

THE LIGHTNING FLASH

SOLDIER and CRAFTSMAN

October 2014

Issue 77

The RAEME Association (Victoria) Inc.
Incorporation Reg No. A 0022655Z ABN: 96 873 522 994
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Alkira Secondary College VCAL Students at The Shrine on 9 Sept 2014

Former Association President MAJ John Boothroyd (Rtd) presenting the Perpetual Trophy for Dux of VCAL to Coordinator Ms. Nicole Scott
(See report next page)



Official presentation of the RAEME Association Vic Inc Perpetual Award for the Alkira Secondary College VCAL Dux of the Year.

PRESIDENT'S REPORT

I had tendered my apology for our AGM that was held on Sunday 24th August 2014, as I was holidaying with my wife, Janice, in Adelaide, and wine tasting our way through the Clare Valley and Banrock Station. Late on that Sunday afternoon I received a call from our Secretary, Alan Rogers, starting his conversation with "Congratulations MR PRESIDENT!"

Before I go on any further, I would like to sincerely thank our outgoing President Mr John Boothroyd and his Committee, who have worked tirelessly throughout his term and done a sterling job over the past 5 years! Thank you John, and I certainly hope that you continue to help and support the current committee.

I returned to Melbourne on Friday 29 August and the Secretary phoned me to say that our next committee meeting was on Wednesday 3rd September 2014 – not much time to get my feet 'under the desk' figuratively speaking.

Thank you for voting and having the confidence in me to take on this challenging position as your President.

Your committee and their positions are listed in this edition of the "Flash" so take some time and get to know them and give them your support. Your committee will work hard to put together functions during the coming year so I ask you to detach the social calendar that is printed in this Flash, place it on your fridge or a convenient spot to remind you of the upcoming functions. Please do your best to support these functions.

I, as President, along with the Committee members will continue to work for the continuance of our Association and the benefit of its members.

MAJ Mike Newbond
President

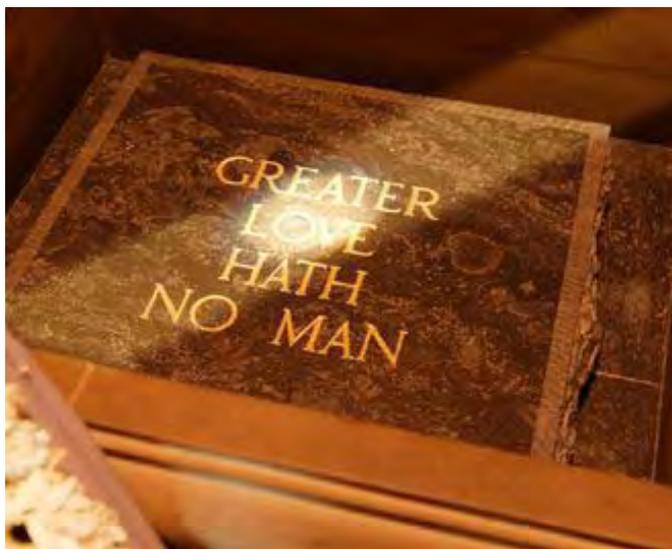


Alkira Secondary College Remembrance Service

The Alkira Secondary College Remembrance Service was conducted by the College Students at the Melbourne Shrine Sanctuary Tuesday 9th September 2014 to honour the Men & Women of the Corps of The Royal Australian Electrical and Mechanical Engineers.

Association President Mike Newbond gave a short speech regarding the award and then asked John Boothroyd to present the Perpetual Award on behalf of the Association to Nicole Scott VCAL Teacher 2014.

The Award is to remain at the College and to be presented to the VCAL Dux each year



SECRETARY'S REPORT

A new Association year has now commenced with Association change of President, Mike Newbond has taken over the reins from John Boothroyd who in accordance of Association Rules was required to stand down as President.

2014-2015 COMMITTEE

President Major Mike Newbond	Vice President WO1 Allan Hawkins
Secretary Alan Rogers	Treasurer Aranka Illia
Committee Gus Allen Pat Marley	

Chapters

Victoria Barracks Alex Birrell	Bandiana Grant Connolly
Seymour Dave Maddick	Vietnam Veterans Dennis Clarke

The 2014 AGM was held at the Melbourne Shrine with the President advising the attending members that the Association Income for the 2013-2014 year had exceeded the Association Expenses and as such the Association Treasurer had managed the Associations financial situation with her usual tight controls.

