



## PRESIDENT'S REPORT

Another year has gone by and the Corps is now 70 years old it only seems like yesterday we celebrated being 65 where do the years go, and why so quick as we get older. As we get older so we begin to suffer from the symptoms of ageing, and so we need to ensure that we are able to maintain good health for the future. Thus the association has taken steps to ensure we are able to continue well into the future by recruiting some younger members and broadening our recruiting base.

Our Victoria Barracks Chapter is going well and increasing in numbers and activities. The numbers of active members of the reserve joining us is also very heartening despite the continuing reduction in defence personnel and funding. The boys from Bandiana also have increased in number. When all this is coupled with the link to Alkira Secondary College we are in a strong position to continue well into the future.

It is good to see our members who went on deployment return home safe and well.

### BIRTHDAY DINNER

The dinner was well attended and the caterers at Clayton RSL did us proud. We were honoured to host the Representative Colonel Commandant Brigadier David McGahey and Our Patron Brigadier Konrad Ermert who was accompanied by his wife Mimi.



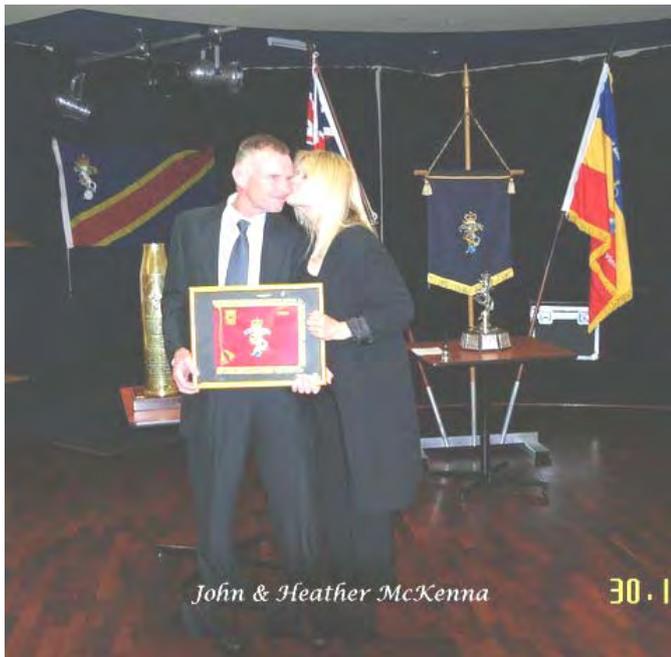
The Victoria Barracks Chapter had a good night even though their Secretary was embarrassed when he drew his wife's name for the Ladies' door prize.

During the toast to the Corps the Rep COLCOMDT gave us some information regarding changes to the logistics organisations of the combined forces and which that day had received funding approval.

Presentations were made to the ARES CFN of the year for Vic CFN Jason McKenna who also won the National CFN of the year.

All in all a very pleasant and enjoyable night was had by those in attendance which was in excess of 85. My thanks to those who assisted in making it a success.

**John Boothroyd**  
President



## SECRETARY'S REPORT

**Bandiana Dinner:** John Boothroyd, Myself & our wives attended the Annual Dinner of the Bandiana Dinner held at the SS&A Club Albury. The night was a great success & I would recommend the night to all members if they are in the area when the Dinner is held to attend

**Birthday Dinner:** On the night the Association & National Craftsman of the Year awards were presented to CFN Jason McKenna by past Heads of Corps Brigadiers Konrad Ermert & David McGahey along with the Association President John Boothroyd. Victoria Barracks & Bandiana Chapter were represented along with a strong contingent of other ranks from 105 Wksp Coy to support John McKenna.

**Membership Fees:** Several members have yet to forward their Annual fee. A thank you to those members who have paid the Annual fee of \$20-00

**New HOC:** **Brigadier Andrew Mathewson** has been appointed Head of Corps as of 18<sup>th</sup> October 2012. The Association has forwarded letter congratulations on his appointment

**Corps & ASEME RSM:** RSM Jason Ballard will complete his role as Corps RSM in the new year moving to an aviation unit in SE Qld. WO 2 Craig Webb will take over as RSM ASEME with the expectation of being appointed as Corps RSM in the new year. The Association thanks WO1 Jason Ballard for his assistance over the past 3 years and wish him all the very best at his future postings. We also look forward to meeting WO2 Webb at some stage and wish him all the best in his appointment as RSM

**Coming Event:** The Association Annual Shrine Pilgrimage to honour our deceased RAEME Comrades will be on the 27<sup>th</sup> January 2013 (Flyer attached).

All members & families are welcome

**Life Members:** At the last Committee of Management meeting a By-law was passed relating to the nomination for Life Membership. Further information can be obtained from the Secretary

**Alkira Secondary College:** Several members of the Association attended the Remembrance Service arranged by the Alkira Secondary College held at the RAEME Tree on the 12<sup>th</sup> November after the Students attended a tour of the Shrine

**Burnside Ladies Legacy:** A donation of \$100-00 has been forwarded to the ladies to assist in their 'Care Packages' being sent to our overseas RAEME deployed troops

**Alan Rogers**  
**Secretary**

## MEMBERSHIP REPORT

A membership officer always likes to see new members coming into an organisation. As I have mentioned before and often that without new members with new ideas and enthusiasm, associations, clubs, or any voluntary organisation is doomed to failure.

