

SOLDIER and CRAFTSMAN

THE LIGHTNING FLASH

April 2014

Issue 75

The RAEME Association (Victoria) Inc. *Incorporation Reg No. A 0022655Z* *ABN: 96 873 522 994*
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Colonel John H. Lee OAM RFD ED (Rtd)



PRESIDENT'S REPORT

Since our last Lightning Flash the Committee has been very busy organising the next session of business, which included the Pilgrimage to the Shrine, and the Anzac Reunion Day and of course the Anzac Day Parade.

These activities require your support and where applicable a return to allow for catering. Please include these activities in your diary so you do not forget or double book.

Those of you who receive Mufti should have seen the report on IN THEIR FOOTSTEPS the program conducted by Alkira Secondary College and supported by this Association and other ex-Service organisations.

This program is continuing this year and we are still involved and some members have already been introduced to their students either by email or in person.

I have been advised that we are to receive an award for our contribution last year but as it is secret I do not know which award we are to receive.

The committee has been very busy with the RAEME National Association (RNA) which has set up various electronic means of communication including the RNA web-site and Facebook, and these have been taken up by those who understand them (not me).

The next Presidents Lunch has been organised and the flyer has been distributed please support this activity as it is my last as President.

To the Committee and those who have supported the association during the past five years of my Presidency I thank you for your efforts to ensure the Association continues to thrive and grow and it is good to see the younger serving members joining us to ensure the future of the RAEME Association (Vic) Inc..

John Boothroyd MAJ RFD ED (Rtd)
President



SECRETARY'S REPORT

Seymour Meeting. The Committee of Management travelled to Dave Maddick's home (Muffets Plum near Seymour) for a Committee meeting on 22nd February.

In attendance apart from the Committee were several members of the Seymour Chapter. After the conclusion of the meeting the Seymour Chapter provided a BBQ lunch.

We were again fortunate to be provided with a vehicle & driver (Sunny) by Monash Barracks 1-3 FSC. The committee thanks Dave & Sonnyia for their hospitality, the Seymour Chapter members & Ladies, and our driver Sunny.

Life Member: Nomination form available from Secretary, Nominations Close 1st May 2014

Shrine Pilgrimage: 16th March 2014. The Committee will be contact with the Shrine in order that future days may be held on the nearest Sunday to the Army Birthday 1st March .

The day was attended by about 40 members & wives, who placed poppies on the crosses for our deceased members, unfortunately numbers attending were down from last year.

Our appreciation goes to our Chaplain John Brownbill for the service, particularly so soon after the sad loss of his wife Elaine in February. Thanks also to Vice President Allan Hawkins who stood in for President John Boothroyd, and also to Dennis Clarke for laying the crosses at the RAEME Tree. Vice President Allan Hawkins thanked the members & wives for their attendance.

Reserve Forces Parade 2014: All members are invited to attend this day This Association also welcomes full time serving members to join the parade. (Flyer attached)

ANZAC Day 25th April 2014:

Form-up 11.15hrs Collins St West (South Side).

After March Function will be held at Palace Hotel 505 City Rd South Melbourne.

All wearers of 'Harry the Horse' are urged to march behind the RAEME banner which has now been updated to recognize the Wars, Conflicts and Operations that the Corps has served in.

Colonel John H. Lee OAM RFD ED (Rtd)

Members may have picked-up in the Australia Day Honours list of the award of the OAM to Association Life Member John Lee. John is a very quiet achiever; who never talks about himself or those achievements.

Well, this is what the Governor General had to say about him (the printable part only):

MEDAL (OAM) OF THE ORDER OF AUSTRALIA IN THE GENERAL DIVISION



Colonel John Hamilton LEE OAM RFD ED (Retd),



For service to veterans, and to the community of Mentone.

Mentone Sub-Branch, Returned and Services League of Australia: Member, for 20 years; Member, Executive Committee, 1999-2011.

Organiser, Community ceremonies, involving local schools, since 2000.

Refurbished displays for memorial gardens.

Researched and installed military history library.

Researched and installed pictorial display of 205 mounted photos depicting the history of Australia at war.

Chairman of Region 4 Advisory Committee, Victorian State Branch, Returned and Service League of Australia, 2004-2008;

Awarded Life Member with Gold Badge, 2009.