Banner

The new upgraded Banner is now in the process of being made, however as the banner is hand stitched it will take some time for completion, hopefully will be paraded at the 2015 ANZAC Day March. We were fortunate that we received Grants from Dept Veteran Affairs & Victorian Veterans Council for \$4500-00 to offset the cost of the Banner.

Donations from members towards the cost of the Banner would be gratefully accepted (Please contact the Secretary or Treasurer for any details).

RAEME Birthday

The Committee after a lengthy discussion decided the 2014 RAEME Birthday would be changed from a Dinner to a Lunch time function. Details attached

Welfare

Members should forward any notices of Illness, Deaths, Funerals to the Secretary. Chapter Members forward notice to their relevant Chapter President / Secretary

Alan Rogers
Secretary

RAEME Association (Vic) Inc Functions 2014-2015		
September 2014	October 2014	November 2014 15 th Annual Dinner Bandiana 30 TH RAEME Birthday Lunch Clayton RSL
December 2014	January 2015	February 2015
March 2015 29 TH Shrine Remembrance Service & Lunch	April 2015 12 th Anzac Day Reunion 25 th ANZAC Day March	May 2015 24 TH President Lunch TBA
June 2015	July 2015	August 2015 30 TH AGM TBA
September 2015	October 2015	November 2015 Bandiana Annual Dinner RAEME Birthday Lunch Clayton RSL
December 2015	March 2016 Shrine Remembrance TBA	

Note. Venues and Timings will be issued separately

*Venues & Dates may be subject to change from time to time
Months after August will be subject to the incumbent Committee of Management
Contact the Association Secretary for further details if required.
email: secretary@vic.raeme.org.au*



VALE

SGT Ray Cuddihy (Rtd)
7 September 2014

Patricia Donovan
partner of 32 years of Life Member and Membership Officer

Gus Allen
13 September 2014

For Interstate "Vale" notices, see the shared RAEME Associations' website "Vale" notices:
www.vic.raeme.org.au/index.php/notice-board/vale

ARMY REPORT

At the end of July 2014, the Defence Minister, the Hon. David Johnston MP strongly endorsed an agreement to conduct joint Military Exercises involving China, Australia and the United States in 'EXERCISE KOWARI' - a Land Exercise that is scheduled to be held in October 2014 in Northern Australia that will practice survival skills.

Exercise Kowari will involve 1st Brigade based in Darwin, US marines rotating through the Top End and a small contingent of Chinese soldiers.

Conditions in the Territory's outback during October will be harsh. Known as the "build up" the time of the year is hot and humid before storms break late in the year.

Arte et Marte

MAJ Mike Newbond

ROSS HOPE AWARDED LIFE MEMBERSHIP

Ross Hope was presented with his Life Membership at his BUPA Care Edithvale, on Friday 15 August 2014, in recognition of the long involvement in the Association and Committee of both Ross and Margaret.

Normally presented at the AGM, it was decided by the Committee to present it to Ross at his care facility, because of Ross' difficulty getting to the Shrine for the AGM.

The Life Membership was formally presented by the Patron of the RAEME Association (Vic), BRIG Konrad Ermert MSc FIEAust CPEng (Retd)

Congratulations Ross from all in the RAEME Association (Vic) Inc



***BRIG Konrad Ermert congratulates Ross
on his Life Membership while Margaret proudly looks on***



John Boothroyd addressing the AGM at the Shrine

BLUEBELL

Vietnam Veterans Southern

NEWS - VIETNAM VETERANS COMMEMORATIVE WALK

The Huey Iroquois Helicopter is now mounted in place at the Walk.

The unveiling of the Victorian Cross Recipients Panel will now be held at 2.00 PM On Wednesday, 22nd of October. It's not a high profile event, but it would be good to see as many there as possible.

Information regarding access to the Armoured Museum at Puckapunyal. Access is now restricted. Anyone wishing to visit will first need the relevant permissions to do so. Contact can be made by phone 03 5735 7285 or email raacatm@bigpond.net.au. It is highly likely you will be told to go away if you just front up out of the blue expecting to be let in to view the exhibits. After the earlier vandalism of the trees at the Commemorative Walk and the later burglary at the Phillip Island Museum, one can understand the need for security. We now live in very different times.

