

May you all
have a
**Merry
Christmas**

*and a Bright,
Safe and Prosperous
New Year.*



*From the President
and Committee
of your
Association.*



The Horse's Mouth

The Newsletter of the
**RAEME Association
of WA (Inc.)**

Summer 2001 - 02

This newsletter is the official journal of the **ROYAL AUSTRALIAN ELECTRICAL AND MECHANICAL ENGINEERS ASSOCIATION OF WA (INC.)**. Meetings are held on the first Thursday of each month, except for January, at 7.00pm, ANZAC House, 28 St. George's Terrace, Perth. Membership or other enquiries may be made to any of the committee members. A list is printed on Page 2 of this journal.

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DEADLINE

All contributions for the next edition of THE HORSE'S MOUTH must be with the editor no later than 22nd of February 2002.

DISCLAIMER

Thoughts expressed in articles in THE HORSE'S MOUTH are those held by the writer/contributors and not necessarily those of the Association.

From the President.

Sitting at my desk, pondering away and thinking back at the fabulous Corps dinner we enjoyed on the 1st December. This was the actual date of formation of the corps of the Royal Australian Electrical and Mechanical Engineers 59 years ago. I am sorry for the people that missed out, because it was even better than previous years. At one stage though we were in a panic, because of the slow returns that we thought of canceling the event. But at the last moment due to hard work of some members the returns started to roll in and we were on the way.

Quiet a few familiar faces were missing

this time, but this was due to temporary absence of some of our troops due to commitments elsewhere. I must admit that at times I am very disappointed at the membership attendance, but this could be blamed on the heavy involvement of our forces away from home. Even our own Chaplain has decided to join the Regular Army in Townsville, but has insisted to stay on the books, because he himself admitted to be a "Frustrated Spanner". Anyhow as this year has rolled on, even faster than normal I think, but we are looking forward to another good year, hoping of course that our membership will grow. This Committee is determined to keep the Corps of RAEME together no matter

Anne O'Donnell wrote this poem awhile ago and thought it appropriate for now and how she was feeling about what has happened in America.

Veils Of Wisdom
by Anne O'Donnell

**If gentle veils of wisdom could envelop all of time,
 eternity would never know of hunger, war and crime.
 And if I could fly high enough with loving veils of care,
 I'd softly drape them over earth and all the world would share.**

**There'd be food in abundance for all the world to feed,
 as the love we'd feel deep in our hearts would overcome all greed.
 And if I could fly high enough, with gossamer veils of peace,
 I'd gently drape them over earth and all the wars would cease.**

**There'd be no need for armies, soldiers all would leave their guns,
 For their hearts would fill with promise for their daughters and their sons.**

**And if I could fly high enough with veils of future times,
 I'd softly drape them over earth to show the world the crimes,
 That mankind has committed, what will it take for us, to learn
 that beauty, that's become extinct, never can return.**

**And if the veils of wisdom could encircle all mankind
 and reach into the hearts of all, I'm sure that we would find,
 They'd join with veils of loving, to give contentment deep within,
 and the heaven earth was meant to be could finally begin!!!**

Here is a final little poem that just about all of us can understand. It is tongue in cheek, but it is very true.

**Last night as I lay sleeping I died so it seemed.
 Then I went to heaven but only in my dreams;**

**Then St Peter met me there at the pearly gate,
 He said "I must check your personal record, please stand over there
 and wait";**

**He turned and said "your record is covered in flaws,
 On earth I see you laboured for every loosing cause";**

**"I see you drank alcohol and used smokes and drugs too,
 Fact is you've done everything a soldier should never do";**

**We can't have men like you up here, your life is full of sin,
 Then he read the last of my record, grasped me by the hand and said
 "Come In";**

**He took me up to the big boss and said "Take him in and treat him very
 well;**

He used to work in the ARMY, he's done his time in hell".

PRATT THE CHATTANOOGA TIMES
4-70-2001



We acknowledge those who have the presence of mind and the talent to produce these little gems for us.

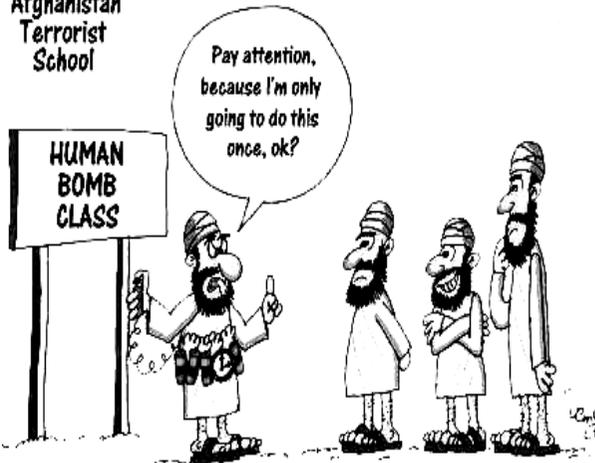
And then there was the El Quaida Terrorist who blew himself up.

Investigation showed that he had put insufficient postage on a letter bomb and it was returned. He forgot what it was and opened it!!!!

Here are three examples of the black humour that is being produced to try to lighten up the tragedy that is unfolding in Afghanistan. Those of us who have seen the unfortunate side of conflict wish everyone of our troops who have gone to Afghanistan well. We all hope that they will come home safe and sound. However, we must laugh at the antics of those the cartoons represent.

Afghanistan
Terrorist
School

HUMAN
BOMB
CLASS



When we think of the Afghans today, we see the unfortunate refugees and those fighting to free their country from an oppressive regime. The Afghans have had a very significant role to play in the birth of our Nation. Without them and the camels they bought to Australia, our country and outback would not have been opened up as soon as it had. Their descendants are just as Australian as the rest of us.

what.

Now that the WO's & SNCO's Association and the RAEME Vietnam Association have indicated to become part of us, we will become a stronger force. In closing, may my family and I wish all our RAEME families a very Merry Christmas and a Prosperous New Year and we hope to see more of your familiar faces in 2002.

John Klein
Arte Et Marte
(By Skill And By Fighting)

11 November 2001

This year, for the first time the Association was represented by a number of our members at the Armistice Day Remembrance Service at the War Memorial. Chris Thomas, our Vice President, represented the Association as a whole and Peter Humpston, REME member on the Committee, represented the Corps of REME and the Arborfield Old Boys Association.

Two wreaths were laid at the War Memorial our Representatives. The fresh flower wreaths were provide by the Bassendean Florist who did her very level best to have the wreaths in the Red - Yellow - and - Blue of both Corps. So well were they made that they stood out among all the others. Indeed, in the coloured photo on the front page of "The West" next morning, they showed up far better than many others.

To Peter and Chris and their band of "Merry Men", thanks for representing us and contributing to a very successful service at the War Memorial.

25,000th Playing Of The Last Post

A special anniversary event will be held for the 25,000th playing of the Last Post

at the Menin Gate Memorial in Ieper, Belgium on 31st October 2001.

A colour party contingent from Army will represent the Australian Defence Force at the ceremony.

The Duke of Edinburgh and Belgium's Crown Prince will be attending.

New Zealand, Canada and other Commonwealth countries will also be represented.

The Menin Gate Memorial bears the name of almost 6,200 Australians who died in Flanders with no known grave.

The Last Post at Menin Gate was first sounded on 1st July 1928 to commemorate the soldiers from Australia and other Commonwealth countries who fought and died in the Ypres Salient during World War I.

The Last Post has been sounded every night since, with the exception of the period of German occupation during World War II.

Annual Corps Dinner

Another RAEME Corps Dinner has passed and it was just as successful as the previous dinners. The RSL Club at ANZAC House is to be congratulated on the work that they did to produce the table settings and the meal.

From the very start of the night it seemed as though everybody was in a right friendly mood and mixed freely as if there was no "Old n' Bold" and youngsters in the club. A number of RAAF Armourers were still at the club when we started to arrive. Our Secretary (God Forbid) began his Service Career as a RAAF Armourer and some old acquaintanceships were renewed. He has been threatened with severe repercussions if he doesn't turn up at next years Armourer's Reunion.

Anyway, the raffles started early this

year with Tom Harris pitching in and really doing his bit. Denise and Mal McWhinnie took up the cuddle and became high-pressure raffle ticket sellers. Mal and Denise are to be thanked for their efforts. Denise incidentally has only been out of hospital for a couple of days and insisted on coming to the dinner. She wouldn't miss it for the world. Denise, your smiles certainly brightened up the evening. We all wish you a speedy recovery from your illness.

Raffles — Well what can I say!! Don Gunn and his company, Supreme Kitchens, starred again with the major raffle prize. This year they provided a beautiful hand made Coffee Table which drew a lot of ooo's and ahh's. I am sure that more than just a few bought extra tickets just to have a better chance at winning it. The end result was a good one for Lee Beaumont, who would probably be glad of the assistance from his son, Justin, to get it home. It was Justin's first visit to a formal dinner. We hope that he wasn't put off by what went on.