Member, Victorian State Tribunal (formally Ethics Committee), since 2003, (Chairman 2004-2008).

Member, State Awards Committee, since 2004.

Chairman, Memorial Park Sub-Committee, Kingston City Council; lobbying for memorial up-grades.

Founding Member, Beaumaris Motor Yacht Squadron.

Awards/recognition include:

Reserve Force Decoration (RFD), long service award presented to officers in the Reserve elements of the Australian Defence Force.

Efficiency Decoration (ED), long service award presented to officers in the Army Reserve prior to the establishment of the Reserve Force Decoration.

Inductee, Hall of Fame, Victorian State Branch, Returned and Service League of Australia, 2009.

Congratulations and well done, John, on your long and dedicated service to veterans and the community.

Past President & Life Member of the RAEME Association (Vic) Inc

In talking to John he said that he was proud to accept the award, but as with his 37 years of service with the ARES any recognition he received truly belonged to his family and mates. They supported and helped him as he worked for worthwhile causes.

"The RSL was a natural follow on from the ARES. The work of the RSL falls under four key words which are recited in a sub-branch each evening "We will remember them".

It is under this banner that I have directed my efforts, with the support of family and mates and it has been a very satisfying experience."

RAEME Book Project

The RAEME Corps History Project

The time has come to announce that the RAEME CHP is calling for expressions of interest in the purchase of the finished book.



Indicative costs are:

*Leather bound limited edition \$80+
Hardcover \$60 Softcover \$40*

Registering your interest is not a commitment to purchase, just an indication of your interest in purchasing the book that will be confirmed closer to the book launch date on 1 Dec 2014.

*To register please send an email detailing your name, the number of copies and what type of books to:
raemebookproject@hotmail.com*



ARTE ET MARTE

Please forward your expression of interest to
raemebookproject@hotmail.com

ANZAC Day Reunion. 13th April 2014
at Clayton RSL to commence at 1130hrs.

An informal day allowing members to catch up and swap old stories (true or not).

Nibbles provided. Bar meals & Drinks available at members expense.



**RAEME National Association
Facebook Page:**

<https://www.facebook.com/RAEMEAssociation>



Captain Jim SINCLAIR
Former OC 10LH LAD
January 2014

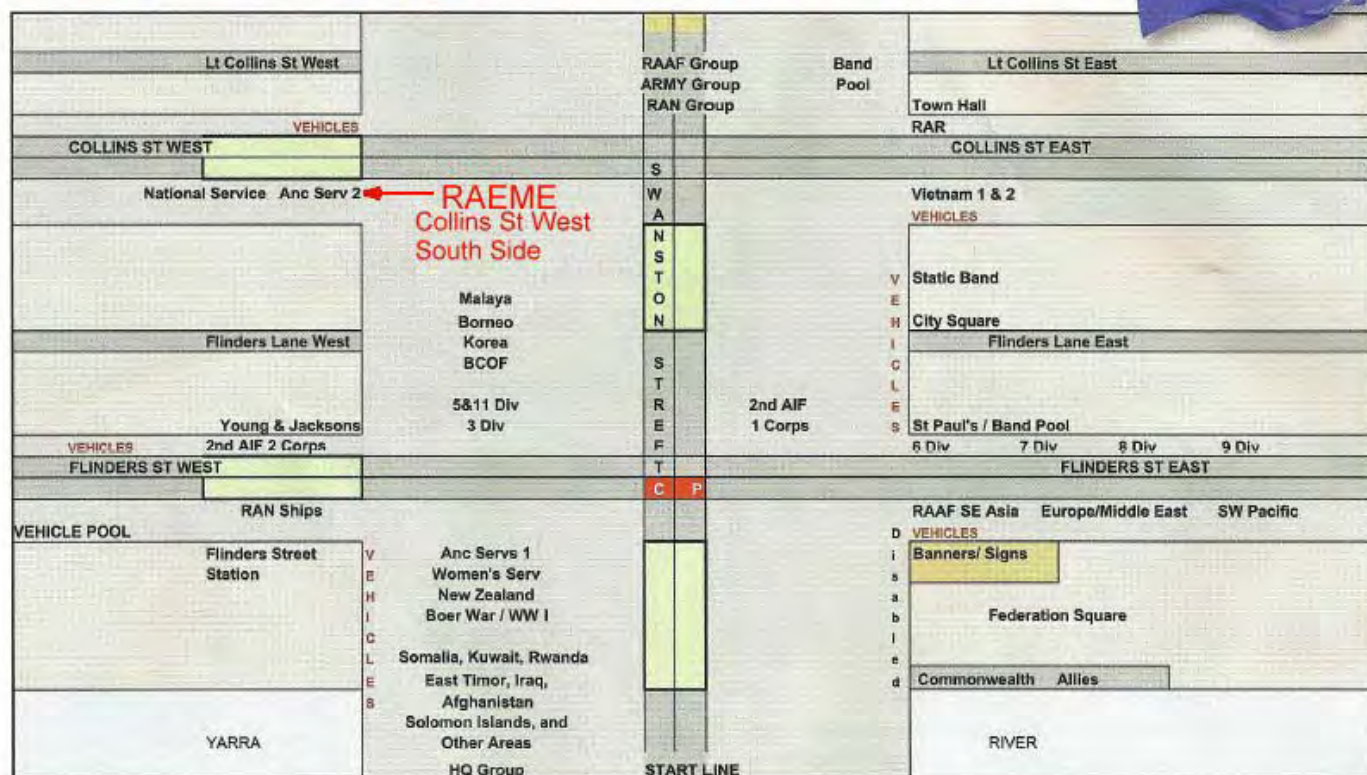
Phil TURLEY
30th Intake Army Apprentice Electronics
12 January 2014

