



# Newsletter May 2026

## ANARE Club NSW Branch

MWL guest speakers theme: 75 years of medicine in Antarctica

MWL celebration: 75 years of the ANARE Club



Photo: AAD



Photo: <https://carmm.org.au/clinical/>

### Midwinter lunch

Join us on **Saturday 27th June** to share the ANARE spirit. As in recent years we are having a lunch event.

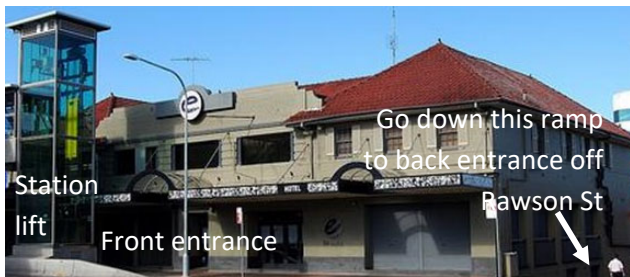
#### Epping Tracks (affiliated with Epping Hotel)

West side of Epping Station, Beecroft Road

**Time:** Our event will start a little earlier to allow people to catch trains and return home in the light. This year please arrive at 1045 hrs for registration, 1100 hrs for homers, proceedings finish 1600 hrs, venue available to 1700 hrs to allow more time for catching up with friends.

**Dress:** Smart-Casual.

**Themes:** We have two themes this year. We have two guest speakers on the theme of **75 years of medicine in Antarctica** and, of course, we will be celebrating **75 years of the ANARE Club**.



**Places are limited:** Epping Tracks has a maximum capacity of 50 guests. This year's guest speakers are expected to be popular, with some people travelling from interstate to be at the NSW event. Get your registration in early to secure your place. First in first served!

**Response form and payment:** We must receive this by **Friday 12th June. This deadline will be enforced this year. No late or on-day registrations or payments will be accepted.** If you have not paid for a ticket by the cutoff date you will be unable to attend this year's MWL. This is to avoid difficulties posed by people registering and turning up at the last minute, and the flow on effects for catering, seating and service by the venue, and to reduce the stress level of your NSW Council leading up to, and on, the day!

**Access:** By train, the access is simple. The entrance to the Hotel is at street level right at the station concourse lift (see picture above). To avoid internal stairs, please make your way down the external ramp/pathway to the right of the front entrance and enter Epping Tracks at the back door (behind the drive-thru bottle shop if you are coming off Rawson St). Street parking and Coles carpark are available on Rawson Street. Wheelchair access to the venue is available.

**Cost:** Despite dramatic increases in prices we are holding ticket prices for members steady at 2024 and 2025 rates. Non-members will pay more. The NSW MWL has enjoyed extremely low prices for several years and the NSW Committee has decided to subsidise MWL for another year. The NSW Branch covers the cost of hosting the MWL from its own finances to account for the very limited amount of financial support we receive from the National Council. This year's MWL will cost \$85 members/guests, \$100 non-members/guests. This is a flat rate. There is no Early-Bird special this year.

**Drinks at this year's MWL:** Over the last few years the drinks voucher system has been very successful. We will adopt this again so you have complete flexibility in your drinks choices. Here is how it works; there will be no wine and juice on tables for the main meal, only water. Instead, included in your registration you will receive a drinks voucher as shown below. This voucher will cover the full event, including Homers and the sit-down meal. The voucher has 4 boxes with each box valued at \$5.00. The boxes will be stamped by bar staff according to your drinks order. As you can see, a beer, wine or bubbles will use 2 boxes. A soft drink or juice will use 1 box. This means you can mix and match as you wish. For example, the voucher will get you 2 beers, or 1 beer and 2 soft drinks, or 4 soft drinks. Once your voucher is used you will need to purchase any additional drinks yourself. If you wish to have a bottle of wine at your table, you can purchase these separately from the bar.



Additional drinks or those of higher value to be paid personally

#### ANARE Club – NSW Branch, Midwinter Lunch

##### Drinks voucher for homers and sit down meal (entire event)

\$5.00	Bar to stamp here	\$5.00	Bar to stamp here
\$5.00	Bar to stamp here	\$5.00	Bar to stamp here

How to use this voucher?  
The bar will stamp the number of boxes according to your drink preference.

