

# February/March 2012 NEWSLETTER



## **AEME/RAEME ASSOCIATION OF SOUTH AUSTRALIA INC.**

**Editor and Patron**

**COL Greg Rosser (Retd)**

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### **AEME/RAEME Association of SA Inc.**

#### **Web Site (www.raemesa.com)**

Webmaster - WO1 Dean Ellis  
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### **MESSAGE FROM THE PRESIDENT**

Welcome to the first newsletter for 2012 and I trust this finds all our members in good health.

I seem to say the same thing every year, "it has been a busy start". Well once again it has. Our first committee meeting was held in February and that has set the plans for this year in motion.

In December our AGM and Corps Birthday once again turned out to be a very successful and fun filled day with good attendance.

The AGM was productive and I am pleased to announce that there were no changes to the Association Committee with the exception of WO1 Tony Harriden joining the committee in a non executive role (for now).

I would like to pass on my thanks to all the committee members who do a fine job in keeping our records, finances and merchandise up to date and work hard at maintaining the interests of our Association.

The AGM was in the main a straight forward meeting but there was one topic regarding membership subscriptions that was discussed at length and subsequently voted on. The outcome was it was agreed the fees would be increased to \$10 per annum commencing on 1 July 2012. More details are provided within this newsletter.

Our Corps Birthday BBQ followed the AGM and once again a big thank you for all the efforts that went in to making it a great afternoon. As usual we were very fortunate to have great representation from the EME Association SA. Their President Alan Weeks presented us with a plaque in acknowledgement of our mutual friendship as associations, and ongoing relations. I was very pleased to be presented with this and we will reciprocate the gesture this year.

During the afternoon our Honorary Colonel, Greg Rosser, presented CFN Turner of 9 CSSB with the Association sponsored ARES Soldier of the Year Award. CFN Turner is a Recovery Mechanic and from the citation provided by Major Peter Reynolds certainly a worthy winner.

The ARA recipient, CFN Horner of 16 AD Regt, was unable to attend but will be presented his award at a later date. Congratulations to both of these outstanding soldiers.

For 2012 we will once again be conducting our 3 major activities beginning with ANZAC function in April. Full details of this and ANZAC Day arrangements will be provided very soon.

In late January our Merchandising members, Bob Killoran underwent surgery to replace a crook heart valve. All seems to have gone well and his recovery has been on track. The only problem being that Bob thinks the Doctor may need to adjust his tappets as he can hear the valve clicking at night! To any other of our members on the sick list best wishes for a speedy recovery.

I look forward to catching up with as many members as possible at our functions throughout 2012.

ARTE et Marte

Richard Moyses  
President.

## COLONEL COMMANDANT'S REPORT

Hello Everyone

December is always the time for announcing the winners of the various soldier awards and the SA winners of the Corps Awards were:

- CFN of the Year ARA (SA) LCPL Gill VM at 16 AD
- CFN of the Year GRes (SA) CFN Jackson at 9 CSSB

In relation to the **AEME/RAEME Soldier of the Year (SOTY)** awards, the winners were:

- **ARA** - CFN Graham Horner VM 16 AD
- **GRes** - CFN Turner Rec 9CSSB

As usual, I was honored to present these awards at the RAEME Birthday function last year

Well done to both of the winners.

As I mentioned last year, as part of my responsibility for looking after RAEME interests in SA, I am a member of the Board of the Army Museum of SA Foundation.

To go with the twin boom wrecker we obtained from 107 Fd Wksp Coy, 9 CSSB last year, I am keen to develop a RAEME display showing a tradesman at work in the field and am looking for assistance from RAEME members who may have item(s) they think would be suitable to go on display or if you have any other ideas on promoting the traditions of RAEME please feel free to contact me on my mobile 0423 715 464.



*The twin boom wrecker at the Museum  
Photo courtesy of John Black*

There are a number of activities being conducted within the region which I would like you to consider attending:

- RAEME ANZAC function at Warradale on Saturday 21<sup>st</sup> April (See Page 5)
- ANZAC March on 25<sup>th</sup> April (with the Association or RAEME Viet Vets group)
- Army Museum Fundraiser "Salute to the ANZACS" at Keswick on Fri 20<sup>th</sup> April (See Page 13)