It is pleasing to note that our newest Chapter, the Victoria Barracks Chapter is doing sterling work in increasing our membership. Many thanks to Alex Birrell (Secretary) and Tony Minniti (President) for their dedicated recruiting.

Happy New Year to all RAEME Association members.

**Gus Allen**  
**Membership Officer**



**Laurence (Laurie) Row**  
12th Intake Army Apprentice Electrical  
(Electrical Classmate of Editor Pat Marley)  
2 October 2011

**Rex (Shorty) Walker**  
12th Intake Army Apprentice F&T  
29 November 2012

**CPL Kaj Liljegan**  
Late November 2012

**Ken Chamberlain (QLD)**  
11 November 2012

## COLONEL COMMANDANT VICTORIA AND TASMANIA

Firstly I wish to congratulate our Craftsman of the Year ARES: 8254014 CFN John McKenna, 105 Wksp Coy, 4 CSSB. He is also the recipient of the award for Craftsman of the Year AGRES VIC/TAS. I apologise to him for not being able to be in attendance at the presentation of his awards by the Representative Colonel Commandant BRIG David McGahey at the RAEME Corps 70<sup>th</sup> Birthday Dinner 2012 held at the Clayton RSL Club on Friday, 30<sup>th</sup> November 2012. These awards recognise outstanding achievement as a soldier and tradesman, so his efforts epitomise the very best of our skills in fighting and fixing - and of our esprit de corps. Photos of the presentation of the award appear in the President's Report.

Secondly, and on your behalf, I offer a heartfelt farewell to the outgoing Head of Corps BRIG David Creagh.



*BRIG Creagh's Farewell at RMC Officers' Mess*

And I warmly congratulate, on his appointment by Chief of Army as the incoming HOC RAEME, BRIG Andrew Mathewson.



One of BRIG Mathewson's first duties in his new role as HOC RAEME was to welcome the recent RMC Graduates into the Corps (*see above*)

He comes to the role from an Army Aviation and Army Apprentice background. BRIG David Creagh has served two terms as our HOC. He has guided the Corps from strength to strength as evidenced by the morale of our soldiers and their excellence on operations, the outstanding performance of our training schools and the standard of their graduates, as well as the strong fraternal relationship that exists across all Corps organisations - including in its Ground and Air environments and Regular, Reserve and Association memberships.

And finally, this year I want to applaud several significant events that will have a long-lasting effect on the Corps and its members. They include: the formation of The RAEME Association – National, which has had a long and difficult but successful birth; the charter of the RAEME Association Victoria - Victoria Barracks Chapter, which is a long overdue expansion of our Association that will ensure the next generation of RAV leaders; and the launch of the RAEME Corps Pictorial History Book on which I would like to share with you a few of my thoughts.



The RAEME Corps Pictorial History Book is a Corps Committee funded project directed by BRIG Ross Grant. Its aim is to publish an up-to-date history of the Corps in a similar format to the recently issued Army-in-Profile pictorial history book, which can be viewed in full at: <http://www.army.gov.au/Our-history/Army-in-Profile>.

A browse through this book will give you an idea of the vision for the RAEME Pictorial Corps History - and hopefully inspire you to contribute your photographs and stories to it. The deadline and places for submission of photographically illustrated articles for the book is the 1st April 2013 through either the:

- RAEME Facebook page banner on [www.raeme.org.au](http://www.raeme.org.au) email address for contributions [raemebookproject@hotmail.com](mailto:raemebookproject@hotmail.com); or
- slow but easy 'snail mail' to:  
HOC Cell – RAEME  
Latchford Barracks  
BANDIANA, Vic, 3694.

In my role as Colonel Commandant I have heard many stories over lunches, dinners, barbeques and a few beers, which are worthy of inclusion in the book. I challenge all Corps yarn-spinners to plan for and submit 'their yarn' for publication using the RAEME production planning approach to the job - as outlined below.

1. Set the DAR (Date Article Required) - April Fool's Day
2. Consult your technical support network - invite your mates to a barbecue
3. Plan the job - enter it into your To Do List and Diary
4. Order the parts - BYOG, CIT and best 'Spanners-in-Action' photos to the barbie
5. Research the technical data - tell your stories and record the best of them over a few beers
6. Do the Work - write-up the stories as told and recorded on the day
7. Finalise the Paperwork - submit the article and photos to the editor - on time and on budget!

Compliments of the Season to all Spanners and their families,

**Colonel Brian (Buck) Jones**  
Colonel Commandant RAEME VIC/TAS

## BANDIANA CHAPTER

### Bandiana Annual Dinner

Our Annual Dinner on Saturday the 17<sup>th</sup> of November was again well attended including our Colonel Commandant COL Brian Jones and Lorraine, Corps RSM WO1 Jason Ballard and Christina, State Association President John Boothroyd and Robina and the State Secretary Alan Rogers and Verna. Earlier in the day we met at the Wodonga RSL for an Association meeting.