- 1 beer = 2 boxes stamped
- 1 wine = 2 boxes stamped
- 1 bubbles = 2 boxes stamped
- 1 soft drink = 1 box stamped
- 1 juice = 1 box stamped

**Correspondence and contact information for the ANARE Club – NSW Branch – via our Secretary**

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**Easy access table:** Some guests require ease of access from door to table. We will reserve spots at the table/s on the stage level, far side; please leave for those who need them.

**Photography:** In the spirit of economy we are asking guests to use their own cameras/ phones, and any photos taken will go on the website. A formal group photo will still be taken.

**Annual General Meeting:** In the brief AGM, we will hear reports on activities in both the NSW Branch and the National Council. All offices will be declared vacant and a new Committee elected.

**2026-2027 Committee:** Please consider putting yourself forward to serve. We are particularly seeking new or renewed blood as the several members of the current Committee have been in your service for over a decade or more. We also would like to spread the load of organising the MWL in particular so as to not burn-out the current organisers. We would like to see expressions of interest before MWL. Please contact our NSW Branch Secretary, Lucinda with your nomination.

## MWL guest speakers - Dr Des Lugg and Dr Jeff Ayton

75 years of medicine in Antarctica

Dr Des Lugg



Dr Jeff Ayton



**Outline:** Dr Lugg and Dr Ayton co-published a scientific paper on *A century of Australian Antarctic medicine* (in *Australasian Science*, Oct 2012), comparing and contrasting medical care and research in Antarctica from the first expeditions such as Mawson's Australasian Antarctic Expedition of 1911-14 to the modern era up to 2011-12. For quite some years now, Drs Lugg and Ayton have been co-authoring a book on the history of Australian Antarctic medical practice. Probably no two people are better qualified to address NSW 2026 Midwinter attendees on *75 years of Antarctic medicine*, in a nod to the Club's 75<sup>th</sup> anniversary of formation.

**Full biographies of our guest speakers:** See last page of this Newsletter. We are very, very excited to have Dr Lugg and Dr Ayton joining us at MWL.



## MWL display items & rolling slide show

**Display items:** You are welcome to bring memorabilia for display illustrating the ANARE spirit – Club memories and/ or medical memorabilia over 75 years – but not too gruesome! (“All care, no responsibility”). The memorabilia can be laid out and provides a fantastic discussion point over Homers.

**Rolling slide show:** We invite members to send electronic files for the rolling slide show (on our MWL themes) to our NSW Branch Secretary well in advance of MWL.

## Silent auction, anniversary mugs and reunions

**Silent auction:** If you have item(s) that you would like to donate to support the NSW Branch, please email our Secretary before MWL with details of your kind donation, and remember to bring it on the day!

**Mugs:** Given we are celebrating 75 years of the ANARE Club, a one-off commemorative mug has been designed by our Treasurer, Kirstie (see picture below). The image contains the ANARE Club 75<sup>th</sup> anniversary logo and the original ANARE logo designed by Nel Law in 1947. This is an exclusive offer to NSW members. *You must pre-order and pay for mug/s using your response form* as mugs will NOT be available for purchase on the day.



ANARE Club  
NSW Branch  
2026 midwinter  
celebrations

Nel Law's ANARE logo originates from 1947 and appeared on reports and operations manuals in 1951 and on a stamp in 1954



**Reunions:** This year we will welcome the Mawson 66 reunion for their diamond jubilee. If you are planning a reunion this year, please let our NSW Branch Secretary know ASAP so we can help with your arrangements.

## Celebration of 75 years of the ANARE Club - Canberra, October 2026

A very special Gala Dinner event is to be held at the **National Museum of Australia in Canberra in October 2026**. This event will celebrate the Club's 75<sup>th</sup> birthday. The evening will be attended by the Club's patron, the Governor-General of Australia and feature a special exhibition showcasing the museum's National Antarctic Heritage Collection. It will be a unique opportunity to gather with fellow members young and old, honour the Club's history, and look forward to its future.

National Council are also planning additional events around the Gala and following weekend in Canberra and surrounds, such as viewings, picnics and walks.

Look out for more details in the *Aurora* journal, on the ANARE website and e-newsletters. We hope that we have a good showing of NSW Branch members at this event.

## Club membership

To encourage an increase in Club membership, the NSW Branch currently allows non-members to attend MWL on the understanding that they, and their guests, pay a surcharge per head. If your membership has lapsed or you would like to become a member, you can pay membership online via [www.anareclub.org.au](http://www.anareclub.org.au) or download a membership form and post to: The Secretary, ANARE Club, GPO Box 2534 Melbourne 3001 Email: [secretary@anareclub.org.au](mailto:secretary@anareclub.org.au) (in line with the ANARE Club National Policy, the NSW Branch is unable to accept membership dues with dinner payment).

