

Historic fly-over for big day

Old war enemies join forces to celebrate coathanger's 75th birthday



BRIDGE CLIMBING: Philip Dulhunty pilots his Cessna 180 over Sydney Harbour Bridge yesterday. He will be flying over the bridge again to mark's the 75th anniversary next month.

Picture: ANTHONY JOHNSON

By CAROLINE MARCUS

THEY fought on opposite sides of World War II, one defending Sydney Harbour, the other attacking it.

But their past rivalry has not stopped ex-army officer Philip Dulhunty and Japanese war pilot Susumu Ito from forming a friendship.

On the Harbour Bridge's 75th anniversary next month, Mr Dulhunty will honour his former enemy for the second time, by planning a re-enactment of Mr Ito's reconnaissance flight, in which he spotted targets for Japanese midget submarines.

In 1992, Mr Dulhunty made Mr Ito an honorary member of the Seaplane Pilots Association of Australia, of which he is founder and president.

That year, on the 50th anniversary of Mr Ito's flight on May 30, 1942, members of the association carried out their first re-enactment of the flight although the Japanese pilot was unable to attend then. He cannot attend this year either.



Mr Dulhunty first made contact with Mr Ito in 1973 during an attempt to find the Japanese pilot's two-seater float plane, which sank after it crash landed alongside a submarine east of the Heads.

He said Mr Ito, who is nearing his mid-90s, was keen to help him locate the plane, providing a detailed report about his flight path and coordinates of the crash scene.

"He's really quite a great bloke,"

DON'T MISS OUT

■ MORE than 85,000 people have registered to walk across the Sydney Harbour Bridge as part of the 75th anniversary celebrations.

Organisers have encouraged people to book now to avoid disappointment, with the first five timeslots between 10am and midday already fully booked.

To register, go to www.ourbridge.com.au or phone 1300 884 899.

Mr Dulhunty, 83, said. "He was very interested and he thought that was great. He was very co-operative and friendly."

In 1975, despite critics telling him he would never do it, Mr Dulhunty located the plane in one day with the help of divers.

However, unable to get government funding to restore the plane, he was forced to let it back down into the deep.



FORMER FOE: Airman Susumu Ito

Mr Dulhunty still clearly recalls that fateful day almost 65 years ago, when he served as an anti-aircraft gunner.

"We heard the plane and just thought it was one of the American cruisers and did not try to shoot it down or anything," he said. "The next day was the submarine attack and I was a witness to that and didn't connect that to the aircraft the day before."

"It was not until one night in 1950 that I appreciated that that was the plane Ito had flown, that had mapped the harbour and all the submarines."

Mr Dulhunty later served in New Guinea before travelling to Japan as part of the occupation force, working in intelligence and becoming an interpreter.

On March 18, Mr Dulhunty's four-seater Cessna 180 float plane will swoop around Rose Bay, around Cockatoo Island and approach the bridge at a height of just 150 metres, then quickly ascend to fly over it.

The Greenwich grandfather-of-six, who still flies once a week, said his family would most likely watch him from a boat on the harbour.

"They all think I'm a bit nuts," he said.

As well as historic fly-overs, official celebrations on the day will also include a sailing regatta, a flotilla of historic vessels, an Aboriginal ceremony on the bridge and free family entertainment in Darling Harbour and The Rocks.

Private school drops Redfern plan

A PRIVATE school's application to open a campus for indigenous children on the Block in Redfern has been withdrawn.

St Andrew's Cathedral School, a CBD-based Anglican private school, had been hoping to secure approval from the City of Sydney council to run a campus for Aboriginal children from the Redfern Community Centre. But after heated debate among community members about a private, religious school setting up on government owned property, and concern about the use of the Community Centre, St Andrews withdrew its application.

Beating the blues is a walk in the park

By LOUISE HALL
HEALTH REPORTER

EXERCISE is the most beneficial self-help strategy for people with clinical depression, a survey by the Black Dog Institute has revealed.

But the institute's head has warned that many sufferers still need antidepressant medication as part of their recovery.

The study, published in the *Australian And New Zealand Journal Of Psychiatry*, surveyed 2692 people who had received treatment for clinical depression about their use of medication and professional psychotherapy as well as self-help and alternative methods.

It found self-help strategies rated as good as or better than antidepressant drugs, with exercise the most effective tool, followed by yoga/meditation, massage and relaxation.

Black Dog executive director Professor Gordon Parker said it was dangerous to compare a prescription drug to exercise as many people inherently tended to prefer natural or self-help strategies.

"Certain self-help strategies may get a high mark because people say, 'I don't want my health trajectory determined by a prescription,'" he said.

It would strain credulity to recommend exercise instead of a physical treatment for a patient with conditions such as bipolar disorder, he said.

The survey found 73.6 per cent of respondents had been given one or more antidepressant medications and 78.3 per cent had undergone psychotherapy or counselling.

The newer class of drugs, selective serotonin reuptake inhibitors (SSRIs), generally rated better than tricyclic (TCA) antidepressants.

The survey found four in five people with clinical depression had tried exercise, 71 per cent used relaxation, 62.9 per cent had taken SSRIs, 45.4 per cent had cognitive behavioural therapy and 45.1 per cent did yoga/meditation.

Swimming legend John Konrads, a director of Black Dog, said a walk in the park was enough to gain benefits.

Artists hoping for Archibald Prize

ARTISTS across Australia are waiting to see if their work will be hung in the 2007 Archibald Prize.

The deadline for entries passed on Friday, with the winner of the \$35,000 portrait prize to be announced on March 2. The best will go on exhibition at the Art Gallery of NSW from March 3.

Among the 600 entries are depictions of Queensland Premier Peter Beattie, former prime minister Bob Hawke and cricketer Andrew Symonds.

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