RAEME Corps RSM and RSM ASEME WO1 Jason Ballard  
(and Harry the Horse)

It was an enjoyable dinner with a memorable talk from Corps RSM Jason Ballard. His talk was the most inspirational one heard at our dinners. By tracing a young soldier's (his) journey into the Military, achieving, deciding and progressing to a bigger calling, the audience could identify directly to his subject. However, the powerful aspect was relating those experiences and decisions directly to our young soldiers of today. Jason's praise of them left everyone feeling positive and realising that these young Australians have been in good hands these last three years.

We wish Jason and Christina well in the next chapter as RSM of Army Aviation Training Centre; his third RSM appointment. We can have confidence that those young soldiers will be fortunate to be in his care.

### RAEME Corps Birthday

On Friday 30 November RAEME Birthday celebrations were held at North Bandiana. There were potted sports: big ball soccer, touch football, spanner throw and volley ball followed by a billy-cart derby and iron-man competition and a BBQ lunch. Some of our members attended. This was the fourth year of the "modern" RAEME Birthday sports.

### RAV Corps Birthday Dinner – Melbourne

On Friday 30 November Anje and I travelled to Melbourne for the State Association Corps Birthday Dinner and enjoyed ourselves while getting to know more of the RAV community and city members. I recommend Chapter members make the effort to attend next year. I'm sure the details of the dinner will be fully reported elsewhere in this Lightning Flash.

### Coming up

#### Thu 7 February 2012-

RAEME Remembrance Day, 6.00pm at The Craftsman Memorial, South Bandiana.

#### Mar 2012

Annual General Meeting, 7.00 pm at the Stump

### Andy Turner

Bandiana Chapter President



## BEERSHEBA DAY - 31 OCTOBER 2012.

This year our Colonel Commandant COL Brian Jones and I again attended the 3<sup>rd</sup> Cavalry Regiment memorial at Tongala in northern Victoria for their annual service. RAEME are made welcome at this service and the memorial reflects the mutual respect between CAV and RAEME. Our COL COMDT is seated with the dignitaries and CAV acknowledges the significance. Troopers and Bluebells turn up from all over Australia.

All of the school children turn out for the service and are involved including placing flags for our KIA.

All who served with the unit in Vietnam are named on the panels including RAEME LAD members. You will note the seven panels below. Also below is a larger photo of the centre panel which includes the name of CFN Doug Borlace KIA.



Roses are in Armoured Corps colours, the path is black and silver, at the top of the cross is a line of rosemary bushes, names on the panels are silver on black polished granite except the centre panel of our 20 KIA names which are gold.



The second name is CFN Doug Borlace, Note the badges.

**Andy Turner**  
A SQN 3<sup>rd</sup> CAV LAD SVN 1967

## The Association By-Law relating to Nomination for Life Membership was amended at the Committee of Management Meeting of 17 November 2012.

The revised By-Law now reads:

### By-Law No 4

#### Nomination for Life Membership

Nomination submission for an ordinary member to the rank of Life Member must be submitted to the Association Secretary no later than 4 months prior to the Annual General Meeting for the current year. (Normally last Sunday of August of the current year)

Any submission must be on the appropriate form available from the Association Secretary; Submissions on any other form will not be accepted.

Submissions will be presented to the Association Committee of Management for consideration and final decision

Submissions after the due date will not be carried over into the following Association year.

Unsuccessful nominations will not be carried over into the following year and must be resubmitted to the Association Secretary in the prescribed time frame.

By-Law No 4 relates to Rule 5.6 Life Member

## ASM's Philosophy

The RAEME CSSB OC and the ASM were on a field exercise. As they hit the sack for the night, the ASM said, "Sir, look up into the sky and tell me what you see?"

The OC said, "I see millions of stars."

ASM: "And what does that tell you, sir?"

OC: "Astronomically, it tells me that there are millions of galaxies and potentially billions of planets. Theologically, it tells me that God is great and that we are small and insignificant.

Meteorologically, it tells me that we will have a beautiful day tomorrow. What does it tell you, Sar' Major?"

ASM: "WELL SIR, IT TELLS ME THAT SOMEBODY STOLE OUR TENT."

## **BLUEBELL VIETNAM VETERANS SOUTHERN**

President	Dennis Clarke
H: 9848 6757	M: 0409 518744
V- Pres Treasurer	Ross Smith
H: 5983 1647	M: 0400 540508
Secretary	Dennis Meek
H: 9798 3452	M: 0409 907192
Committee	Fred Greenway
H: 9874 7806	M: 0409 940986
Committee	Robert Gazzara
	M: 0417 398973

Our chapter continues to hold meetings across Victoria. Last meeting was held at Chelsea RSL.

The Committee would like to thank the Legacy Ladies of Burnside for their "Spanner Pack" contributions. Thanks must also go to Murray Lewis and Alan Rogers for arranging it.

Of interest was a new Australian - Vietnamese Memorial opened in Brisbane. The Queensland Vietnamese raised \$90,000.00 which was gifted to the VVAA Queensland at a service for Remembrance Day at the War Memorial.