Arte et Marte  
COL Greg Rosser

# AEME/RAEME Association of SA DIARY DATES 2012

<u>Activity/Function</u>	<u>Date</u>
- Committee of Management Meeting	Thursday 16 <sup>th</sup> February
- RAEME Luncheon	Tuesday 6 <sup>th</sup> March
- Committee of Management Meeting	Thursday 19 <sup>th</sup> April
- 2011 RAEME Mixed ANZAC Reunion - Warradale	Saturday 21 <sup>st</sup> April
- 2011 ANZAC Day March	Wednesday 25 <sup>th</sup> April
- Committee of Management Meeting	Thursday 21 <sup>st</sup> June
- 2011 Officer, WOs & SNCOs Formal Dinner	TBA
- Committee of Management Meeting	Thursday 16 <sup>th</sup> August
- RAEME Luncheon	Tuesday 4 <sup>th</sup> September
- RAEME Corps Seminar	18-19 October
- Committee of Management Meeting	Thursday 18 <sup>th</sup> October
- RAEME All Ranks Dinner (Mixed)	TBA
- Annual General Meeting (tentative)	Sunday 2 <sup>nd</sup> December
- RAEME Birthday Family Function	Sunday 2 <sup>nd</sup> December

## Allied Military Association Functions

- Defence Reserves Association of SA - AGM	Sunday 1 <sup>st</sup> April
- Salute to the ANZACs 10/27 RSAR Band (See Page 13)	Friday 20 <sup>th</sup> April
- Keswick Museum History Week Lunch (See April edition)	Wednesday 16 <sup>th</sup> May



**LT Harold SHIPP**  
CMF OC Recovery Sect  
*"Don't go dippy just ring Shippy"*

**LTCOL Donald HEMING**  
OC101 Fd Wksp  
Passed away peacefully after illness



Also reported from the Queensland Association:

- |   |   |   |
|---|---|---|
| <ul style="list-style-type: none"> <li>• <b>Jim Greenway</b> 9 Sep 11. Recov Mech, 4 Fd Regt LAD, SVN 67/68.</li> <li>• <b>Craftsman Beau Pridue</b>, died from injuries sustained in a vehicle accident near the town of Baucau in East Timor, on 15 Sep 11.</li> <li>• <b>Laurie O'Dwyer</b> died in the Swan Hill Hospital 28 Sep 11 of cancer.</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Pete Smith</b> passed away 29 Sep 11 in the Kalamunda Hospital, WA.</li> <li>• <b>John Albert Burdell</b> (JB) 03 Oct 11. 161 (Independent) Recce Wksp, SVN; 162 Recce Sqn Wksp, 183 Recce Flt Wksp in PNG •</li> <li>• <b>Maxwell Thomas Stanbury</b> 15 Oct 2011. 4 Fd Regt LAD.</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Ed Haidley</b> 25 Oct 11 18th Intake Apprentice (VM) and 1 Fd Regt (RAA) LAD SVN 69/70</li> <li>• <b>WO1 Maxwell (Max) Pederson</b> 30 Oct 11 ALS Coy (1 RAR Gp) 1 Fd Sqn SVN</li> <li>• <b>Colonel J S Sinclair</b>, 2 Nov 11</li> </ul> |
|---|---|---|

**VALE – Lest We Forget**

## **Membership Fee Increase**

**At the 2011 AGM it was agreed that the annual fees will be increased from \$5 to \$10 per year commencing from 1 July 2012. It was also agreed that forward payments be capped to 5 years (\$50) Fees already paid will stand at \$5 per year. Fee payment can be made to Bob Matthew (8272 7472).**

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## THE HAIRCUT

A teenage boy had just passed his driving test and inquired of his father as to when they could discuss his use of the car.

His father said he'd make a deal with his son: 'You bring your grades up from a C to a B average, study your Bible, and get your hair cut. Then we'll talk about the car.'

The boy thought about that for a moment, decided he'd settle for the offer, and they agreed on it.

After about six weeks his father said, 'Son, you've brought your grades up and I've observed that you have been studying your Bible, but I'm disappointed you haven't had your hair cut.

The boy said, 'You know, Dad, I've been thinking about that, and I've noticed in my studies of the Bible that Samson had long hair, John the Baptist had long hair, Moses had long hair ~ ~ ~ and there's even strong evidence that Jesus had long hair.'

To which his father replied

**Did you also notice they walked everywhere they went?**

## My Neighbour

She's single...

She lives right across the street.

I can see her house from my living room.

I watched as she got home from work this evening.

I was surprised when she walked across the street and up my driveway.

She knocked on my door...

I rushed to open it.

She looks at me, and says, "I just got home, and I am so horny! I have this strong urge to have a good time, get drunk, and make love all night long!

Are you busy tonight?"

I immediately replied, "Nope, I'm free...I have no plans at all...!"

Then she said, "Good! In that case, could you watch my dog?"

**MAN...IT'S NO FUN GETTING OLD!!!**



# **COMING ACTIVITIES**

## **2012 RAEME MIXED ANZAC REUNION**

Approval is being requested for our Association to conduct the 2012 RAEME Mixed ANZAC Reunion in the combined **Warradale Area Other Ranks Canteen**. As normal it is proposed to hold the function on **Saturday 21<sup>st</sup> April** commencing at 7:00pm. Format will be similar to last year with a BBQ meal followed by a "Remembrance Ceremony" at 9:00pm.