Peter WOOD
28th Intake Vehicle Mechanic
23rd January 2014

Douglas James McIntyre OAM
Aged 80 - Served RAEME Korea
30th January 2014

Elaine Brownbill
(wife of RAEME Association Chaplain John)
20 February 2014

ANZAC DAY COMMEMORATION MARCH ASSEMBLY PLAN 2014

[illegible]

ANNUAL SHRINE PILGRIMAGE

Sunday 16 March 2014



It was a cool but invigorating day, weather wise when the Victorian RAEME Association annual Pilgrimage to the Shrine was conducted on Sunday 16th March 2014 and was again well attended by approximately 80 members, family & general public in the confines of the Sanctuary within the Shrine of Remembrance.

Once the ceremony conducted in the Sanctuary concluded, the RAEME Association members and their families moved to the RAEME Tree where our departed comrades were honoured by Chaplain John Brownbill and Vice President Allan Hawkins.

The RAEME Association Vietnam Veterans Chapter laid a floral wreath and then the Members & their families placed poppies on the crosses positioned at the base of the tree in remembrance of those that have gone before us.

After the ceremony at the RAEME tree, members and their families, moved to the Shrine function room where they enjoyed a light lunch which again was in plentiful supply.

Thank you to Dennis Clarke, President of the Vietnam Veterans Southern Chapter for setting up the crosses at the RAEME tree and to the Governor of the Shrine of Remembrance MAJ M. Moore for allowing the association to conduct this service in a fitting environment.

Allan Hawkins
Vice President



This next part of the RAEME Induction course is a bit hard!

BANDIANA CHAPTER

At the AGM on Thursday evening Grant Connolly became our President. I am very happy Grant accepted. He is capable, has the contacts for us, is younger than I and that bodes well. Grant will serve our Chapter well.

Two new members joined at the AGM: Joe Kipper and John Lydiard – we continue to grow.

Thank you for the support you have given since the Inaugural General Meeting of the Chapter on the 21st of March 2006. Grant will also appreciate your ongoing support and the effort that our committee gives.

Our home has sold and we are moving to Bendigo. I will remain a member of our Chapter and probably see you at our dinner in November.

Heartfelt thanks,

Andy Turner
Immediate Past President
Bandiana Chapter

VICTORIA BARRACKS CHAPTER

The Victoria Barracks Chapter now has a new venue, the Palace Hotel at 505 City Road South Melbourne (corner of City Road and Pickles Street).

Planning for Anzac Day is progressing. Activities at the Palace Hotel will commence at 10:00am. Feel free to join us anytime during the day. Activities include two up and fund raising for Soldier On.

The Victoria Barracks Chapter members have engaged with the National Association to setup and then maintain an online Corps library.

