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NEWSLETTER APRIL 2020

PRESIDENTS REPORT

Hi members,

Another three months has passed quickly and the Committee are well into finalising the reunion in Coffs Harbour in August, but more about that later in the Newsletter. I must thank David (Birdie) Bird for his hard work negotiating with the venues and other organisations in Coffs, also Ross our Treasurer for his input in contacting the various accommodation people there. Without members willing to help the committee like this it would be difficult to get all our mates together at reunions.

The Newsletter is reaching so many members now the committee is receiving many emails congratulating us on the publication; as a result we continue to get members renewing their membership, some after many years and a growing number of Life member subscriptions being paid.

I would also like to thank the members who have sent us profiles for the Newsletter, however they were provided to us after being asked to do so by the Secretary. Only one End of Mission profile has been volunteered for publication after the request was put out, these profiles are one area where we have had really positive feedback emails, members were really happy to hear how their mates from SVN days have got on with their lives, wondering how they are and what they have done over the years. When we have advertised it here in the Newsletter we received only the one reply. It would really be appreciated if members could send in some more profiles; they don't have to be long but even just dot points.

We would also like some articles of interest e.g.: special holidays, visits, reunions attended etc.

Until next time.

UBIQUE

John Pollock

President

PROFILE

JUERGEN B RAASCH

1966/67 TOUR

1957 — Migrated as a 15 year old from Germany to Goroka ,Eastern Highlands Papua New Guinea.

1959 — Joined the Papua and New Guinea Volunteer Rifles reaching the rank of Cpl. The PNGVR was the only Australian military unit never to set foot on mainland Australia. Was lucky to have NG ex Plantation owners and Coast Watchers as instructors.

1962 — Schooling in Brisbane , became a proud naturalised Australian and was selected to attend the Officer Cadet School at Portsea.

1963 — With Ted Diro and Patterson Lowa left Port Moresby for Point Nepean. Graduated in Dec as 2nd LT into the RAA together with notables Barry Winsor, Ian Reid, Dick Wickenden, Dave Negline and Bob Anderson.

1964— Posted to 105 Fd Bty at Wacol, after a three month YO's course at the S of A. (It was during that time that I had my infamous interview with the Master Gunner at the Gun Park) fortunate to be taken under the wing by Capt Ken Bade. Met up with a UQ second year medical student. Then back to the School for a GPO's course with new RMC graduates including Peter Sharp and Knox Napier.

1965 — 105 Bty warned out for service in SVN. As result all our 2 LT's were replaced with RMC officers. I found myself posted as PI Comd 8 PI C Coy at 2 RTB Puckapunyal for 18 months trying to make soldiers out of three intakes of WA recruits.

1966— Another GPO's course at the School and back to Wacol to join 101 Bty under Nick Marshal and almost non—stop training for deployment to replace 105 Bty. Became engaged to my fourth year medical student prior to departure for SVN. After only two weeks in country I was detached for two months as L0 to the American 155 Howitzer Bty next door.(I was never quite sure that my accidental blowing up of 105 Bty's carefully placed, but unrecorded Claymores and the subsequent visit to the TF Comd had anything to do with it.) Had my first, rather unpleasant, introduction to the VC in my first week with them. Learning about the big guns and operating with the Yanks was a great experience and am still in touch with their XO. Served in a variety of interesting times as FO with the APC's, Air TF patrols, SAS, and a few others with the occasional actual Section Comd's duties thrown in for good luck. Promotion to Lt and the Bty allocation in DS of 6 RAR was followed with an immediate movement to C Coy 6 RAR for two months. Thankfully I had a great, professional team with Bdr Allwright, Gnr Arbuthnot and Gnr Achilles to see us through some demanding days.

1967 — Replaced Knox Napier as GPO who left for FO duties. Steve Gower took my place at C Coy. Happily handed the CP over to Bill Richie from 108 Bty on return home. Was granted a home posting back to New Guinea as S03 GD/Ops/Air at HQ PNG Comd in Port Moresby. A wedding to my medical student Bev followed in October with Dick Wickenden and Ian Taylor making sure it happened. My new bride, however, had to remain in Brisbane to complete her medical studies.

1968 — it was a lonely bachelor's year helped by the fact that I was able to regularly visit my home in Goroka. Bev arrived at the end of the year and we soon found out that the system was not yet geared to accept professional women under the military umbrella. I think at that time there were only two medical doctors posing as Army wives

1970 -- Posted as BK to 102 Bty 8 Med Regt at Holsworthy with Peter Sharp as BC. Met our new neighbour, Lt Arthur Burke. Attended ROGS Course at the School.

1972 — Posted as Adjt 11 Fd Regt , Annerley Brisbane to renew old friendships with Ian Reid at 5 Fd Regt.

1973 — Posted as BK 105 Bty Wacol, followed by posting to 4 Fd Regt in Townsville as BC 108 Fd Bty under CO Nick Marshal. Needless to say this was the highlight of my career.

1975 — Medically downgraded to CZE due to old recurring injury and reposted as S02 Pers HQ DSG NQ Lavarack Barracks.

1976 — Rejected two postings back to New Guinea on personal grounds, as well as my wife's occupation, knowing full well the implications. It was time to change family priorities.