Along with the coffee table came very generous donations of a great selection of memorabilia from the companies that have a lot to do with RAEME and the services we provide. The Association must recognise the help that the companies gave us. Truck World gave us a really nice "Mack Jacket" which was won by the Association Secretary. (All he has to do now is get a bigger size!). Truck World also gave us a number of caps and other bitz n' pieces which helped to put our raffle on a "nearly everybody won a prize" level. We must also thank Skilled Engineering and Komatsu for coming to the party and providing a lot of prizes from their companies. All in all we had a very successful raffle which produced nearly \$350.00 for us to use in helping our members.

The Dinner was the poorer for not having the company of the SASR Workshop members this year. They are off doing their bit for the people of Australia. We wish them all well and a safe and speedy return. Even though they weren't here the dinner still managed 68 members at the function.

Of course, this year our frustrated Spanner and all round nice guy, the chaplain of the Association, Howard MacCallum, could not be here. He has an open letter to the troops elsewhere in this issue. Who then said Grace? Well! Our Dining President, John Klein, ensured that all were wearing steel helmets, because he reckoned that the roof would fall in when John Curtis took up the challenge. Howard, he might not have done as good as you, but he did it. When we checked the room on Monday morning there were only a few chips of plaster missing, so he couldn't have been that bad.



Supreme Kitchens

If you want a first class job done on any of your kitchen furniture, call Supreme Kitchens and be very pleasantly surprised at the cost.

Supreme Kitchens are situated at 2 Cullen Street Bayswater. Call Don Gunn on 9272 4422, and ask for a quote.

Don is a committee member of the Association.

They were all found dead in the wreckage with their pants around their ankles.

4. A 27-year-old French woman lost control of her car on a highway near Marseilles and crashed into a tree, seriously injuring her passenger and killing herself. As a common place road accident, this would not have qualified for a Darwin nomination, were it not for the fact that the driver's attention had been distracted by her Tamagotchi key ring, which had started urgently beeping for food as she drove along. In an attempt to press the correct buttons to save the Tamagotchi's life, the woman lost her own.

5. A 22-year-old Reston, VA man was found dead after he tried to use octopus straps to bungee jump off a 70-foot railroad trestle. Fairfax County police said Eric Barcia, a fast-food worker, taped a bunch of these straps together, wrapped an end around one foot, anchored the other end to the trestle at Lake Accotink Park, jumped and hit the pavement. Warren Carmichael, a police spokesman, said investigators think Barcia was alone because his car was found nearby. "The length of the cord that he had assembled was greater than the distance between the trestle and the ground", Carmichael said. Police say the apparent cause of death was "Major trauma".

6. A man in Alabama died from rattlesnake bites. It seems that he and a friend were playing a game of catch, using the rattlesnake as a ball. The friend, no doubt a future Darwin Awards candidate, was hospitalised.

7. Employees in a medium-sized warehouse in west Texas noticed the smell of a gas leak. Sensibly, management evacuated the building, extinguishing all potential sources of ignition; lights, power, etc. After the building had been evacuated, two

technicians from the Gas Company were dispatched. Upon entering the building, they found they had difficulty navigating in the dark. To their frustration, none of the lights worked (you can see what's coming, can't you?). Witnesses later described the sight of one of the technicians reaching into his pocket and retrieving an object that resembled cigarette lighter. Upon operation of the lighter-like object, the gas in the warehouse exploded, sending pieces of it up to three miles away. Nothing was found of the technicians, but the lighter was virtually untouched by the explosion. The technician suspected of causing the blast had never been thought of as 'bright' by his peers.

WARNING

Province of British Columbia Ministry of Fish and Wildlife :

Due to the rising frequency of human-bear encounters, the B.C. Fish and Wildlife Branch is advising hikers, hunters, fishermen, and any persons that use the out-of-doors in a recreational or work related function to take extra precautions while in the field. We advise the outdoors man to wear little noisy bells on clothing so as to give advanced warning to any bears that, might be close by so you don't take them by surprise. We also advise anyone using the out-of-doors to carry "Pepper spray" with him or her in case of an encounter with a bear.

Outdoors men should also be on the watch for fresh bear activity, and be able to tell the difference between black bear excrement and grizzly bear scats.

Black bear excreta is smaller and contains lots of berries and squirrel fur. Grizzly bear scats have bells in them, and they smell like pepper

Teamwork is essential - it gives the enemy someone else to shoot at.

Push to test... Release to detonate.

Those who beat their swords into plowshares will plow for those who don't.

There is no such thing as an atheist in a foxhole.

No combat ready unit has ever passed inspection.

Make it too tough for the enemy to get in and you can't get out.

Any ship can be a minesweeper... once.

Never tell the Platoon Sergeant you have nothing to do.

The more you sweat in peace, the less you bleed in war.

Don't draw fire, it irritates the people around you.

The enemy invariably attacks on one of two occasions:

1. When you're ready for them.
2. When you're not ready for them.

Combat will occur on the ground between two adjoining maps.

Friendly fire - isn't.

Sometimes I think war is God's way of teaching us geography. - Paul Rodriguez

The side with the simplest uniforms wins.

When you're short of everything but the enemy, you're in combat.

Mines are equal opportunity weapons.

We are not retreating, we are advancing in another direction.

If you find yourself in a fair fight you didn't plan your mission properly.

Instruction printed on US Rocket Launcher - "Aim towards Enemy."

2001 Darwin Awards Are Here!!

The latest Darwin Awards update... The Darwin Awards, for those not familiar, are for those individuals who contribute to the survival of the fittest by eliminating themselves from the gene pool before they have a chance to breed. Remember all the stories below are true!

1. A young Canadian man, searching for a way of getting drunk cheaply, because he had no money with which to buy alcohol, mixed gasoline with milk. Not surprisingly, this concoction made him ill, and he vomited into the fireplace in his house. This resulting explosion and fire burned his house down, killing both him and his sister.

2. A 34-year-old white male found dead in the basement of his home died of suffocation, according to police. He was approximately 6'2" tall and weighed 225 pounds. He was wearing a pleated skirt, white bra, black and white saddle shoes, and a woman's wig. It appeared that he was trying to create a schoolgirl's uniform look. He was also wearing a military gas mask that had the filter canister removed and a rubber hose attached in its place. The other end of the hose was connected to an end of a hollow wooden tube approx. 12" long and 3" in diameter. The tube's other end was inserted into his rear end for reasons unknown, and was the cause of his suffocation. Police found the task of explaining the circumstances of his death to his family very awkward.

3. Three Brazilian men were flying in a light aircraft at low altitude when another plane approached. It appears that they decided to moon the occupants of the other plane, but lost control of their own aircraft and crashed.

The general hubbub in the Gallipoli Room showed in reality that everyone was having a good time. The noise was interspersed with silence only at the partaking of the three courses. One of the very special announcements that the Dining President did make during the dinner was to congratulate John Wade, one of our REME members, on his Fiftieth Birthday (on the 30th of November). This meant singing Happy Birthday to John in the usual "out of tune" manner of RAEME Wackers who have had one or two to drink.

At 2100 hours we had the reciting of the ODE. Don Horsley stepped into the breach again and did his usual very best. He read the names of our departed during the minute's silence after the ODE. It is sad to report that we lost 18 of our Corps members in the past year. Most had reached their three score and ten. But there were one or two of the younger ones we remembered during the evening.

During the toasts, we like to have a lot when the Port is served, Peter Humpston, another of our REME members, did a great job of proposing the toast to absent members and colleagues. Unaccustomed as he is to Public Speaking, he did a very creditable job for the Association. His thoughts were also with his compatriots from other places and he wove them into his proposal, which made all EME like minded people seem like family.

When it came to the Head Table leaving, Mr. Vice (Chris Thomas) let the power of the President's Chair really issue forth. Roy Griffin and his lovely wife, Debra, were here this year. Last year they were too busy getting married to come to the Dinner. This was seen to be the most heinous crime committed in the past year and Roy very nearly didn't get a Defence representative. Because of the enormity of the crime, not many Barracks

Lawyers were game to have a go. Anyway, Roy was found Guilty and sentenced to THREE PORTS. Even if he had been innocent he still would have got three. Seriously, we wish Roy and Debra all the very best for the future, especially since Roy has now transferred to the ARA. We all sincerely hope that you both remember where your friends are and return here one day to again abide with us.

So, that's it for another year. Those who did not come for whatever reason, certainly missed out on a good night.

JC

Peacekeepers Remember

November 11th - Australian United Nations Peacekeepers throughout East Timor paused today to observe two minutes silence and pay their respects to fallen comrades.

Services were held in the capital Dili as well as Suai and Balibo, with small informal gatherings being held within the Australian area of operations around the border region.

A large percentage of the 1500 Australians serving in East Timor are from the 2nd Battalion, The Royal Australian Regiment (2RAR) based in Townsville.

The focus of 2RAR's commemorative service was at battalion headquarters in the 300-year-old Portuguese fort at Balibo.

The battalion's youngest soldier, 19-year-old Private Robert Inglesias, read the ode during the ceremony conducted by unit padre Chaplain Andrew McNeill.

