

THE LIGHTNING FLASH

SOLDIER and CRAFTSMAN

April 2017

Issue 87

The RAEME Association (Victoria) Inc.
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**Remembrance Crosses at the RAEME Tree
Melbourne Shrine Memorial Garden**



Dennis Clarke and other Members laying Poppies in memory of our fallen comrades at the Melbourne Shrine



Troops from 105 Wksp Coy 4CSSB supporting our Remembrance Day at the Melbourne Shrine

PRESIDENT'S REPORT

First and foremost, I would like to congratulate Dennis Clarke as our new President of the RAEME National Association (RNA).

I am confident that Dennis will take the RNA to a new level. Dennis is extremely focused and has the solid support of his fellow committee members.

Our 'RAEME Day of Remembrance Service' was held at the Shrine of Remembrance on Sunday 5th of March 2017 at midday. We had a very good turnout of approximately 50 persons. A special vote of thanks to 105 Workshop Company who supported us in this service.

Please read our Secretary's report and keep a note in your diary for our upcoming activities. Enjoy our beautiful Autumn.

Warm Regards,
Mike Newbond RFD (*Retired*)
President

SECRETARY'S REPORT

Congratulations to Dennis Clarke to his appointment as The RAEME National Association (RNA) President for the next 2 years.

Dennis asked me to act as Secretary and Aranka Illia as Treasurer for the period of his tenure, Mike Newbond RAV Inc President will represent our Association as Committee Member of the RNA

We held our Annual Remembrance Day at the Melbourne Shrine on Sunday 5th March with the troops from 105 Wksp Coy in attendance. Services were held in the Shrine Sanctuary and at the RAEME Tree, after which the members enjoyed a light lunch, managing to catch up with old mates.

Arte et Marte

Alan Rogers
Secretary

Coming Events

**ANZAC Day Reunion Clayton
 RSL Members Bar
 22nd April 2017 @ 1130hrs to 1500hrs**

Opposite Clayton Railway Station
 Ample parking
 Nibbles supplied
 Drinks and Bar meals at members expense

ANZAC DAY PARADE 25th April 2017

Form up @ 1130h Collins St West North Side
 Step off @ 1155h
 As RAEME is the 2nd largest Corps it is only fitting that we should have the LARGEST contingent marching.

All wearers of the HORSE are welcome to march under the RAEME Banner regardless whether still serving Full Time, Reservists or Retired

After March Celebrations
 Palace Hotel 550 City Rd South Melbourne
 Normal ANZAC Day activities

Reserve Forces Parade Sunday 2nd July 2017

For those RAEME Members who intend to march in the parade on Sunday 2nd July 2017 and wish to have their partners, children etc attend the parade, reserved seating can be made available for them to watch the parade in comfort

As the number of available seats will be limited I will require to know names no later than 30th April 2017. Seating will be allocated on the basis of first in until our quota of seats are filled.

Remember RAEME is the 2nd largest Corps in the Army yet at previous Reserve Forces Parades the largest contingent we have managed on the parade has been FIFTEEN

RAEME Association (Vic) Inc Functions 2017		
APRIL Saturday 22nd Anzac Day Reunion 25 th ANZAC Day March	MAY Sunday 21st President Lunch Clayton RSL	JUNE
JULY Sunday 2nd Reserve Forces Day Parade	AUGUST Sunday 27th AGM	SEPTEMBER
OCTOBER	NOVEMBER 18th Bandiana Dinner	DECEMBER Friday 1st 75th Anniversary RAEME Birthday Dinner

Note. Venues and Timings will be issued under separate cover

Venues & Dates may be subject to change from time to time

Note Months after August will be subject to the incumbent Committee of Management

Contact the Association Secretary for further details if required

BANDIANA CHAPTER

We held our Remembrance Day again this year on the 2nd of February. Due to security restrictions our numbers were down, however the serving soldiers did us proud again in providing assistance with the running of the service.

Our AGM was held on the 28th of March where Grant Connolly stood down as President and was replaced by Gavin McMahon. All other committee positions remained the same.

Our dinner this will be held on the 25th November at the Commercial Club Albury.