There is a concern regarding asbestos by the DVA. One of our Veterans informed me that part of the welder's kit were gloves asbestos. These were cotton lined, which burnt off, after a short time leaving

asbestos glove to skin contact. Carbon tetrachloride was also the recommended cleaning agent for aluminium vehicles and was readily available. The Defence Asbestos Exposure Evaluation Scheme [DAEES] was developed as a result of the *Report of the Independent Review of Asbestos in Defence [Enfield Report]* in 1991. The DAEES is open to current and former employees of the Department of Defence, who suspect they have been exposed to asbestos as a result of their employment with defence, for example dummy charge bags. Call 1800 Defence [1800 333 362]

The RAEME Armourer Cfn Bob Service who was left in the Huey Iroquois flown by the late Cliff Dohle DSM to resupply "D" Company during the battle at Long Tan has met with Cliff's family at Caloundra RSL. The A21022 Huey Iroquois that Cliff flew is now located at the Caloundra RSL.

Thanks to Bob Thompson www.raeme.info and Murray Lewis.

Vietnam: LOOKING BACK AT THE AMERICAN FACTS

Author K.G. Sears, Ph.D.

I would like to stress this how an American viewed the Vietnam War. Not necessarily an Australian View or the view of this publication.

Further Food For Thought:

Continued....

The idea that "There were no front lines and "The enemy was everywhere" make good press feeds the craven needs of those 16,000,000 plus American draft dodgers. Include either a mommy or a poppa and throw in another sympathizer in the form of a girl or boy friend. You're looking at well in excess of 50,000,000 Americans with a need to rationalize away their draft- dodging cowardice and to in some way, vilify "Vietnam" the very source of their shame and guilt.

During the entire period of the American involvement in "Vietnam" only 2,594,000 US Military actually served inside the country. Contrast that number with the 50-million plus draft dodging anti-war crowd And you have the answer to why the American view of its Vietnam experience is so skewed.

President Johnson made two monumental Vietnam blunders. First he failed to get a declaration of war, which he could easily have had. The Gulf of Tonkin Resolution, which LBJ regarded as the "Functional equivalent of a formal declaration of war" was passed unanimously by the House and there were only two dissenting votes cast in the Senate. This would have altered the judicial state of the nation, exactly as the founding fathers had intended. The Founding Fathers were all Veterans of the American Revolutionary War and knew just how hard it had been to maintain public support for their war.

At one point, 80% of the American people were against that War. If the Founding Fathers had bowed to public opinion, today we would still be British subjects not American citizens. A formal declaration of war would have allowed for control of the press. If Vietnam had been fought under WW 2 conditions [during WW2 Congress formally declared war] folks who gave aid and comfort to the enemy, people the ilk of Jane Fonda and Walter Cronkite would have been charged with treason, tried, found guilty. [Their treasonous acts were on video tape.]

Second, LBJ exempted college students from the draft. Presto! The Nation's campuses immediately filled with dodgers and became boiling cauldrons of burning dissent. The dodgers knew they were acting cowardly and could appease their conscience only if they could convince themselves that the war was immoral.

Once the "immoral" escape concept emerged and became creditable, it spread across the college campuses like wild fire. Miraculously, acts of cowardliness were transformed into respectable acts of defiance. Anti-war protests became the accepted norm. However, when one goes back and scrutinizes those anti-war demonstrations, one quickly finds they were not against the war. They were *only against the side fighting the Communists*. This of course turns out to be the side which had the army, from which the dodgers were dodging.

Hmmmmm.

To Be Continued

VALE:

Sergeant Ray Cuddihy 20 Dec 1925 - 7 Sept 2014

17 Construction Squadron Workshop.

Ray was a plant fitter during his tour and was part of the Land Clearing Team. One of the twenty-four Caterpillar D8 H that were deployed, between 17 Const. Sqdn. and 1 Fld Sqdn. carried his nickname of "Cuddles".

Ray was a twenty year RAEME soldier and also served in Malaya.