2RAR began its six-month tour of duty last month and is due home in April next year.

BACKGROUND: CONTRIBUTING TO PEACE IN EAST TIMOR

More than 1500 Australian Defence Force personnel are serving in East Timor as part of the Peacekeeping Forces (PKF) of the United Nations Transitional Administration East Timor (UNTAET). Their role is to maintain peace and security, ensuring a stable environment so that the citizens of East Timor can rebuild their country. The Second Battalion Group is the largest individual component of Australia's contribution to operations. The group has just over 1000 personnel. The group contains elements from various Army units from across Australia. At the core of the group are four infantry companies from the Townsville-based 2nd Battalion, The Royal Australian Regiment. The group also contains reconnaissance, support and administrative elements. Backing up the effort are logistical support elements, including transport, supply, maintenance, medical and dental.

Raffle Prizes At The Dinner

The Association owes a great debt to Supreme Kitchens, Truck World, Wannaroo Mitsubishi and Skilled Engineering for their generosity in providing the prizes for the Raffles held at the Corps Birthday Dinner on the 1st of December. The many and varied prizes gave the raffles a sense of fun and variety. Some people won more than one prize. Good luck to them. But we all had fun at the draws. There was a roar of approval for the wins and the usual heckling.

To those companies who were so generous — THANK YOU for you help. We feel that the you have done all of us a great service.

Email Database

The RAEME Association is in the throes of putting an email database together so that we can get information out to as many of the members of the Association as we can. One thing it will save is the cost of mailing out information. Or! At the very least minimise the cost of a mail out. We have nearly 300 members now and, as you can appreciate, 300 times a 45c stamp works out to a tidy sum of money.

So if you have an email address, please let the Secretary know by email to

curtisj@bigpond.com

and help the Association. It won't take you long, about 30 seconds while you are surfing the net. The money saved can be of immeasurable benefit to all the members.

Bushmaster Project

The Minister for Defence met on the 25th of September with the Mayor of the City of Greater Bendigo Cr. Barry Ackerman, and Mr Maurie Sharkey to discuss issues related to ADI operations in Bendigo.

The Government has a strong desire to see a mutually beneficial outcome from the negotiations between Defence and ADI on the future of the Bushmaster project. Bushmaster is a wheeled infantry mobility vehicle to facilitate Army operations where forces need to cover large areas.

Recent operational experience in East Timor and the roles for Army set out in the White Paper, Defence 2000: Our Future Defence Force, all reinforced the

information, you can call Don Horsley on 9306 2946. You can also deliver any information to Don and he will pass it one. Alternatively you can call Sid on (02) 9871 2221 or send information directly to:

**Sid Cheesman
39 Alamein Avenue
Carlingford
NSW 2118**

173 Airborne Div Reunion

A reunion is being planned for 2005 for all members who served with the 173 Airborne Div in Vietnam 1965-66. **This includes all members of 1RAR, 1ALSC and a troop of 4/19 Prince of Wales Light Horse.** Any interested person can contact **Don Horsley on (08) 9306 2946** for further information and registration of interest.

Life According to Perry

Here is the latest offering from our own home spun Philosopher Perry.

Military Intelligence

When the pin is pulled, Mr. Grenade is not our friend.

You don't win a war by dying for your country. You win a war by making the other son-of-a-bitch die for his.
- General Patton

If it's stupid but works, it isn't stupid.

Cluster bombing from B-52s is very, very accurate — the bombs always hit the ground.

If the enemy is in range, so are you.

The difficult we do immediately. The impossible takes a little while longer.
- U.S. Navy Seabees

It is generally inadvisable to eject directly over the area you just bombed.

Whoever said the pen is mightier than the sword obviously never encountered automatic weapons.

When in doubt empty the magazine.

If God had meant for us to be in the Navy, we would have been born with gray, baggy skin.

Try to look unimportant, they may be low on ammo.

"You, you, and you: Panic. The rest of you, come with me."

Odd objects attract fire — never lurk

behind one.

Incoming fire has the right of way.

Don't look conspicuous: it draws fire.

Tracers work both ways.

Five second fuses only last three seconds.

A slipping gear could let your M203 grenade launcher fire when you least expect it. That would make you quite unpopular in what's left of your unit.

The Army's magazine of preventive maintenance.

Who cares if a laser guided 500 lb bomb is accurate to within 9 feet?

The easy way is always mined.

Don't ever be the first, don't ever be the last, and don't ever volunteer to do anything.

Never share a fox hole with anyone braver than you.

Bravery is being the only one who knows you're afraid.

If your attack is going well, you have walked into an ambush.

Never trust a private with a loaded weapon, or an officer with a map.

If you can't remember, the Claymore is pointed towards you.

CENTRAL: How much time on the system clock?

NUMBER ONE: Ten seconds to consciousness, sir. We've lost smile control in the lower facial and we're developing a frown.

CENTRAL: Brace yourself, Number One. I'm afraid we've had it.

NUMBER ONE: Sir! Fingers has located target. Repeat, Fingers is on target!

CENTRAL: Fire!

NUMBER ONE: Hit! Sir, direct hit!

CENTRAL: Ears!

NUMBER ONE: It's gone, Captain! Ears reports the music is gone!

CENTRAL: We've done it!

SYSTEM: Consciousness cancelled.

NUMBER ONE: Sir, all systems are ready for sleep mode. Repeat, sleep mode now ready.

CENTRAL: Trigger sleep mode NOW.

NUMBER ONE: Sleep mode triggered, aye aye, sir.

CENTRAL: Shut Eyes.

NUMBER ONE: Eyes off, sir. Frown relaxed, smile restored.

CENTRAL: By golly, that was a close one.

NUMBER ONE: Yessir. Sir, Dream Team requests selection. Libido asking for something naked, sir.

CENTRAL: Request denied. Let's roll the one where we show up for church wearing only our underwear, I like that one.

NUMBER ONE: Roger that, sir. Dream selection completed and tape is rolling, sir.

CENTRAL: Good work, Number One. You take the helm.

NUMBER ONE: Aye aye, sir.

Hey! You Appies Out There!

Sid Cheeseman is writing a book about the whole period of the Army Apprenticeship Scheme. The book includes both Balcombe and Bonegilla Army Apprentice Schools. The Balcombe Period has been finished. However Sid is looking for information and photographs of Bonegilla.

If you are interested in helping Sid, you can write your experiences and/or lend him some of your photos. Sid will have them copied and returned as soon as possible. If you want to get any further

Can We Help You

The RAEME Association is concerned about the welfare of RAEME members in Western Australia, Particularly if they have a disability or getting a bit on the elderly side. We would like to set up a practical help and support group who can provide a voluntary service such as gardening, home help, transport, or assistance with shopping, etc.

So, if you are fit and healthy and are willing to give a little of your time to help other members of the Corps, contact the Secretary and let him know. We will maintain a database of helpers and expertise.

If you need assistance because of age or infirmity, let us know. We will be only too glad to make sure that you have the help you need. And the best part of it is that it is all part of the service.

priority for the capability the Government sought from this project.

Bendigo has a good future and the Federal Government is committed to working with ADI to deal with the design issues that have delayed progress on this important project. It is also working with the community to this end. The delegation has made an important contribution to enhancing the Government's appreciation of the level of local support for ADI's presence.

Defence Site Expanded

The Australian Defence Force's newest site is open 24 hours a day seven days a week and is sure to see plenty of activity.

You can tour it anytime, with the click of a mouse.

Defence Force Recruiting Organisation (DFRO) has just unveiled the revamped Recruiting website, which offers a greater insight into life in today's Navy, Army or Air Force. You can discover benefits such as how to be paid while studying for a university degree, exciting travel opportunities, the huge range of job options in the Army, what an Air Force fighter jet controller is paid and even what's on the lunch menu on a Navy warship.

"The expanded web site has been developed over the last six months and is based on extensive research. It's designed to answer the questions most young people ask," DFRO Director, Colonel Mark Bornholt said.

"There's been a strong improvement in recruiting this year, through the "lifestyle" campaign we're running. The web site information emphasises recruits not only get a satisfying job, but also shows how they can enjoy their time off," Colonel Bornholt said.

The site, at www.defencejobs.gov.au provides the latest job information, details of pay and conditions, prerequisites for Defence careers, and other benefits of a job in the military.

Computer users can look behind the scenes at a Defence base, and view the high standard of job training, equipment, accommodation, food and leisure facilities. Men and women already in the job tell their experiences in the latest ADF Recruiting television commercials.

The web site will be further upgraded next year with videos on specific jobs included.

Anyone interested in a Defence career should log on to www.defencejobs.gov.au or call 13 19 01.

Booklet Helps Families Make Health Decisions

ADF members and their families will have greater knowledge and control of their own health care following the launch today of a major health initiative by the Head of Defence Personnel Executive, Major General Simon Willis.

The user-friendly booklet will be distributed to 95,000 Defence personnel including full time uniformed ADF members, active Reserves and Defence civilians.