This activity continues with stories and data being loaded to the online Corps library. Training on how to access and edit the information has commenced for those involved.

Alex Birrell
Secretary Victoria Barracks Chapter

BLUEBELL VIETNAM VETERANS SOUTHERN

Next General Meeting 15 April 14
10.30 Caroline Springs RSL located at “The Club”
1312-1322 Western Hwy. Caroline Springs.

ANZAC DAY Information

We will form up as part of Vietnam 2 and will be located on the south eastern end of Collins Street from Swanston Street. Look for RAEME Vietnam Banners. Form up time 10.55 Hrs. Step Off at 11.30 Hrs.

After march, RAEME Re-union will be held at Prahan RSL Club located at 301 High Street Prahan, 301 High Street Prahan. It has recently been fully renovated. Lunch at a \$15-00, drinks additional. Tram route 6 will convey you there from Saint Kilda Road beyond the Shrine.

I attended the Men’s Day Out at Sandown Park Race Course. Enormous amount of cars, drag boats and trucks on display. The Army Apprentices from RAEME Training Centre Bandiana, also had a large pan-tech truck there, to carry two highly modified drag cars. One was a late model Land Rover utility and the other a Ford LTD. Both had highly modified blown big block Chevrolet engines fitted. The workmanship in the vehicles was of very high standard. The trainee apprentice do all the work in their own time and it is a credit to their instructors, who must also commit their time to their hobby. Many hours have gone into the paint work is dark green, similar to British Racing Green. No room for drab Olive. Both blower rotor housings have the word “Army” embossed into their front cover plates. All members had distinctive “giggle hats” and team badges. Very Professional. It brought back memories of the Ian Geoghean – Bob Muir Army XD Falcon Sedan built up by Jim Saddington and his RAEME team some years back. That vehicle is still winning races at Historic events.

We had RAEME Remembrance Day on Sunday 16th march. Small number of Vietnam Veterans. I guess some would gone to, or have stayed home to watch the Australian Grand Prix. Parking on request from the Shrine although some parking is available on Saint Kilda Road with a two hour limit, due to the Grand prix restricted parking arrangements.

Andy Turner has stood down as President of the RAEME Bandiana Chapter due to relocating to Bendigo. He and his Committee have done a great job in organizing the Bandiana Chapter from scratch, incorporating the Training Centre into their activities is a real plus.

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.

*Mar1975; North Vietnam launches full scale invasion. Seventeen North Vietnamese conventional divisions [more divisions than the US Army has had on duty at any time since W.W.2] were formed into four conventional corps. This was the entire North Vietnamese army. Because the U S Congress had unconditionally guaranteed no military action against North Vietnam, there was no need to keep forces in reserve to protect their home bases, flanks or supply lines and launched a wholly conventional cross-border, frontal attack. Then, using the age-old tactics of mass and manoeuvre they defeated the South Vietnamese in detail.

The complete description of this North Vietnamese Army [NVA] classical victory is best expressed in the words of the NVA General who commandeered it. Recommended reading: "Great Spring Victory" by General Tien Van Dung, NVA Foreign Broadcast Information Service, Volume1, 7 June 76 and Volume 2, 7 Jul 76. General Dung's account of the final battle for South Vietnam reads like it was taken right out of a U S Army Manual on offensive military operations. His description of the mass and encounter were exquisite. His selection of South Vietnam's army as the "Centre of Gravity" could have been written by General Carl von Clausewitz himself. A German military officer, 1780 – 1831 is the author of On War, which is considered a, if not the, classical aspects textbook on all aspects of War. General Dung's account goes into graphic detail on his battle moves aimed at destroying South Vietnam's armed forces and their war materials.

He never once, ever mentions a single word about revolutionary warfare or guerilla tactics contributing to his Great Spring Victory.

Another Aspect – U S Military Battle deaths by year:

* Prior to 1966 – 3,078

[Total up through 31 December 65

* 1966 – 5,008

* 1967 – 9,378

* 1968 - 14, 589

[Total while JFK & LBJ were on watch – 32,053]

* 1969 – 9,414

* 1970 – 4,221

* 1971 – 1,381

* 1972 – 300

[Total while Nixon was on watch – 15,316]

Source of the above numbers is the Southeast Asia Statistical Summary, Office of the Assistant Secretary of Defence and were provided by the U S Army War College Library, Carlisle Barracks, PA 17023. Numbers are battle deaths only and do not include ordinary accidents, heart attacks, murder victims, suicides etc. Those who think these numbers represent "heavy fighting" and some of the "bloodiest battles" in U S history should consider the fact that the allied forces lost 9,758 men killed just storming the Normandy beaches; 6,603 were Americans. The U S Marines, in the 25 days between 19 Feb 45 and Mar 16 45, lost nearly 7,000 men killed in their battle for the tiny island of Iwo Jima. By comparison the single bloodiest day in the Vietnam War for the Americans was on 17 Nov 65 when elements of the 7th Cavalry - Custer's old outfit - lost 155 men killed in battle against NVA Regular Regiments 33rd and 66th near the Cambodian border southwest of Pleiku.

To Be Continued

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

1 Div. S&T / 5 Coy. Workshop

Darwin 15th 16th 17th August 2014

Contact Trevor Smith

H 08 8985 4116 M 0408 033380

trevor.smith13@bigpond.com

106 Field Workshop

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

Contact Patrick Downey H 03 244 2508

Dennis Clark

President

RAEME Vietnam Southern

JACK WESTERNHAGEN and VIDEO HISTORY

A fitting climax for Jack Westernhagen's funeral was the warm hospitality enjoyed at Jack & Mary's home following Jack's funeral service.

My son Rodney, his wife Carmen and I became aware of how our Association consists of many age groups who naturally band together. Thus individually we don't know of our previous history.

As Secretary for many years Jack realised the importance of communication, also maintaining a high degree of protocol. We recorded many of our activities on video-tape.

Thus as movie-making formats changed we captured for our History-Section many past Association activities. I have transferred the movies to DVD format (approx. 33 DVDs of varying lengths).

They should be preserved with Association history records while at the same time allowing members to view them on suitable occasions.

The movies put faces to names of past members, and bring to mind those who have contributed to the building of our Association which we can now enjoy together.

It is by our involvement that we can assist our Association to flourish.

Doug Brazier and Family

(Doug Brazier at 92 is our oldest member)



REUNION NOTICE 106 FD WKSP ASSOC INC HOBART - 3-5 OCT 2014

The 106 Fd Wksp RAEME Assoc Inc started off purely as a SVN veteran Unit Association.

In recent years the Association's rules were amended to cover any soldier of RAEME, RAAOC or AACC who served in the Unit (or the workshop company of 7 CSSB Enoggera (recently redesignated 106 Fd Wksp) in either SVN or any of its Australian locations over the last 40+ years.

The Association has conducted reunions bi-annually in various Australian locations over many years. The 2014 reunion in Hobart gives an opportunity for old and new to catch up with Army mates and holiday in a great location at the same time.

Accordingly, ex 106ers, and their partners, are invited to attend our UNIT reunion at Hobart's Wrest Casino function facilities this coming October.

For detail on the event, including accommodation, please visit the 106 website at:

www.106fdwksp.com or email to either
sectreas.association@106fdwksp.com or
president.association@106fdwksp.com
to have detail sent directly to you.

Pres: John Strachan 0419 786 501
Sec/Treas: Phil Bond 0418 735 642
Organizer Hobart:
Pat Downey 0417 336 218

Date to remember Bandiana Chapter

**Sat 15 Nov 2014 – Annual Dinner at the
Commercial Club, Stanley C Room**

**Building on our very successful
Dinners since 2008.**



RESERVE FORCES DAY

Sunday 6 July 2014



Governor General and Commander in Chief

"If you're a Serving or Former Reservist, I encourage you to participate,
so that we can all say"
"Thank You"