RAEME Vietnam Unit Reunions

1 Field Squadron Workshop

Adelaide Sth. Australia Final Date TBA 2016

Contact Don Grieveson

grieveson@internode.on.net

17 Construction Squadron Workshop October 2015

Bendigo Victoria

Contact Garry Whykes H 08 9276 1920 M 0411

810077

gwhykes@gmail.com

102 Field Workshop September 2015

"Avondale" 601 Bray's Rd Gannawarra

Contact Noel Lake 03 5456 9246

1 Armoured Regiment LAD

Halls Gap Victoria 2015

Contact Russell Cunningham H 03 5766 2413 M 0437 834089

bungie12@bigpond.net.au

106 Field Workshop

Wrest Point Casino Hobart 3rd 4th 5th October 2014

Contact Patrick Downey H 03 244 2508

1 Div S T – 5 Company RAASC Workshop held a most successful re-union in Darwin recently, with 20 Bluebells attending with wives and partners.

1944 (During WW2) Article

BRITISH MACHINE TOOL ENGINEERING



A JOURNAL WRITTEN FOR MACHINE TOOL
USERS BY MACHINE TOOL MAKERS



PUBLISHED BY ASSOCIATED BRITISH MACHINE TOOL MAKERS LTD

Editor: W. J. TYDEMAN, A.M.I.Mech.E.

Vol. XXVI. No. 139.

JAN.-FEB.-MARCH 1944

Price Three Shillings

(Incorporating Oct.-Nov.-Dec. 1943)

General Rowcroft — talks about **R · E · M · E**



It was with much pleasure that I accepted the Editor's invitation to write a short introduction to this number of British Machine Tool Engineering, which deals at considerable length with the activities of the Corps of Royal Electrical and Mechanical Engineers.

It is, too, a source of great gratification to the Corps that an engineers' journal is presenting to its engineering public the story of one of the two main engineering corps in the Army, while the close touch established between the Editor and the R.E.M.E. has, I hope, given him as much pleasure as it has given to us.

It is hoped that the details given in later pages will be of interest to all engineers, even to those who have no direct personal link with the Corps. Engineers are a strong brotherhood and I feel sure that the objects and duties of their brothers in uniform will not fail to interest the larger circle of those from whose midst many thousands have stepped to take their part in this most exacting and mechanised of wars.

The R.E.M.E. was formed only on October 1st, 1942, with the express aim of collecting into one corps all the tradesmen required to maintain the immensely varied electrical and mechanical equipment of the Army, and so to save in overheads, to increase efficiency, and to ensure so far as possible in wartime that every tradesman is employed at his trade, and is not employed in carrying out military duties unconnected therewith.

This last object is not entirely attainable, because so mobile and fluid is modern war, and so varied are the possible forms of attack and defence, that every man in uniform (with the exception of the Chaplaincy and Medical Services) must first be trained as a fighter in order that he may have a capacity to overcome his enemies to enable him to carry out (in the case of specialist corps) his technical duties.

This combative element of his work may include passive and active defence against air attack or long range bombardment, the defence of a camp against marauding light forces or the more direct methods of attack and defence to enable damaged equipment to be removed from the battlefield itself or its vicinity in order that it may be restored to serviceable condition, or that its components may be removed and the undamaged ones re-utilised.

When it is realised that the prime military aim of the Corps is to keep, at all times, the maximum quantity of battle-worthy equipment in the hands of the troops it is clear that the Corps must both fight and work, and further that, if it cannot do the former, its individual members may not survive to do the latter. It is better to be a live soldier-technician than a dead super-technician!

Allied to this ability to use his arms is the need for the R.E.M.E. soldier to be able to look after his own health and bodily needs. A Corps such as this frequently operates in "penny-packets" which are thrown on their own resources,

not only for protection but also for hygiene, subsistence and accommodation. It is essential, therefore, that its members should be capable of maintaining themselves in a state of physical efficiency under the most varied circumstances, for they may be called upon to operate anywhere from the Arctic Circle to the Tropics.

Remember that the R.E.M.E. finds the white cadres or the complete units for electrical and mechanical maintenance of the forces in the Faroes, the U.K., Central Mediterranean, M.E., East and West Africa, Iraq and Persia, India (where they form the nucleus of the Indian Electrical and Mechanical Engineers), the Caribbean and a host of smaller outposts and garrisons. All of these have fighting forces or coast defence or A.A. units requiring daily maintenance.

I should mention here that the Dominions, for the most part, run comparable E.M.E. Corps, not always under the same name.