The Annual VVAA Museum Day on the 18<sup>th</sup> of November 30, 2012 was a huge success by all accounts. Completion of the "Vet Ride" saw the handover of a cheque to the Museum of \$37000-00. The RSL donated \$25,000.00 toward the museum along with donations from other VVAA sub-branches. Veterans who attended were made up of Vietnam, New Zealand, America, Korea, Thailand and Australia.

We are also supporting the Edwards Family Treasure Chest who, are helping educate 70 "Street Kids" from South Vietnam. Dennis recently held a fund raising function at Brighton, which was well attended and a great success. You can call Dennis on 0419 421040.

### **VIETNAM: LOOKING BACK AT THE AMERICAN FACTS**

One reason America's agonizing perception of "Vietnam" will not go away, is because that perception is wrong. It's out of place in the American psyche, and it continues to fester in much the same way battle wounds fester when shrapnel or other foreign is left in the body. It is not normal behaviour for Americans to idolize mass murdering despots, to champion the cause of slavery, to abandon friends and allies, or to cut and run in the face of adversity. Why then did so many Americans engage in these types of activities during its "Vietnam" experience?

That the American experience in Vietnam was painful and ended in long lasting [albeit self - inflicted] grief and misery cannot be denied. However, the reasons behind that grief are not remotely understood - by either the American people or their government.

Contradictory to popular belief, and a whole lot of wishful thinking by a solid corps of some 16,000,000 plus American draft dodgers and their families/ supporters, it was not a military defeat that brought misfortune to the American effort in Vietnam. The United States Military in Vietnam was the best educated, best trained, best disciplined and most successful force ever fielded in the history of the American arms. Why then, did it get such bad press, and, why is the public's opinion so twisted? The answer is simple. But, first, a few relevant comparisons.

During the Civil War, at the Battle of the Bull Run, the entire Union Army panicked and fled the battlefield. Nothing remotely resembling that debacle ever occurred in Vietnam.

In WW2 at the Kasserine Pass in Tunisia, elements of the US Army were overrun by the Germans. In the course of the battle, Hitler's General Rommel [The Desert Fox] inflicted 3,100 US casualties, took 3,700 US prisoners and captured or destroyed 198 American tanks. In Vietnam no US Military units were overrun and no US Military infantry units or tank outfits were captured. WW2 again. In the Philippines, US Army Generals Jonathan Wainwright and Edward King surrendered themselves and their troops to the Japanese. In Vietnam no US generals, or US military units ever surrendered.

Before the Normandy invasion ["D" Day, 1944] the US Army (In WW2 the US Army included the Army Air Corps which today has become the US Air Force) in England it filled its own jails with American soldiers who refused to fight and then had to rent jail space from the British to handle the overflow. The US Army in Vietnam never had to rent jail space from the Vietnamese to incarcerate American soldiers refused to fight.

Desertion: Only about 5,000 men assigned to Vietnam deserted and just 249 of those deserted while in Vietnam. During WW2 in the European theatre alone, over 20,000 US Military men were convicted of desertion and on a comparable percentage basis, the overall WW2 desertion rate was 55 percent higher than in Vietnam.

During the Battle of the Bulge in Europe two regiments of US Army 106<sup>th</sup> Division surrendered to the Germans. Again, In Vietnam no US Army Unit ever surrendered.

As for brutality: During WW2 the US Army executed nearly 300 of its own men. In the European Theatre alone, the US Army sentenced 443 American soldiers to death. Most of these sentences were for the rape and or murder of civilians.

*This article is to be continued in the next BLUEBELL to appear in the April 2013 Lightning Flash*

### Unit Reunions

1 Field Squadron Workshop 22<sup>nd</sup> -25 April Melbourne 2013

Contact Dennis Clarke H 9848 6757 M 0409 518744

[eastern.auto@optusnet.com.au](mailto:eastern.auto@optusnet.com.au)

Noel Cooper H 9802 7161 M 0419 397871

[cooperfamily@westnet.com.au](mailto:cooperfamily@westnet.com.au)

17 Construction Squadron Workshop 13th-17<sup>th</sup> September 2013

Clare valley South Australia

Contact Garry Whykes H 08 9276 1920 M 0411 810077

[gwhykes@gmail.com](mailto:gwhykes@gmail.com)

1 Div S&T / 5 Coy Workshop

Around May-August 2014 TBA Darwin

Contact TBA

102 Field Workshop

"Avondale" 601 Bray's Road Gannawarra

September - October 2013

Contact Noel Lake 03 5456 9246

106 Field Workshop

Hobart 2014 Date TBA

Contact TBA

1 Armoured Regiment LAD

Mudgee 11<sup>th</sup>12<sup>th</sup>13<sup>th</sup> October

Contact Russell Cunningham H 03 5766 2413 M0437 834089

[bungie12@bigpond.net.au](mailto:bungie12@bigpond.net.au)

