

The therapy works by helping people to release feelings and emotions, increase insight into personal issues and develop healthy coping skills.

Carrie McDowall was a recent participant in the Art Therapy Program and exhibited her art works at The Hollywood Clinic exhibition called Transitions.

"At first I felt exposed but, in fact, art therapy gave me a way to express myself that went beyond words and into another dimension," Ms McDowall said.

experienced some anxiety over relationship issues but was feeling positive about resolving these issues.

As a result of a combination of the art therapy and psychiatric treatment at the Hollywood Clinic, Ms McDowall was able to successfully recover from her illness and develop a strong sense of inner strength.

The Art Therapy groups at The Hollywood Clinic incorporate the issues and concerns relevant to: the Eating Disorders Program; the Skills Program; the Young Persons Program; the Post Traumatic Stress Disorder Program and the Alcohol Program.

Clients are able to participate in Art Therapy groups while a patient of The Hollywood Clinic (in-patient or day-patient).

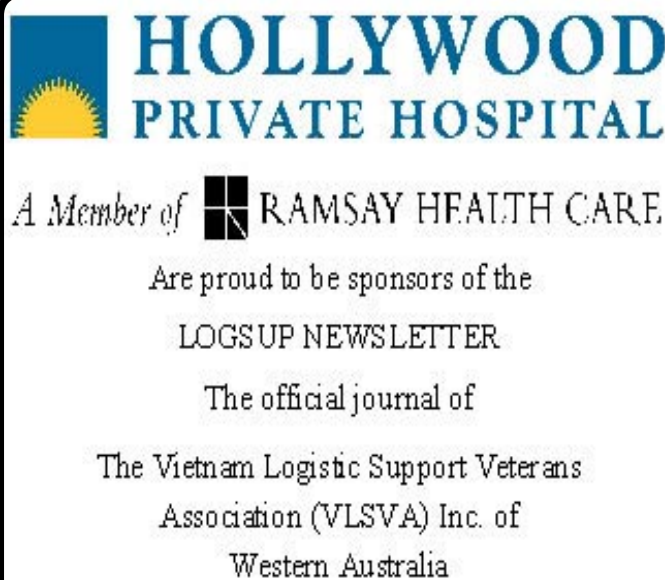
For further information please contact Dena Lawrence, Art Therapy Program Coordinator, at The Hollywood Clinic on telephone: (08) 9333 8076.

P H O T O
CAPTION: Art
Therapy Program

Ms McDowall exhibited several paintings in the art exhibition including one painting entitled 'Resolution'.

At the time, the artist had

participant, Carrie McDowall, with her painting, Resolution. The painting formed part of the Transitions art exhibition, held at The Hollywood Clinic as part of Mental Health Week celebrations.



NEWS ITEMS

Minister for Veterans' Affairs

HMAS WARRAMUNGA REMEMBERED

The service of the World War II destroyer HMAS Warramunga was remembered today with the dedication of a new commemorative plaque at the Australian War Memorial in Canberra.

The Minister for Veterans' Affairs, Danna Vale, represented the Prime Minister at the dedication ceremony in the Australian War Memorial Sculpture garden, which was attended by veterans of the Royal Australian Navy warship.

"HMAS Warramunga was launched during the dark days of World War II, when Australia was fighting to defend her own shores," Mrs Vale said.

"She served with distinction during the war in the Pacific, earning the battle honours of New Guinea 1943-44, Leyte Gulf

1944, Lingayen Gulf 1945 and Pacific 1943-45.

"HMAS Warramunga ended the war as a member of the Allied fleet present in Tokyo Bay to witness the signing of the Japanese surrender in September 1945."

After the war, HMAS Warramunga served three tours of duty in Japan with the occupation force, before being called again to active service during the Korean War. She covered Allied landings in Korea in 1950 and carried out patrols and enemy bombardments in early 1951 and during a second tour of duty in 1952.

After two tours of duty with the Far East Strategic Reserve during the Malayan Emergency, HMAS Warramunga was decommissioned in 1959.

"During her service, HMAS Warramunga fired more than 8000 rounds, sailed more than half a million miles and logged some 36,000 hours under way. She also had the enviable distinction of never having lost a man to enemy action," the Minister said.

