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"The Role of the RAEME Association (WA) Is to represent the RAEME family by enabling them to connect through a central hub with personal and professional networks both locally and nationally"

What the Prez Sez

Well, it seems like it was only yesterday that we were enjoying each others' company on ANZAC Day. It cant be that long ago as my clothes have only just dried out!!! What a bloody wet day that was. Thank you to all who braved to weather to either march or spectate. I would like to thank our dedicated committee members and volunteers who organised the RAEME Vigil in Kings Park on ANZAC Day eve and the many RAEME post-march functions around the State. Special mention goes to Ben Tua and his staff at the Howling's Bar (since renamed to 'Mad Dogs Jungle Bar')

who deferred a big renovation by two weeks to host our Perth City function. We received plenty of positive feedback from you about the function venue and the staff so thanks for taking the time to do that and trust that your Committee has factored your views into our planning for future events

Since ANZAC Day I was a guest speak at the Mount Lawley Rotary Club where I enjoyed a conversation with Industry leaders on the values of ex-service people and the value that RAEME people bring to businesses and government. I was also honoured to represent you last Friday at a presentation to many serving RAEME members. Special Air Service Regiment, Joint Logistic Unit (West) and 13 Brigade were represented and the Technical Support Troop team put a great BBQ lunch on (soft drinks only as well - such discipline in the younger generations eh). We had an inspiring discussion on emerging technology and the opportunities that this offers RAEME people in their critical asset management roles.

A few major themes are now evolving that your Association will increasingly take an interest in. The first is the growing interest from both WA State Government and Industry employers in creating more opportunities for ex-ADF people and the second is the Defence INSIGHT initiative which is premised on the implementation of a SAP based Enterprise Resource Planning system, supported by numerous integrated SAP functional modules. This will see our tradespeople move from the current Ellipse system to an SAP system. It will be a major change for all concerned but it will also open more opportunities to manage our assets more effectively in an Internet of Things environment and an increase in transferable skills when our serving RAEME team transitions to 'ex-service' status.

On a final note, your Association Committee members continue to represent your interests and take pride in the services that your Association provides to you. It takes enthusiasm and dedication about making a difference and it only takes a bit of time out of their day - but it is important to them and to you. If you have an interest in becoming a Committee member of RAEME WA then please let us know. Keep an eye on our website for further information about the Annual General Meeting and I hope to see you there.

Arte Et Marte

Dale

From the Editor

Well here I am once again ready to bore my receptive audience with tale of what we have been up to and what we plan to do in the future. This will hopefully put you all into a good frame of mind for our next major activity which is the AGM. Can everyone please think about what you want your Association to do and if you are stick of us stuffing it up – feel free to nominate for a position on the committee for next year. Apart from clogging up your in box worse than the wrong grade of oil in the T case of a 113, it is a lot of fun and not a huge call on your time.

Anyway enough of me pontificating like a truckie during a tune up, here is a bit of a summary of what has been going on since last time.

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To advertise your products and services to a select audience comprising of trade and engineering professionals, simply email the editor (horsesmouth@wa.raeme.org.au). All income goes back to supporting the association members.

RAEME VIGIL



The Anzac Eve RAEME Vigil was well attended this year with almost 30 of us meeting at the Sandukan memorial to commemorate the 5 CFN and 1 CPL who were captured with the 8th Div and perished at Sandukan.

To those of you who do not know about it, every year we meet up at the Sandukan Memorial behind the Kings Park Tennis Club to remember and venerate the six foundation members of our Corps who are commemorated with plaques on the trees there. Brief histories of

each member are read out and we drop them all a tot of Rum so they can celebrate with us in the big LAD in the sky. They are also all included on 113's roll for ANZAC day and are marked down at present.

This is always a moving ceremony particular as it is ours and ours alone. It was made especially so this year when Lt Reeves bought out the pipes and did both the National anthem and then piped us all off. Thanks Rob, we ALL appreciated it!