1976— 79 — Posted as CC 35 Cadet Bn in Townsville. An interesting time with schools from Ingham, Mt Isa down to Bundaberg at a time when Cadets received political priority for almost everything.

1979 — 80 — Posted OC Army Component at Joint Tropical Trials Research Establishment in Innisfail.

1981 — 82 — Posted for some reason or other as S02 LOG Canberra. Promptly lost interest in the Army as file numbers took priority over personal relationships with troops.

1983-86 — Posted to specially created position of S02 Service Officer in Townsville

1986 — Retired from ARA.

1987 — Through Dick Wickenden joined ARES and posted as S02 Pers with 11 TR GP at Jezzine Bks.

1990 - Rejoined ARA for a six month special project at Lavarack Bks until full time retirement.

Spent several years afterwards as Practice Manager of my wife's medical practice before taking on a sales job for a Toowoomba company that took me all over North Qld for nearly 10 years, before taking a break from the endless travelling. Consoled myself with numerous trips to Asia , Europe and USA including a four year period in a place called Al Ain in the United Arab Emirates where Bev had been appointed as Medical Education Director at the UAE University there. It was a most wonderful time and allowed frequent visits to the various Middle Eastern countries. Other than that we have just bit the bullet, so to speak, having returned from Norway and Finland to see the Aurora Borealis just in time to beat the travel restrictions. Not sure what the future holds, there has been talk about relocating due to the heat and humidity. Toowoomba has come up as an alternative, but we shall see ! Having survived 52 years of married bliss and Bev's retirement from being a GP we are kept busy looking after our four grandchildren.

PROFILE

ALAN R. BATCHELOR

69/70 TOUR

When Brian invited me to do a profile for the Battery Newsletter, my initial thought was this will be a doddle, and away I went dredging the memory. However, when I started on page 5 without having reached my first regiment in the British Army, I had to recalibrate since I was en route for a full blown autobiography, which I don't think was what Brian had in mind.

Having been born in 1937 my early childhood was spent during the War living on the south coast of England, the Battle of Britain was fought out over our heads, and later we were under the flight path of the doodle-bugs. In between on most nights there was some form of RAF bomber activity overhead. After the Dunkirk evacuation some very weak defences were set up to repel the expected German invasion, for example, my Dad was posted on the cliff tops armed with a WW1 Lewis MG with 5 rounds of ammunition - fat lot of use he would have been. In late 1940 the Canadian 1st Division arrived to take over the defence of the south coast, and when the threat of invasion faded to train for D Day. As a consequence there were soldiers and military equipment all around us for most of the war. With all this happening there was seldom a dull moment.

We kids grew up quickly under these circumstances, we learnt about danger and fear, casualties and grief, and courage at an early age. Equally we took for granted absent fathers, food rationing and hunger. I was also conscious of the rift between those families whose menfolk went to war and those whose men dodged the column - 'little tackers have big ears', as the saying goes. I greatly enjoyed watching my Mum chase one such down the side of our house wielding the coal shovel and shouting "get out of here you bloody coward", the wretch proved the point by fleeing at great speed.

My early schooling was pretty haphazard initially by terrifying Irish nuns, followed by an establishment more suited to a Dickens novel than a school. Fortunately I became a beneficiary of the Labour PM Clement Attlee's post-war social revolution, among many radical changes including the establishment of the National Health System, the State took over all Grammar Schools and instead of paying pupils henceforth filled them with the top scorers of the 11plus examination which was open to every ten year old child in the country. I was fortunate to get into Brighton Grammar School where I received a good education which my parents could never have afforded prior to the new system being implemented - Thank you Clem.

While at the school I discovered the two interests that would largely dictate my future. Firstly, I found I could run and managed to bag three National Schools Championships over 880 yards. Secondly, I enjoyed the Army Cadet Corps and felt that I was suited for Army life. As decision time career wise approached I was torn between these two interests, eventually I sought the advice of the head sports master, a WW1 MC winner who understood both sides of the coin. His reply was short and succinct, "

for God's sake join the Army lad, or else you will finish up like me" - so the die was cast - and my first step towards joining 101 Battery was taken.

The next step was to try to gain entry to the Royal Military Academy Sandhurst. I succeeded in navigating the entrance exam and the selection board and after 16 weeks of basic training under the tender mercies of Brigade of Guards Sergeant Majors and Infantry Sergeants entered the Academy in January 1955 to begin the 2-year course.

Sandhurst was similar to most other officer training establishments around the world, a 50/50 mix of military and academic work, with plenty of fitness training and sport. The instructors both officers and senior NCOs were outstanding and did a good job on teaching us what it meant to be an officer and how to behave once commissioned. I enjoyed Sandhurst immensely and made many firm friends

I had selected the Royal Artillery as the regiment to join primarily because it was the quickest route to the Parachute Brigade, which had been my desired military destination, since reading my first adult book, 'The Red Beret', the story of Airborne Forces during WW2. Secondly the Gunners had a good sporting reputation so I should be able to keep up my running as well.

A 6 month Young Officers Course at the School of Artillery followed, to teach us the mysteries of gunnery, mainly at the gun end but with some basic OP work.