"It is fitting that her name lives on, carried proudly by one of the RAN's Anzac class frigates."

Mrs Vale said the installation of the remembrance plaque at the Australian War Memorial was funded with an Australian Government Saluting Their Service grant to the NSW branch of the HMAS Warramunga Veterans' Association.

"I would like to commend the members of the association for their dedication to preserving the memory of their ship and their contribution to our nation.

"This plaque will be a lasting tribute- a place where visitors to the Memorial can pause to reflect on the service of those who served in HMAS Warramunga, and all of those who go to sea in the defence of Australia," Mrs Vale said.

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CONSTITUTION CHANGES

Since the publication of the intention to make some changes to the Constitution of the Vietnam Logistic support Veterans Association of WA there has been a lot of interest shown. The committee has received numerous responses ranging from one or two thoughts to a comprehensive

submission by a member.

The result of this is in your hands now. I would like to place on record this association's gratitude to Steve Ellis for his input. Steve, who is a solicitor, has also offered to assist in writing up the new document when all submissions

are in. He will not be part of a committee but work alone liaising through one of the committee.

There are areas of the draught that you have that give rise for some concern and must be given your full consideration.

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Concerning the subject of a name change. We feel that this item alone is the one with the potential to cause the most grief if not given the consideration that it deserves.

To change the name can have far reaching ramifications. It could affect our standing within the ESO community. We could be seen as trying to be all things to all veterans and encroaching on the traditional areas of other's. We could be seen by others as sacrificing our aims and objectives merely to become bigger. We have witnessed what that can mean to an organisation. It is true that over time the membership base has extended from that of a Naval one involved in the Vietnam Conflict to encompass the three services that have served in other conflicts and theatres of war other than Vietnam.

There are those among us who may well argue that our present name would seem to put a finite life on the Association. By that we mean that once those among us that are Vietnam Veterans have moved on then the Association will cease to have a purpose. This Association has an excellent name that is borne out in the numbers of former members that are returning to the fold and the new members joining up. Do we run the risk of diluting this good name by calling it something else? Mention the name VLSVA and everyone knows whom you are talking about. Change it and we may have to reinvent the wheel.

We could ask are we about growing

as an effective respected veterans organisation? Of course we are but do we do it in a methodical measured sensible controlled way or do we go for the biggest showy organisation but not necessarily the best? We do have an excellent name with Department of Veterans Affairs.

We the committee believe that you the members are looking for close-knit friendly organisation that can give you the support you need when you need it, and an interesting social life and good fellowship throughout the year. However does that mean a name change?

We need to consider what a name change would do to our close ties with kindred associations in the East. We are redeveloping these ties as indeed we are with kindred associations in the West. We are getting some excellent feed back from approaches to these organizations and we believe that our future is very strongly tied to the fostering of these ties. What would they think if we suddenly changed our name? Could we be seen as a mob of cowboys? There is a thought that if the current name is left vacant could others pick it up and run with it reaping the rewards that its good name would have with it.

There are some not inconsiderable costs involved with this. Postage, change of stationary, Banner, banking and letterhead.

Irrespective of the name change, if any, it has been proposed that a new Banner should be considered. One that more closely reflects

what the Association is about. We are aware of what happened to the current "new" one. We could register the name and attempt to obtain the "new" one. We doubt that this would succeed as it would merely be changed or destroyed.

Does in fact either of the banners reflect what we are about and whom we support or should we have a completely new design? Is the name "RAN in VIETNAM" appropriate? Should the name of the Association and the name on the Banner be the same?

Once again there would be some not so inconsiderable cost. An educated guess would be approximately \$500.00 for the name change and \$300.00 for the Banner assuming that sponsorship could not be found for the Banner.

We would welcome any input on these most important items together with any further input about the changes in general. The committee does already have several submissions however please put forward any ideas you may have. Your input is important.

The committee's recommendation is to not change the name of the Association however you the members have the final say.

The committee's recommendation is to have a committee look at a new Banner.

For planning purposes all submissions should be addressed to reach the Secretary not later than the 12th of November 2003.