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## More NSW social events?

Your NSW Council would love to catch up with you more often than once a year at Midwinters in June. We have enjoyed several diverse activities in the past, including “slide” evenings, Zoo picnics, Antarctic-related exhibitions or similar and bushwalks.

What kinds of activities interest you? We love organising events, but not if no-one comes to them! Give us some ideas and we will be more than happy to organise NSW members event.

Please contact our NSW Branch Secretary, Lucinda on the details below and let her know.

## First Penguin honour for NSW teacher or educator

The NSW Branch is pleased to announce that, to mark the ANARE Club's 75th anniversary in 2026, the NSW Department of Education will enter into a joint recognition initiative **honouring a teacher or educator who embodies both the spirit of ANARE** and the qualities of the “First Penguin”: courage, innovation, collaboration and a pioneering commitment to equity in public education.

The ANARE Club will make available one return Antarctic scenic flight from Sydney to a NSW Dept Education teacher/ educator selected by the NSW Branch Council from a shortlist provided by the Dept., recognising the demonstration of:

- Courage and informed risk taking
- Innovation in practice or leadership
- Strong collaboration across schools or networks
- A pioneering spirit aligned with ANARE.

## Antarctic voices – Oral History Project

The Antarctic **Oral History Project** is recording the memories of expeditioners of their time “Down South”, as a way of archiving Antarctic (and Club) history for posterity. We are especially keen to interview older expeditioners while they are still with us. But we all have stories to tell.

**We are particularly looking for interviewers.** Zoom recordings are now possible, making the process very efficient, with only a few hours of your time required. You do not need to do the transcription; you only need to be able to run a Zoom meeting in recording mode. If travel is required for the interview, the NSW Branch has its own recording gear and we will meet reasonable expenses of the interviewer. Please also put yourself forward to be interviewed.

Please email our NSW Branch Secretary, Lucinda, on the details below to sign up as an interviewer or interviewee.

A little bit of your time would go a long way to helping your NSW Committee make this happen, and to share the workload.

## Your NSW Council has been busy this year

- The main task for your Council every year is organising the Midwinter event. But it is not all that we did this year.
  - David Ellyard has worked closely with the National Council to secure the First Penguin honour for a NSW teacher or educator (see item above).
  - We planned how to raise our game in the Oral History space by conducting interviews with expeditioners using Zoom (see our call to you above).
  - The NSW Branch of the Club was represented on the National Council this year by our Secretary, Lucinda Coates, as well as David Ellyard. Lucinda has brought many things to our attention for consideration by our membership. Here are some examples. Please email Lucinda Coates if you wish to engage on any of these at [lucindacoates9@gmail.com](mailto:lucindacoates9@gmail.com);
- 1) A call for any dates, notes or detail you have of any outreach events you may have conducted in the last few decades (e.g., talks given to schools). The ANARE Club is attempting to gain Deductible Gift Recipient status to allow for gifts and donations to be tax deductible via the ATO.
  - 2) Book sale: heads-up there will be a members' sale of Antarctic-themed books surplus to requirements over the next month or so, before they are transported to Hobart for sale at the Antarctic Festival – keep your eyes on the monthly e-newsletters.
  - 3) Come to the Antarctic Festival in Hobart, 20-23 August. The Club runs a stall to advertise the Club, sell excess books, educate the public about Antarctica – volunteers welcome! There's plenty of other exciting things on too.
  - 4) Club AGM 1630 hrs 23 Oct, Hobart – be there in person!
  - 5) New Club merchandise: keep an eye out for neck gaiters, T-shirts and sympathy cards – work ongoing; ideas always welcomed – especially if you can help it along!

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## Your 2025–26 Council, proud to serve you:

**President:** Dr David Ellyard

**Secretary:** Lucinda Coates

**Treasurer:** Prof Kirstie Fryirs

**IT Officer:** Rowan Butler

**Membership:** Dr Margaret Whitelaw

**Councillor:** Max Dietrich

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## Full biographies - Dr Des Lugg and

## Dr Jeff Ayton

Speaking on 75 years of medicine in Antarctica

### Dr Des Lugg AM



1970s



Receiving the Phil Law medal in 2015

Graduating in medicine from the University of Adelaide in 1961, Dr Des Lugg wintered with ANARE at Davis, Antarctica in 1963 as medical officer and 2IC. He also conducted medical research, for which he received his doctorate and, with his colleagues, did substantial biological research.