This function is for serving and ex-serving members and their partners and friends. It will be an opportunity to renew old acquaintances and tell more "TALL Stories". A great evening was enjoyed by all last year and the committee is working very hard to make sure the 2012 function is even better than previous ANZAC reunions.

An Invitation with all the details will be included in the April Newsletter.

**Mark the 21<sup>st</sup> April in your diary now and plan to be there!!!**

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## **ANZAC DAY MARCH UPDATE**

This year the march will be held on Wednesday 25th April and the organisers are promising "good weather". Regardless of the weather we all share a great bond as we march and then a drink afterwards

As has occurred in the past 2 years our association will march in Group 12(A) with all of the other Associations. We would like to see as many members as possible march this year as our ranks continue to grow thinner as the years pass.

As occurred last year a number of our RAEME brethren, those who served in Vietnam, will be marching under a RAEME banner as part of the Vietnam contingent and this is planned to continue in the future. We were sorry to see them move out of our ranks, but our best wishes go with them and we will still meet for a beer afterwards.

At this stage March details are still very sketchy and we will have to wait until full march details

are issued before we can advise you of the final assembly point (assumed to be the same as last year).

**Full details of the March will be included in the April Newsletter.**



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## **COMMITTEE OF MANAGEMENT MEETING**

Committee of Management Meetings are held at Warradale on 3<sup>rd</sup> Thursday of every second month. **All members are welcome to attend** Committee of Management Meetings are held in February, April, June, August, October and December in the **Conference Room at JLU (S)**. Meetings commence at 7:30pm and entry is through the Oaklands Road gate.

**The committee look forward to seeing or hearing from you if you have any issues you think they should know about.**

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## **RAEME LUNCHEON**

The RAEME Luncheon get-togethers are held twice a year on the first Tuesday in March and then in September and are open to all serving and ex-serving AEME or RAEME personnel and are held at the **Cremorne Hotel**, 207 Unley Road, Unley, at 12:00pm. This Luncheon is now being organised by Bob Killoran.

**If anyone would like to attend, please contact Bob by phone on 0412 060 315 by the Friday before the luncheon so they can let the pub know how many to cater for.** If you know of others who spent time with AEME or RAEME, please let them know or bring them along.

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# 43 ARMY CADET UNIT (WARRADALE)

As advised last year, our Association is providing an annual donation, initially of \$200 (reviewed annually) to 43 Army Cadet Unit to help the unit run successfully and promote the corps amongst the cadets. As part of the donation we established a perpetual "Best Overall Performance" trophy for the best cadet within the unit.

The winner of the 'AEME/RAEME Association of SA Inc' trophy for "Best Overall Performance" for 2012 was

## CDT SGT Erik Praekelt

Erik plans to complete his Year 12 at Henley High School in 2012. He also accepted the opportunity to represent the school as a Prefect for 2012. His interests are in the sciences and technologies area and he has already completed his Electro Technology Cert 2 (during year 11). He intends using these interests to further his career, potential as an engineer. His hobbies include physical exercise, spending quality time with mates and overall, every aspect and challenge provided by the Australian Army Cadets.

He plans on joining the Australian Army after leaving school, but he has not yet decided which Corps to join. He is considering RAEME, combat engineers or a similar pathway. His ultimate goal is to become a key asset in DSTO using acquired knowledge and skills to design and provide cutting edge technological equipment and techniques for future generations of Australian soldiers.

43 Army Cadet Unit is one of many AAC units around Australia which provide young Australians with the opportunity to develop skills in leadership, teamwork, self discipline and provide skills training in military like activities, such as fieldcraft and navigation.  
**ADF statistics (2009) show that 30% of all ADF members are ex cadets.**



CDT SGT Erik Praekelt with RAEME COLCOMDT COL Greg Rosser and AAC Bn Comd MAJ Don Harvy after the presentation of the award

**We wish Erik all the best for the future**

### **DON'T FORGET**

If you hear of one of our fellow members being sick, let one of the committee know ASAP so they can organise someone to contact them. All of us need to participate.

**The committee continue to visit and phone those reported as "Sick and Wounded"**

*We received a call from Alan Marks's wife to inform us he has been diagnosed with cancer and she asked us to let all his friends know. We wish him all the best for his recovery and ask his friends to support him in this time of trouble.*



# 2011 RAEME BIRTHDAY FAMILY FUNCTION

The 69<sup>th</sup> RAEME Corps Birthday was celebrated by Central Region RAEME personnel at Warradale Barracks on Sunday 4th December (following the AGM). This is always an excellent function which was again well attended. It was fantastic to see so many members and their families attend and enjoy the function.



*John Howard and Brian Holmes at "work"*

Thanks also to members of the REME Association who travelled to Warradale Barracks to attend the function and for presenting our President with a REME Association Plaque as recognition of the great relationship that exists between the 2 Associations.