The booklet is written in an easy to understand manner and provides the basics for self-management of common conditions including burns, skin infections, sinusitis, sunburn and vomiting.

The booklet answers the question "what should I do?" for a range of illnesses and symptoms, and provides guidance on the best course of action to take.

"Frequent moves for ADF families mean they often have to change their family

doctor," Major General Willis said.

"This booklet will help them manage their relative health care isolation, becoming more informed about their own health care and improving their partnership with their doctor."

"To make the most effective use of our health care system, individuals need to make wise choices about their health care before they reach their doctor.

"These choices can include recognising when symptoms are more serious, knowing what you can do, knowing when it is important to consult the doctor and how quickly and whether simple remedies will be effective.

"These actions are all part of self care and the "What Should I do?" booklet describes in a common sense, readable manner the basics of self care."

The "What Should I do?" booklet was developed in the Netherlands where five million copies were distributed and evaluated and a further three million copies were distributed in the UK.

Surveys of the use and effectiveness of the booklet in the Netherlands show benefits including good retention of the information by patients (95 per cent), a reduction in unnecessary GP visits (21 per cent) and a significant number of patients following the advice in the booklet (51 per cent).

Before its release to ADF personnel and their families, Australian health experts ensured that the terminology used is relevant for Australians evaluated the booklet. They also confirmed that the medications are common Australian medications; the emergency numbers all relate to Australian emergency services; and that the information is consistent with existing Australian guidelines and protocols.

Twice Yearly Indexation of Military Superannuation Pensions

The Federal Government will introduce twice yearly indexation for military superannuation pensions commencing on 1 January 2002, the Minister Assisting the Minister for Defence, Bruce Scott, announced today.

"Pensions paid under the Defence Force Retirement Benefits (DFRB) scheme, the Defence Force Retirement and Death Benefits (DFRDB) scheme and the Military Superannuation and Benefits Scheme (MSBS) will be included in this process," Mr. Scott said.

"This change will bring indexation arrangements for military superannuation pensions into line with the revised indexation arrangements for Commonwealth public service pensions announced in the 2001 Federal Budget.

"This decision was made following advice from Major General Barry Nunn, Head of the External Review into Remuneration Arrangements for the Australian Defence Force (ADF).

"Indexation arrangements for military superannuation pensions will now be consistent with those applying to Commonwealth Superannuation Scheme (CSS) and Public Sector Superannuation (PSS) scheme pensions.

"The Government has moved quickly to implement twice yearly indexation."

Legislation will be introduced into the Federal Parliament shortly to ensure this change to indexation arrangements is introduced concurrently with the changes to public service pensions.

"This swift implementation will ensure the necessary legislative changes can be made in time to allow for the 01

Do you know what's going to happen if we go conscious now, this early?

NUMBER ONE: Work, sir?

CENTRAL: That's right, Number One. It'll be work, all right. I don't... I don't know if I can live through that hell again.

SYSTEM: Fifty seconds to consciousness.

NUMBER ONE: Sir? Do you have orders?

CENTRAL: Hmmmm?

NUMBER ONE: Orders, sir. Do you have orders for us?

CENTRAL: Orders? Orders, Number One? Damn right there are orders! Let's get ourselves moving.

NUMBER ONE: Aye aye, sir!

SYSTEM: Forty seconds to consciousness.

CENTRAL: Shut that damn thing off, I'm trying to think. Get our remote stations on line. I want a Search and Acquire on anything that feels like a snooze button. Tell them to MOVE. Bladder!

BLADDER: Yes sir?

CENTRAL: How are you holding?

BLADDER: All systems are flush and ready, sir. We can go another three hours, easy.

CENTRAL: Very well, Bladder. Number One, get me Nose on the horn.

NOSE: Sir, Nose reporting, sir!

CENTRAL: Good to hear from you, Nose. How are you doing up there?

NOSE: Sir, ah, we registered cat breath about twenty minutes ago, but it was pretty faint and I didn't think...

CENTRAL: Steady on, nose.

You were right not to trigger an alert.

NOSE: Thank you, sir.

CENTRAL: Nose, I'm afraid I have bad news for you, son. We took a burrito last night.

NOSE: Oh no, sir, not again!

CENTRAL: I said steady! You're going to have to hold on, you hear me? Hold on, and it will pass. I don't want ANYTHING getting through to Consciousness.

NOSE: Yes sir. I'll try, sir.

CENTRAL: That's the spirit. Stomach!

STOMACH: Sir?

CENTRAL: How are you doing down there?

STOMACH: We've been breached, Captain. The whole alimentary is in flames. I'm trying to keep it contained, but I can't promise anything.

CENTRAL: Damn!

NUMBER ONE: Sir, Libido Station reports it is ready for battle!

CENTRAL: Tell Libido to calm down, I'll call him when I need him. Any report from our search party?

NUMBER ONE: Sir, Fingers report they located and toppled a glass of water, a pair of glasses, and a box of Kleenex. No luck on the snooze, sir.

CENTRAL: Number One, I don't mind telling you, if we don't get this under control we're going to lose her.

NUMBER ONE: Yes sir. Sir, Libido requests positive verification that the woman sleeping next to us is not Anna Kournikova.

CENTRAL: For crying out loud.

NUMBER ONE: Sir, Ears reports the song is over. It's going to commercial, sir.

Why it is difficult for men to get up in the mornings

BRAIN - SYSTEM: Attention. Alert registered.

CENTRAL: Alert? Number One, report!

NUMBER ONE: Sir! We're picking up loud music.

CENTRAL: Music? We were just asleep!

NUMBER ONE: Yes sir. Ears report it's "The Last Train to Clarksville."

CENTRAL: Good lord, are we being tortured?

NUMBER ONE: Sir, Eyes are functional and request instruction.

CENTRAL: Tell them to open up and try to find out what is going on.

NUMBER ONE: Scope! Okay, I see darkness... darkness... Wait, there's a woman sleeping there.

CENTRAL: A woman?

NUMBER ONE: Sir, Libido Station wants to know if it is Anna Kournikova.

CENTRAL: Forget about Libido. What can you tell me?

NUMBER ONE: Sir, Memory reports a near perfect match to "wife," sir.

CENTRAL: Well of course. Keep looking.

NUMBER ONE: Sir, urgent report from Stomach on the horn, do you want to take it?

CENTRAL: Stomach, what's going on?

STOMACH: Sir, we've taken a hit, it... it looks bad, sir.

CENTRAL: Get hold of yourself, man!

STOMACH: Yessir. It looks like a burrito, sir. It exploded at about 1900 hours and we've been out of action ever since. I don't... I don't know if she can take much more, Captain.

CENTRAL: Stomach! Now you listen to me, son. We're all counting on you up here. Don't give up now. Remember the chili of '94? We made it through that, we can make it through anything.

STOMACH: Yessir. You can count on me, sir.

CENTRAL: Good man.

NUMBER ONE: Sir, I've got a visual on the clock!

CENTRAL: Tell me, Number One.

NUMBER ONE: Oh my God, sir. It's horrible.

CENTRAL: Dammit sailor, get a grip on yourself!

NUMBER ONE: It's... It's six thirty, sir. In the morning.

CENTRAL: In the morning? Not again. I thought... I thought that we'd had the worst of it yesterday.

SYSTEM: Sixty seconds to consciousness.

CENTRAL: This is madness.

January 2002 implementation," said Mr. Scott

Currently DFRB, DFRDB and MSBS pensions are adjusted in July each year to reflect any increase in the Consumer Price Index (CPI) that has occurred during the preceding 12 month period ending in the March quarter of that year. Under the current indexation change, all military pensions were increased by six per cent from 1 July 2001.

"Under twice yearly indexation arrangements pensions will be adjusted on 1 January and 1 July each year, reflecting any increase in the CPI for the six months ending in the September quarter and March quarter.

"I am confident the more than 55,000 recipients of military superannuation pensions will welcome today's indexation arrangements announcement," Mr. Scott said.

Coalition Against Terrorism Troops Get Postage-Free Mail

Australian Defence Force (ADF) servicemen and women who deploy as part of Australia's commitment to the coalition against terrorism will benefit from postage-free mail services to and from Australia, the Minister Assisting the Minister for Defence, Danna Vale, announced today.

Mrs Vale said for more than 100 years personal mail from friends and loved ones and messages of support from the public at large have contributed greatly to the morale of deployed Australian troops, wherever they have served.

"Postage-free mail will be available to servicemen and women, as well as their families and friends, to send and receive free mail and packages weighing up to one kilogram, both into and out of the area of operation," Mrs Vale said.

"The weight limit will be increased to two kilograms until January 1, 2002, to cover the Christmas period.

"Unlike the situation in East Timor, where our ADF people had limited opportunities to purchase even the most basic of items, personnel deployed as part of the coalition are expected to have access to a variety of goods through both commercial markets and coalition military providers.

"This will minimise the need for family and friends to send heavy packages through the post, and thus the same postal services provided during the East Timor operation will not be required."

Mrs Vale said packages that exceed the one kilogram limit (outside the Christmas period) will incur a postage cost to the sender at the regular Australia Post domestic rate.

