

14 Nov 2025



Dear Guest,

Thank you for your interest in being a guest on my podcast. The purpose of this letter is to describe how I like to conduct the interview and give you an idea of what to expect. The interview process normally takes about 2 to 3 hours.

The aim is to promote veteran health through storytelling. Some veterans may feel disconnected after their service, they may struggle to adapt and find appropriate support. Through sharing stories there might be something mentioned that could be inspiring to others.

I'm primarily trying to reach an audience of younger veterans and partners who could use some inspiration. It's early days and my podcast format is evolving. Presently I am trying to produce 30 minute episodes in a short story format that are easy to listen to.

I need to be clear about the interview format. A brief introduction of who you are and a quick summary of where you served. Followed by some stories and reflections of 'life in service and life after service.' Also anything you are comfortable talking about that relates to your own health and wellbeing, or how you might be involved in supporting or caring for others is especially welcome.

This podcast is not intended to be a comprehensive history and reflections on your service. An Oral History recording is more suited to capturing comprehensive details and thoughts.

If you only want to talk about something specific to veteran health, then I'm happy to adjust the format to accommodate your story. Pretty much anything is possible as long as it supports the podcasts' key message for veteran health, which is: 'Look after yourselves.'

I'll explain what to do if you want to take a break, rephrase or retract something while recording. I aim to conduct recordings in roughly thirty minute sessions. We will take a break between sessions and we can chat about the next session.

I like to use music that resonates with you during the interview. Before we begin recording I'll ask you to choose some songs so I can have them cued up ready for you to talk about.

Can you please choose some photos which I can use for the episode thumbnail?

If there are things you don't want to talk about, that's OK, I will respect that.

Please familiarise yourself the attached Copyright Agreement. No need to sign that copy before the interview. I'll send another to you electronically for your e-signature after the interview. If you have any concerns about the copyright agreement please don't hesitate to discuss them with me.

The Run Sheet is a guide for timings and things to talk about. You're welcome to talk about anything during the interview as they're your experiences, but please keep in mind the purpose of the podcast. If your story isn't relatable to veteran health in some way it might not survive the edit.

Thank you again for your interest and if there is anything you want to ask please do not hesitate to contact me.

Yours sincerely,

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Ver 2

Run Sheet	
30 Sec	<p>“Hello listeners and welcome to Veterans Talk Podcast.</p> <p>My name is Mark Keynes, and</p> <p>I promote veteran health through storytelling.</p> <p>It’s my hope that you might hear something in this podcast that ‘clicks.’</p> <p>My guest today is _____</p> <p>And we are doing this interview (location)</p> <p>_____ Please introduce yourself to the listeners:</p>
10 Min	<p>who you are, where you’re from,</p> <p>with who & where did you serve, and</p> <p>what are you doing these days?</p>
20 Min	<p><i>Let’s talk about music, what songs you’ve chosen and what they mean to you</i></p>
30 Min	<p><i>Let’s talk about some of your life in service</i></p>
30 Min	<p><i>Let’s talk about some of your life after service</i></p>
30 Min	<p><i>Let’s talk about veteran health in general</i></p>
10 Sec	<p>_____ it’s been a privilege having you on the show</p> <p>and thank you very much for sharing some of your stories.</p>
15 Sec	<p><i>Guest sign off</i></p>
20 Sec	<p>To veterans out there please look after yourselves.</p> <p>If you’re looking for help and don’t know where to start, see your GP.</p> <p>If you don’t have a GP, then please find one.</p> <p>If you would like to share some of your stories then please contact me.</p> <p>My website is veteranstalk.com.au</p> <p>I hope you got something out of this podcast, good luck and</p> <p>Thank you for listening.</p>