Before actually joining the 33rd Parachute Light Regiment I had to pass the Parachute Brigade selection course which was 14 days of the most intense physical and mental activity that I have ever undergone, you were pushed to your limit every minute of every day. The stated aim of the course was to break you, and 60% of those courses were normally broken and Red. Our course was no exception to this percentage

The backdrop to the course was the Battle of Arnhem. The theme being they did not give up and if you give up you are not good enough for us.

A parachute course followed, run by RAF Parachute Jump Instructors, a great bunch of people who made the course fun, it was almost a holiday after the selection course.

I had a dream run on joining 33rd, straight into a Battery firing camp, followed by the Regimental firing camp. The regiment was equipped with 4.2 inch mortars, a very lethal and mobile weapon but with only 4500 yds range, so once the infantry got moving we were constantly on the move to provide fire support.

The day after we returned to barracks we deployed to Cyprus. In Cyprus we trained hard and undertook some Internal Security duties. Next followed another rapid move to Jordan, just after breakfast we got the order 'parade in Battle Order now,' straight down to the airfield and off to Amman to protect King Hussien from rogue elements of the Jordanian Army. Once we were deployed as a blocking force between the King and his traitorous Armoured Division things quietened down,

We spent the next 4 months desert training and showing the flag while keeping a weather eye on the Armoured Division. Soon after we got to Jordan the GPO was medevaced out and I became the GPO and the only officer on the gun position. The BSM and the OP CP Sergeant kept a very close eye on me to make sure I didn't bugger things up, I managed to get by to their satisfaction. I was fortunate indeed to have such good soldiers to guide my faltering early steps.

Then back to Cyprus for a month then return to Aldershot. I had another 2 years as GPO, and then 18 months as Survey Officer. I married my wife Christel during this period and she followed the drum with me around the world from then on, later to be joined by our two children, Patricia and Michael

The 33rd was a unique Regiment, the senior officers and NCOs were largely WW2 Airborne soldiers with also some former Commandos and SAS people, most of the captains were Korea Veterans, so there was a wealth of battle experience to be passed on to young officers. The soldiers were tough and very good, we were supposed to lead from the front, but it was hard work keeping half a pace ahead of them. Disciplinary problems were almost non-existent and there was a spirit that I have not seen equalled since

My next posting was to Brigade HQ as an Forward Air Controller (FAC). While in the UK I worked mainly with the Guards Independent Parachute Company, the Brigade pathfinders and reconnaissance element, which in my view was the best unit in the British Army. After a year in the UK I was posted to Bahrain for an 18 month tour first with the 1st Battalion, the Parachute Regiment for 6 months and then a year with the 2nd Battalion. The soldiering was good there, the rule book was thrown away, lots of live firing with minimal restrictions, mostly in Dubai which in those days was nothing more than a few mud huts. I was able to get to Kuwait instructing on FAC procedures, to Oman to help put down a mutiny in the Sultan's army, to Kenya as a temporary instructor at the East African Outward Bound School where the final exercise was to climb Mt Kilimanjaro. All in all a very interesting and satisfying tour of duty.

All good things come to an end and I was posted to a Light Air Defence Regiment in Germany. I enjoyed being in Germany, but the soldiering was very dull. Once the guns were deployed there was nothing for the Troop Commander to do other than routine admin. Also we were equipped with first generation radar controlled bofors 40mm guns which were always breaking down, which made it difficult to get any meaningful training in.

Fortunately, we were deployed to Singapore to defend Changi airfield when Confrontation with Indonesia took off, and then on to Borneo to defend Kuching airfield. Throughout we continued to be plagued with equipment failures until it was discovered that the REME test vehicle was up the creek and had been producing false readings!. I was saved from terminal boredom when there was a requirement to send a section of 2 x 4.2 inch mortars to provide close DFs for C Coy 2 Para which was out of gun range. After working up the detachments and the technical measures to reduce the minimum range to 400 yards, I spent the next couple of months with C Coy until dragged back screaming to Kuching.

Back to Singapore, before a posting to 7 Parachute Regiment RHA as the old 33rd had been renamed, as an FO and then BK .It was a difficult time for the Army, overseas deployments were being cut right back, the government was talking about hiring out soldiers to build roads, and it looked like Aldershot to Salisbury Plain and back for the foreseeable future.

During this period the Aussies had begun advertising for soldiers as expansion for Vietnam was ramped up, this caught my attention, I had been impressed with the 102 Bty people in Borneo and thought Australia might be a good option. We made the decision on Christmas Day 1966, we were in bed with our two children, Patricia and Michael, both of whom had streaming colds, it was raining cats and dogs, and as cold as charity, I recall saying "we have to get out of here, how about Australia'. We began the process in January and at the end of August we were aboard the Oriana heading south. 6 weeks later we came ashore in Sydney and flew up to Brisbane to join 1 Fd Regt at Enoggera in mid-November.

I was not disappointed, I was to be BK of 101 Bty of which the remnants of the first tour remained but were being quickly replaced by the second tour men. Brian Johnson was the BC and he said to me “you’ll be taking them up to Vietnam, I’ll get out of your way”

We trained hard and got through JTC and the 6 RAR test exercise with good results. We also played hard. I took a leaf out of Montgomery’s book and concentrated entirely on the mission to provide supporting fire for 6RAR and as far as possible cut out all the bullshit so beloved by military bureaucrats. This was pretty much the way British paratroopers operated and how I had been brought up militarily in any case.