"In addition to postage-free mail, Defence has established a 24 hour e-mail and free-call fax service, to allow Australians to send messages of support to our deployed servicemen and women."

Vale Calls On National Servicemen to Apply for Medal

National service who served between 1951 and 1972 can now apply for a medal marking the 50th Anniversary of the introduction of universal conscription in Australia, the Minister Assisting the Minister for Defence, Danna Vale, announced today.

Mrs. Vale outlined the medal application process following advice from Government House that Her Majesty Queen Elizabeth II had granted Royal Assent for the Anniversary of National Service 1951-1972 Medal (ANSM).

"More than 300,000 former national servicemen are expected to apply of the ANSM and to help fast-track the

Don't Forget

The HORSE'S MOUTH welcomes any correspondence, letters to the Editor, moans or groans. If you have a point of view, let us know. You can send contributions to the Editor at the address on page 2. Remember that you are responsible for what you write. The journal has a disclaimer, also on page 2. So let's have the articles and points of view that are just busting to get out.

process the Department of Defence has specially designed an application form," Mrs. Vale said

"The application, in the form of a purpose-designed statutory declaration, requires basic information relating to the national serviceman's service. It will be available through the electorate offices of all Senators and Federal Members of Parliament, and State Branches of the National Serviceman's Association and the Returned and Services League of Australia. It can also be obtained via the Internet at www.defence.gov.au/dpe/dpe_site/honours_awards/

Eligibility for the medal will be dependent upon individuals having completed their national service obligation under either scheme.

Mrs. Vale said national servicemen or Nasho's as they became known, were conscripted from all works of life in to military service during the 50's, 60's and 70's and the ANSM will recognise their contribution to the nation.

"The ANSM obverse features a distinctive emblem representing the Navy, Army and Air Force, below the Federation Star. It is surrounded by the words Anniversary of National Service 1951-1972.

"The medal's reverse features a central device of radial lines overlaid with the stars of the Southern Cross. Surrounding the device is a cog, symbolising the spirit of cooperation between the Australian Defence Force and the Australian community.

"The medal ribbon colours are drawn from white, green and light blue representing the then colours of the Navy, Army and Air Force, while the central yellow and dark blue colours represent Australia's national colours of the time, with the outer ochre stripes representing the soil of Australia."

The Anniversary of National Service 1951-1972 Medal will be worn

immediately after long service awards with the Australian Order of Wearing.

Mrs. Vale said applications for the ANSM would be processed in receipted order and she hoped that a great many national servicemen would be able to wear their medal with pride on ANZAC Day 2002.

MEDIA BACKGROUNDER - NATIONAL SERVICEMEN

Between 1951 - 1959 more than 227,000 young Australians undertook a period of full-time and part-time service under the national service scheme.

From January 1965 through until December 1972, a further 63,000 national servicemen gave between 18 months and two years of full-time service. In addition more than 30,000 Australians elected to complete their national service obligation as members of the Citizens Military Force under the 1965-1972 national service scheme.

National servicemen saw service during the mid 1960's in Malaysia and Borneo during the Indonesian Confrontation, and some 17,400 served with distinction in South Vietnam.

During the 21-year period that covered the two post-year National Service schemes, 187 national servicemen paid the ultimate sacrifice, with some 1,500 wounded during their service.

Letter from our Chaplain

All Saints' Chapel
Lavarack Barracks
MIL P O
Townsville Q 4813
27 November 2001

Dear John

This is short note to tell you what I have been up this year.

Late last year there was the possibility of doing some Full Time Service in Townsville with the Ready Deployment

unknown in an obscure poorhouse.

But we remember Henri today because he was the first recipient of the Nobel Peace Prize (in 1901). We also remember him because of the movement he founded — the Red Cross.

Act One of Henri Dunant's life closed June 24, 1859. Act Two opened immediately and played the remainder of his 81 years.

Someone Wise Once Said...

Before you criticize someone, you should walk a mile in that person's shoes. That way, when you criticize him, you're a mile away, and you have his shoes.

Do not walk behind me, for I may not lead. Do not walk ahead of me, for I may not follow. Do not walk beside me, either. Just get the hell away from me!

It's always darkest before dawn. So, if you're going to steal the neighbour's newspaper, that's the time to do it.

No one is listening until you make a mistake.

Always remember you're unique-just like everyone else.

Never test the depth of the water with both feet.

It may be that your sole purpose in life is simply to serve as a warning to others.

It is far more impressive when others discover your good qualities without your help.

If you think nobody cares if you're alive, try missing a couple of car payments.

If you tell the truth, you don't have to remember anything.

If you lend someone \$20, and never see that person again, it was probably worth it.

Remember, when someone annoys

you, it takes 42 muscles in your face to frown, BUT, it only takes four muscles to extend your arm and smack the jerk upside his head.

The things that come to those who wait are what's left behind by those who got there first.

Never underestimate the power of stupid people in large groups.

Some days you are the bug; some days you are the windshield.

If at first you don't succeed, skydiving is not for you.

Never ask a barber if he thinks you need a haircut.

Good judgment comes from bad experience, and a lot of that comes from bad judgment.

The quickest way to double your money is to fold it in half and put it back in your pocket.

A closed mouth gathers no foot.

Duct tape is like the force. It has a light side and a dark side, and it holds the universe together.

I didn't say it was your fault. I said I was going to blame you.

Eagles may soar, but weasels don't get sucked into jet engines.

Never miss a good chance to shut up.

Diplomacy is the art of saying "good doggie" while looking for a bigger stick.

Experience is something you don't get until just after you need it.

Did You Know?

When the ANZAC Mounted Division Workshop took the opportunity to repair and overhaul their equipment at Jerusalem in the summer of 1918 they used 700 wheels and repairs were carried out to 120 wagons.

seven volumes which encapsulate the place of Defence as an integral element of Australia's development in the century since Federation. The volumes in the series are:

- * Volume 1: The Australian Army by Professor Jeffrey Grey
- * Volume 2: The Royal Australian Air Force by Dr Alan Stephens
- * Volume 3: The Royal Australian Navy by Dr David Stevens
- * Volume 4: Making the Australian Defence Force by Dr David Horner
- * Volume 5: The Department of Defence by Professor Eric Andrews
- * Volume 6: Australian Defence: Sources and Statistics by Professor Joan Beaumont
- * Volume 7: An Atlas of Australian Wars by Lieutenant General (Retd) H.J. Coates

Kiwi Speak

Have you spent years trying and failing to understand what New Zealanders are saying? Just by following these easy steps and you too can hold a conversation with a New Zealander.

What you hear and what it really means:

BETTING: "Betting Gloves" are worn by betsmen in cricket.

BRIST: Part of the human anatomy between the "nick" and the "billy."

BUGGER: As in "mine is bugger than yours".

CHULLY BUN: Also known as an Esky

DIMMER KRETZ: Those who believe in democracy.

ERROR BUCK: Language spoken in countries like "Surria", E-Jupp" and "Libernon".

EKKA DYMOCKS: University staff

GUESS: Flammable vapour used in stoves.

SENDLES: Thongs, open shoes

COLOUR: Terminator, murderer.

CUSS: Kiss

DUCK HID: Term of abuse directed mainly at males.

PHAR LAP: NZ's famous horse that was actually christened "PHILLIP".

ERROR ROUTE : As in "Arnotts mulk error route baskets".

FITTER CHENEY: A type of long flat pasta not to be confused with "rigger tony".

Act Two

The date is June 24, 1859. Suddenly, there he is, atop a hill overlooking the plain of Solferino. Napoleon's troops prepare for battle with the Austrians below, and Henri Dunant has a box-seat view from his place on the hill.

Trumpets blare, muskets crack and cannons boom. The two armies crash into each other, as Henri looks on, transfixed. He sees the dust rising. He hears the screams of the injured. He watches bleeding; maimed men take their last breaths as he stares in horror at the scene below.

Henri doesn't mean to be there. He is only on a business trip — to speak to Napoleon III about a financial transaction between the Swiss and the French. But he arrived late and now finds himself in a position to witness first-hand the atrocities of war.

What Henri sees from his hill, however, pales in comparison with what he is soon to witness. Entering a small town shortly after the fierce encounter, Henri now observes the battle's refugees. Every building is filled with the mangled, the injured, and the dead. Henri, aching with pity, decides to stay in the village three more days to comfort the young soldiers.

He realizes that his life will never be the same again. Driven by a powerful passion to abolish war, Henri Dunant will eventually lose his successful banking career and all his worldly possessions only to die as a virtual

Force. The plan all came together around Anzac Day. Friday 27 April saw me starting my journey for far north Queensland. I had a stopover in Sydney where I was able to spend a couple of days with Judy on her home from a conference in the U S of A. The following Monday I was inbound for Townsville to begin three months full time service. My first month was spent as a kind of locum attached as a supernumerary to 3 Brigade.