George Reid
Secretary - Bandiana Chapter

BLUEBELL RAEME VIETNAM VETERANS

RAEME Vietnam Veterans had a meeting at Ringwood RSL at the end of February 2017. Attendees were each given a DVD by the President David Jamison, named "Our Country's Call", which is dedicated to the men and women, who have served Australia in time of conflict.

David was later given a RAEME Vietnam plaque, which is our normal practice to any RSL, that don't have one. Meals and service were very good

Good to see former Vice President and Secretary Bob Fuller attending.

Last week spoke with Trevor Thomas, who was with 106 Field Workshop. He is the man spread standing, spread eagled, on the "Fitter's Vehicle" at the foot of the Long Hai mountains, guiding the "Chinook Chopper" in the Vietnam RAEME Sketch.

Trevor resides in Renmark, South Australia, which is 37 kilometres from the Victorian border. He states it is the finest part of the River Murray.

Attended a social meeting with the "Deviates" at Swan Hill and while there, visited the Lake Boga Catalina Museum, which has a complete Catalina aircraft among a number of other items on display. Like a number of War era museums I have been to the people who establish and maintain really put a lot of effort. It is a credit to them.

Ray Piper and John Stanford ex 1 Field Squadron Workshop residing near Sydney, were able to make it to the Open Day at the new Holsworthy RAEME Museum. They have acquainted themselves with some of the units on display there, particularly "Steele" one of the three highly modified M.113 carriers to assist in clearing the notorious "Dat Do" minefield.

RAEME Association Victoria recently joined Friends of the National Vietnam Veterans Museum. Sad to see the passing of Gary Parker, who made a huge contribution to the Museum at Phillip Island.

We need to strongly consider attending the RAEME Dinner in November, particularly as it the seventy-fifth anniversary of the Corps forming.

RAEME Remembrance Day at the Melbourne Shrine, was most successful with large contingent of 4 CSSB RAEME soldiers taking time out to come. Thanks must go to Maggie and Peter and the Shrine Staff for providing us with Poppies.

ANZAC DAY

RAEME are a part Vietnam Group 2 and will form up in Collins Street East on the South Side. Step Off time will be 10.50

Those marching with the Armoured Corps Association Step Off time will be 10.35

St Kilda and Domain Roads, to have works taking place for the underground station. So plan your parking.

RAEME VIETNAM UNIT REUNIONS

1 Armoured Regiment LAD A, B, C, Squadrons or C
1 Sections 1968-1971
2017 OCTOBER
YARRAWONGA

Contact Russell Cunningham Tel:03 5766 2423
bungie12@bigpond.net.au

106 Field Workshop
2018 20th April Brisbane – Sunshine Coast
Contact Phillip Bond [Budda]Tel 07: 3263 8222
philbond@bigpond.net.au

17 Construction Squadron Workshop
3th - 8th September 2017 on the Sunshine Coast
Contact Tress Adams Tel 07: 5446 4585
Mob 0428 184178
tresshar@yahoo.com.au

1 Field Squadron Workshop
2017 July 10th – Cairns Queensland North
Contact Ross Grant [Drac] Tel 07: 4053 6775
rossross@westnet.com.au

102 Fld Wkshp Re-Union
“Avondale “ 601 Bray’s Road Gannawarra Victoria
Contact Noel Lake Tel 03 5456 9246
koonda@activ8.net.au

Dennis Clarke
President
Vietnam Veterans Southern

PLAN CENTAUR

Addressing maintenance constraints within the Armoured Cavalry Regiments (ACR) is the initial focus of Plan Centaur – the most comprehensive and significant improvement program in 30 years to consider the way RAEME may deliver maintenance to Army in the future.

With Phase 2 of the program now underway, work has concentrated on gathering data that will inform a clear understanding of all maintenance-related constraints, issues and interdependencies. Work Streams include:

- A detailed workforce and work practices analysis;
- A review of deployed maintenance structures and lines of maintenance support;
- An examination of actual demand and vehicle usage;
- An evaluation of supply chain practices and procedures; and
- An analysis of maintenance outcomes and root causes of identified issues.

Two “quick wins” projects are also included as part of the Phase 2 program of work, including a “lean” process improvement project at 2 Cav Regt Wksp in Townsville.

The data and issues identified during Phase 2 will be presented at a major stakeholder collaboration event in Darwin in April, where potential solutions will be identified and evaluated by the maintenance community prior to the preparation of business cases for approval by the Army Capability Resource Management Committee. Outcomes of Plan Centaur will also be suitable for other elements of the Combat Brigades.