The nature of the work, calling for expert knowledge of armaments, small arms, fighting and transport vehicles, fire control instruments of great complexity and delicacy, wireless apparatus, radiolocation and similar types of plant, searchlights, road-building and constructional appliances of a mechanical nature, cipher machines and, in fact, all army equipment of a mechanical or electrical twist down to the humble push bike, is immensely varied and all falls within the R.E.M.E. net.

Just how all these are dealt with is detailed in the article in this Journal.

The administrative problems alone are prodigious, for when the decision was taken to create the Corps, it was wisely ruled that this Corps should be a self-contained combatant branch of the Army, responsible for its own military and technical training and its own administration.

The nature of its personnel for the most part took care of the technical training (although numerous courses of instruction in special equipments are necessary), but the military training and administration had to be put on its feet by a special effort, the aim being to make every officer and man a proficient soldier and, at the same time, to avoid divorcing technical people from employment at their trades.

A few cases must occur where personnel who have been posted away from their units, through wounds or sickness, have to be held in holding and training battalions pending their re-absorption, but even in these cases arrangements are made, when their stay is anything but of the briefest, for them to get at least part-time employment at their trade.

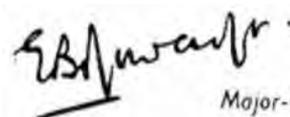
Again, when a unit is in process of mobilising to go overseas or to join a Force for any special role, there is a short time during which the process of mobilisation militates against the employment of all personnel at their trade. Such periods are, however, kept rigidly down to a minimum consistent with efficient mobilisation. When considering the work of the R.E.M.E., sight must by no means be lost of the very heavy maintenance work thrown on the Corps by the Air Defences and Coast Defences of Great Britain and by the needs of the training units of all arms in the U.K. which are constantly turning out trainees to feed the ever-hungry forces engaged in active operations throughout the world.

The air and coast defences in some parts of the country are in almost daily or nightly action, and the R.E.M.E. of the A.A. Command and of the Army Commands maintaining coast defence, is continually on its toes repairing, modifying and servicing equipment ..much of the work being done, of necessity, on the actual gun sites. The repair of the over-worked training equipment is, in itself, an enormous commitment. For this work at home, as well as for the static heavy repair work in the large base workshops overseas, a large number of civilian tradesmen of nearly every race in and outside of the British Empire is employed; the total of these civilian employees alone runs into tens of thousands.

Enough has been said, I hope, to give a picture of the magnitude of the task. We can claim, I also hope, a fair measure of success to date. The results of the R.E.M.E. services in the 1st and 8th Armies need no comment from me.

You must take it as axiomatic that the working of these services behind these great fighting organisations from the home feeding units to the overseas bases and on up the L. of C. to the actual Army Areas is no less carefully planned and executed.

The R.E.M.E. then has given much to the country and gives it gladly, both in life and Limb and in technical skill. I dare to hope that the country will not be unmindful of this when the troops come home, and I can safely assert that any engineering employer who finds employment for an ex-soldier who has worn on his arm the blue/yellow/red strip of the R.E.M.E. will find employment for a man who knows and loves his craft, and has learned in the hard school of war the value of service in the best sense of the word.



Major-General

RAEME BIRTHDAY LUNCH 2014

Clayton RSL Carinish Rd Clayton

Sunday 30th November 2014

Opposite Clayton Railway Station

WHO IS INVITED?

All Serving and Retired Members of the Corps with their Partner or Guest

RAEME Assn (Vic) Inc Craftsman of the Year Award Presentation

TIMING

1200hrs for 1230hrs

DRESS

Ladies: Informal Wear; Gentlemen: Coat and Tie

Miniatures may be worn.

COST

\$60-00 per head (inc. GST)

3 Course Lunch with Limited Wines/Soft Drink

Other Drinks at Bar Prices

Please Advise of any Special Meal Requirements

Payment & Reply to RAEME Assoc (Vic) Inc

RAEME (VIC) Lunch 2014

PO Box 2118 Fountain Gate 3805

RSVP No later than 20th November 2014

CONTACTS

Mike Newbond (President)

☎ 03 9799 8048

e-mail: president@vic.raeme.org.au

Alan Rogers (Secretary)

☎ 03 9704 6700

e-mail: secretary@vic.raeme.org.au

COME and SUPPORT your CORPS

Arte et Marte



I _____ and Partner / Guest _____

Will/ Will Not be attending the 2014 RAEME CORPS Birthday Lunch
at Clayton RSL on **Sunday 30th November 2014**

Signed _____ Please find enclosed my Cheque / Money order

For; \$ _____ (payable to ; **RAEME Assoc. (Vic) Inc**

Please forward your payment, with this return to above PO Box address

For EFT payments- Bank: NAB Berwick BSB: 083 547 Acct No 28634 9442

Record as: RAEME (Vic) Lunch 2014

(Remember to include your name in a direct deposit transaction

EFT PAYMENTS; PLEASE FORWARD DETAILS TO; secretary@vic.raeme.org.au

Does Anybody Know?