On 01 June 2001 I was posted to 10 Force Support Battalion. As can be imagined the people in the unit come largely from logistics corps. The unit is spread over tow locations – Ross Island Barracks where HQ, Operations and the Water Terminal & Transport Squadron live. Force Supply Coy and Support Coy live at Lavarack Barracks with the rest of the Ready Deployment Force. Operation Tandem Thrust was still on so I had some time at Shoalwater Bay seeing how 10FSB worked on the ground. Elements of 1 Brigade were still up with Chap David Jackson from 1 CSSB.

One of my main objectives was to provide pastoral support to families who had members serving in East Timor so my time of service was quickly extended into December 2001. In September I took the bold step to transfer to the ARA. Hopefully I will receive a new posting order before mid December.

Many of the unit members have done 2 and 3 rotations through Timor with some having done 4. The nature of the unit means squadron size forces are used to provide our particular expertise in a variety of circumstances. 10FSB personnel were seen on LCM8s bringing boat people ashore at Christmas Island and Nauru. The deployments are anything from 3 to 6 months and when you have done that 3 or 4 times families start to grow tired

of it with only the extra money making it worth the pain.

I expect to be with 10 FSB till the end of 2002 and have indicated my willingness for another posting on the eastern seaboard especially if Judy can join me while she does some research. Then an exit posting in Perth will see me return to the West where the family has put down roots.

In the meantime I hope to continue as your Honorary Chaplain. Unfortunately I will not be able to attend your Corps Birthday Dinner but my best wishes go at to you all at this time especially as we move into the festivities of Christmas and the New Year. I am looking forward to spending two weeks with the family over Christmas and the New Year.

Cheers

Padre Howard MacCallum (the abbot).

RAEME Association - Tasmania

Dear John,
This is the history of the Tasmanian RAEME Association Branch that you may wish to publish in your branch Newsletter. Please feel free to alter or change it in any way you wish.

The Tasmanian AEME Association was formed in 1945. After granting of the added to the local Association. But the Government rejected this claiming the Association was too small in size and the matter rested for 40 years. When the change in the national title of AEME Association was made in 1975, Tasmania retained its original name.

Lieutenant Colonel P. R. Tremain, Commandant (3/6th Military Districts) asked why the old name was still being used. The reason was explained to him. Brigadier C. Ermett (DGEME) approved the "Royal" to be added to

the AEME Association of Tasmania. A new constitution was adopted under the new title RAEME Association of Tasmania on April 14th 1989. Not all agreed to the name change, but the majority supported it.

Today we have 19 members, the majority being originals, the elder being 98 years old. There are only 3 members under the age of eighty.

Monthly meetings are held at the Lenah Valley RSL every second Friday of the month at 2.30pm (excepting January). The average attendance is 10 members. ANZAC Day and the RAEME Birthday celebrations are held each year.

I must congratulate my members for their loyalty to the Association as several of them have real health problems. But they come up smiling each time as one can expect from RAEME Personnel.

On behalf of the members we thank you for the issue of the Horse's Mouth, as we do not have a newsletter. We cannot return the compliment. It is excellent receiving news of other RAEME Associations.

If any of your members visit our small island please feel free to call upon us.

On behalf of all the Tasmanian members we wish all your members good health and luck.

I remain yours in RAEME Friendship,
George Hutchinson

PS. Most of this history was taken from the book "Craftsmen of the Australian Army". My son Peter (Ex-Apprentice) spent 29 years in RAEME and is now working as a civilian in his previous Army position.

Members Helping Members

A very special thank you must go to our member Colin Gibson for stepping into the breach and helping the

Association with the aftermath of a very successful dinner. As usual, the centre table runners (all made from satin) became very much the victim of the dripping candles. It happens at every dinner.

Colin shares the (dare I say) blame when it comes to the Highgate DryCleaners. He has very generously volunteered the services of his firm to make our table runners look like new again. As said before, "Thanks heaps, Colin, you have done the Association a great service."

We should rally around each other, just as Colin has done for our Association. Many of us can remember Highgate DryCleaners of many years ago. They had a great reputation then for good service and they still have it.

If you want a good job done, see Colin at Highgate Dry Cleaners.

New Accommodation Deals

Gold and White Card holders are among those to benefit from improvements to two existing discount Defence accommodation programs. The Minister for Veterans' Affairs and Minister Assisting the Minister for Defence, Bruce Scott, said the Defence Force Leave Plan (DFLP), and the Defence Force Accommodation Program (DFAP) were now available to all ADF members including Reservists; Defence civilians and contractors; Veterans' Affairs White and Gold Card holders; and retired ADF superannuants.

"Under the programs, discount accommodation is available at all Bass Hotels and Resorts and Flag Choice Hotels properties within Australia and overseas," Mr Scott said.

"As well, cards and fees under the old schemes have been abolished and members now need only show suitable

Captain Sofield was one of six Reservists to receive the award from a field of 15 national finalists.

For his military attachment, he plans to attend the US Army Field Artillery School at Fort Sill, Oklahoma, to learn about large-scale artillery tactics, while his civilian attachment will be spent at an FBI negotiator course.

A Detective Senior Constable in the Major Crime Division of the WA Police Service, Captain Sofield will train officers at the Major Incident Group in the basic negotiator skills he has learnt in the US.

The awards are an initiative of the Defence Reserve Support Council and the Citizens in Support of Reserve Forces Trust; and are sponsored by Qantas, DEFCOM and the RSL.

Sources And Statistics Invaluable For Military History Buffs

Until now very few Australians would have been aware that 15,403 Australian soldiers were casualties of the influenza pandemic that hit the European battlefields in 1916-17, or 1,845,000,000 rounds of small arms ammunition were produced in Australia in the period 1940-45, the Minister Assisting the Minister for Defence, Bruce Scott, said today.

Mr Scott revealed these little known facts and statistics at Melbourne's historic Victoria Barracks as he launched the sixth volume entitled Australian Defence: Sources and Statistics in the seven-part Centenary History of Defence series.

"Australian Defence: Sources and Statistics, compiled by Professor Joan Beaumont of Deakin University is one of a series of works by noted Australian military historians and chronicles the contribution of defence matters to the

nation's first hundred years", said Mr Scott.

"Professor Beaumont's volume not only contains a wealth of statistical data on a century of Australian Defence Force participation in war and peace, but also guides readers to the sources of further research in a wide range of Defence related areas.

"Sources and Statistics is the sort of publication that any serious student of Australia's military history would want to have as an essential inclusion in their library.

"Although it could easily be picked up and read from cover to cover, it is more likely that readers would treat this book as something to be selectively sampled in small portions and frequently revisited.

"The series, although not an official history, is a collaboration between the Department of Defence and the University of New South Wales' University College at the Australian Defence Force Academy".

"Professor Beaumont and those who contributed to the writing of this volume are to be congratulated for their work", he said.

Brief - The Australian Centenary History of Defence Project

The idea for an Australian Centenary History of Defence originated in the early 1990s with a group of academics at University College, the University of New South Wales' subsidiary that delivers tertiary education to Defence people at the Australian Defence Force Academy. They were able to sell the idea to the Department of Defence which has provided funding assistance and access to Departmental sources. Oxford University Press was selected to publish the work.

The Australian Centenary History of Defence is an academic work rather than an official history. It consists of

crispbreads at every meal.

Diet should be low in

1. Fatty foods - fats delay digestion when digestion is already compromised by the stress reaction.
2. Caffeine - which acts as a stimulant and may aggravate anxiety, nervous tension and sleeplessness.
3. Sugary foods and refined starches - which are low in B vitamins but which need these vitamins to be adequately processed by the body.
4. Alcohol which also uses up B vitamins, especially Thiamine (vitamin B 1).

Home Care Help

A new service offered by the Department of Veteran's Affairs has just been brought to our notice. Veteran's who are becoming a bit aged and veterans who may be disabled and need some assistance with Home Care can now seek assistance from the Department.

The Department of Veteran's Affairs will make arrangements for the people do carry out any work you require. Those having difficulty in making payments will be charged a minimal amount for the service.

If you wish to find out more about this scheme, call upon your Association Welfare or Pension Officers.

Home Support Loans

Defence Service Homes have a new scheme whereby persons who have had a Defence Service Homes Loan can borrow extra money to help with their housing. This loan is called the

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Home Support Loan. The rate of interest is comparable to the current rates applied to DSH Loans. It is available to:

- Assist with the cost of modifications and repairs to your home;
- Assist with the cost of maintenance to your home;
- Assist with the purchase of Granny Flat accommodation on another person's property; and
- Assist with the cost of any other housing related purpose that encourages independent living.

If you wish to find out more about the Home Support Loan contact your Welfare or Pension Officers. Alternatively you can contact DDSH on Freecall 1800 722 000; email Vic.DSHSubsidy@dva.gov.au or write to

The Manager
DSH National Processing Centre
GPO Box 1987R
Melbourne
Vic 3001

Perth-Based Army Reservist Recognised For Achievement

The Governor of Western Australia, Lieutenant General John Sanderson, last night presented Perth-based Australian Defence Force Reservist Captain Paul Sofield with the Prince of Wales Award for achievement in military and civilian employment.

