

CHRISTMAS PACKAGES FOR THE TROOPS

Christmas allows most of us to spend valuable time with family and friends. It is important to spare a thought for those who will not be with their families this year at Christmas. This year thousands of Aussie troops will be serving away from home during the holiday season.

To show your support of the troops this Christmas you can send them a Care package FREE through Australia Post. Australia Post allows free delivery for packages under 2kg to our Soldiers on the front line.

Be creative with your donations while being mindful of Australia Post guidelines for the FREE delivery of care packages. Some suggestions are listed below, as are the general restrictions. Any donated goods that are unable to be sent due to size or weight will be donated to local charities.

Toiletries

Deodorant (non aerosol)
Shaving Cream (non aerosol)
Small bottle Talcum powder
Shower Gel
Perfume Samples (non glass)

For the Explosive Detection Dogs (they too are Troops)

Box of dog biscuits
Dried Beef bones
Greenies
Toys
Tennis Balls
Treats for the Handlers

What not to include

Pornographic material
Alcohol
Clothing (except socks)
Pork products
Cigarettes
Chocolate (due to heat)

Other Ideas

Puzzle Books
DVD's
Socks
Letters of Support
Stamped self addressed envelopes - this way Soldiers can thank you.

Food

Instant Noodles
Biscuits
Lollies
Small Tinned Consumables
Non Perishable Foods

Parcels can be sent to:
An Australian Soldier or An Australian Soldier - Female
and to one of the following addresses.

An Australian Soldier
OP Slipper
AFPO 13
Australian Defence Force
SYDNEY NSW 2890

For the dog lovers:
An Australian EDD Handler
OP Slipper
AFPO 13
Australian Defence Force
SYDNEY NSW 2890

An Australian Soldier
Solomon Islands Operations
AFPO 62
Australian Defence Force
SYDNEY NSW 2890

An Australian Soldier
East Timor Operations
AFPO 61
Australian Defence Force
SYDNEY NSW 2890

An Australian Soldier
Middle East Operations
AFPO 60
Australian Defence Force
SYDNEY NSW 2890

VETERAN RESOURCE SUGGESTION

My name is Colin Hare and I'm the Veteran Liaison for the Mesothelioma Center (asbestos.com); an organisation devoted to assisting Veterans through their application process for VA benefits, and helping them obtain the maximum benefits for which they are entitled. While I was browsing through a number of Veteran sites I came across your website (RAEMWA ed.) and was very impressed by the information you have listed.

Countless Veterans are currently suffering from life-threatening illnesses that are a result of exposure to asbestos, a material commonly used in hundreds of Military applications, products and ships because of its resistance to fire.

The Mesothelioma Center provides a

complete list of occupations, ships and shipyards that could have put our veterans at risk for asbestos related diseases. In addition, we have thousands of articles regarding asbestos and mesothelioma and we've even created a veterans specific section on our website in order to help inform about the dangers of asbestos exposure.

Because so many veterans visit our site, I thought you may be interested in posting our link to help educate veterans of the dangers to asbestos exposure. You can reach me at chare@asbestos.com or on 407 965 5755 (sorry no area code given ed.)

VALE

We regret to inform the sad passing of another great RAEME mate. Anyone posted to the Sydney area (2 CAV, 101 Field Workshops or 2 Base) during the 80's will remember Rocky Stone. A great bloke who would do anything for anyone. Loved a Beer and a Joke. Sadly missed.

NEW ASPIRIN **SOME GOOD INFORMATION**

Take heed my friends. Now there is no excuse for you to die of a Heart Attack. We did not know that you SHOULD NOT LIE DOWN while waiting for an Ambulance. Just a reminder to all. Buy a box. Keep it in the car, pocket book, wallet and even besides the bedside.

Bayer are making Crystal Aspirin to dissolve under your tongue. They work much faster than the tablets.

Why keep aspirin by your bedside?

There are symptoms of a Heart Attack besides the pain in the left arm. One also must be aware of an intense pain on the chin, as well as nausea and lots of sweating, however these symptoms may occur less frequently.

Note: There may be NO pain in the chest during a heart attack. The majority of people (about 60%) who have had a heart attack during their sleep, did not wake up. However, if it occurs, the chest pain may wake you up from a deep sleep.

If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards CALL 000

Say "Heart Attack"

Say you have taken two aspirins

Phone a neighbour or family friend that lives close by

Take a seat on a sofa or chair near the front door and wait for Emergency to arrive.

