



SOLDIER and CRAFTSMAN

THE LIGHTNING FLASH

November 2019

97

The RAEME Association (Victoria) Inc.

Incorporation Reg No. A 0022655Z

ABN: 96 873 522 994

Patron: BRIG Konrad Ermert. MSc, FIE Aust, CPEng (Retired)

Colonel-Commandant (Vic/Tas): COL/CMDT COLONEL Martin Griffiths RFD (Ret'd)

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Remembrance Day 2019



PRESIDENT'S REPORT November 2019

Greetings one and all,

Hope this edition of the FLASH finds you all well and bursting with energy.

September saw our AGM with the previous committee voted back in. This says a lot to me and your committee that you have faith in our handling of your association. To this I say thank you. During the meeting a discussion was had and tabled on whether the RAV RAEME CORPS Birthday was to be held as a dinner on the Friday night or as a Luncheon on the Sunday. Unanimously the members present voted for the Sunday Lunch, this mainly due to the availability of public transport during daylight hours and ensuring that our senior members can attend and enjoy the atmosphere.

October saw the final painting and assembly of the WWI Krupp Gun. A big thank you to all of those who participated. The end of October saw the Gun relocated to its final resting place at Barkly Gardens. A team from 105 WKSP COY 4 CSSB provided the muscle and transportation (thanks WO2 J Powell, SGT O'Connor, CPL Maggs, CFN Golacki) and duly supported by MAJ Pete Crosby and Mr. Gareth Ward, President of Richmond RSL. On Sunday 27 Oct 19 Sandy and I attended an event at Barkly Gardens dedicated to Veteran Art for Health and Healing. This saw the opportunity for Veterans and their families to display their art work as part of the wellbeing in support of their constant fight with PTSD. If further opportunities arise, I would strongly recommend that you attend in support of our fellow veterans.

On 11 Nov 19 Remembrance Day MAJ Kohler and I were fortunate to attend the service at Barkly Gardens which saw the dedication of the WWI Krupp Gun by the Richmond Council and their service to acknowledge the sacrifice of those before us.

The RAV RAEME CORPS Birthday will be held at 1200 on Sunday 01 Dec 19 at Clayton RSL, Carinish Rd Clayton. Please come along to support your association and catch up with friends, comrades etc. Check Facebook, emails, slow mail for details. We will have the pleasure of the COL COMD VIC/TAS COL Martin Griffith and CO 4 CSSB LTCOL Paul McArthur attending. The Luncheon will

see the presentation of the 2019 Victorian Craftsman of the Year and the applicable raffles.

I hope you all have a fantastic and joyous Christmas and New Year spending the time with family and friends.



Arte et Marte

Allan Hawkins

President

SECRETARY'S REPORT

Spanner Club Events

Regular Spanner Club events are organised by the Victoria Barracks Chapter. Events during 2018 were a great success. The Victoria Barracks Chapter has secured a new venue for 2019, it is The Mail Exchange Hotel. Spanner club events dates are as follows with each event commencing at 1600;

22 November 2019. Last one for the year!

Information

I am looking for innovative ways to attract new members to the Association from currently serving or recently discharged members of the Corps. if anyone has any ideas they believe can assist us to attract new members, please feel free to contact me via e-mail at secretary@vic.raeme.org.au

RAEME Birthday 2019

Planning for RAEME Birthday celebrations for this year is underway. Attached is the registration form for those wishing to attend. Attached within the newsletter is the registration form for those interested in attending.

Memorabilia and Collectables

I have recently received several enquiries in relation to RAEME collectables and personal memorabilia. Unfortunately, the association does not have a dedicated facility to store and display these items. If you have any questions in relation to the donation on any of these items, please don't hesitate to contact me via our website.

Arte et Marte

Alex Birrell
Secretary
 RAEME Association Victoria



In appreciation of their service, a plaque was made available to the Geelong RSL, for allowing the RAEME Association of Victoria free use of its boardroom for one of the association meetings earlier in the year.