The Prince of Wales endorses the awards, which acknowledge the importance of the Reserves, who comprise about 42 per cent of the Australian Defence Force.

An Award-winner has the opportunity to travel to Canada, the United Kingdom and the USA for four weeks to undertake military and civil employment development.

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proof of identity to be eligible for discounted rates."

The Defence Force Leave Plan (DFLP) has been available since 1973 and was operated by the Southern Pacific Hotels Corporation Group. With the acquisition of that group by Bass Hotels and Resorts, the DFLP has now been extended by Bass to include all Defence personnel.

The Defence Force Accommodation Program (DFAP) has been operating since 1997 and has been extended by Flag to also cover all Defence personnel. Thrifty Car Rental, in partnership with Flag Choice Hotels, will provide discounted car rental as part of the DFAP scheme.

The Stars n' Stripes

In light of the tragedy of the 11th of September some interesting statistics have come to light about the American Flag known as Ol' Glory or the Stars 'n Stripes. Some of them are real eye openers and show the patriotism of the American People.

By the numbers:

116,000. Number of flags sold on Sept, 11 Wal-Mart; on that day the previous year, the company sold 6,400.

820,000: Flags sold or shipped by AliStatesFlag and Banner Co. of St. Louis in the week after the terrorist attacks.

3 by 5: Dimensions in feet of most residential flags; a nylon flag of this size with sewn stripes and embroidered stars costs between \$20 and \$30.

90: Minimum number of days the U.S. government expects a nylon American flag to last, based on daily usage from sunrise to sunset but not during inclement weather

25 to 35 percent: The correct ratio

between a flag's length and, the height, of the flag pole. For example-, a 3-by 1-5-foot flag is the recommended size for a 20 foot pole.

20 percent: Expected increase in the price of newly manufactured because of the growing cost of materials and overtime labour costs resulting from huge demand.

Historical facts:

The Stars and Stripes: The Continental Congress adopted the Stars and Stripes as the country's official flag on June 14 1777. The congress resolved that the flag be 13 alternating red and white stripes representing the 13 original colonies and "the Union be 13 stars white in a blue field representing a new constellation." Flag Day is celebrated on June 14 to commemorate this anniversary.

The colours: Red stands for hardiness and courage, white for purity and innocence; blue to, vigilance, perseverance and justice.

The designer: Many, historians believe that Francis Hopkinson, a delegate to the Continental Congress, designed the first U.S. flag.

What about Betsy? Betsy Ross was a Philadelphia seamstress who made flags during the Revolutionary War. Although her grandson, William J. Canby, wrote a paper in 1870 claiming that she made the first American flag, there is no historical evidence, to support his claim.

By any other name: Driver, a sea captain from Salem, Mass., is credited for nicknaming the flag Old Glory in, 1824.

Star power: The flag varied in the number of stars and stripes until April 4, 1818, when Congress set the number of stripes at 13 and decreed that a new star be added or, the Fourth of July after a new state joined the Union.

Resolute: During the Civil War, President Abraham Lincoln refused to allow the removal of stars representing the Southern states.

Commonwealth And Local Governments Secure Jobs And Munition Needs

Today the Prime Minister and Mayors of Moira, Delatite and Corowa Shire Councils jointly signed an agreement on the future of the Mulwala Propellant Production Facility on the NSW/ Victorian Border. The agreement follows the 9 July announcement by Dr Brendan Nelson MP that the Howard Government will commit to the ongoing production of propellant at Mulwala through a modernised plant and a long-term agreement to produce munitions for the Australian Defence Force.

Dr Nelson said, 'This agreement between the Howard Government and the people of the Border region, represented by the Mayors and Chief Executive Officers of three local Shire Councils, recognises the pivotal role played by the factory in both direct and indirect employment in the region.'

The Mulwala propellant plant, operated by ADI Ltd provides jobs for over 350 people and indirect employment for at least another 300 in the Border region. The Government commitment to upgrade the plant will not only support the single biggest employer in the region but sends a message to the wider community about support for families in regional and rural Australia,' said Dr Nelson.

'Of equal importance is the strategic commitment to retain a domestic capability to produce high quality propellant for munitions production to meet long term Australian Defence Force needs.'

'The signing of this agreement follows the successful negotiation of a

Memorandum of Understanding between the Department of Defence and ADI Limited signed only two days ago', said Dr Nelson.

'Both Australia and the border region now face a future with secure employment for more than 650 men and women meeting much of our nation's future ammunition needs', said Dr Nelson.

Full text of the Agreement follows:

The following commitment is made by the Hon. John Howard MP, Prime Minister of Australia, to the people of Mulwala and surrounding districts and signed on behalf of those people by the Mayors of Moira, Delatite and Corowa Shire Councils.

1. The Commonwealth Government is committed to the long-term domestic production of propellant and high explosives at Mulwala to meet the requirements of the Australian Defence Force.

2. The Commonwealth Government is committed to the long-term domestic production of munitions at Benalla to meet the requirements of the Australian Defence Force.

3. The Commonwealth Government is firmly committed to invest up to \$220 million to the upgrade of the propellant production facility at Mulwala in addition to the current Government funding for environmental works at Mulwala.

4. The Commonwealth Government will link the production of propellants and high explosives to a long term supply agreement for the provision of a range of munitions to the Australian Defence Force thus ensuring maximisation of employment at Mulwala and Benalla.

5. The Commonwealth Government is committed to entering into a contract for the modernisation of the Mulwala facility and the long-term arrangements

of skin Cancer.

Australia has the highest rate of Skin Cancer in the world. Two out of three people will develop some form of the problem during their lifetime. In Queensland the incidence is as high as 2% of the population annually. Each year many people die from this insidious disease.

There are 3 major types.

1. Basal Cell Carcinoma (BCC) - most common, but least dangerous, and usually appears on the head, neck and upper trunk. It looks like a lump or red scaly area. It can look like a sore that does not heal and it grows quite slowly.
2. Squamous Cell Carcinoma (SCC) - these may vary widely but commonly appear as an ulcerated nodule or superficial erosion on the skin or lower lip. Grows over some months.
3. Melanomas - the most dangerous skin cancer. They usually appear as a new spot or may be an existing freckle, spot or mole that changes shape, size and colour. Early detection leads to a cure in 95% of cases. They usually have an irregular or smudgy outline and are more than one colour and grow over weeks to months anywhere on the body.

Risk Factors: All people who do not protect their skin from the sun are at a high risk of developing Skin Cancer. Fair-haired people are more at risk of developing Skin Cancer than others. All those people whose job; sport or recreation involves lot of time in the sun. People with dark skin can still burn but studies have found that people with brown hair and blue eyes are most likely to have cancer-forming moles.

See your Doctor if there is any

unusual skin condition that has not healed within four weeks. This includes any lump, sore ulcer or scaly patch on the skin, or white patch on the lips.

A child's skin is more sensitive to the sun's rays than an adult's. Remember that protection in childhood reduces the risk of Skin Cancer in later life. It is important to consider the worst ultraviolet rays occur between the hours of 10am to 2pm. Plan your leisure and sporting activities outside these times whenever possible.

Stress Diet

The aim of the diet for Stress is to minimise the digestive load while maintaining a consistent intake of food, especially complex carbohydrates, throughout the day. It is important to provide adequate amounts of B and C Vitamins that are used more quickly during times of stress.

Small frequent meals are preferable. If the appetite is poor from anxiety and nervous tension, nourishing supplements such as Sustagen may be beneficial.

Diet should be high in:

1. B vitamins - good sources are pork, liver, whole grain cereals, wholemeal bread, yeast, vegemite, milk, seafood and red meat.
2. Vitamin C - good sources are citrus fruits, melons, strawberries, blueberries, guava, Kiwi fruit, pineapple, capsicum, tomato, parsley and broccoli. Cooking and exposure to air readily destroy Vitamin C.
3. Complex Carbohydrates - include some wholemeal or grain bread, scones, muffins, pikelets, rice, pasta, wholegrain cereals, potato,

time we were allowed to stay on deck. Such time being extended longer than we had anticipated when the corporals once again commenced to exercise their vocal abilities instructing us not to go below deck until instructed otherwise. By this time the sea had abated even further and was virtually calm in comparison with the previous night. In addition to which the cold wind had also dropped, and the general climate was becoming quite bearable.

The added privilege of subsequently being permitted to walk the whole length of the deck area went even further towards almost making the current portion of our journey to, wherever? , Downright enjoyable. With the exception of course of the condition of our clothes which, we had now been wearing constantly for at least 26 hours, and which had accompanied us through, what was, for most of us, an extremely traumatic night. They were in fact beginning to smell quite badly in some cases. Notwithstanding this particular problem we decided to take advantage of this sudden freedom and roam the deck area from the blunt to the sharp end of the vessel. It was whilst we were taking in the view of the great expanse of water upon which we were currently floating that we first heard the cry of "Land Ho!" obviously uttered by some idiot boy trying to call attention to himself. At least that was our immediate contention. But then we heard it again and could hardly believe our ears as it emanated from the sharp end of the vessel with a degree of positiveness and pure elation.