DO NOT lie down

POST TRAUMATIC STRESS **INITIATIVE LAUNCHED**

The Chief of Army, Lt Gen Ken Gillespie launched the new Post Traumatic Stress Disorder (PTSD) DVD "Dents in the Soul"

at Lavarack Barracks in Townsville on December 8.

The wellbeing of our Soldiers is top priority for the Australian Army.

Joined by Soldiers and their families, General Gillespie spoke candidly of Army's experience with PTSD.

"Early recognition and intervention in PTSD is our goal - seek help and seek it early. I am personally committed to the health, wellbeing and welfare of all our Soldiers and their families.

"My Commanders and I take very seriously our responsibility to ensure our Soldiers are prepared physically and mentally for the rigours of training and service on operations," General Gillespie said.

"Army is moving forward in its approach to PTSD. Army is listening, and it is important to recognise that this is promoting a cultural shift in our attitudes to PTSD.

"Dents in the Souls will play an important role in bringing PTSD into the spotlight. Army's value of courage, initiative and teamwork are built on the very real tenet of "looking after your mates". We do this in training, in barracks, on operations. We need to also do this with PTSD," General Gillespie said.

John Schumann, former lead singer of Redgum, played an integral role in the DVD production, leading his iconic song "I was only 19" as well as narrating the DVD.

"If I have played just a small part in encouraging Soldiers to recognise PTSD and put their hands up for help, then it will be one of the best things I have ever done with my song," Mr Schumann said.

Dents in the Soul is available online at www.defence.gov.au/health/DMH/PTSD_DVD.htm

and it is only now that we are back on track. So if you have any submissions feel free to email us via the RAEME WA website or directly to my email address horsemouthwa@inet.net.au. Remember to all those who are reading this, it is you and your contributions that keep this publication going. The more support you throw my way in relation to articles and what you want to see in the publication the easier my job becomes.

So I presume as you now read this edition that you notice a new layout design. This has been done in consultation with the committee and the help of Alex Smithers. Feedback is welcome. Share your ideas and how it looks.

Thanks. Ed.

RAEME BIRTHDAY 2010

On behalf of the RAEME Assoc of WA Inc. I would like to personally thank all the people associated with organising and putting together our RAEME Birthday celebrations on 4th Dec this year.

I would also like to extend my thanks to 22 Construction Squadron for allowing the RAEME Assoc to participate in the unveiling of their Time Capsule.

I'm sure all who were present enjoyed the excitement of the unveiling and the surprises that were found in the capsule.

Later we all congregated in the 113 CSSB Workshops and enjoyed lunch served by Spit Roast Caters. It was great to hear and see ex-Conrad's reunite and talk about old times (especially the Thursday afternoon activities in the Boozer) Censured to the public.

We were accompanied by the Veteran Car Club - Military Section, displaying their magnificent vehicles, which set a history of Military backdrop and a good talking point.

The whole day went well and drinks

MEMBERSHIP 2011

On behalf of the RAEME Assoc WA I would like to thank those who have renewed their memberships this year to support the association.

We have had an overwhelming response with almost 200 replies.

All members are entitled to receive a RAEME badge (valued \$10) included in their membership. These can be collected

during the meetings at the Bayswater Hotel. The RAEME website also allows more features and accessibility for members with user names and passwords being forwarded to members once set up. See you at the next meeting.

As being the first year as Secretary I am very satisfied with the outcome of the birthday function and also the activities throughout the year. I would like to extend my thanks to the committee and the members for their support.

Regards,
Alan Stoner
Sec RAEME Assoc.

AL.

The RAEME Association of WA (Inc.)
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Colonel Commandant: Colonel Dean Reyniers

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DEADLINE

All contributions for the next edition of THE HORSE'S MOUTH must be with the editor no later than the 22nd of FEB 2011.

DISCLAIMER

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

EDITORS NOTE

Welcome to the Summer edition of THE HORSE'S MOUTH. I would firstly like to apologise for not getting an Autumn edition out in 2010. We have had a few issues with the role as editor

A few Irish Jokes to lighten your day!

Paddy calls Jetstar to book a flight. The operator asks "How many people are flying with you?"
Paddy replies " I don't know! It's your plane!"

Paddy the Electrician got sacked from a US prison service for not servicing the electric chair.
He said in his professional opinion it was a death trap!