Rick, the manager, was prompt in getting the plaque mounted, along with many others they proudly display. Thank you to the Geelong RSL, for their support.



WW1 Restoration Project – KRUPP Gun.

Over the past year or so, the RAEME Association of Victoria, in conjunction with Richmond RSL, and the local council authorities has undertaken a restoration project of a captured German WW1 Gun.

This has now found its new permanent home at Barkley Gardens in Richmond, where it is proudly on display alongside the existing memorial and garden surrounds. Many thanks to all involved is extended out on behalf of our Vice President, MAJ Peter Crosby.

This project has been supported by the following:

1. Yarra City Council
2. Richmond RSL Victoria Sub-Branch Inc.
3. Richmond & Burnley Historical Society Inc.
4. Australian Army 4th Combat Service Support Battalion
5. RAEME Association Victoria Inc.
6. Royal Australian Engineers Association (Vic) Inc.
7. Royal Australian Artillery Historical Company
8. Australian Army 105th Field Workshop Company and Craftsmen
9. Australian Army 22nd Engineer Regiment and Sappers
10. Land Engineering Agency
11. Dr Bart Ziino, Deakin University



RAEME **BIRTHDAY LUNCHEON**

Clayton RSL Carinish Rd Clayton
Opposite Clayton Railway Station

Sunday 1 December 2019

WHO IS INVITED?

All Serving and Retired Members of the Corps with their Partner or Guest
RAEME Assn (Vic) Inc ARES Craftsman of the Year Award Presentation

TIMING

1200hrs

DRESS

Neat Casual

COST

\$26.00 per head (inc. GST)

2 Course Lunch with Coffee/Tea and Birthday Cake; Drinks at Members Expense
Please Advise of Special Meal Requirements

Payment and Reply to RAEME Assoc (Vic) Inc

RAEME (VIC) Luncheon 2019

58 White Ave Romsey VIC 3434

RSVP No later than 22nd November 2019

TO

Alex Birrell (Secretary) ☎ 0419 004 809 e-mail: secretary@vic.raeme.org.au

COME and SUPPORT your CORPS



I _____ and Partner / Guest _____

Will/ Will Not be attending the 2019 RAEME CORPS Birthday Luncheon
at Clayton RSL on Sunday 01 December 2019

Signed _____ Please find enclosed my Cheque / Money order

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

Please forward your payment, with this return to above address

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

Record as: RAEME (Vic) Luncheon 2019

(Remember to include your name in a direct deposit transaction)

If paying by EFT PLEASE FORWARD DETAILS OF YOUR PAYMENT TO:

secretary@vic.raeme.org.au

Vietnam Veterans Southern Chapter

President Dennis Clarke

Vice – President Graeme Unmack

Secretary Dennis Meek

No reports made available at this stage.

RAEME VIETNAM Unit Re- Unions



102 Field Workshop

“Avondale” 601 Bray’s Road Gannawarra Victoria

4th – 6th October 2019

Noel Lake 03 5456 9246

koonda@active8.net.au

1 Armoured Regiment LAD

Canberra NSW October 25th to 27th

Capital Country Holiday Park

Russ Cunningham. 0437 834089

bungie12@bigpond.net.au

17 Construction Squadron Workshop

Albany Western Australia October 14th to 18th

George Jones - Freedom of the City

1 Field Squadron Workshop

Hervey Bay Queensland August 2020

Norm Barrett 0414 342819

normbarrett@bigpond.com.au

Membership Report November 2019

Membership fees have now been paid by the bulk of members along with the Chapters, it is disappointing to find that some 12 members have not paid the 2019/2020 fees leaving me no other recourse to recommend to the Committee that these members have their membership cancelled under the Association Rule 5.11(d)

It would be appreciated if Association Members could put there thinking caps on to forward ideas on how we can attract serving and recently retired members of the Corps to become members of the Association

One of the problems facing our Association is maintaining a level of Members to remain viable in the long term.