**by Dave Challons - 13th Intake
Army Apprentice Blacksmith
(Son of the late RAEME Association (Vic)
Life Member Bill Challons)**

I marched in to the Army Apprentices School in January 1958, as one of the three Apprentice Blacksmiths. My sidekicks were Wal Turner (since passed away) and Bob Buck* (dropped out in our third year).

The next year we were joined by three more likely lads of the 14th Intake: Frank Doyle, Frank Meredith and Terry Langley. We trained under the guidance of Mr. Jim Nuttall, an English blacksmith of great knowledge and experience.

Whilst there we were involved in a number of interesting projects, two of which are the reason for my writing. These were the manufacture of rather impressive wrought iron gates.

The first set were for the Officer Cadet School at Portsea and were installed at the end of Point Nepean Road where it entered what was then a huge military reserve running all the way to the entrance to Port Phillip Bay.

Now of course the school has gone and the area is a lovely National Park. Unfortunately, the gates have also gone and although I have enquired of the Park staff nobody knows where they are, or even if they still exist.

Do any of you out there have the answer?

The second set of gates were made for the HQ of the WRAAC at Georges Heights overlooking Sydney Harbour and were known (I think) as the Kathleen Best Memorial Gateway in honour of the first Colonel of that Corps. I have never seen them in situ, but if they are still there I would like to visit and photograph them as the only photos I have were taken in the workshop during construction**.

Once again, does anyone know?

I hope that both sets of gates still exist because in some small way they are part of our military history.

I look forward to hearing or reading some positive information.

Dave Challons.

Editor's Notes:

* Some year later, Bob Buck joined me in the teaching staff of the Dandenong College of TAFE, Noble Park Campus, Metal Fabrication Department while I was teaching in the Electrical Department.

** "On 6 November 1959 a memorial gateway to the first director of the Womens Royal Australian Army Corps (WRAAC) was erected at the entrance to WRAAC School, Georges Heights, Sydney and was opened by His Excellency the Governor of New South Wales, Lieutenant General Sir Eric Woodward KCMG, CB, CBE, DSO.

The design chosen for the gates was submitted by an Australian Regular Army (ARA) Sergeant, Juanita Feltham BEM. The design was symbolic of the life and work of Colonel Kathleen Best. The gates were relocated to the Royal Military College, Duntroon and rededicated on 6 November 1994."

(from the Australian Womens' Register, an initiative of the NFAW in conjunction with the University of Melbourne)

Pat Marley
Editor

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RAEME Association (Vic.) Inc.
Inc. Reg. No. A0022655Z

Bandiana Chapter



Annual

Dinner

Saturday 15th November 2014

Venue:	Commercial Club Albury, Stanley B Room
Timings:	7.00 for 7.30pm
Cost:	\$35.00 per person, guests welcome
	Dress: Coat and Tie
RSVP:	Return below by 10th November 2014

**RAEME Members, partners and guests are invited to the RAV-B Spring Dinner.
A Guest speaker is yet to be named.**

This three course dinner will be a great opportunity to come together for the many RAEME members, both serving and ex-serving who live here in the Albury / Wodonga area. It will also be a great excuse for members living further-a-field to re-visit their old stomping ground. For Special Diet requirements, please notify the Secretary.

**Any enquiries please contact our Secretary: Mr. George Reid
(02) 60593153 e-mail: reidvsnr@inet.net.au**

The Secretary
RAEME Assoc. (Vic.) Inc. - Bandiana Chapter
P.O. Box 231
WODONGA 3689

I..... will be attending.

Address:City; PC: Phone :

My guests' names are:

Seating Preferences:.....