Everyone enjoyed a great BBQ lunch cooked by two of the committee members John Howard and Brian Holmes. They seemed to get as much enjoyment out of cooking the food as we did eating it.

It was great to catch up with old friends and fellow soldiers. The raffles proved very popular with almost everyone winning a prize.

The AEME/RAEME Association of SA "Soldier of the Year" winners for 2011 were as follows:

- ARA "Soldier of the Year" award was CFN Graham Horner who is with 16 AD Regt Workshops
- GRes "Soldier of the Year" award was CFN Michael Turner who is with 107 Wkspcs Coy 9 CSSB

The RAEME Birthday Cake was again the highlight. and was cut by COLCOMDT and WO2 Kuchel .



Congratulations must go to the organizers and also many thanks to all the helpers who worked so hard on the day to make the function a roaring success.



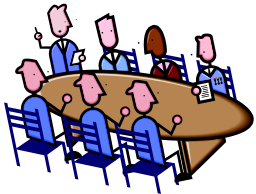
# 2011 AGM REPORT

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The 2011 Annual General Meeting was held on Sunday 4<sup>th</sup> December in the ORs Canteen at Warradale Barracks

## Election of Office Bearers

<u>President:</u>	MAJ Richard Moyses	
<u>Vice President</u>	Juris Jaudzems	
<u>Treasurer:</u>	Ron Moran	
<u>Secretary</u>	Don Harvy	
<u>Ordinary Members:</u>	WO1 Tony Harriden	
	SGT Troy Oakes	
	CPL Bob Mathew	Membership
	Bob Killoran	Merchandising
	Geoff Parker	Website Co-ord
	John Howard	Historian
	Michael Culley	
	Brian Holmes	
	Phil Coppin	



## Support Team

<u>Advertising</u>	WO2 Grant Kuchel
<u>Auditor</u>	Gary Nicolescu

## Financial Statement

Opening Balance	\$2,065.55
Closing Balance	\$1,628.06

## Major items covered include:

- **After some supportive discussion it was agreed that the Annual fees would be increased to \$10 per annum, commencing with all new fees payable after 1 July 2012. Fees already paid would stand at \$5 until the time for renewal. It was also agreed to cap "payments in advance" to 5 years (\$50) - Approved**
- The committee reported it had agreed to continue financially supporting 43 Army Cadet Unit for the sum of \$200 per annum for 2012. The support and amount for 2013 will be reviewed again late in 2012 - Approved
- The President reported he supported the ex RAEME Vietnam veterans group marching with the Vietnam section of the march. It worked well last year and he saw it continuing.

## Other item discussed:

- COLCOMDT spoke about the progress of the new national association which it has been agreed will be called the National RAEME Association and has the full support of the Head of Corp and its activities were being expanded during 2012. The new body has a number of advantages which were explained during the briefing.
- The President talked about the success of the spanner pack programme which was the envy of other Corps. The Association plan to continue collecting and forwarding further donations in 2012.
- 2011 RAEME Port is now available for \$20 /bottle (cost price)
- **2012 ANZAC Function** - will be held on Saturday 21<sup>st</sup> April in the Warradale Other Ranks Canteen. Decisions regarding this function will be made at the first committee meeting in Feb 2012. Details to be advised.
- **2012 ANZAC Day Activities** –More details to follow once released by Anzac Day Committee and RSL
- **2012 All Ranks Dinner Function** – responses to 2011 Dinner were very positive. Similar venue recommended for this year. Details and date to be confirmed.
- **2012 RAEME Birthday All Ranks Family Function** - This will have a similar format to the 2011 function. At this stage planning is centred on Sunday 2<sup>nd</sup> December, but will be confirmed.

The President also thanked the President of the OR Canteen Committee, the Supervising Officer and the OR Canteen Committee for use of their facilities and for manning the bar.

*Full copy of the minutes and attachments available on request from the Secretary.*



# ARA Activities in SA

As a result of the large increase in RAEME personnel in South Australia it is now viable to conduct some of the traditional RAEME activities which have been missing in the past.

We have all been grateful to the RAEME personnel within Support Battery 16 AD Regt for organising the Annual RAEME Offr, WO and SNCO Corps Dinner which has been the key Corps function for the year and has been regularly attended by the HOC and HOC cell staff. With the new RAEME influx at Edinburgh it is now proposed to alternate this function between Woodside and Edinburgh.

**The first additional activity in 2011 was the conduct of a Spanner Club activity at Edinburgh and the second was a traditional Corps Birthday function on the 1<sup>st</sup> December at Woodside.** While these activities were primarily for RAEME ARA personnel they generously invited our Association and ARes members to attend. This offer will continue in the future and if you are available you may wish to attend as they are **FUN** activities.

The RAEME Spanner Club was run on Friday 28 October and included a tour of the new Workshop, a BBQ, Raffles, Door Prizes and Beer and Spirits. They also invited Snap On, Pedders and a few other merchants to display their tools etc which were available for purchase.