What we find is that Serving Members tend to believe that the Association is in the main for RAEME Members who have retired, which cannot be further from the truth, in fact what is needed is for a greater number of current serving Regular and Reserve Senior Officers, Warrant Officers & Sergeants to become a member, setting the example for Junior Ranks to join.

Currently we only have several former HOC, COL/CMDT's, limited number of serving members. What is needed for the RAEME Association (Vic) Inc. to remain a viable Association Members such as our HOC, COL/CMDT's Senior Officers, Warrant Officers, Sergeants to become Members otherwise our Association will go the way several other Corps have gone, i.e. forced to disband due to lack of Members and Funds. After all the yearly fee is only a paltry \$20-00.

VISION STATEMENT

The RAEME Association Vic Inc. will continue to promote the Association to broaden our Membership and to enhance our profile in the RAEME, Defence and Veteran Communities.

MISSION STATEMENT

To support the well-being and the betterment of our Members through providing welfare information and commemorative services and social functions where members can catch up with old mates and form new friendships

Alan Rogers

Membership
Arte et Marte

For Further information & Membership Application Forms Please Contact

Membership Officer Alan Rogers. (E) raeme.assn.vic@bigpond.com

☎ 9704 6700 (M) 0422888851

Current Annual Fee; Service Members \$20-00 P/year

Upcoming Events Calendar

2019

JANUARY

S	M	T	W	T	F	S
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OCTOBER

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JULY

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NOVEMBER

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AUGUST

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DECEMBER

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- November 22nd. SPANNER CLUB – VAULT CAFÉ & BAR. 1600HRS – 5/540 Lt Collins Street.
- December 1st. RAEME Birthday Function. Clayton RSL – 1200HRS
- 6 – 8th March 2020. Kedron Waverley RSL Club.
40 Year Reunion of Commonwealth Ceasefire Monitoring Force _ Rhodesia
- October 23rd – 25th. Army Apprentice Association of Australia. All classes, Apprentice reunion.



1. 239127 Darrell Esmond Holden (45th F&T)
2. 18674 John Thomas Leslie Jones (15th Electrical Mechanic)
3. 120466 John Charles Suhle (29th Electronics Tradesman)
4. 18936 Lance Uston Phillips (20th Radio Mechanic)
5. 1203567 David Bryce Townes (26th Radio Mechanic)
6. 243251 John Robert Steley (16th Radio Mechanic)
7. 39815 Bill Kordupel - 23rd Electrical Fitter
8. 18566 Bruce Cecil Hampson (10th VM)
9. 48576 Kevin H. McAvaney (13th F&T)
10. 342812 Barry Phillip Gay (13th Plumber)
11. 342626 James 'Jim' Robert Harper, BEM (8.5 Intake)
12. 62021 Colin 'Spike' O'Brien (24th C&J)
13. 3139301 Rex Foord *

Stand Down Gents. Rest Easy.



*Rex Foord

To Association Members. Rex was a long time member and supporter of our Association
Our sympathy goes to the family

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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.

webmaster@vic.raeme.org.au

MENTAL WELLNESS for Veterans' Health Week



Australian Government
Department of Veterans' Affairs



Veterans' Health Week (VHW) 2019 will be held from 26 October to 3 November and planning is already underway. The purpose of VHW is to encourage current and former ADF personnel and their families to find out more about how to improve and maintain their health and wellbeing. This information includes ways to actively participate in veteran community programs, and the resources available that promote good health and wellbeing.

Each year, VHW promotes one of four themes. Along with this year's theme of mental wellness, the themes are: social inclusion, physical activity and nutrition. DVA will once again support ex-service organisations and community groups across the country to deliver a range of VHW events to highlight the importance of improving and maintaining good mental health.