Enclosed is a Cheque for Total amount of \$

or,

A Direct Deposit of \$ Has been made to **BSB: 633 000. A/c No. 127901593** Bendigo Bank,
RAEME Assoc. Bandiana (remember to include your name in a direct deposit transaction)

World War 1 Descendants' Medallions

Brigadier Peter Alkemade presenting WW1 Descendants Medallions to members of the RAEME Association of Victoria at the Reserve Forces Presentation Day Sunday 3rd July 2014



John Sloss



Ivan Royle



Margaret Royle

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Prostate Cancer

The most commonly diagnosed cancer in men

Prostate cancer is the most commonly diagnosed cancer in Australia (other than non-melanoma skin cancers), more common than colorectal or breast cancers. There were 21,808 new cases of prostate cancer diagnosed in 2009. The rate of diagnosis has more than doubled in the last 30 years due to increased screening, and importantly, population ageing.

These statistics are explored in detail in Prostate cancer in Australia 2013, the first comprehensive national report on the topic, by the Australian Institute of Health and Welfare (AIHW).

<https://www.aihw.gov.au/publication-detail/?id=60129545134>

Mortality (death) rates from prostate cancer have decreased a little over the last three decades. Despite being commonly diagnosed, it is not the most common cause of death in men, being well behind coronary heart diseases, lung cancer and cerebrovascular diseases (such as stroke).

There were 3,294 deaths from prostate cancer recorded in 2011, making this cancer one that men survive the most. Over 90% of men found to have prostate cancer are alive five years from diagnosis, better than melanoma, colorectal and most other common cancers. This survival is even more significant given the biggest risk factor for prostate cancer is ageing. 85% of cases are in men aged over 65. This cancer is one that you are more likely to die with, than from.

Given its rising incidence, it is heartening that the AIHW identified that health-care expenditure on prostate cancer increased at a corresponding rate.

The report also found some groups are more at risk: Aboriginal and Torres Strait Islander men, for example, were less likely to be diagnosed with prostate cancer, but just as likely to die from the disease, compared with non-indigenous males. Men living in inner regional areas were more likely to be diagnosed with prostate cancer, while those living in remote areas were less likely to be diagnosed.

The AIHW data is drawn from sources such as cancer registries and hospital admissions, so these reports often tell you 'how many' but not 'why'. That might be a discussion topic with your mates! Or your GP.

Your GP is the primary contact for professional discussion about prostate issues, but they face a dilemma when a patient asks about prostate screening. The role of the Prostate Specific Antigen (PSA) test is still being debated, because it may result in over-diagnosis of some cancers leading to unnecessary surgery with unwanted side effects of impotence and incontinence while not reducing the number of deaths from prostate cancer. The much-maligned digital (finger) examination is better for determining benign prostate enlargement, rather than cancer.

With respect to prostate screening guidelines, the Royal Australian College of General Practitioners does not recommend routine screening, and suggests responding to requests by informing patients of the risks and benefits of screening. The Cancer Council/Health Ministers' Advisory Council recommend informed choice after discussion with your doctor, and no population screening. The Urological Society of Australia and New Zealand is in favour of testing for selected groups of men. It is currently reviewing its guideline in conjunction with the Prostate Cancer Foundation of Australia.

For further information, contact the Prostate Cancer Foundation of Australia. Ph: 1800 220 099 Website: www.prostate.org.au

Tony Hoare, DVA Health Adviser

Reprinted with permission from the Department of Veterans' Affairs (DVA).

*Article originally published in the DVA **Men's Health Peer Education Magazine** Vol. 13 No. 1 March 2014.*



Will you recognise your heart attack?

What are the warning signs of heart attack?

The most common warning signs of a heart attack are outlined below. You may have just one of these symptoms, or you may have a combination of them. Symptoms can come on suddenly or develop over minutes and get progressively worse. Symptoms usually last for at least 10 minutes.

Discomfort or pain in the centre of your chest—this can often feel like a heaviness, tightness or pressure. People who have had a heart attack have commonly described it as like “an elephant sitting on my chest”, “a belt that’s been tightened around my chest”, or “bad indigestion”. The discomfort may spread to different parts of your upper body.

Discomfort in these parts of your upper body:

- Arm(s)
- Shoulder(s)
- Neck
- Jaw
- Back

You may have a choking feeling in your throat. Your arms may feel heavy or useless.