From my perspective I thought the Battery performed bloody well in Vietnam, it was a strong team that worked together to achieve this result, which is the only way it can be done well. No more need be said.

After Vietnam a posting to the School of Artillery initially as Major Training and then running the Regimental Training Wing when it moved to the School from Holsworthy. I was able to select the Wing Staff, so I got Stan Irvine as the Admin Officer, Brian Ranson and Bill Cross as gunnery instructors, Eddie Bessie, and Reg Shepherd as Signals Instructors, and to give the Wing a two tour 101 flavour Jim King was the BSM. I enjoyed the School, who wouldn’t?

From the School to the one year Staff College Course after which to HQ Field Force Command which was just being formed as SO2 Co-ord for the Chief of Staff, Brigadier Phil Bennett, a hard taskmaster but a fair man from whom I learnt a lot about staff work.

Then out of the blue came a posting as CO of the Parachute Training School, at Williamtown RAAF Base, to take over from Harry Smith who had decided to leave the Army. Before I was firmly in the saddle I had to complete a number of courses as although I was pretty clued up on static line parachuting, freefall was a whole new ball game for me. I was fortunate to be at PTS for four years. It was a great job, the instructors were WOs and Sergeants, all two or three tour men with the Battalions, SAS and or the Training Team, all very professional. It was a privilege to work with them.

After the Parachute School it was all downhill, I had postings to the Logistic Planning Group, HQ Training Command, 2 Cadet Group and 2 Training Group, they were all good jobs, but not very demanding or challenging.

In early 1986 I was advised that Sir Peter Abeles' charity fund-raiser wanted to discuss the practicality of an Army team running around Australia to raise money for Cancer Research. After a couple of meetings we thrashed out a feasible plan and agreed to push it up our respective chains of command, mine was up to Army Office, the other was Barbara McKay-Cruise, a Sydney socialite who came with us on the run as the link to Sir Peter Able’s outfit, her’s was significantly more powerful being Sir Peter Abeles direct to Bob Hawke. She found it a bit of a shock quote “my idea of camping is a 5 star hotel”. I was told on a Monday that I must be joking and that the Army had far more important things to do. On Wednesday I was informed that the run was on.

The upshot was that we started the run from Canberra in June and finished at the Rugby League Grand Final 96 days and 19,600 kms later, having raised over \$1 million enroute. I could not have had a more meaningful swan song from the Army, most of the runners of whom there were 20 in 5 teams of 4 were friends of mine, and my two support officers were from my days at the Parachute School. It only took a few days to realise how much pain and grief cancer causes and that changed our attitude completely.

We realised that we were privileged to be able to do something so positive and perhaps in some small way contribute to a cure for this terrible disease.

We met some wonderful people along the way and what came through time and again was that those with the least gave the most. It is always the ordinary people who make a society what it is.

That was the end of the road for me militarily and after 32 years a soldier I was now a civilian. The Defence system moved us onto Scotland Island where I spent my time running, sailing, and renovating. After a couple of years of this I managed to secure the job of Executive Director of Athletics NSW, I did this for four years, although we made a lot of improvements it was like pushing the proverbial uphill with a rake. As Neville Wran put it "sporting politics make the bear pit seem like a Sunday afternoon picnic". It took me a year to work out that I was the only one playing cricket, the main game was actually 'stick a knife in the back' The place was riddled with personal agendas, inter-club feuds, family v family feuds going back generations, and even religion got into the act. No sooner than I thought I had the place under control than another spot fire would erupt.

However I was on a crusade to improve the lot of the athletes and worked 70 hour weeks to attempt to do so and went for three years without a break - net result North Shore Hospital and time to re-evaluate and go and enjoy life again..

We spent another 2 years on Scotland Island, known as 'a paradise for men and a prison for women' and then decided to move to Nowra where we had friends and stayed there in three different houses until 2007. This was my exploration phase, two solo trekking trips to Nepal to the Annapurna and Everest areas. A couple of walking holidays in New Zealand, a three month walking trip in England, during that trip on some instances when an advertised camping ground that I had planned to use, no longer took tents, not a good scene at 8pm after a hard day's walking. So time to change to a bike which gives you much more flexibility.

I did a trial ride in New Zealand where I learnt all about punctures before a long ride in the UK and then France. My most challenging ride was through Eastern Europe through Poland, Slovakia, Hungary and Slovenia, a fascinating trip. I didn't meet anyone who spoke English after leaving Warsaw until I met the inevitable Kiwi in the middle of nowhere three weeks later, however you get by somehow. It was the safest place I have ridden, since the bike was still a form of transport as opposed to a recreational vehicle. You could be riding along a narrow village road, with a bloody great Russian semi-trailer patiently chugging along behind you, no horn blowing, and there he would stay until it was safe to pass.