Dawn Service

The day dawned bright and dry for the 13 Bde Dawn Service at Irwin Barracks. Since the demise of the Palmer Barracks service this is our main commemorative service of the day. We even got an official seat with the invited guests and our wreath (laid out as a tricolour of course) was right up there with all of them. A few quieties back at the Workshop went down a treat (why do the Grunts always have such rubbish coffee? Its not hard to get the good stuff nowadays/ They probably think it is character building and makes you more masculine, as if...)

The March

Getting into town quite early was a strange experience – everyone on the street was either in uniform or wearing gongs. We all met up and were assigned to our respective places when the heavens opened. An hour in the pouring rain at the FUP and then moving off in our best squelching time. At least the BDE Comd shared the joy as he was similarly in the open on the dais. While I agree such conditions bring back memories of similar times in the field – they are all bad ones! If we were running it the whole route would have been tarped up!

Despite that we had a good turnout with close to 40 on the march.



The Pis..er Fellowship



Of course the rain stopped as soon as the last group hit Langley park and salvation was on hand at the Howlings Bar. Jenna and her crew kindly let us take possession on a day when they would normally not be open and close on 100 members and friends spent a very pleasant afternoon drying off, feeding our faces, buying raffle tickets (Snow, no one that amount of prizes – are you sure weren't hot) getting stuck into the many and varied types of liquid on and catching up with old friends. All needed was a two up game to complete proceedings – of course we would NEVER throw them without a licence (yeah sure...) All in all a most excellent venue and we 'll be back year.



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??? DID YOU KNOW ???

Our Sister Corps, REME, are actually responsible for the Volkswagen Beetle – not that German bloke with the funny 'tash.

Major Ivan Hirst, after a stint in a tank repair workshop in Belgium post D-Day, was ordered to take control of the heavily bombed VW factory in Wolfsburg in the summer of 1945. The Americans had captured it earlier that year and he was to dismantle it and send it all back to Britain.

On examining the site, he found a pre-war prototype Beetle in a remote workshop on the site and quickly realised that the factory could put back into production, especially as much of the machinery had survived the bombing - having been stored in various outbuildings. Of course his first task was to remove an unexploded bomb that had fallen through the roof and lodged itself between some pieces of irreplaceable production equipment.

No worries to an inventive Spanner and soon #2 REME Auxiliary Workshop was up and running, with an order from the British Army for 20,000 khaki Volkswagen Type 1's (the actual official designation of the Beetle).

Cars were initially put together with old stock and whatever could be found, many using parts from [Kübelwagens](#), with 1,785 turned out by the end of 1945. By March 1946, the production lines were again in full swing with over 1,000 cars being produced a month. Hirst has even started setting up a sales network and exports to the Netherlands before the Brass caught on and handed the place back to the German Government in September 1949.

RESILIENCE

Julia Mackay-Koelen

Resilience is a word we hear a lot about and many of us would like to be more resilient so that we can cope better with the ups and downs of life. Resilience means different things to different people. For example:

Getting through a tough time, coping with something yourself, or persisting to achieve a goal.



Achieving something as part of a team,

Or doing something with the support of others.



Here are some quotes from different people about what resilience means to them:

- *"You will either step forward into growth or step backwards into safety."* Abraham Maslow.
- *"However long the night, the dawn will break."* African Proverb
- *"As long as there's light, we've got a chance. Star Wars."* The Force Awakens.

- *"Our greatest glory is not in never falling, but in rising every time we fall."* Confucius.
- *"I hated running, but I was beginning to develop the right mindset: do whatever it takes."* Chris Kyle, American Sniper, preparation for SEAL selection training.
- *"Resilience is being able to keep going in tough times, even when I can't see light at the end of the tunnel - and to believe that there is a light."* Sophie, works in film, rower.
- *"The cave you fear to enter holds the treasure you seek."* Joseph Campbell
- *"Resilience is the ability to persevere when the whole world is against me; when I am at my deepest, darkest moment, being able to find the drive inside me to fight my way out and to mentally keep going."* Brenden, 33, married with three children; a martial arts instructor and designer/draftsperson.
- *"Resilience is the ability to pick myself up, dust myself off and get on with what needs to be done in emotionally difficult times."* Soraya, 23, physiotherapist, rower.
- *"If you're going through hell, keep going."* Winston Churchill
- *"It's getting on with it when things go wrong; controlling the self doubt; when I'm very fatigued, I narrow things down to that moment and what I can achieve."* DS, ex British Special Forces
- *"On selection, it's my job to find the mental chink – uncertainty breeds fear of the unknown. In the face of adversity, are you going to give up?"* DS, ex British Special Forces.
- *"The oak fought the wind and was broken, the willow bent when it must and survived."* Robert Jordan, The Fires of Heaven
- *"Resilience is not what happens to you. It's how you react to, respond to, and recover from what happens to you."* Jeffrey Gitomer
- *"The capacity to adapt, recover and thrive in situations of risk, challenge, danger, complexity or uncertainty."* The Department of Defence.