**Dennis Clarke**

**President**

**Viet Nam Veterans Southern Chapter**

## RAEME Association Vic Inc Functions 2013

<u>January</u> 27 <sup>TH</sup> Shrine Pilgrimage Melbourne Shrine	<u>February</u>	<u>March</u>
<u>April</u> 13 <sup>TH</sup> ANZAC Day Reunion Clayton RSL 25 <sup>TH</sup> ANZAC Day March	<u>May</u> 19 <sup>th</sup> Presidents Lunch Clayton RSL	<u>June</u>
<u>July</u> Reserve Forces Day TBA	<u>August</u> 25 <sup>th</sup> Annual General Meeting Clayton RSL 17 <sup>th</sup> Vietnam Veterans Heidelberg Repat Hospital	<u>September</u>
<u>October</u>	<u>November</u> 11 <sup>TH</sup> Remembrance Day Clayton RSL 1100hrs Bandiana Dinner TBA 29 <sup>th</sup> RAEME Birthday Dinner	<u>December 2013</u>

Venues, Dates, Timings will be issued separately

Some dates & venues may be subject  
to change from time to time

Note; Months after August 2012 will be subject to  
2013- 2014 Committee of Management

Place on Fridge as a Reminder of Dates

### The Captain's Prayer

One day, an Infantry Captain and a RAEME Craftsman were hiking together and unexpectedly came upon a wide, raging, violent river. They needed to get to the other side, but had no idea of how to do so. The Captain called out to God, praying, "Please God, give me the strength to cross this river."

**POOF!**

God gave him big arms and strong legs, and he was able to swim across. It did, however, take him more than an hour and he almost drowned a couple of times.

The RAEME Craftsman looked at the map, hiked upstream a couple of hundred metres, and walked across the bridge.



### COMMEMORATIVE CEREMONY WITH RAEME:

On Monday the 12th of November, 8 **Alkira Secondary College** students from Years 9 and 10 were involved with a tour of the Shrine of Remembrance with RAEME. At 11:30am, these students conducted a ceremony for RAEME (Royal Australian Electrical and Mechanical Engineers) honouring the relationship of Alkira Secondary College with this association and their 70th anniversary, as they were formed in 1942. The students involved were Matthew Ferguson, Jacob Bird, Zane Mansfield, Dylan Valenti, Brioney Coutts, Teighan Felton, Tayla Rollens and Zackarie Chalkley.

The following is the speech that Zane Mansfield made to introduce the ceremony.

*"Alkira Secondary College would like to honour the 70th anniversary of the Royal Australian Electrical and Mechanical Engineers Association of Victoria. We are grateful to have formed a bond with RAEME and look forward to working with them in the future. Their motto of with skill and fighting signifies the important part that RAEME has played in Australia's Military History and we are acknowledging this today."*

Ms Scott (Teacher - Alkira Secondary College)

*Extracted from Alkira Secondary College Newsletter  
Issue No. 33 - 16th of November 2012*

*The RAEME Association of Victoria (Inc) entered a Partnership with Alkira Secondary College in September 2012, as reported in the October 2012 edition of "Lightning Flash"*



## PROSTATE CANCER

### What is the chance for a diagnosis of prostate cancer:

For a man in his 40s - 1 in 1000

For a man in his 50s - 12 in 1000

For a man in his 60s - 45 in 1000

For a man in his 70s - 80 in 1000

- *Each year in Australia, close to 3,300 men die of prostate cancer, which exceeds the number of women who die from breast cancer annually. Around 20,000 new cases are diagnosed in Australia every year.*
- *Each day about 32 men learn news that they have prostate cancer - tragically one man every three hours will lose his battle against this insidious disease*
- *One in 9 men in Australia will develop prostate cancer in their lifetime*
- *Prostate cancer is the most common cancer in Australian men and is the second most common cause of cancer deaths in men*
- *Each year more Australian men die from prostate cancer than women die from breast cancer but... a national survey by PCFA in 2002 showed that while 78% of women felt well informed about breast cancer – only 52% of men felt informed about prostate cancer*
- *The chance of developing prostate cancer increases:*
  - *as men get older.*
  - *if there is a family history of prostate cancer*
- *Early, curable prostate cancer may not have symptoms. While younger men are less likely to be diagnosed with it, they are more likely to die prematurely from it*
- *Simple testing by a GP can indicate prostate cancer*
- *Early detection can be achieved with PSA (Prostate Specific Antigen) blood test or DRE (Digital Rectal Examination) testing. Our research in 2002 shows that only 10% of men surveyed between the ages of 50 and 70 had taken these tests in the previous year.*
- *Some groups are at greater risk of prostate cancer - for example, for every 100 men who dies of prostate cancer in a metropolitan area of Australia (such as Melbourne or Sydney) 121 men will die in rural Australia.*  
*Various factors may include lack of awareness and education about prostate cancer, distance from testing and treatment, poor GP awareness and limited access to specialists (such as urologists)*
- *The Vietnam Veterans Association of Australia states that veterans have a 53% higher mortality rate from prostate cancer than the average population*
- *A recently published international study showed that firefighters have a 28% higher risk of prostate cancer*

### What is Prostate Cancer?

Prostate cancer is an abnormal growth of cells in the prostate that form a lump (tumour). In time, without treatment, it may spread to other organs, particularly the bones and lymph nodes, which can be life threatening. Generally at the early and potentially curable stage, prostate cancer does not have obvious symptoms. This makes it different from other benign prostate disorders, which may result in urinary symptoms.