In 2007 our feet were getting itchy again and as both Christel and I liked France we thought we would do a recce to see if it was feasible to spend a few years there. The recce was successful and after selling up in Nowra we took off with our two dogs for France. We had selected Normandy as our destination. We had originally intended to buy something in the Pegasus Bridge area, but found it to be too pricey, so went further west and settled in a small market town 50 kms south of Cherbourg and 10km from the coast.

We enjoyed France and found the stories about French rudeness to be unfounded, quite the contrary, we found them, particularly the children to be very polite. Strong family ties were very evident and there was notable community spirit. This latter is due in part to the civic arrangements, each village has a mayor who has certain duties of care for both the village or town in general but more particularly for the people. For example during bad weather he had to check on the welfare of all residents over the age

of 70. The system was put in place by Napoleon 200 years ago and still operates effectively to this day. The local mayors are his civic section commanders.

Language was a problem although a surprising amount of schoolboy French was dragged from the back of my mind and we managed to make ourselves understood. However, we were fortunate in that all the critical providers, doctor, dentist, pharmacist, vet and garage owner all spoke good English. There were a fair number of British expats in the area and we enjoyed a thriving social scene and made new friends.

I spent a lot of time researching the D Day invasion, particularly the battles of the British 6th Airborne Division, and the American 82nd and 101st Airborne Divisions and was able to take my friends on tours of the battlefield. I was privileged to meet a number of D Day Veterans, there was no false glamour surrounding the D Day landings, the troops knew exactly what they were in for, having been told to expect 60% casualties. To a man they all said much the same thing namely "it was a job that had to be done, and it was our turn".

I felt very humble alongside these ordinary men who had performed such extraordinary deeds.

We took the decision to return to Australia after experiencing some health issues and although the French system is very good the DVA umbrella beckoned. Back to Canberra where the children and grandchildren were for 18 months and then down to Narooma.

For those who don't know Narooma, it is a laid back, very friendly place with plenty of good walking, cycling and kayaking facilities, a 50m heated pool, and the golf course. The perfect spot for active retirement - for us all is well with the world.

SECRETARY'S REPORT

Subscriptions

The Committee has agreed to try to get everyone financial and everyone paying their way, decided to decrease the subscription structure on a prorated basis for a Life Subscriber as follows:

<u>Current Age</u>	<u>Subscription</u>	<u>Saving</u>
70	\$90	\$11
71	\$84	\$17
72	\$78	\$23
73	\$72	\$29
74	\$66	\$35
75	\$60	\$41
76	\$54	\$47
77	\$48	\$53
78	\$42	\$59
79	\$36	\$65
80	\$30	\$71
81	\$24	\$77
82	\$18	\$83
83	\$12	\$89

84	\$ 6	\$95
85	Congratulations on still being with us.	

If you are not willing to pay this amount the Annual Membership will remain at \$10 and that over 15 years adds up to \$150!

You still also have the option of paying \$101 as have all your mates that joined and paid Life Subscription, this is our traditional subscription.

Unfortunately for those who are currently unfinancial and do not join we will not be emailing or posting the newsletter or any other correspondence after this issue.

The Association's Bank Account is with the Commonwealth Bank. Name of the Account: 101 Field Battery Association BSB : 064413 Account No: 10066148 or you can send a cheque to The Treasurer Ross, at 19 Edro Avenue, BRIGHTON EAST. VIC. 3187

2020 Reunion

Due to the Corona Virus Covit-19 the Committee has decided to cancel this year's reunion as we are of the opinion that the virus could last that long but even if it doesn't members may be hesitant to travel. However we are planning already for 2021. We intend to have it at Coff's Harbour and the dates will be 17 September – Meet & Greet, 18 September PM is the AGM with the dinner that night. It will be 55 years to the day since we left for South Vietnam so we hope to have a good roll up. Further details will be released early in 2021.

I hope everyone that was effected by the devastating bushfires are recovering and it hasn't affected their health. Also I am sure everyone is following instructions from the

Government and staying safe as we are in that age group that they keep referring to as most susceptible to contracting the virus.

Remember we have memorabilia available still if anyone after caps, plaques, ties and limited shirts. By the way if people want to contact our President John Pollock it is best to contact him on his Outlook email address given above. I appreciate members sending in articles of interest for the newsletter. More personal stories, etc. will be great.

Membership

It was good to see a positive response to our membership renewal. I would like to send out a "good on ya" message to 2 ex 101 Bty Malaya boys who are 80 this year and have taken out Life Subscriber membership and they are Ray Heath and Bill Dunston. We have had others who have taken out life membership but I thought they needed special mention, the others are John Pepperdine, John (Clanger) Bell, Tony Mayfield. We have had 8 either renew their Annual Membership or become a financial member for the first time well done gents.

Correspondence

There are still quite a few members who have not advised us of an email address to receive the newsletter and any other notifications i.e. funerals, etc. **If you have an email that we can contact you at for the correspondence could you please advise me.** It will be much quicker and save the Association money for postage.

Passing Parade

It is regret that members are informed the Kevin Salter a member of 101 Bty Malaya long term member of the Australian Artillery passed away on 25th March 2020 after a fairly long illness. For those who knew him he was a true gentleman. There will be no funeral due to the Corona Virus. The Association has sent his wife Marjorie a condolence card.

R.I.P. Kevin Salter

UBIQUE

Sick Parade

It has come to the Association's notice that the following members are not doing so well. Our thoughts go out to them and to any other members not mentioned and to their families. All the best: Dick Finney, Rusty Baulding and Wayne Curtis.

Operation Bribie Reunion 17 February

Members rolled up to the Bribie RSL for the reunion at about 5pm only to find that they weren't allowed in due to a fire in the RSL and it wouldn't reopen for at least 2 hours. As members of B Coy 6 RAR rolled up the word was that it was now going to be held at the Bribie Bowling Club, as so it was and everyone had a good time. The fire at the RSL stopped 3 of our members turning up as hadn't heard of the alternate venue.



they

Meet & Greet (Rear R-L) Neil Bradley, Trevor Madeley, Brian Collins, John Kokoschko

The following day was a commemoration of Operation Bribe and the Association laid a wreath at the memorial.



101 Bty Assoc. Wreath Ceremony

(L-R) Trevor Madeley, Jim King, Ray Smith, Trevor Plant, John Kokoschko, Missing Neil Bradley (gone for smoke)

Army Action

A bit of man handling action on a 105mm Pack Howitzer with the guys from 101 Bty, 4 Fd Regt , for a display held at Wacol way back in the dim dark ages. Just in case you can't recognize the person where the arrow is pointed, it is Jimmy King. John Pollock our beloved President wanted to me to mention that he helped share the load that is him on the far left of the photo.



My Dog – Nui Dat

The link below or if it doesn't work for you copy and paste it, will connect you to a great song on u-tube, worth a listen.

<https://youtu.be/I5RlzMhwIVk>

Book Launch

On behalf of Deputy Head of Regiment, LTCOL Ben Gray and RAAHC board member and co-editor, LTCOL Nick Floyd, I am pleased to forward you details on the soon to be released excellent RAA publication 'Clash of the Gods' which will be of interest to all Gunners.

Clash of the Gods of War Background

Following the success of the Firepower Seminar Series, Nick Floyd proposed that an anthology of all the presentations be published as a book. The RAAHC endorsed the proposal and the result has been the production of Clash of the Gods of War: Australian Artillery and the Firepower Lessons of the Great War. Nick has had tremendous support from his steering committee,

Dr William Westerman from the AWM and from Big Sky Publishing The book will bring together scholars and practitioners to present fresh and erudite insights into the development of Australian artillery through the First World War and the application of firepower more broadly.

Release – March 2020, Big Sky Publishing, Price - \$34.99, Format - Hardback

LIVING WITH THE CORONA VIRUS IN CHINA

The sequence of events here in our city of Huangshi 110 kms south of Wuhan the centre of the outbreak has been as follows: We were in lockdown for two months and two days.

It has been like on CB in the Army without fronting the CO, but at least didn't have to front up every hour or so in a different uniform.

22 January to 8 February 2020:

The city was placed in Lockdown by the Chinese Government. All train stations, long distance bus stations closed and all roads in and out blocked, all public transport closed including taxis and daily milk deliveries. We were told to stay indoors and told not leave our apartment by our Estate security.

All private vehicles banned from the roads. Our gated Estate plus surrounding ones had their gates locked to prevent entry and exit of vehicles. Foot traffic allowed in and out. One person from each household allowed out every 3 days to buy food, now a criminal offence to be seen without a face mask on outdoors.

9 February 2020:

More security on the gates of our estate, we were warned that there would be no foot traffic allowed in or out either now. It was noted today that higher barriers were being erected at the three gates onto the estate and chains and locks were being installed on the pedestrian gates as well.

Decided to cut our meals to two a day to conserve stocks in the fridge and freezer. No fresh milk now for 3 weeks limited to 1 coffee a day as long life milk running low too.

14 – 18 February 2020:

Advised foot traffic for food allowed every 4th day, my wife got some fruit and some food today. On our next day to shop, my wife went out for food and denied exit from the estate, no real reason given?

20 February 2020:

Today two men in full protective clothing came to our apartment; they took our temperatures and gave us a handful of masks and a thermometer. They are going to every villa and apartment in the estate over 290 tower blocks and villas.

20 - 29 February 2020:

No change, no one allowed out to buy food. A small food truck comes to the gate every 5 days and you can buy a small variety of basic food, fruit and vegetables but no meat or seafood etc. we are out of coffee, none available. I was running out of some medication but found out that you can contact, via a Wechat app on your phone volunteers who get the medication for free under the emergency health policy in force. It is delivered to the Estate management office near the front gate where you can go and pick it up. I ordered 3 types of pills and was surprised when they delivered 10 boxes of each.

10 March 2020:

We had another team come to the estate and did a temperature check, also I received a second call from the local police station where I am registered, to check if I was OK.

16 - 23 March 2020:

16 March a team of around 40 men in full protective gear arrived at the nine apartment blocks and sprayed disinfectant at the entrance, the lifts and all the common areas on each floor. 18 March ran out of coffee HELP. Normal routine of food purchasing etc are still in force. 20 March advised that restrictions were being lifted over the next few days. Saw that the two road blocks to the north were removed today. My wife received a movement pass to go out via her phone but I need one to leave the estate when restrictions are lifted. I was allowed to go to the local police station today where I am registered to obtain a pass for myself. No problem only took ten minutes. On the way home actually got some bread, first in two months, wow eggs on toast tomorrow's breakfast.

Daily life:

Apart from the boredom fortunately Chinese TV has hundreds of English speaking movies and some documentaries and we could download books onto our iPads. We could take walks within the estate in the warmer days for a short period with double masks, sunglasses and gloves when no one was around. Hygiene was very important, every time you left the apartment, even to take rubbish down apart from wearing masks you scrubbed your hands with hot water and soap when you returned. We were lucky

that we have weathered this really well and now hope to get back to a normal life in this beautiful country. I guess we will all still need to ensure we maintain the health standards until this disease is finally cleaned up. Many thought that locking up Hubei Province and the cities within was over the top but it certainly contained the virus as much as possible. In our city of 2.3 million there were 1015 cases, 38 deaths, all over 70yrs old, 950 released cured and 27 still in hospital under observation as of 20 March. All 14 temporary virus treatment hospitals in Wuhan closed on 17 March.

John Pollock

Media Release



13 March 2020

MEDIA STATEMENT

JUSTICE FOR DISABLED VETERANS INCORRECTLY TAXED

Some Veterans medically discharged from the ADF and receiving Invalidity Benefits from their DFRDB^[1] superannuation had some good news today, when Justice Logan handed down his decision at the Administrative Appeals Tribunal^[2] in Brisbane. Justice Logan was quite scathing about the treatment of veterans “broken by age and war” in this encounter with the taxation and military superannuation regimes.

Quite a few Veterans leave the ADF with unrecognized medical conditions, especially mental health issues. They should have been medically discharged and received an Invalidity Benefit. When this medical condition is eventually recognized, sometimes many years later, the Veterans can be granted a retrospective medical discharge backdated to the date of leaving the ADF.

Unfortunately, when doing the calculations of backdated payments, the ATO and the Commonwealth Superannuation Corporation got it wrong. Veterans appealed.

This was a recognized Test Case setting a precedent for all affected Veterans. The Veteran’s appeal was upheld. DFWA calls on the government to do the right thing:

^[1] Defence Force Retirement and Death Benefits scheme.

^[2] Wayne Douglas vs Commissioner of Taxation. Brisbane AAT 2016/6964 and 6965

- Respect the judgement. Don't stress Veterans more by appealing the decision;
- Pay back what is owed to all affected Veterans and do it promptly; and
- No spin. No retrospective changes to the law. No technical limitations restricting refunds just to those disabled Veterans who managed to lodge an appeal.

No silly games, and in the words of the Covenant, "be sensitive to any physical or mental injury or disease they may have suffered and respect their military service."

DFWA pays tribute to those veterans and their families who are enduring the stresses, uncertainties and personal costs of being Test Cases for your mates. DFWA also extends thanks to the legal team, both ADF veterans, who went above and beyond. WFD.

Contacts

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Queensland President:

John Lowis (0439) 192 574

DFWA – Voice of the Defence Community

This has been around before but a reminder doesn't hurt.

Medical Reminder

A very important warning for those who wake up at night to go to the bathroom...

You must be careful and use the "One-and-a-Half-minute law" which is scientifically proven. By waking up suddenly for one's physiological needs normally, we often hear that someone "was well in good health and died suddenly during the night without reason. "

The most likely reason is that when that person woke up to go to the bathroom, he/she got up from bed in a hurry, but the brain needs greater blood flow, for having rested, causing a state of fainting and that is when the stroke happens. It is recommended to learn the "One-and-a-Half-minute law" that can save your life

When you wake up to go to the bathroom, you must first: Lay for 30 seconds after waking up and then sit up in bed for 30 more seconds lowering your legs quietly and sit like that for another 30 seconds " and only then get up to go to the bathroom.

With these steps the chances are gigantic to survive a sudden stroke, regardless of age... Share with all your family and friends. Remember that you can save yours and the lives of many people sharing this information...

Prevention is better than healing *

Pressure Arterial

- ▶ 120/80 normal
- ▶ 130/85 normal
(requires control)
- ▶ 140/90 high
- ▶ 150/95 very high

Heartbeat per minute
72 BPM (Default)
60 to 80 BPM (normal)

40 to 180 BPM (abnormal)

Compatibility of blood groups

What's your blood type and how common is it?

O+ (1 IN 3)
A+ (1 IN 3)
B+ (1 in 12)
Ab+ (1 in 29)
O-(1 in 15)
A-(1 in 16)
B-(1 in 67)
AB-(1 in 167)

Water effect

About the body

We know that water is important, but you never knew the right time to drink!

Did you know?

Drinking water in the correct time maximizes the effectiveness of the human body;

1 Glass of water after waking up, helps activate internal organs...

1 Glass of water 30 minutes before meal helps digestion.

1 Glass of water before showering helps lower blood pressure.

1 Glass of water

Before sleeping avoids stroke or heart attack.

When someone shares something important with you, take advantage of this and share with more people.

DVA funded 12 month general health and fitness program - Individual programs available - Fully Funded.