Considering our developed pessimism of the previous evening I think it might have been at the back of our minds that we were never going to see land again, and this came as something of a shock to our already badly shaken systems. Naturally there was one mad dash by all on deck towards the source of the

call and by the time our little group arrived it was difficult to see the horizon towards which everyone was straining. But after a few moments a dark line on the horizon slowly became visible and continued to become clearer by the minute.

Where has Peter gone? We will find out in the next episode of Peter's Service Life as a Boy entrant.

Blondes On Car Repair

A blonde was driving home, and got caught in a really bad hailstorm. Her car was covered with dents, so the next day she took it to the repair shop. The shop owner decided to have some fun, and told her just to go home and blow into the tail pipe really hard & all the dents would pop out. So, she went home, got down on her hands & knees & started blowing into her tailpipe.

Nothing happened. She blew a little harder & still nothing happened. Her blonde roommate saw her and asked, "What the heck are you doing?" She told her how the repairman had instructed her to blow in the tailpipe in order to get all the dents to pop out. Her roommate rolled her eyes and said, "Uh, Hello! You need to roll up the windows first!!"

Welfare Corner

This issue we are going to take on a bit of a medical flavour since Summer is upon us. Two things that are affecting the way in which we live in Australia are Skin Cancer and Stress (the second aimed at those who have difficulties with daily life.

Skin Cancer

It is estimated that 92,000 new cases of Skin Cancer occur worldwide each year. Sun exposure is the main cause

for the supply of munitions and seeks to have these new arrangements in place by 2004.

Aussies Able To Send Their Support To Our Servicemen And Women

Australians wanting to send messages of goodwill and support to our service men and women, deployed overseas as part of Australia's contribution to the International Coalition against terrorism, now have the opportunity to do so.

The Department of Defence has set up a 24 hour e-mail and free-call fax service, providing members of the public with the facility to send their messages of support to deployed personnel.

The e-mail address is messagesothetroops@defence.gov.au

The free-call fax number is 1800 643 938.

Messages are to be no longer than one page in length and should be of a general nature as personal messages to specific members or units are unable to be passed on.

For further Information:

Greg Hughes

Director

Defence Community Relations

(02) 6265 2959

Defence Website

<http://www.defence.gov.au/terrorism>

The Horse's Mouth makes every attempt to stay apolitical. However, sometimes things happen that should be widely read. Even though we cannot do anything, the editor feels that we should be aware of what is being done to the mothers of our comrades in arms who have paid the supreme sacrifice.

We thank our American brothers in arms for letting us know of these ladie's problems.

GOLD STAR MOTHERS

Gold Star Mothers is an organization made up of women whose sons were killed in military combat during service in the United States armed forces.

Recently a delegation of New York State Gold Star Mothers made a trip to Washington, DC to discuss various concerns with their elected representatives. According to NewsMax.com there was only one politician in DC who refused to meet with these ladies. Can you guess which politician that might be?

Was it New York Senator Charles Schumer? Nope, he met with them. Try again. Do you know anyone serving in the Senate who has never showed anything but contempt for our military? Do you happen to know the name of any politician in Washington whose husband once wrote of his loathing of the military?

Now you're getting warm! You got it! None other than the Queen herself, Hillary Clinton. She refused repeated requests to meet with the Gold Star Mothers.

Now — please don't tell me you're surprised. This woman wants to be president of the United States and there are a huge percentage of the voters who are eager to help her achieve that.

Sincerely,
Cdr. Hamilton McWhorter USN (ret)

Please forward this to as many people as you can.

We don't want this woman to even think of running for President.

Did You Know that your Welfare Officers now act as advocates in matters involving Military Compensation and Rehabilitation. Call Them for help!!!

Episode 5 Boy Service Nostalgia

In the past issues we have been reading how Peter survived his initial induction into the British Army as a Boy Entrant. He suffered the insecurity of not knowing what is going on. We continue his adventures with his arrival at his destination.

As we duly followed the corporal's instructions and commenced to climb back up the steep steel spiral stairway I can distinctly remember, straining to look up towards the top and seeing the first small spot of daylight emerge in the distance. So it came to pass that our small group finally saw the light again that sixth morning of October 1938. As we slowly progressed upwards the patch of light continued to get larger until we were virtually blinded as we finally reached the top and turned into the passageway leading out to the open deck via a large bulkhead door through which the daylight was streaming. Together with the light however, came a stiff cold breeze which, after the heat generated during our seemingly endless entombment of the previous night, felt more like the beginnings of an arctic winter, cutting through our relatively thin civilian clothing like a knife. As we stepped shivering through the bulkhead door, over the deck-side rail immediately ahead of us was spread the vast expanse of the sea with not a thing to be seen between ourselves and the horizon, with the exception of the white caps of the ever rising and falling waves. Once again the old question was raised "where were we?" The answer to that question was pretty obvious, as was pointed out by several bright lads, but "where were we going?" that was something else we had yet to find out.

By this time the majority of us had

developed "sea legs" sufficiently capable of keeping ourselves in a reasonably upright position and propelling us in the general direction we wished to proceed. This, coupled with the fact that the motion of the ship had abated to a degree, made our next operation much easier to accommodate. There were however, those few among us who still had to make their peace with the sea and its effect upon the seemingly never ceasing motion of the vessel, and to whom our next activity resulted in reviving, for these poor unfortunates all the torments of the previous night. All I remember of these poor chaps that morning is the view of their posteriors as they bent earnestly to their apparently never ending task over the deck rails.

Immediately outside the bulkhead door we were directed to our right where a line of trestle tables had been set up along the ship's superstructure. The first table was piled with an item of army equipment which, at periods much later in my service I came to greatly appreciate having available, namely the proverbial "Mess Tin". Just to ensure we were fully enlightened as to their use they were handed to us with the two halves separated and the handles pointing directly at us, accompanied by the instruction "grub in one tea in t'other". Following which a set of "irons", as we came to know them later, or a knife and fork, was duly dropped into one side of the mess tin. Following the actions of those before us we then proceeded along the line to the next table upon which was set a pile of, what we later found to be, fried bread, in large flat tins.

At the side of this table was situated a large round metal drum standing on an equally large burner, which, in the cold of the morning, resulted in the emission of a cloud of steam. Once one came within immediate range, the never to be forgotten aroma of bacon and beans,

seriously tempting our now very empty stomachs. At least that was the case with regard to our immediate group and myself. Attending to these particular offerings stood a corporal cook in full whites including the inevitable tall white hat. In between his efforts of keeping the contents of the drum moving with his large ladle, and filling one half of our mess-tins, he had to continually make a grab for, and then finally, with each filled mess-tin, drop a slice of the fried bread onto the contents. I particularly remember being so taken by the dexterity of this corporal that I had to be told to move on. Next in line was a smaller table supporting a large urn, which, as it had no burner, was, I presumed, being continually fed with its contents of hot sweet tea from the kitchens somewhere in the bowels of the vessel. A similarly dressed character was attending this station to the man at the previous station. But as he had no tapes on his arm was presumably a private. His activities being restricted to purely turning the tap of the urn on and off as we presented the other half of our mess-tins.

Having reached this stage we were virtually free to roam the area of the deck, but restricted to that particular side of the vessel. The problem was to find ourselves a suitable place where we could safely consume this very enticing meal without it being blown away before one could manage to get the food up to one's mouth. After some in-depth searching we were finally lucky in obtaining positions underneath one of the LifeBoats giving us adequate protection from all sides. From that very first experience of His Majesty's bacon and beans breakfast it has always remained a favourite of mine. As much as I have tried since, I have never really been able to reproduce the ultimate taste that the RACC was able to

produce from that mixture, supported of course, by their (im)famous fried bread. This statement is based purely on personal taste, as I'm sure many of my colleagues of those days were not totally in agreement, and especially those on that particular morning who, were still paying their obeisance's to the sea over the rails.

Then to our complete surprise, before we had managed to consume little more than half of this repast, instructions were being relayed over the total deck area by several corporals. They had obvious ambitions towards becoming RSM's, to the effect that we were required to immediately stop eating. We were to take all eating utensils and unconsumed food, to the newly prepared station at the end of the line, where, two large drums of hot water together with a still larger drum for the disposal of any unconsumed food had been provided. Little did we realise at the time that, this whole scenario was virtually an introduction to the strict messing procedures to which we would be subjected for the majority of our apprenticeship from that time onwards. As usual there was a mad dash from all parts of the deck, by boys wanting to be first in line. But as quick as our little group was, we finished way down the line that had been formed resulting in, what we then thought was, the loss of a great deal of our presumed valuable free deck time standing in a queue

By the time we finally reached the washing-up area the refuse drum was just about to overflow and the colour of the water both the "initial washing" drum and the supposedly "rinsing" drum, were virtually identical. It hardly mattered which drum one started with. In spite of this, we duly washed, dried and handed in our accoutrements to the corporal as required and made our way back as quickly as possible to the Life Boat and secured our position for the rest of the