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Research has identified that there is not one single resilience characteristic, rather there are multiple factors involved:

- Intelligence
- Problem solving ability
- Social skills
- Positive self esteem
- Supportive family relationships
- Positive role models
- Emotion regulation
- Emotional Intelligence

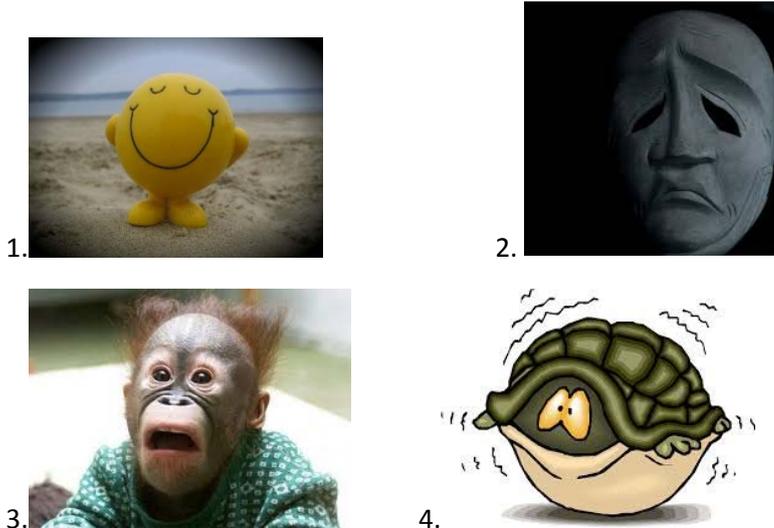


Not everyone has all of these, for example, you may not have a supportive family but you can compensate for those you don't have by strengthening others. For example, social skills can be enhanced by specific training; lack of family support can be compensated by having strong social connections and close friends.

Emotional Intelligence (EQ or EI) is an interesting concept and includes the following.

Self-Awareness: understanding our moods and emotions as well as their impact on others. One of the hallmarks of a person with high self-awareness is the ability to distinguish specific emotions.

Can you identify these four emotions? (answers at the end)



Self-Motivation: this our capacity to motivate and energise ourselves to achieve something but sometimes it can go too far and exclude others such as the people in our lives, including partners and family (remember the Rocky movies?).

Self-Regulation is the ability to control our emotions and not giving in to our every and impulse. People with a high level of emotional regulation are able to do things they find tough. They can deal with challenges and changing circumstances even if there's a degree of unpleasantness involved.



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Empathy is the experience of understanding another person's condition from their perspective; i.e., the capacity to place oneself in another's position. The word "empathy" comes from the Greek "empathia" means understanding someone else's feelings.

Social Skills are the skills we use to communicate and interact with each other, both verbally and non-verbally, through gestures, body language and our personal appearance. Developing social skills is about being aware of how we communicate with others, the messages we send and how methods of communication can be improved to make the way we communicate more efficient and effective. i.e. ACTIVE LISTENING! – what are the words someone is using, how they are used and what does this convey?

Some characteristics of people with low EQ:

Aggressive	Demanding	Bossy	Confrontational	Easily distracted
Selfish	A poor listener	Impulsive	Resistant to change	Passive
Stubborn	Critical	Picky	Hard to please	

Characteristics of those with a high EQ include:

Assertive	Ambitious	Decisive	Warm	Sociable
Patient	Stable	Consistent	Good listener	Detailed
Careful	Systematic	Optimistic	Flexible	

You can build your resilience by creating your own Personal Model of Resilience

Firstly find an area of your life that demonstrated your resilience – i.e. achieving a goal, getting through a tough time. Look for the use of strength; intelligence; insight; creativity; tenacity etc.