Plan Centaur’s Director General, BRIG David McGahey, said that it is vital that the Land Materiel maintenance workforce and the extended maintenance community get involved with the program.

“RAEME Corps in particular has a vested interest in getting this reform right,” BRIG McGahey said. “Centaur presents a critical opportunity for the maintenance community to shape its future.”

“We need everyone’s input to make sure that Centaur delivers the most effective maintenance capability to support the modernised Army,”

BRIG David McGahey
Director - Plan Centaur



MENS' HEALTH ISSUES: OSTEOPOROSIS

As we age, the structure of our bones can change, becoming less dense ("thinner") and weaker. Bones can become so weak that they fracture (crack or break) very easily. This fragile bone condition is called osteoporosis. Although most common in post-menopausal women many aging men with a calcium deficiency and lack of exercise are at risk.

Effects of osteoporosis:

Our bones are continually being renewed and strengthened in a cycle regulated by calcium, vitamin D and certain hormones (e.g., oestrogen). With age, this renewing process slows and bones can weaken. The first sign of it is often a fracture after a fall. Fractures occur most often in the bones of the spine (vertebrae), hip and wrist, but pelvis, ribs and shoulder fractures are also common. Multiple spine fractures can lead to loss of height and spinal deformity. Hip fractures can lead to permanent disability.

Bone density test (DEXA scan):

The best way to test for osteoporosis is to measure Bone Mineral Density (BMD). A special x-ray called a 'Dual Energy X-ray Absorptiometry (DEXA) scan' measures the density (solidness) of the bone in the spine and hips.

Who is at risk?

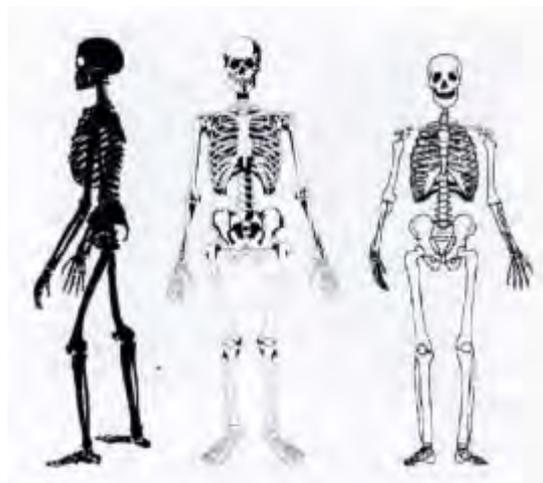
Both men and women due to;

- Ageing
- Thin and small body - smaller bones
- Calcium deficiency / vitamin D deficiency
- Immobility or not enough exercise
- Smoking and/or lack of exercise
- Some diseases - e.g. hormone disorders,
- rheumatoid arthritis.

Self care:

A healthy diet and lifestyle can help to maintain bone strength and reduce the risk of fracture ;

Calcium strengthens bone and slows bone loss. Recommended daily intake for adults is 800 to 1000 mg. Dairy foods are the best source - look for low-fat, calcium enriched foods.



- Vitamin D aids calcium absorption and bone formation. Cholecalciferol (vitamin D) is formed in our skin when exposed to sunlight. This is the main source of vitamin D for Australians, who need to expose hands, face and arms to direct sunlight for about 5-9 minutes on most days in summer and more in winter.
- Be active. Regular exercise strengthens bones and muscles and maintains flexibility and balance, which helps to prevent falls. Include weight bearing exercise (e.g. walking, dancing) in your routine for at least 30 minutes, three days per week. Ask a physiotherapist for advice.
- Quit smoking.
- Limit alcohol.
- Prevent falls. With osteoporosis, even a slight fall can cause a fracture.

For further information contact:
Osteoporosis Australia in each state phone 1800
242 141 or go to their web site at
www.osteoporosis.org.au

Osteoporosis Victoria
8531 8099 or www.arthritisvic.org.au

or talk to your family GP or Chemist

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ARTICLES FOR PUBLICATION

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

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!

Deadline for February Flash
Friday 23 June 2017
Items to Pat Marley:

webmaster@vic.raeme.org.au

THE LIGHTNING FLASH

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