Events will help veterans and current serving Australian Defence Force members and their families to recognise the signs of mental

illness – and to get involved, to take action and increase their knowledge of available services and programs to maintain good mental health. Mental wellness is essential for an individual's overall health and wellbeing, which in turn, strongly influences our physical health and social connectedness with family, friends and our community.

VHW 2018 was a great success with around 10,000 people attending 130 events across Australia. The theme for 2018 was nutrition and its importance to our health and wellbeing.

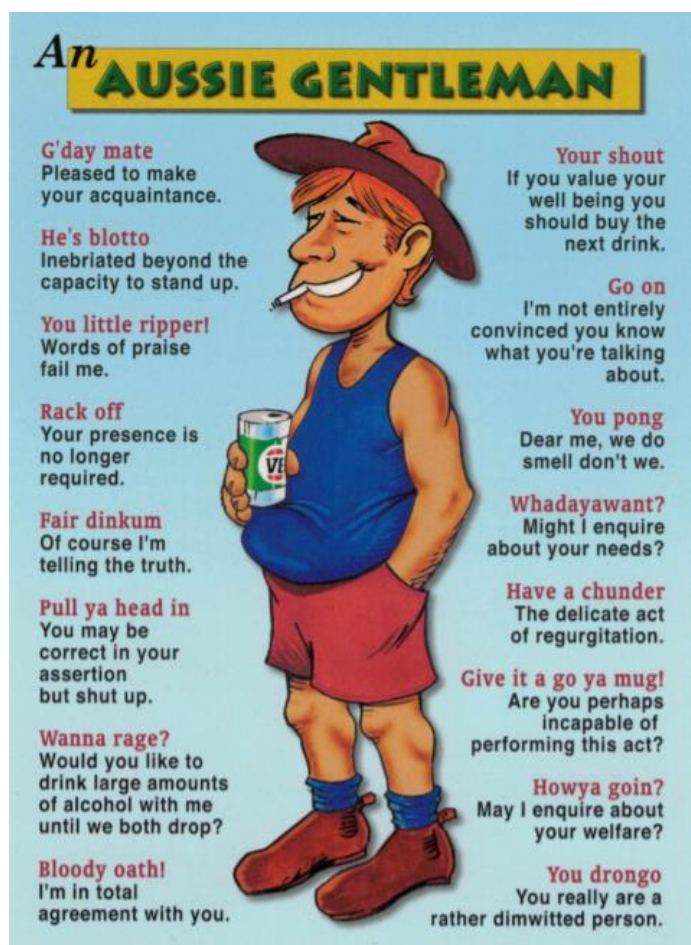
VHW 2018 was also enjoyed by families and friends across a variety of events. These included talks by dietitians and nutritionists, cooking classes, supermarket tours and visits to community gardens and farmers' markets. There was strong participation from Defence and ex-service organisation groups, and events were held on weekends to encourage family participation.

DVA encouraged event organisers to use the week as an opportunity to reach out to people who often miss out on the benefits of engaging with their local veteran and ex-service community groups.

Men's Health Peer Education and ex-service organisation volunteers were central to the planning and implementation of many events. Volunteers worked in partnership with DVA personnel throughout 2018 to engage with service providers, community organisations and former and current serving ADF personnel.

For more information on VHW, contact DVA on 1800 555 254 or visit the VHW page of the DVA website (dva.gov.au/vhw).

Communications.



Nutrition Apps



THE 8700 APP HELPS YOU:

- find how many kilojoules you should consume each day to maintain a healthy weight range
- calculate how much energy you burn through everyday activities, exercise and sports
- search over 3,000 fast foods from larger Australian fast food and snack chains
- convert calories to kJ (and vice versa)

Provided by the NSW Government as a tool to help you make more informed fast food choices.

FoodSwitch 4+

The George Institute for Global Health



Packaged foods can be surprisingly high in salt, saturated fat, added sugar and kilojoules/calories. Food Switch has a database of packaged foods to help you identify those that are better for you.