What were the resilient behaviours, strategies, beliefs you used? What did you do to succeed? What did you do to overcome obstacles, roadblocks, challenges? How did you manage these situations?



What did you use – coping strategies; emotions; thoughts etc. that made you persist

Secondly, write down behaviours, thoughts, assumptions, metaphors, feelings and strategies you used to overcome obstacles. Then write a summary statement of your resilient response to each obstacle. Next, check to see if the model a good fit for how you respond to obstacles in your area of strength. You may need to make revisions as you test your model

Thirdly, apply your model to obstacles in your problem area, such as:

- Finishing something: a project; course of study; a fitness program
- Following through with a commitment: quitting smoking; turning up to Army; contacting a friend;
- Overcoming fear: sky diving; flying in a plane; acting; public speaking; asking someone out; leaving someone; making a legitimate complaint;
- Ask yourself “what are the advantages of being resilient in my problem area?” then:
- Set a goal to be more resilient in that area
- Use your PMR to your problem area
- Identify what emotion would you like to feel? Accomplishment? Satisfaction? Happiness?

Lastly, PRACTICE! Use your PMR to keep the focus on resilience

- Revise
- Emphasise strength building
- Apply to other more challenging areas
- REMEMBER: Resilience is not just about physical capacity or endurance, it is also about mental and emotional resilience, such as
 - Coping with a life threatening illness or staying in an exam instead of walking out.

Answers to the emotions:

1: Happiness; 2 Sadness; 3 Surprise; 4 fear

Sources include: CBT Australia; Images are either the author's own or from Google.

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Vale

Lest we forget.....

Full details are on the RAEME Website:

<http://www.wa.raeme.org.au/index.php/notices/vale-alt>

10 June - Brigadier John Dean, ex Director of the Corps. He passed peacefully the weekend after joyously celebrating his 94th birthday.

3 March – Major Peter Clarkson – OC 113 Fd Wksp 1968-1973

Sick Parade

Major John Power 9th Class VM has been diagnosed with an aggressive form of cancer and commenced chemotherapy in early May and asked to pass this message out to the RAEME network.

Many more from over East are mentioned on the website

<http://wa.raeme.org.au/index.php/notices/sick-parade>

Overseas Service in the Army Reserve – A Spanner's View by Neville Rutter

Anyone moving to the UK, USA or Canada, it does not have to mean the end of your reserve career. There is a scheme allowing you to serve with a foreign reserve unit, as an Australian soldier, wearing Australian uniform and continuing to be paid - it is called a Reserve Foreign Services Arrangement.

I moved to London in early 2013 with my civilian employer. Firstly, serving with 151 Transport Regiment as OC REME detachment, then as the OPSO equivalent with 169 Recovery Coy. My experiences highlight some of the challenges and benefits of the scheme, such as:

1. Working out a policy exists. While not widely publicised, knowing one really does exist is the first step – it is DI(A) Pers 176-2.
2. You (personally) need to find a role in the destination country, Australian Army does not find a position for you. In my case this involved an email to British Defence Recruiting, which I later discovered caused a huge chain discussion, often with the phrase “how do we handle this guy”. Fortunately, a local Adjutant made it his problems and contacted me directly – from that point I was able to discuss roles, units and what my options might be. Key outcome of this discussion is a formal offer of a position, as you won't get Australian Army approval to just find something when you arrive – there has to be a specific role in the destination country. Don't worry though, the UK reserves have more spots on their ORBAT than candidates to fill them.
3. Get Chain of Command support, both official and unofficial. There are a range of requirements: starting with AIRN compliance, rank and trade qualification and your ability to act as a good ambassador for Army. So if the CO does not rate you as a good representative, you want to find that out before finding a position in another country. The official paperwork can take several months as it has to go to Army HQ in Canberra, so don't leave this until just before departing-give yourself 6 months.

So what awaits if you get a role and get overseas? In the UK there is a huge interest in Australia and all things Australian - with a surprising number of sisters, brothers and best mates from school, who live (or have lived) in some bit of our country. Be prepared to be asked about places you have never seen. You won't be the first either, I have heard stories of an Australian referred to as "Skippy" who served as VM with 151 Transport.

Extensive operational experience. UK involvement in Iraq and Afghan meant that in my maintenance unit over 50% of the reservists had at least one operational tour and until recently there was a continual push for reserve units to provide Troop/Platoon level elements or individuals – spots to fill were not the limitation. It makes for an incredible depth of experience, but also the reality that some of your mates will still be dealing with the aftereffects. However, an operational tour is NOT available to Australians (along with extreme sports and civil defence operations).

Shared culture, equipment and procedures. It starts with having the classic Landover, but now includes the MAN fleet of vehicles that Australia is getting. For VM's and Recovery Mechanics the similarities and skill transfer will only increase as our fleet changes to MAN. Whatever your background or skills, there is a common starting point or UK courses that can bridge the gaps-you don't have to (and not expected) to roll up fully qualified to host country standard.

There is a lot going on. The UK has 3 times the number of soldiers crammed into something that would fit into Victoria, with reserve and regular integration a focus. So the number of opportunities for training, exercises and activities is more than you can accommodate with a civilian job. For example, one year my regiment deployed to Denmark for a NATO exercise, which as the resident Australian made me even more of an object of interest. Originally that exercise was to include a road move through 3 countries ending in Calais for a ferry transfer across the channel (but we ran out of time).

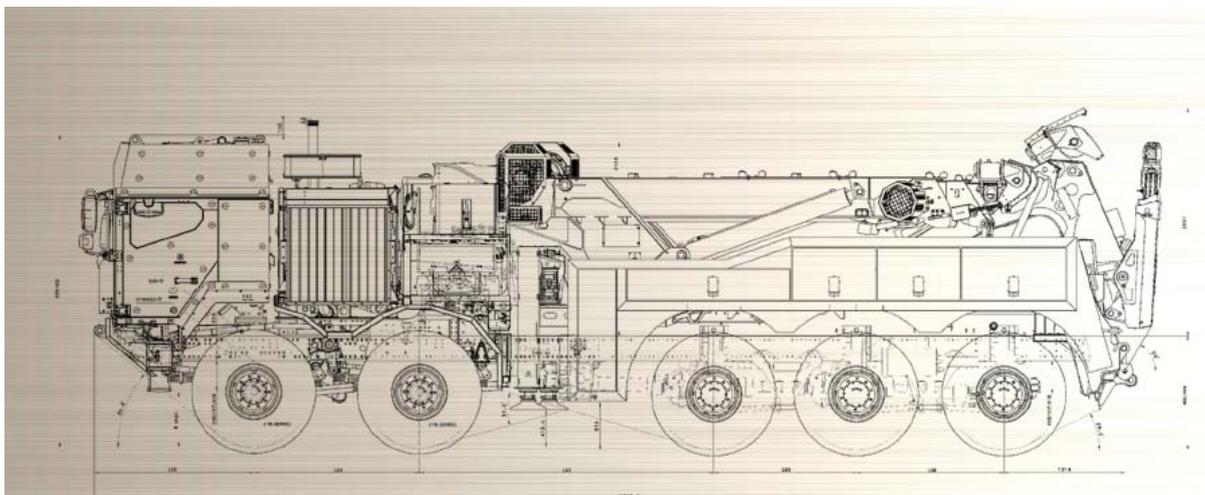
On a practical side. Renew your wet weather kit as it is a bit late when 10year old Gortex does not work in a wet local winter. Take the option to be issued with local cold weather kit as it was designed to work in those conditions – our kit was not.

Keep in touch with home. Australian Army still pays you and if time allows continue to checkin on return visits to maintain AIRN compliance.

So if your civilian job gives you the opportunity, there is a way of continuing to serve, gain skills and experiences that is both enjoyable and will benefit your reserve career on return.