The day was organised by 7 RAR's Wksp (thanks to SGT Ben Hewlett) and over 80 people attended. As a result of the day the unit, via the ASM WO1 Paul Klieve, donated \$200 to the Spanner Pack Appeal. Well done to everyone involved.

The most important RAEME tradition is to celebrate the Corps Birthday on 01 December each year in an activity designed to involve all RAEME personnel in the area/region. This year it was held at Woodside and was organized by the 16 AD Regt Wksp and involved a number challenges designed to:

- a. develop RAEME Esprit *de Corps* through competition and teamwork.
- b. improve tradesman skills;
- c. develop teamwork;
- d. develop unit morale; and
- e. develop tradesman support network within SA.

This was another well organised function and thanks must go to MAJ Thom Dowsett and his team. For the record, they have suggested the Corps Birthday Activity also be alternated between Edinburgh and Woodside.



Race Track



7 RAR's Go-cart



16AD's Go-cart

Photos courtesy of Troy Oakes

**Obviously RAEME esprit de corps is alive and well in SA.**



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# Association Support to War Veterans Home

After a request from an ex RAEME member living at the War Veterans Home at Myrtle Bank our Secretary Don Harvy stepped up to the plate and helped out.

The War Veterans Home is setting up a permanent display of military memorabilia and Sgt John Corcoran wanted to include some uniquely identifiable RAEME items so he contacted the association to see if we could help.

Don decided that the a current RAEME Service Dress would be the ideal item as it reflects the military, but is also uniquely RAEME. In October 2011 he visited the War Veterans Home and presented them a complete Service Dress Uniform including ribbons and a slouch hat with the RAEME insignia

Some of our members know John, but for those who don't the following is a brief outline of his military career:



## Sgt John Corcoran.

7<sup>th</sup> Intake Apprentice 1952 - 1954 as a VM

Left ARA and joined the CMF

Rejoined the ARA in 1956 - 1970

- Posted to 4 Base Wksp
- South Kensington BOD
- Puckapunyal/Seymour - Mob Siting
- 4 BOD Warradale
- 1 ARMT REGT LAD
- 1 Coy RAASC

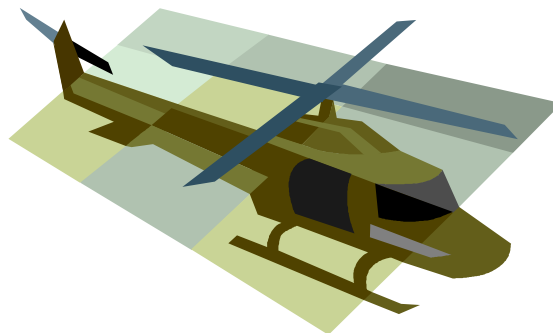
- 27 Coy RAASC
- Central Command Workshops
- Borneo 21 Const Sqn 1965 - 1966
- SVN 1 ARMD REGT 1968 - 1969

We all believe the Association plays an important part in looking after our RAEME veterans.

Well done DON

## OPERATION "SPANNER PACK"

The aim of the operation is to provide RAEME soldiers serving overseas with a pack(s) of goodies which makes their time overseas a little more comfortable.



Ray Norman has advised us that the Christmas Spanner Packs, which included a Christmas cake and other goodies, were dispatched to all areas of operations (for all our RAEME soldiers and their support staff) in time to ensure they would be received prior to Christmas.

This is the first batch of Spanner Packs sent out under the banner of The RAEME National Association.

Our thanks go to Ray Norman and the QLD branch for their ongoing management of the Spanner Pack operation and our thank also go to all the sponsors and regional associations who continue to support the project.

For further details contact the editor or :

Raymond G. Norman OAM

Chairman RAEME Association of Queensland

07 54766254

[norford.2@raemeqld.org](mailto:norford.2@raemeqld.org)

[www.raemeqld.org](http://www.raemeqld.org).

**Your Association committee plans to make another donation to the Spanner Pack Fund this year.**





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### **MY GENIE**

A man walks into a bar with a paper bag. He sits down and places the bag on the counter.

The bartender walks up and asks what's in the bag.

The man reaches into the bag and pulls out a little man, about one foot high and sets him on the counter. He reaches back into the bag and pulls out a small piano, setting it on the counter as well. He reaches into the bag once again and pulls out a tiny piano bench, which he places in front of the piano.

The little man sits down at the piano and starts playing a beautiful piece by Mozart! 'Where on earth did you get that?' says the bartender.

The man responds by reaching into the paper bag. This time he pulls out a magic lamp. He hands it to the bartender and says: 'Here. Rub it.'

So the bartender rubs the lamp, and suddenly there's a gust of smoke and a beautiful genie is standing before him. 'I will grant you one wish. Just ! one wish~~ each person is only allowed one!'

The bartender gets real excited. Without hesitating he says, 'I want a million bucks!' A few moments later, a duck walks into the bar. It is soon followed by another duck, then another. Pretty soon, the entire bar is filled with ducks and they keep coming!

The bartender turns to the man and says, 'Y'know, I think your genie's a little deaf. I asked for a million bucks, not a million ducks.'

'Tell me about it!!' says the man, 'do you really think I asked for a 12 inch pianist?'

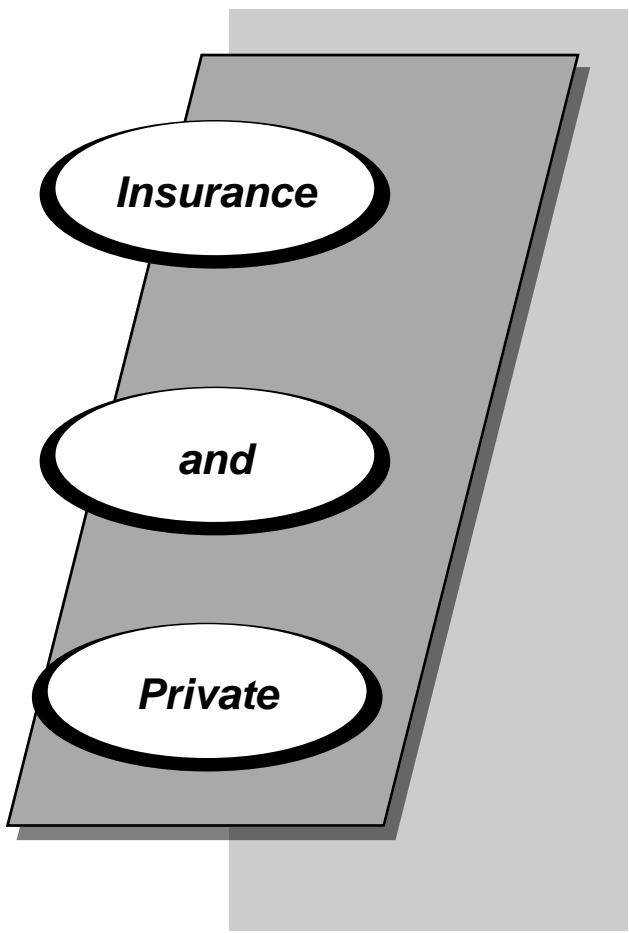
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PRESENTS

**SALUTE TO THE ANZACS**

PERFORMED BY THE 10/27 BATTALION, ROYAL SOUTH AUSTRALIA REGIMENT BAND

WHERE: BUILDING 34A, KESWICK BARRACKS (PLENTY OF FREE OFF STREET PARKING)

WHEN: FRIDAY 20 April 2012

TIME: STARTS 7.00PM FOR 7.30PM

COSTS: ADULTS \$15.00,

STUDENTS and CHILDREN UNDER 18 ADMITTED FREE

**BASKET SUPPER TO SHARE**

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SALUTE TO THE ANZACS  
Performed by  
10/27 Bn Royal South Australia Regiment Band  
Friday 20 April 2012

**Ticket Order Form**

Number of tickets required:

Adult (\$15.00) No. .... x \$15.00 = \$.....  
Students and children under 18 yrs (Free)... No. ....  
Total Tickets .....

Payable by Cheque to AMOSA (No. ....) Cash.....EFT (details below).

Payee BSB: 803 - 205      Payee A/c No: 20515018      Payee A/c Title: Army Museum of SA  
Lodgement Ref: (C) Your Initial & Surname      Amount \$      Optional Description Band Concert

Return to:  
Ticket Sales  
Army Museum of South Australia  
Keswick Barracks  
Keswick SA 5035

Enquiries to:  
Ray Saunders  
Ph. (Mon. & Wed) 8305 6705  
Mob. 0401 083 841  
Email: ray.saunders@defence.gov.au  
raymsaunders@bigpond.com

Return Name and address for Tickets  
.....  
.....

Office use:  
No. tickets issued .....  
  
Details put on Database by. ....

Contact Phone No. ....

Tickets posted on (date).....

Ticket orders received at Keswick after Wednesday 6 Apr 2012 will be held at the door

For EFT Payments please email the above details to Ray  
so he knows where to send the tickets



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## EXERCISE PHYSIOLOGY

### – Information for the veteran community.

This extract from a DVA Fact Sheet describes how you can access exercise physiology services. It provides information relating to:

- who is eligible; and
- how to access exercise physiology services.

**What is Exercise Physiology?** Exercise physiology services include the delivery of clinical exercise interventions to manage chronic disease and the provision of post-acute exercise rehabilitation for people recovering from major injury or illness.

Exercise physiology contributes to the management of:

- diabetes;
- cardiovascular disease;
- osteoporosis;
- arthritis;
- cancer; and
- muscular conditions of a chronic nature.

**Who is eligible?** If you have a Repatriation Health Card – For All Conditions (Gold Card) the Department of Veterans' Affairs (DVA) will pay for your exercise physiology services available through DVA arrangements that meet your clinical needs. If you have a Repatriation Health Card – For Specific Conditions (White Card), DVA will pay for exercise physiology services if provided under DVA arrangements that are required because of an accepted war or service caused injury or disease. Where a White Card has been issued for the following DVA will provide treatment for clinical needs related to these conditions:

- malignant cancer,
- pulmonary tuberculosis, or
- post traumatic stress disorder (PTSD), or
- anxiety and/or depression whether war caused or not.

**How do I get access to this service?** You must be referred to an exercise physiologist who is registered with Medicare Australia under the Medicare Scheme. A referral can be issued by one of the following:

- a Local Medical Officer (LMO);
- a General Practitioner;
- a medical specialist;
- a treating doctor in hospital;
- a hospital discharge planner; and
- another exercise physiologist who has previously received a referral.

A referral remains active for twelve months from the date of referral. Referral dates cannot overlap from one twelve month period to the next.

**Do I need to pay for treatment?** No, your exercise physiologist will bill DVA directly for any care provided to you if the service is provided under DVA

arrangements. This represents the full fee for the service provided. If you are billed, do not pay the account, and advise DVA immediately.

**Other Factsheets.** Other Factsheets related to this topic include:

- Commonwealth and other Allied Veterans: HSV62
- Information for Exercise Physiologists : HIP84
- Repatriation Health Card - For All Conditions (Gold): HSV60
- Repatriation Health Card - For Specific Conditions (White): HSV61
- Transport modes under the Repatriation Transport Scheme: HSV03
- More information. All DVA Factsheets are available from DVA offices, and on the DVA website at:
  - [www.dva.gov.au](http://www.dva.gov.au) .You can phone DVA for the cost of a local call on 133 254 or 1800 555 254 for country callers.
  - Use a normal landline phone if you can. Mobile phone calls may cost you more.
  - You can send an email to DVA at: [generalenquiries@dva.gov.au](mailto:generalenquiries@dva.gov.au) You can get more help from any DVA office.

With thanks

"Extract from Queensland RAEME Assoc Spanner News "

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## MY BODY !!!!!!!!!

If my body was a car, this is the time I would be thinking about trading it in for a newer model. I've got bumps and dents and scratches in my finish and my paint job is getting a little dull.

But that's not the worst of it.

My headlights are out of focus and it's especially hard to see things up close.

My traction is not as graceful as it once was. I slip and slide and skid and bump into things even in the best of weather.

My whitewalls are stained with varicose veins.

It takes me hours to reach my maximum speed.

My fuel rate burns inefficiently.

But here's the worst of it --

Almost every time I sneeze, cough or sputter either my radiator leaks or my exhaust backfires

---

## **MEMBERSHIP**

Subs are due on 1 July in the year your membership is current until. If the date on your membership card (and the list below) shows 2011, (or before) then your subs are due NOW

Subs are increasing to \$10 per year on 1 Jul. Max forward payment is 5 years eg \$50 for five years.

All subs are to be forwarded to the Membership Member CPL Bob Matthew (40 Ashbourne Ave KINGSWOOD SA 5062). Please include details of your date of birth if you wish to claim the free "over 75 year rule" membership.

*Remember not to send cash through the post as we have cases of this going missing with Australia Post.*

According to the records, the following persons are financial members of the Association:

### **Honorary Life Members**

Mike Culley, Dutchy Holland, Eddy Kaminski, Bob Killoran, Grant Kuchel, George Robinson, David Turner