### What are the symptoms of prostate cancer?

In the early stages of prostate cancer, there may be no symptoms at all. As prostate cancer develops, symptoms can include the need to urinate frequently, particularly at night, sudden urges to urinate, difficulty in starting urine flow, a slow, interrupted flow and dribbling afterwards, pain during urination or blood in the urine or semen.

NOTE: It is important to note that these symptoms are not always signs of prostate cancer. They can also be

symptoms of other common and non-life threatening prostate disorders. Men who experience these symptoms should see their doctor immediately, to determine the cause and best treatment.

### What testing methods are available?

There is currently no population based screening for prostate cancer and this leads to confusion amongst men and their doctors. There are issues related to testing and treatment which should be discussed prior to making a decision whether to be tested. For more information go to: [www.prostate.org.au/testing-for-prostate-cancer.php](http://www.prostate.org.au/testing-for-prostate-cancer.php)

Two simple tests can be done by a doctor.:

- The Digital Rectal Examination (DRE). The doctor inserts a gloved finger into the rectum to feel the prostate gland. This may detect hard lumps in the prostate before symptoms occur
- The Prostate Specific Antigen (PSA) blood test.

This test measures the amount of PSA in the blood. PSA blood test is not a cancer specific diagnostic test however it will alert doctors to abnormal growth in the prostate. A combination of both a DRE and PSA blood test is recommended. These tests should be considered as part of a general male health check annually from 50 years of age or 40 if there is a family history of prostate cancer. If either the DRE or PSA tests are abnormal, the doctor may conduct a second series of tests or refer to a Urologist, who may recommend a biopsy. The biopsy is a definitive way of diagnosing prostate cancer and will determine the stage (how far the cancer has spread) and grade (how rapidly it is likely to spread). This information is used to determine the risk the cancer poses to the man's health and life expectancy.

NOTE: Prostate Cancer Foundation of Australia (PCFA) research indicates that most men who have had the DRE test said it was a simple, painless exercise.

### Who should be aware of prostate cancer and what should they do?

It is recommended that men aged 50 and over should talk to their doctor about prostate cancer and if they decide to be tested, to do so annually. If there is a family history of prostate cancer; men should talk to their doctor from the age of 40.

### What is the overall risk of developing prostate cancer?

A man has a 1 in 5 risk of developing prostate cancer by the age of 85\* A man with a first-degree relative who has been diagnosed with prostate cancer (brother or father) has at least twice the risk. Men in rural and regional Australia have a 21% higher prostate cancer mortality rate than men in capital cities\*\*.

(\*Australia Institute of Health and Welfare (AIHW) Cancer in Australia: an overview, 2008. AIHW cat.no. CAN 42. \*\*Michael D Coory and Peter D Baade. Medical Journal of Australia 2005; 182 (3): 112-115. Urban-rural differences in prostate cancer mortality, radical prostatectomy and prostate-specific antigen testing in Australia.)

For further information about prostate cancer: Talk to your doctor, or contact the PCFA by phoning toll free, 1800 22 00 99 or visit [www.prostate.org.au](http://www.prostate.org.au)

### Prostate Cancer Foundation of Australia

T 03 9948 2080 F 03 9629 5655 Free Call 1800 22 00 99 M 0412 509 590

E [Kendra.Overall@pcfa.org.au](mailto:Kendra.Overall@pcfa.org.au)

Address: Ground Floor, 15-17 Queen Street, Melbourne VIC 3000

*Editor's Note: I had my prostate removed on 1st November 2012, following steady increase over some months in regularly monitored PSA and DRE, with subsequent scans and biopsy confirming two cancerous tumours apparently totally confined to the prostate. The prostatectomy was performed at the Epworth Eastern hospital.*

*This article appears on the web-site of the  
Prostate Cancer Foundation of Australia*

**Pat Marley - Editor**

## **HYDROTHERAPY: WHY YOU SHOULD TRY IT**

By Megan Ellinson Physiotherapist

Alistair Brownlee, the winner of the recent Olympic Triathlon gold medal tore his Achilles tendon back in February this year. Whilst he wasn't allowed to run for a few months, and had to wear a special boot that allowed him to walk, he was allowed to be in the water without his boot and train there.

What is it about water and especially warm water that is so good not just for sports injuries, but for many other conditions such as low back pain, arthritis, general strengthening as we age or recover from illness, rehab post joint replacement and surgery, falls, chronic pain and stress/anxiety?

1. In the water we are weightless. This allows freedom of movement that is not present on land. This allows joints to be exercised more easily and muscles to be strengthened without as much effort as on land. (this makes it easier! )
2. Bouyancy. The buoyant property of water is used in therapy to assist in movement, as resistance to movement, and to support movement on the water's surface.
3. Water is 790 times more viscous and provides twelve times the resistance than the air normal exercise is performed in. The density of water is approximately 1,000 times greater than air. Resistance in water will make your muscles work harder without stressing your joints.
4. Heat therapy. The warmth reduces pain and muscle spasm associated with joint arthritis, low back/neck problems, muscle injury, broken bones and other conditions. It also increases blood circulation.
5. Strengthen your core and improve your posture.
6. Relaxation due to the warmth.
7. Balance work can be practised more safely in the water especially for those that have had falls. We fall 900 times slower in the water than on land!