Assemble at
Government House Drive
No later than 1030hrs



RAEME Association (Vic) Inc Merchandise Order Form

ITEM	\$ per Item	Qty Rqd	\$ Amount
HAT BADGE RAEME	15-00		
BASEBALL CAP RAEME	15-00		
BASEBALL CAP ARTY	15-00		
TIES LOGO AT BOTTOM	35-00		
TIES MULTIPLE LOGOS	35-00		
TIES GREY W/LOGO	25-00		
LADIES DRESS BROOCH 1	50-00		
LADIES DRESS BROOCH 2	50-00		
BOMBER STYLE JACKET (Zip Close)	55-00		
POLO SHIRT BLUE	35-00		
POLO SHIRT WHITE	35-00		
RAEME BULLION PATCH	20-00		
RAEME STICKERS	2-00		
MUG COBALT CERAMIC	10-00		
THERMAL MUG	12-00		
BADGE RISING SUN	5-00		
RAEME ASSN LAPEL BADGE	10-00		
RAEME TIE TACK	10-00		
ARTIFICER TIE TACK	10-00		
RAEME STICK PIN	10-00		
ARTIFICER STICK PIN	10-00		
RAEME TIE BAR	12-00		
RAEME TIE BAR ENAMEL	15-00		
ARTIFICER TIE BAR	15-00		
RAEME CUFF LINKS	15-00		
ARTIFICER CUFF LINKS	15-00		
PEN PLASTIC RAEME	5-00		
PEN METAL RAEME	15-00		
MOUSE MAT	5-50		
RAEME PLAQUES	50-00		
PENS 70TH BIRTHDAY	10-00		
65TH COMMEMORATIVE CMF BADGES	12-00		
RAEME VEST (Zip Closure, Sleeveless)	35-00		
Postage			
Total			

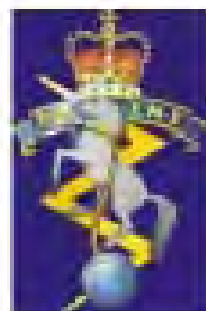
All items are PLUS POSTAGE**For Orders contact our Merchandise Manager Aranka Illia****☎ (W) 03 9566 9468****email: aranka.illia@police.vic.gov.au
sm2aranka@optusnet.com.au****Merchandise Photos in RAEME Association (Vic) Inc Web Site.
www.vic.raeme.org.au/html/corps_merchandise.html****PRICES AS AT 6th MARCH 2014**



**Your R.A.E.M.E. 104 Field
Workshops &
L A D's Reunion Committee**

**Cordially invites
You, your family and friends**

to the final



Return to Bulimba Reunion



at The Quarry Club, by the river at Bulimba Barracks

Sunday, 4th May, 2014 11am - 4pm

RSVP – Click the Button Above

**or email sharonhudson@ozemail.com.au
with the names of all in your party.**

NO ENTRY FEE - Tea, Coffee, Sausage Sizzle available for all
Raffles to bring and win as you please

**Money on the bar for Soft Drinks, Beer, Wine for starters,
if we drink that dry it is on to available for purchase from the bar**

**Please send this invitation on to anyone you
would like to see at this, the last Bulimba Reunion.**

**Phone enquiries to Glen Fuchs
0438 669 872**



ANZAC Centenary 1914-2014 COMMEMORATIVE MEDALLIONS

**THE RESERVE FORCES DAY COUNCIL HAS MINTED
THREE SEPARATE DESIGNS OF COMMEMORATIVE
MEDALLION FOR 2014 'ANZAC CENTENARY'
RECOGNITION OF —**

**DESCENDANTS OF MEMBERS OF THE
AUSTRALIAN NAVAL & MILITARY
EXPEDITIONARY FORCE (AN & MEF)
DEPLOYED TO TAKE POSSESSION OF
GERMAN NEW GUINEA IN AUGUST 1914**



**DESCENDANTS OF ALL AUSTRALIAN
ARMED SERVICE VETERANS OF
WORLD WAR 1**



**PERSONS WHO HAVE NO DESCENDANT
VETERAN BUT MAY WISH TO HONOUR
THE BRAVERY AND PERSONAL SACRIFICE
OF ARMED SERVICE PERSONNEL WHO
SERVED IN WORLD WAR 1**



*To enquire or order Medallions please contact
Capt Peter Morgan – Reserve Forces Day Council (Vic) Inc.
by email at – tynewood@optusnet.com.au or
by telephone (03) 9808 2978*

ANZAC
CENTENARY
2014-2018




ORDER FORM



Details of the Medallions

The face of the medallion shows Able Seaman W. Williams Royal Australian Naval Reserve from Melbourne and Captain Dr B. Pockley Australian Army Medical Corps from Sydney. On Friday 11 September 1914, they became first Australian casualties of WWI, having been wounded in action and succumbing to their injuries later that day. Both were members of the AUSTRALIAN NAVAL & MILITARY EXPEDITIONARY FORCE (ANMEF). The reverse side of the three medallions records their details and date of death, there is a space for the purchaser to engrave messages for posterity. More information on the ANMEF can be found on the Australian War Memorial website or by conducting a Google search. This campaign is often referred to as "The Forgotten War".

The medallions are presented in a clear plastic pouch with a neck ribbon so that the medallion can be worn appropriate occasions. The round medallions are 50mm diameter with similar dimensions with the In Memory medallion.

DESIGN OF MEDALLION	DESCRIPTION AND ELIGIBILITY	PRICE All Medallions, are \$44.50 INCL pouch, GST AND POSTAGE within Australia	NO RE Q'D ★	TOTAL AMT
Front and reverse side 	THE AN&MEF DESCENDANT'S MEDALLION In honour of the men who quickly volunteered to serve at the outbreak of WWI and to capture German New Guinea. They left Australia from Sydney on the 18 th of August 1914, 12 days after war was declared. Our first wounded and deaths occurred during this campaign. The Force was made up of volunteers from the Naval Reserve from SA, Victoria, NSW and QLD and soldiers from Sydney, many with Boer War experience (That war had only finished 12 years before in 1902), Militia and Senior Cadet experience. The force consisted of a Brigade HQs and a Battalion and the Naval Coys. The colours used for the medallion and the neck ribbon are based on the identification shoulder patches worn by members of the Army Battalion. Eligibility: To purchase this medallion the applicant must be a Descendant of a Member the ANMEF.	\$44.50		\$
	WWI DESCENDANT'S MEDALLION. This Medallion is to honour those who served during WWI. The neck ribbon colour is based on the official medal ribbon for the British War Medal. This medal was awarded to members who served in a theatre of war during the period from 1914 to 1920 covering mine clearance and service in Russia. Eligibility: All Descendants of members who served in a theatre of war in WWI	\$44.50		
	IN MEMORY MEDALLION This medallion was minted for those who did not have an ancestor who served in WWI however would like a medallion to recognise that contribution. Eligibility: Open to all who wish to show their respects	\$44.50		
TOTALS				\$

*The number of Descendants Medallions ordered may not be greater than the number of Descendants listed on the application

I would like to donate to assist the Reserve Forces Day Council run their annual parades and celebrations recognising serving and former members of the Reserve Forces

\$

Total

\$

OUR PREFERRED METHOD OF PAYMENT IS BY DIRECT CREDIT TO OUR BANK AC

STEPS TO ORDER

1. Please complete the Application and Order on line see www.rfdvic.com or if you prefer print off and post to the address shown below.
2. If paying by direct credit please note the date of when you banked the money:...../...../20....

DETAILS FOR DIRECT CREDIT: Credit: rfdvic.com AT BENDIGO BANK BSB 633-108 A/C NO 1398 38858
PLEASE ENSURE YOU ENTER YOUR NAME WHEN YOU DO THE DEPOSIT.

PAYMENT BY CHEQUE: Make the cheque/money order payable to: RFDC(VIC)INC and send to:
CAPT PETER MORGAN ED (RET'D) 7 IAN GROVE BURWOOD VIC 3125

IF POSTING THE ORDER FORM: SEND TO THE ABOVE ADDRESS telephone: 0398082978

Email: tynewood@optusnet.com.au Where possible the Descendant's medallions will be presented officially. More details will follow on this.

All Medallions ordered by the 4th of July 14 if they have not been presented will be posted out to you by FRIDAY 18 July 14.

RAEME Association (Vic) Inc Functions
Functions 2014

<u>APRIL 2014</u> 13 th Anzac Day Reunion Clayton RSL @ 1130hrs 25 th ANZAC Day March	<u>May 2014</u> 18 th Presidents Lunch Clayton RSL	<u>June 2014</u>
<u>July 2014</u> Reserve Forces Day Parade 6 th July	<u>August 2014</u> 24 th 2014 AGM Clayton RSL	<u>September 2014</u>
<u>October 2014</u>	<u>November 2014</u> 11 th Remembrance Day Clayton RSL 1100h Bandiana Annual Dinner 15 November RAEME Birthday Dinner TBA	<u>December 2014</u>

Venues, Dates, Timings will be forwarded under separate cover
Venues, Dates etc may be changed from time to time

Please place this notice on fridge as a reminder

(Left Blank for President's Dinner Return Slip)

RAEME Association Vic Inc



SOLDIER and CRAFTSMAN

Presidents Luncheon

To Honour the Widows of our Association Deceased Members
Sunday 18th May 2014

Clayton RSL

Carinish Rd Clayton Opposite Clayton Railway Station

Timing; 1130hrs for 1200hrs to 1600hrs

Members & Life Members & Guests @ \$ 30-00 p/hd

3 Course Meal,

Drinks at Bar Prices

Dress; Smart Casual

Please notify of any Dietary Requirements

RSVP by 10TH May 2014

Please notify; Alan Rogers P/No 9704 6700

E-mail raeme.assn.vic@bigpond.com

PO Box 2118 Fountain Gate 3805



I _____ & Guest _____ Will
 be attending the 2014 Presidents Luncheon

Enclosed Payment \$..... Payable to RAEME Association Vic Inc

Cheque—Money Order—EFT

(Please circle appropriate Account)

EFT; Bank. NAB. Berwick **BSB: 083 547 Acct No; 28634 9442:**

Made out to RAEME Association (Vic) Inc; Presidents Lunch 2014

MEN'S HEALTH ISSUES EXERCISE: PHYSICAL ACTIVITY BENEFITS HEALTH AND WELLBEING:

Regular physical activity has significant benefits for our health & wellbeing. Just 30 minutes of moderate activity each day can improve health and reduce the risk of developing certain conditions and diseases



HOW MUCH ACTIVITY WILL HELP?

The heart Foundation, the National Health & Medical Research Council and the Department of Human Services all recommend that people include 30 minutes or more of moderate intensity physical activity (such as brisk walking) on most, if not all, days of the week. This 30 minutes can be accumulated in shorter bouts of 10 minutes or more during the course of the day. Moderate activity involves some effort but does not have to cause puffing, panting or breathlessness. Participation in more intense activity (for those who are able and choose to do it) may provide additional benefits in terms of cardiovascular health. It's never too late to start being regularly active. People who are usually inactive can improve their health and wellbeing by becoming even moderately physically active on a regular basis.

This information was produced by the
Better Health Channel – for further information
www.betterhealthchannel.vic.gov.au

BENEFITS OF PHYSICAL ACTIVITY:

Regular physical activity improves your health and wellbeing by:

- Reducing the risk of dying prematurely
- Promoting psychological wellbeing
- Improving the quality of life
- Decreasing feelings of depression & anxiety
- Helping to build & maintain healthy bones, muscles and joints
- Helping with weight management
- Assisting in increasing HDL cholesterol and decreasing triglycerides
- Decreasing the risk of colon cancer
- Aiding in the control and prevention of diabetes, non-insulin dependant diabetes mellitus (NIDDM)
- Decreasing the risk of dying from coronary heart disease
- Lowering blood pressure in people with hypertension (high blood pressure) and reducing the risk of developing high blood pressure.

GUIDELINES FOR PHYSICAL ACTIVITY:

The Heart Foundation endorses the National Physical Activity Guidelines for Australians developed by the Commonwealth Department of Health and Aged Care. The guidelines describe the minimum levels of physical activity required for good health. Try to apply these guidelines to your everyday life. Think of movement as an opportunity, not an inconvenience, where any form of movement of the body is seen as a way of improving health, not as a time-wasting inconvenience. Be active every day in as many ways as you can.

Make a habit of walking or cycling instead of using the car, or do things yourself instead of using labour-saving machines. Daily exercise such as at least 30 minutes of moderate-intensity physical activity on most, preferably all days e.g. brisk walking, cycling or climbing stairs. Even short sessions of 10 to 15 minutes of differing activities totalling to 30 minutes.

Vigorous exercise for extra health and fitness can also be enjoyable. Vigorous exercise makes you "huff and puff". For best results this should be added to the above guidelines three or four days of the week, for 30 minutes or more each time. Should you have any medical condition that you believe may restrict physical activity please check with your local GP.

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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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