### **Current Members**

Wally Ade (2015), Milton Ahrens (2013), Frank Aldous (Over 75), Jeff Allen (2008), Heath Arblaster (2013), Graham Arthy (2011), Peter Badcock (2010), Matthew Barrington (2010), Joe Barton (Over 75), Richard Beare (2009), Gavin Bellis (2010), Paul Berk (2012), Wayne Birch (2013), Philip Birkett (2012), John Black (2014), Helmut Bohn (2013), James Boulton (2009), David Brand (2015), Shane Buckley (2012), Roger Burzacott (2013), Robert Butler (2012), Nicholas Cashman (2012), Robert Castle (2012), Dave Cawthorne (2009), Ian Chambers (2012), Craig Chatterton (2008), Marcellin Chee (2010), John Clark (2012), Trevor Clerke (2015), Geoff Coat (2018), Brian Cogan (2014), Don Collins (2012), George Cooke (2016), Phillip Coppin (2011), John Corkran (2013), Ian Coulter (Over 75), Peter Cox (2015), Ron Coxon OAM (2011), George Craig (2014), Bob Davis (2021), Gavin D'Crux (2008), Roy Dotter (2012), Marek Dubovinsky (2012), Chris Duffield (2015), Nick Ebbs (2014), Len Edwards (2008), Mick Ellis (2014), Bluey Etheridge (2011), Kym Everett (2013), Andrew Ferguson (2011), Ken Field (2010), Jim Fisher (2013), Brian Flavel (2014), Jan Gancarz (2013), Charlie Gauci (2015), Bob Gell (2014), Nick Gogillis (2013), Steve Gough (2010), Steve Gould (2011), Bob Gourley (2008), Tony Gow (2012), Steven Grigg (2008), Robert Hansford (2012), Jock Hart (2012), Don Harvy (2015), Anthony Harriden (2012), Arthur Hasse (2013), Norm Hay (2012), Greg Hay (2015), Colin Haynes (2014), Jim Hendrickx (2008), Tony Hinton (2015), Brian Holmes (2015), Darryl Horner (2010), John Howard (2013), Gary Howell (2013), Rodney Hussey (2013), Christopher Jackson (2011), Graham Janz (2011), Juris Jaudzems (2014), Ian Jeisan (2015), Jeff Johns (2011), Lindsay Johnson (2013), Ben Jones (2010), Eric Kelly (2014), Bob King (Over 75), Geoff Kohler (2015), Hans Larsen (2008), Alf Lee (2014), Lou Leeuwrik (2021), Greg Lowe (2013), Chris Macintosh (2036), Steve Maher (2008), Alan Marks (Over 75), Trevor Martin (2011),

Bob Matthew (2013), Bob Mathews (2011), Reg Mc Coll (2010), Alan McGregor (2008), Fred McInerney (2015), Philip McKelliff (2012), Pete McKenzie (2011), Buzz Meakes (2020), Jake Meaney (2011), Gary Meinhardt (2011), Terry Monten (2011), Ian Moody (2014), Ron Moran (2017), Don Morgan OAM (Over 75), Richard Moyses (2014), Barry Naulty (2013), Ian Nicholls (2017), Gary Nicolescu (2020), Sam Nowak (2011), Jim Nurse (2010), Troy Oakes (2013), Dave O'Brien (2013), Peter Oliver (2014), Alex Oschmanns (2013), John Owen (2014), Frank Owen OAM (2013), Dick Pailthorpe (2011), Doug Pammenter (2012), Nick Papanikolaou (2020), Geoff Parker (2013), Trevor Parrott (2012), Roger Parsons (2014), David Pearce (2011), Lionel Penley (2015), Rex Perry (2011), Stuart Phillis (2010), John Prince (2014), John Raftery (2014), Chris Rajasingham (2013), Hank Ramm (2016), Mick Reeve (2013), Pete Reynolds (2015), Greg Robinson (2014), Bill Roch (2011), Greg Rosser (2011), Dennis Rowlands (2028), Ray Ryan (2017), Perry Sangster (2014), Brian Sayers (2009), Barra Schmidke (2013), Jack Separovic (2012), Glendon Shaw (2011), Dave Shelly (2009), Bob Silcock (2011), Craig Smith (2008), Chris Smith (2010), Victor Sobotnik (2011), Walter Soroka (2014), Max Sparrow (2012), Debbie Spicer (2009), Ian Starick (2014), Murray Stock (2012), Penny Stone (2012), Donald Sutherland (2013), James Szpunar (2012), Ian Taylor (2011), Paul Teague (2010), Howard Terry (2012), Noel Thomas (2011), Jim Thomas (2010), Robert Thompson (2012), Dick Tischer (2017), Ken Treloar (2014), Donald Tremethick (2013), Graham Tweeddale (2013), Keith Tyler (2012), Damien Van De Velde (2016), Mark Van Oostveen (2020), P Walker (2011), Mark Warde (2009), Eugene Wasilenia (2010), Bruce Watson (2015), Marcus Wauchope (2010), Bruce Waye (2010), Alan Webb (2010), Paul Weir (2011), Graham West OAM (2014), Richard Whippy (2012), Brett Wilkeson (2013), Craig Williams (2008), Warren Williams (2012), Alan Wilson (2008), John Wilson (2015), Betty Winstanley (2012), Pat Wright (2012), Brian Yelds (2017), John Zander (2012), Pete Zander (2017)

### **Associate Members**

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## **CHANGE OF ADDRESS**

Please inform the Secretary, CPL Bob Matthew, or a member of the Committee of Management of any change of postal address or email address. Please note the changes in the Committee – including contact detail changes.

### **Disclaimer**

*The thoughts and opinions expressed in the articles in this Newsletter are those held by the individual writers and contributors, and are not necessarily those of the President, the committee, the Association members, or the Editor. The spelling of names, groups and places are as given to the editor and the editor apologizes if they are in any way incorrect.*