Hydrotherapy is conducted in warm water heated to 34°C. This is much warmer than a normal pool and similar to a very warm to hot bath.

Let's look more closely at low back pain.

60 to 80 percent of the population has lower back pain at some time in their lives, and it can be due to injury, stiffness or lack of physical activity. While exercising on a hard surface can be painful because of the high impact, the buoyancy of water supports your body while also applying resistance for strengthening and conditioning. The warmth of water in a pool can also be soothing for your back pain as it eases spasm and reduces inflammation.

Another reason why water reduces low back pain is the beneficial effects of strengthening your core or deep tummy muscles. The deep abdominals together with the diaphragm and pelvic floor form a cylinder that when strong prevent the lower back from injury. People who are overweight or do little exercise are much more likely to suffer from low back pain due to a weak and overstretched core.

What type of exercises are usually done in a hydrotherapy pool?

Classes usually start with warm up and mobilising exercises eg walking in different directions or pedalling in a tyre. They then focus on strengthening using equipment such as paddles, dumbbells, noodles (the long brightly coloured foam) or kickboards. Finally stretches and balance exercises are usually included also.

The most important factor has to be that exercising in warm water can be great fun and leaves you feeling terrific afterwards.

Not all of us can be Alistair Brownlee, or win a gold medal at the Olympics, but we can learn from his experience and use it to improve our quality of life!

*Megan Ellinson Physiotherapist runs hydrotherapy and gym classes for Veterans in Glen Waverley (Vic Rehab pool) and in McKinnon (Claremont Terrace). Classes are free if you have a DVA Gold Card or are rebateable from private health insurance if you don't. If you are interested call 0401421585 for more info.*

*This article was suggested by COL Jack Wilson (Rtd)  
as a matter of interest for those members  
who find themselves over the first flush of youth*

## POZIERES REMEMBRANCE ASSOCIATION INC

In 1916, Australian soldiers were thrown into an insane battle  
to take the town of Pozieres, France.

After six weeks of intense fighting, the AIF were withdrawn,  
having lost 7000 soldiers killed and 16,000 wounded.



This is the greatest loss of life ever suffered in battle by Australia, and 4000 of our soldiers still rest in the village, having been completely destroyed by shellfire.

To honour our soldiers, the village of Pozieres is planning to build an Australian Memorial Park on the site of the worst losses by Australia.

Our Association has gained the support of Suzuki Australia and Mat McLachlan Battlefield Tours to conduct a raffle to raise funds to help build the park. We ask for your support to help make the Memorial Park a reality.

Drawn by Mr Molly Meldrum on 25th April at the Melbourne Storm/NZ Warriors game in Melbourne.  
Results on webpage [www.pozieresremembered.com.au](http://www.pozieresremembered.com.au). Victoria Permit 11266/12.

### 1st Prize

**Suzuki Grand Vitara SUV, including all costs  
On Road Value \$28,990**

### 2nd Prize

**10-night Pozieres and Fromelles Anniversary Tour (departing Paris on July 14, 2013), for two people,  
thanks to Mat McLachlan Battlefield Tours.**

For tour inclusions see [www.battlefields.com.au](http://www.battlefields.com.au)  
Valued at \$12,000 (with airfares)

See [www.pozieresremembered.com.au](http://www.pozieresremembered.com.au) for conditions.

Pozieres Remembrance Association Inc (INC9893911) & CFN/21469 NSW  
VCGLR MG PERMIT NO 1266/12 VIC



# Royal Australian Electrical & Mechanical Engineers

## Annual Shrine Pilgrimage

27<sup>th</sup> January 2013

Tour of Shrine 1000hrs-1100hrs

1100hrs-1200hrs

A Short Service and Wreath Laying in the Sanctuary followed by a Remembrance Service at the RAEME Tree and Corps Plaque

All Serving; Retired Members of the Corps, Relatives, Friends & Children are invited to attend this day  
To Honour those Members who are no longer with us

A Light Luncheon will be Available after the Service  
At a Cost of \$10-00 per head

For Catering Purposes

RSVP to Alan Rogers

PO Box 2118 Fountain Gate 3805

by

18<sup>th</sup> January 2013

P/No 9704 6700 e-mail; [raeme.assn.vic@bigpond.com](mailto:raeme.assn.vic@bigpond.com)

Arte

et

Marte



I Will; Will Not \_\_\_\_\_ be attending the 2013 Service

I Will; Will Not be attending the Luncheon

No of Guests \_\_\_\_\_ for the Luncheon

Enclosed is my Cheque/Money Order for \$\_\_\_\_\_ Payable to RAEME Assn (Vic) INC

Please forward your payment to the above PO Box address

EFT to Bank a/c at - NAB; BSB: 083 547 Account No: 28634 9442

Record as - RAEME (Vic) Shrine

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(Vic) Inc.**  
PO Box 2118 Fountain Gate Vic 3805  
**COMMITTEE OF  
MANAGEMENT**

**President:**

MAJ John Boothroyd RFD.ED (Retd)  
☎ (03) 9704 6625

**Vice President:**

Gus Allen  
☎ (03) 9802 5460  
[gus\\_allen@bigpond.com](mailto:gus_allen@bigpond.com)

**Secretary & Public Officer:**

Alan Rogers  
☎ (03) 9704 6700  
Mobile: 0422 8 88 851  
[raeme.assn.vic@bigpond.com](mailto:raeme.assn.vic@bigpond.com)

**Membership:**

Gus Allen  
☎ (03) 9802 5460  
[gus\\_allen@bigpond.com](mailto:gus_allen@bigpond.com)

**Treasurer/Merchandising/  
Promotion:**

Aranka Illia  
☎ (BH) (03)9566 9468  
☎ (AH) (03) 9796 4794  
[aranka.illia@police.vic.gov.au](mailto:aranka.illia@police.vic.gov.au) (W)  
or [sm2aranka@optusnet.com.au](mailto:sm2aranka@optusnet.com.au) (H)

**Welfare & Betterment/Almoner:**

Dennis Clarke  
☎ (03) 9848 6757  
Mobile 0409 518744  
[eastern.auto@optusnet.com.au](mailto:eastern.auto@optusnet.com.au)

**Rules & By-Laws:**

Alan Rogers / John Boothroyd

**Membership****Kindred Associations and  
ANZAC House:**

Gus Allen  
☎ (03) 9802 5460  
[gus\\_allen@bigpond.com](mailto:gus_allen@bigpond.com)

**Editor / Web Master:**

Pat Marley  
☎ (03) 9802 0637  
Mobile: 0407 056 298  
[patmar@melbpc.org.au](mailto:patmar@melbpc.org.au)  
or [pat@patmar.id.au](mailto:pat@patmar.id.au)

**Social Conveners:**

MAJ John Boothroyd RFD.ED (Retd)  
☎ (03) 9704 6625  
Alan Rogers  
☎ (03) 9704 6700  
Mobile: 0422 8 88 851  
[raeme.assn.vic@bigpond.com](mailto:raeme.assn.vic@bigpond.com)

**Unit Representative  
& Military Adviser:**

WO1 Alan Hawkins  
☎ (BH) (03) 9282 6926  
Mobile: 0409 662 916  
[allan.hawkins@defence.gov.au](mailto:allan.hawkins@defence.gov.au)

**Chaplain:**

John Brownhill

**BANDIANA CHAPTER**

President Andrew Turner  
☎ (02) 6056 1946  
Secretary: George Reid  
PO Box 231  
WODONGA Vic 3689  
☎ (02) 60593153  
[reidysnr@inet.net.au](mailto:reidysnr@inet.net.au)

**SEYMOUR CHAPTER**

President David Maddick  
☎ (03) 5793 8396  
[muffettsplum@bigpond.com](mailto:muffettsplum@bigpond.com)

**RAEME VIETNAM SOUTHERN**

President Dennis Clarke  
☎ H (03) 9848 6757  
Mob 0409 518744  
[eastern.auto@optusnet.com.au](mailto:eastern.auto@optusnet.com.au)  
Secretary Dennis Meek  
☎ H (03) 9798 3452  
[dennis.meek@bigpond.com](mailto:dennis.meek@bigpond.com)

**VICTORIA BARRACKS CHAPTER**

President CAPT Tony Minniti  
☎ Mob 0431 546 337  
[Tony.Minniti@defence.gov.au](mailto:Tony.Minniti@defence.gov.au)  
Secretary Alex Birrell  
☎ Mob 0419004 337  
[alex.birrell@defence.gov.au](mailto:alex.birrell@defence.gov.au)

**ECHUCA**

Dom Pontelandolfo  
☎ (03) 5482 1035  
[dpontelandolfo@msn.com](mailto:dpontelandolfo@msn.com)

**SHEPPARTON**

Mark Ryan  
☎ (03) 5823 1022  
[stay@sheppark.com.au](mailto:stay@sheppark.com.au)

**BALLARAT/DAYLESFORD**

George Hepburn  
24 Junction St. BALLARAT 3350  
☎ (03) 5331 3153

**BENDIGO/CASTLEMAINE/  
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Jack Balsillie  
147 The Outlook Bendigo Village  
Mandurang Rd.  
Spring Gully 3550  
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Rex Foord  
598 Thompson Rd,  
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☎ (03) 5275 1728

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Brian Driscoll  
☎ (03) 5595 4273

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Bill Slegers  
25 Main Neerim Rd,  
DROUIN 3818  
☎ (03) 5625 2232  
Mobile: 041 913 6149  
[willcor.slegers@live.com](mailto:willcor.slegers@live.com)

**CRANBOURNE/KORUMBURRA  
& WELSHPOOL**

Kevin Moon  
1 Hawkins St,  
KORUMBURRA 3950  
☎ (03) 5655 1545

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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!**

Deadline for April 2013 Flash  
Monday 25th March 2013

Items to Pat Marley:

[patmar@melbpc.org.au](mailto:patmar@melbpc.org.au)

or

[pat@patmar.id.au](mailto:pat@patmar.id.au)

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