Paddy and his wife are lying in bed and the neighbours dog is barking like mad in the garden.

Paddy says "To hell with this!" and storms off.

He comes back 5 minutes later and his wife asks "What did you do?"

Paddy replies "I've put the dog in our garden, lets see how they like it!"

An Irishman is rowing his boat in a field of hay. Paddy drives past and see him. He stops and looks at the Irishman in the boat and yells, "It's idiots like you that give the Irish a bad name. If I could swim I would come over and thump you!"

Snow White and the Seven Dwarfs

The seven dwarfs always left to go work in the mine early each morning. As always, Snow White stayed home doing her domestic chores. As lunchtime approached, she would prepare their Lunch and carry it to the mine.

One day as she arrived at the mine with the lunch, she saw that there had been a terrible cave-in. Tearfully, and fearing the worst, Snow White began calling out, hoping against hope that the dwarfs had somehow survived.

'Hello...Hello!' she shouted. 'Can anyone hear me? **Hello!**'

For a long while, there was no answer. Losing Hope, Snow White again shouted, 'Hello! Is anyone down there?' Just as she was about to give up all hope, she heard a faint voice from deep within the mine, singing; 'DOCKERS for Premiers in 2011!!'

Snow White fell to her knees and prayed, 'Oh, Thank you, God! At least Dopey is still alive.'

Bayswater Hotel

The Baysie allows the Association the use of their Function Room every month for our meetings. This they have done at no charge as the Association is a non-profit veteran's organisation. All members and public are welcome to come along. Remember that our meetings are bi-monthly on the first Thursday , next being 3rd February 2011

Dinner, at the Baysie, is from 1800 hours to 2030 hours and is relatively cheap, wholesome food. It is served as a Buffet Style meal and you can have hot dinners or a cold salad style meal. Should you wish to go more up-market you can order from the Al-a-Carte menu. If you wish

A SOLDIER'S CHRISTMAS

'Twas the night before Christmas, he lived all alone,
 in a one bedroom house made of plaster and stone.
 I had come down the chimney with presents to give,
 and to see just who in this little house lived.
 As I looked all about, a strange sight I did see,
 No tinsel, no presents, not even a tree.
 No Stockings by mantle, just boots filled with sand,
 On the wall hung pictures of far distant lands.
 With medals and badges, awards of all kinds,
 A sobering thought came through my mind.
 For this house was different, it was dark and dreary,
 The home of a soldier, I could now see clearly.
 The soldier lay sleeping, silent, alone,
 Curled up on the floor in this one bedroom home.
 The face was so gentle, the room in such disorder,
 Not how I picture a United States Soldier.
 Was this the hero of whom I'd just read?
 Curled up on a poncho, the floor for a bed?
 I realized the families that I saw this night,
 owed their lives to these soldiers who were willing to fight.
 Soon round the world, the children would play,
 and grownups would celebrate a bright Christmas day.
 They all enjoyed freedom each month of the year,
 because of the soldiers, like the one lying here.
 I couldn't help wondering how many lay alone,
 on a cold Christmas Eve in a land far from home.
 The very thought brought a tear to my eye,
 I dropped to one knee and started to cry.
 The soldier awakened and I heard a rough voice,
 "Santa don't cry, for this life is my choice".
 I fight for freedom, I don't ask for more,
 My life is my God, my country, my corps."
 The soldier rolled over and drifted to sleep,
 I couldn't control it, I continued to weep.
 I kept watch for hours, so silent and still,
 as we both shivered from the cold night's chill.
 I didn't want to leave, on that cold, dark night,
 this guardian of honor, so willing to fight.
 Then the soldier rolled over, with a voice soft and pure,
 whispered, "Carry on Santa...., It's Christmas Day...., All is secure.
 One look at my watch, and I knew he was right,
 Merry Christmas my friend.... and to all a Good Night.

~ Author Unknown *~



The Role Of RAEME Is To :-

*" Provide Maintenance Engineering , Materiel Maintenance ,
 Modifications , and Recovery Support to the Army."*

The Horse's Mouth

The Newsletter of the

RAEME Association

of WA (Inc.)

Summer 2010/11

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, Bayswater Hotel, 78-80 Railway Parade, Bayswater, in the Function Room**. Membership or other enquiries may be made to any of the committee members. A list is printed on Page 2 of this journal. Next meeting is 3rd Feb 2011 at 1900.