New HRV

For those tow rages amongst us – the new HRV – all 28 Tonne of her will be the recovery truck into service.





Upcoming Events

For all upcoming events you can visit the Association Website at www.wa.raeme.org.au

Vietnam Veterans Day - Mandurah

August 18, 2016 10:00

The Mandurah Murray Vietnam Veterans Association will be holding a march to commemorate the 50th Anniversary of the Battle of Long Tan.

Form Up at the Mandurah War Memorial at 10:00am.



For more details visit the link below.

<http://wa.raeme.org.au/index.php/events-manager/manage-events/event/300-vietnam-veterans-day-mandurah>

VIETNAM DAY

Attention ALL Vietnam Veterans

This year is the 50th anniversary of the Battle of Long Tan. With this being a special year, the Kings Park facilities and activities will be significantly upgraded.

More Chairs and Undercover Seating

There will be extended cover on both sides of the Vietnam Memorial with extra seating available to veterans and their families.

Sausage Sizzle

At the completion of the ceremony, there will be a "sausage sizzle" available to all veterans and their families. BYO drinks. Attendees are reminded that Kings Park does have a No Glass Policy. So please drink responsibly and use the bins provided.

We will provide refreshments to those veterans in attendance, however, we need to know numbers. If you are attending the Vietnam Day Parade, please email Snow at gwhykes@gmail.com or telephone **92761920** no later than 1630 hours Thursday on the 12th August.

The Perth Military Band will provide entertainment during the Sausage Sizzle.

Details:

SUNDAY 14th August

Kings Park Vietnam Memorial

Parade at 1030 hours

Looking For....

My name is Reno Borg, RAEME Vietnam 1968. I am trying to make contact with a friend of mine who served with 1RAR Vietnam 1968.

RAEME, LAD

Craftsman John William O'Rourke

Army number 38852

Date of birth 28/10/48

Born in Geelong.

1RAR RAEME 27/03/68 to 20/08/68 .

102 Field Wksp Vietnam 21/08/68 to 05/10/68.

1st Armoured Sqn Wksp Vietnam 06/10/68 to 10/03/68.

If you can help in any way it would be much appreciated Thank you.

Reno Borg

Ph: 0394449244

Email: renoborg80@gmail.com

"This year is the 50th anniversary of the Battle of Long Tan. All Vietnam Veterans are invited to attend the commemoration and ceremony to be held at Kings Park on Sunday 14th August commencing at 1030 hours"

ROLLING THUNDER VIETNAM

ADF Special Price for all performances Wednesday 17 August to Saturday 20 August

In honour of our veterans and commemoration of the 50th anniversary of
the Battle of Long Tan - 18 August, 1966

Rolling Thunder Vietnam is pleased to offer all current and ex-Australian Defence Force
personnel a special price to all performances at Crown Theatre Perth

*** Wednesday 17 August - Opening Night Special Price Details**

Buy 1 ticket and receive 1 free ticket

Applicable in A Reserve Adult; A Reserve Concession; B Reserve and C Reserve

*** Performances Thursday 18 August to Saturday 20 August inclusive**

\$69.90 per ticket for remaining A Reserve tickets (standard Adult \$103.30)

** Plus a one-off service/delivery fee from \$7.95 per transaction and a credit/debit card processing fee from 1.95% applies.
Offer subject to availability*

How to Book:

ONLINE/WEB

Wednesday 17 August – Opening Night

<http://www.ticketmaster.com.au/event/25004F42F4A6122E?did=veterans>

Follow the above link and enter the password **VETERANS** in Offer Code box, select
Adult or Concession to buy and then select Free ticket.

Thursday 18 August to Saturday 20 August inclusive

<http://www.ticketmaster.com.au/promo/monujz>

Follow the above link, chose date and enter password **VETERANS** in Offer Code box

IN PERSON

At Crown Theatre Perth Box Office and any Ticketmaster outlets

Please present Military ID and advise password **VETERANS** for special price on your
choice of performance

CALL

Ticketmaster on 136 100, request ADF special price and date you wish to purchase
your tickets on and quote password **VETERANS**

www.rollingthundervietnam.com