Dr Lugg was Head of Polar Medicine at the Australian Antarctic Division from 1968–2001, and Program Leader of Research in Human Biology and Medicine. Dr Lugg led many summer ANARE expeditions, including to the Prince Charles Mountains in 1969-70 and 1970-71. He was leader of the 1974 ANARE voyage to Casey, which visited Dumont D'Urville Station and Mawson's Huts at Cape Denison *en route*. In 1980-81 he was field leader of the International Biomedical Expedition to the Antarctic.

Widely published in many polar fields, Dr Lugg has been a member of numerous national and international polar committees, including the Australian National Committee on Antarctic Research (ANCAR), the Scientific Committee on Antarctic Research (SCAR) and the International Union on Antarctic Research. In 1978 the award of a Public Service Board Scholarship to the University of Cambridge, England, allowed Dr Lugg to study at the Scott Polar Research Institute and gain a Post Graduate Diploma in Polar Studies.

From the late 1980s much of the medical Antarctic research was used as an analogue for space and, in 1993, a Cooperative Agreement between the AAD and NASA was signed to facilitate this research and extreme environment medical practice. After retiring from the AAD, Dr Lugg became the Chief, Medicine of Extreme Environments at NASA HQ, Washington, DC, from 2001–2007. He was also Visiting Professor at the University of Texas Medical Branch, Galveston, TX and Distinguished Research Professor, School of Public Policy, George Mason University, Fairfax, VA.

Arising from the highly successful science symposium held in Hobart in 1997 as part of the 50<sup>th</sup> Jubilee of ANARE, Dr Lugg, with Harvey Marchant and Dr Patrick Quilty, authored *Australian Antarctic Science: The first 50 years of ANARE*.

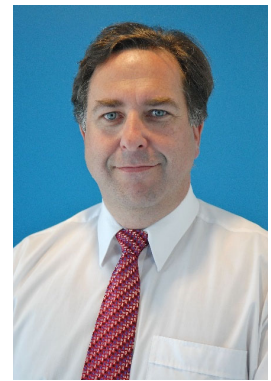
#### Awards

- 1969: Polar Medal (now the Australian Antarctic Medal)
- 1984: Membership of the Order of Australia
- 2007: NASA Distinguished Public Service Medal
- 2015: Phillip Law Medal

### Dr Jeff Ayton



Casey Station, 1992



Chief Medical Officer with the Australian Antarctic Division since 2002, Dr Ayton is responsible for the AAP medical support and human biology and medicine research. In 1992 he deployed for 13 months over winter at Casey Station, undertaking immunology and epidemiological research on top of his duties as medical practitioner responsible for the comprehensive medical, surgical and dental care of the wintering crew of 16.

Dr Ayton is Current Council Chair and Director of the Centre for Antarctic, Remote and Maritime Medicine (CARMM). He is a current Australian member and past Chief Officer/ Chair of the Scientific Committee of Antarctic Research (SCAR) COMNAP Joint Expert Group on Human Biology and Medicine, one of three Australian delegates to the SCAR Standing Scientific Group – Life Sciences and Australian delegate for the Expert Group – Human Biology and Medicine.

Dr Ayton has collaborated with National Aeronautical and Space Administration (NASA) funded research programs on medicine in extreme environments for more than ten years.

Dr Ayton has played a significant role in policy development and professional leadership in rural and remote medicine. He is a past President and Chair of the Australian College of Rural and Remote Medicine (ACRRM) – the world leading college training and supporting rural and remote generalist medical practitioners. He has also been the Deputy Medical Director for International SOS (Australasia).

Following medical graduation, he gained varied experience in rural and remote medical practice as a procedural general practitioner, obstetrician and anaesthetist in rural Australia, Norfolk Island, the South Pacific and Papua New Guinea. Other roles have included global medical assistance, Tasmanian after-hours general practice and triage, and remote and extreme medicine telehealth practice, standards and innovation.

Dr Ayton graduated from James Cook University (JCU) with a Master of Public Health and Tropical Medicine in 2002. He is an Adjunct Associate Professor at the University of Tasmania and James Cook University. Dr Ayton's passion for rural and remote medicine has inspired Australian doctors and students to pursue a career in rural and remote medicine.

#### Awards

- 2014: Chancellor's Award Recipient. College of Public Health, Medical and Veterinary Sciences, JCU

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