In three simple steps, Food Switch can help you towards better health by reducing the salt, fat and sugar in your diet:

For more info, relating to health and the apps available, please follow the link as supplied below.

<https://www.dva.gov.au/about-dva/publications/health-publications/mens-health-peer-education-magazine>

Communications.

Good deeds are far and few between in the modern day, so it's with great pride that I would like to make mention of an ex-Army Appy mate of mine (45th Class legend of course), that has shown the true RAEME brotherhood spirit in helping out a woman with a tribute for her late husband. All free of charge!



Well done!



It seems that there is no job too small, or large that Billy won't have a crack at.

If you're interested, look him up @ <https://www.facebook.com/A-Touch-of-Rust-est-2018-506290936520018/>

Shared Communications.



Welcome to the Army Museum of South Australia



<https://amosa.org.au/>



SHRINE OF REMEMBRANCE
MELBOURNE

<https://www.shrine.org.au/Remembrance/Services>

WITH
YOU
WITH
ME

<https://www.withyouwithme.com/>



Upcoming Events

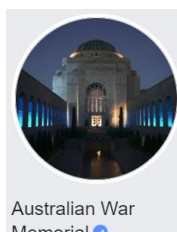
AAAA Reunion, Maroochydore, 23-25 Oct 2020

Preparations are underway for the Reunion in Maroochydore, QLD over the weekend of Fri 23 to Sun 25 Oct, to commemorate the 25th Anniversary of the closure of the Army Apprentices Scheme in 1995.

There will be a **Meet & Greet on Fri & Dinner on Sat night**.

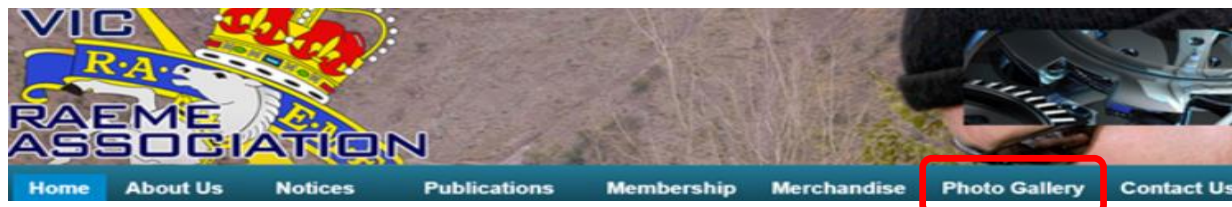
Expressions of interest were sent out in June, resulting in nearly 600 returns, so we expect a huge roll-up.

For more information contact the Secretary secretary@austarmyapprentice.org



Web Site Updates and Changes.

Quick update to let you know that some minor upgrades have been made to the RAEME Vic web site. New items are a designated menu path for a "Photo Gallery", where I can upload all photos that are from the association, into their own albums.



Once you click on the gallery link, it will redirect to the gallery albums.

Photo Gallery



From here you can click on the album of choice and when you click on one of the images, it will provide a pop up box where you can scroll through the images. Also allows for an option to download if you wish.



Please send any and all photos from past and present events to - webmaster@vic.raeme.org.au if you wish to have these added into an album. The more the merrier.

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Let's hear from you!

Deadline for next Newsletter – Late February 2020

Items to Morgan Cornelius:

webmaster@vic.raeme.org.au



THE LIGHTNING FLASH

If undeliverable return to
 The RAEME Association (Vic.) Inc.
 PO Box 2118 Fountain Gate Vic 3805

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Is your address shown above correct?

If not please fill in the spaces below and return

This whole sheet in an envelope to:



SOLDIER and CRAFTSMAN

The Secretary,
 The RAEME Association of Victoria Inc
 PO Box 2118 Fountain Gate Vic 3805

Name(Block Letters)

Address

.....Postcode: Ph. No.

Email: