

## Victoria Cross winner to lead Raise a Glass campaign

# A hero's living Legacy

VICTORIA Cross hero Mark Donaldson has taken it on his broad shoulders to rescue thousands of Australian war victims — the widows and children.

And though he is not much of a drinker, the man-mountain has teamed with Australia's biggest brewer to get the job done.

The 2011 Raise a Glass Appeal aims to raise \$1.5 million for Legacy and the RSL, causes close to the Special Air Services trooper's heart.

In 1995 his Vietnam veteran dad, Greg, died suddenly — and Legacy helped.

"Having suddenly lost my father, a Vietnam veteran, as a young teenager, it left me, my mother and young brother to fend for our-

**Terry Brown**

selves," Trooper Donaldson recently wrote to Legacy.

"It was Legacy that was there for us in our hour of need.

"Having a young wife and daughter, I, like all my mates who proudly serve Australia, are comforted to know that should something happen, Legacy is there for us no matter what."

The Raise a Glass Appeal has pumped \$2.4 million into Legacy and RSL coffers in two years, \$2 million of that donated by VB. They kicked in \$1 million more yesterday.

Retired Defence Force chief Peter Cosgrove said there were 100,000 Australian war widows, dignified elderly people who



**Proud:** Mark Donaldson, a hero of the Afghan war, is the face of this year's campaign to help Legacy and the RSL.



don't make a song and dance but need help with basics like heating bills.

He hoped that using Trooper Donaldson as the face of this year's appeal would help spread Legacy's message to people too young

to remember world wars. Legacy national president John Pepperdine said the ranks of war vets had swelled by 50,000 since the '90s.

During the two-month campaign, people are being urged to donate at

www.raiseaglass.com.au, and through collection barrels at 500 licensed venues.

They are also urged to raise a glass to the fallen, but beer is not mandatory.

General Cosgrove said Donaldson, for instance,

was "too fit to have too many" beers.

"It's the symbolism. It wouldn't matter if you raised a cup of tea, if you're raising it to someone you remember. They are not really dead, are they, if you remember them."

## Psoriasis Research Study

Do you suffer from psoriasis?

**OPT TRIALS**

Advancing Clinical Research for Psoriasis



If so, you may qualify for a clinical research study testing the efficacy and safety of a new oral investigational medication for psoriasis.

**In order to qualify you must:**

- be at least 18 years old
- have psoriasis, which is characterized by thickened patches of inflamed red skin covered with silvery white scales
- be willing to make visits to the research site for approximately one year

**Participants in the study will receive:**

- study related medical care and either a placebo or investigational medication that has not been approved for treatment of psoriasis
- reimbursement for your travel expenses

Health insurance is not needed to participate.

**Skin and Cancer Foundation - Carlton**  
**03 9623 9416**

# Pardon Our Progress



Thursday 7 April to Thursday 14 April

As we continue improving and upgrading the train network you may experience some changes to how you travel.

**Epping line**

Due to level crossing improvement works, buses will replace trains between Keon Park and Epping on the last two 'late night' services on Friday 8 and all day Saturday 9 and Sunday 10 April.

**Werribee, Williamstown & Sydenham lines**

Trains will not travel through the city loop on Saturday 9 and Sunday 10 April.

**Craigieburn & Upfield lines**

Trains will not travel through the city loop on Saturday 9 and Sunday 10 April.

**Have you joined us on MetroMail?**

MetroMail is a free online service that will keep you fully informed of what's happening on your local line. Sign up for SMS and email alerts and receive personalised information to your line regarding service disruptions, service delays and planned improvement works. Register now at metrotrains.com.au

For further details contact Metlink on 131 638 or visit metrotrains.com.au

destination better