You may also experience other signs and symptoms:

- Feel short of breath
- Feel nauseous
- Have a cold sweat
- Feel dizzy or light-headed

Some people have described feeling generally unwell or “not quite right”. If you have heart attack warning signs, refer to your action plan and get help fast. Call Triple Zero (000) and ask for an ambulance. If calling Triple Zero (000) does not work on your mobile phone, try 112.

Warning signs of heart attack—what to do

1. Stop—immediately stop what you are doing and rest.
 2. Talk—if you are with someone, tell them what you are feeling.
- If you take angina medicine
 - i. Take one dose of your angina medicine. Wait 5 minutes.
 - ii. Still have symptoms? Take another dose of your medicine. Wait another 5 minutes.
 - If any of your symptoms:
 - i. Are severe
 - ii. Get worse quickly
 - iii. Have last 10 minutes.

3. Call Triple Zero (000) now!
 - Ask for an ambulance. Don’t hang up. Wait for advice from the operator.

Why is a heart attack an emergency?

With heart attack, every minute counts. Too many people lose their lives because they take too long to call Triple Zero (000) for an ambulance.

Getting to hospital quickly can reduce the damage to your heart muscle and increase your chance of survival. In hospital, staff will give you treatments that help to reduce the damage.

Why call Triple Zero (000)?

Calling Triple Zero (000) gets you:

- An ambulance fast
- Treatment as soon as you phone
- Advice on what to do while waiting for the ambulance to arrive.

Ambulance paramedics are trained to use special lifesaving equipment and to start early treatments for heart attack inside the ambulance.

The ambulance is the safest and fastest way to get you to hospital. It gets you medical attention straight away. Attempting to get to hospital quickly in a private vehicle can be dangerous for the occupants of your vehicle and other road users.

It is always better to go to hospital and be told it’s not a heart attack than to stay at home until it is too late.

Be prepared

- Know the warning signs of heart attack and what to do.
- Keep your action plan handy (on your fridge or in your wallet/purse).
- Make sure that you have ambulance cover.
- Tell your family and friends about the warning signs of heart attack and what to do—talk to your doctor, attend a cardiac rehabilitation program or visit www.heartfoundation.org.au

Important notes

- No two heart attacks are the same. Someone who has already had a heart attack may have different symptoms the second time.
- Warning signs differ from person to person. Heart attacks are not always sudden or severe. Many start slowly with only mild pain or discomfort. Some people do not get any chest pain at all—only discomfort in other parts of their upper body.

- o Knowing the warning signs of heart attack and acting quickly can reduce the damage to your heart muscle and increase your chance of survival.

Too many people lose their lives because they wait too long to call Triple Zero (000) for an ambulance.

Remember:

- o People who have had a heart attack are at increased risk of having another.
- o People with coronary heart disease still delay seeking medical care the second time they experience warning signs of heart attack.

Want to know more?

For more information about the warning signs of heart attack, visit www.heartfoundation.org.au or call our Health Information Service on 1300 36 27 87.

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Remembrance Wall at the Melbourne Shrine



Port Details

The 2014 RAEME Corps Port is a Tawny style being provided by Buller Wines of Rutherglen, Victoria.

- a. Colour/appearance: Tawny hues at the rim with a core of brick red.
- b. Aroma/bouquet: Bouquet of liqueured berry fruits.
- c. Palate: Sweet strawberry and cherry syrup flavours have a hint of rancio. There is a richness and smoothness on the palate as the flavours persist to a pleasing dry finish.

Ordering & Payment

Payment should be made at the time of ordering.

Payment can be made by direct deposit as follows:
BSB: 803 205
Account number: 2077 1558
Account name: RAEME Corps Port.

When making a direct deposit please enter the following:

- a. For current ADF members: PMKeyS Surname i.e. 8123456 Jones
- b. For all other persons: First Name Last Name i.e. Steve Jones
- c. Payment will be verified before shipping. Confirmation of payment will be provided by the committee to the Southern representative:

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scott.babington@defence.gov.au
0438 134 381

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This magazine is produced by the members, for the members, and is not to be solely one-way communication.

How do you find out what is happening in and around the RAEME ASSOCIATION, or in fact RAEME? through 'The LIGHTNING FLASH' of course.

DISCLAIMER

The views and articles expressed herein do not necessarily reflect the policy and views, official or otherwise, of this Association.

Let's hear from you!

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Monday 5 January 2015

Items to Pat Marley:

webmaster@vic.raeme.org.au

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