12 Month Health and Fitness Program for Returned Veterans & Peacekeepers & Peacemakers

NO White or Gold Card Required

The free Heart Health Program run on behalf of the DVA by Corporate Health Management (CHM) aims to help you increase your physical health and wellbeing through exercise, nutrition and lifestyle management support. It is a 52-week program that includes a program provided exercise resource that will assist you to exercise as you prefer to each week and 12 months of health coaching on healthy lifestyle choices provided by one of our team of highly qualified allied health professionals.

The program covers a range of topics including:

- setting healthy goals,
- nutrition and diet advice
- lowering alcohol consumption,
- developing better sleep patterns
- stress management,
- diabetes,
- taking care of your body,
- managing your weight,
- and maintaining a healthy heart.

Why should I register for the Heart Health Program?

Most people want to improve their health but find it hard to get started. Registering for the Heart Health Program gets you started and keeps you going on the path to new lifelong habits. Good physical health is vital for your overall quality of life and helps with our mental health too. A daily exercise routine and balanced nutrition will help to:

- Prevent or manage chronic diseases like heart disease,
- Type 2 diabetes and certain types of cancer,
- Assisting in fighting off and recovering from illness
- Maintain a healthy weight,
- Strengthen your heart and lungs,
- Improve your sleeping patterns
- Finally improve your sex life

Individual Heart Health Program

Individual returned veterans and peacekeepers living in metropolitan areas, rural or remote areas, those still working, studying or with time constraints can access the Heart Health Program via the 12-month telephonic version of the program. Participants have their own tailored physical activity resource, health education modules, and phone or e-mail support from a program health coach. The program has the flexibility to deliver to anyone, anywhere

Program exercise resources

The program can provide an exercise resource to help participants to exercise the way they like to or provide an opportunity to try something different than the usual. Resources can take the form of:

- Assistance with the cost of a gym or pool membership
- Or a piece of exercise equipment for home
- Or assistance with accessing new exercise gear

Am I eligible?

The Heart Health Program is open to all returned veterans and peacekeepers who have not previously done the Heart Health Program.

Enrolment

Registering your interest or checking eligibility is easy. Simply visit <http://www.veteranshearthealth.com.au/eligibility/> and follow the steps. Or please call the program phone number 1300 246 262 at any time to speak to one of our team.

All participants then need to get a medical clearance form provided by the program completed by their GP before starting the program. To obtain the form please contact the program on 1300 246 262.

Kind regards

Heart Health Team - DVA Heart Health Program

Program proudly delivered on behalf of the DVA by:

CHM Corporate Health Management Pty Ltd

Toorak Place, 521 - 529 Toorak Road, Toorak VIC 3142

Direct: 1300 246 262

Email: hearthealth@chm.com.au

Web: <http://www.veteranshearthealth.com.au>

The Soldier Who Never Came Home

There's a bottle of beer in the Waihou Forks bar,
From the rest on the shelves it stands out like a star,
For its shape is old fashioned and just might perplex,
And the label proclaims that it's Ballins Four X.

It was bought long ago by a young soldier brave,
On his final leave there these instructions he gave,
Don't sell it or break it, just keep it in store,
And I'll drink it when I come back home from the war.

He was killed overseas on the island of Crete,
When they battled it out with the German elite;
There's a headstone but nobody knows where he lies,
If he sleeps his last sleep 'neath the seas or the skies.

But the bottle still stands in the country hotel,
A memorial strange for the soldier who fell;
And travellers and locals take time out to think
Of the soldier who never came back for his drink.

For somehow a glow by the bottle is shed,
As poppies surround it and edge it with red,
And each Anzac morning a new one is there,
And they lie like a wreath round that bottle of beer.

There are many stone cairns scattered over the land,
But I wonder how many are polished by hand;
Though the cap is all rusted it outshines the chrome,
As it honours the soldier who never came home.

Ponderisms

- * IF MY BODY IS EVER FOUND ON A JOGGING TRAIL, JUST KNOW THAT I WAS MURDERED SOMEWHERE ELSE AND DUMPED THERE.
- * RESPECT YOUR ELDERS. THEY GRADUATED FROM SCHOOL WITHOUT THE INTERNET.
- * I'VE DECIDED I'M NOT OLD, I'M 45 -- PLUS SHIPPING AND HANDLING.
- * **WE HAVE ENOUGH GUN CONTROL. WHAT WE NEED IS IDIOT CONTROL.**
- * BEHIND EVERY ANGRY WOMAN STANDS A MAN WHO HAS ABSOLUTELY NO IDEA WHAT HE DID WRONG.
- * LET'S STOP SENDING MONEY TO OTHER COUNTRIES AND LET THEM HATE US FOR FREE.
- * VEGETARIAN: ANCIENT TRIBAL NAME FOR THE VILLAGE IDIOT WHO CAN'T HUNT, FISH, OR LIGHT FIRES!
- * I LOOK AT PEOPLE AND SOMETIMES THINK "REALLY? -- THAT'S THE SPERM THAT WON?"
- * IN MY DEFENSE I WAS LEFT UNSUPERVISED.
- * **IF GUNS KILL PEOPLE, THEN PENCILS MISSPELL WORDS, CARS MAKE PEOPLE DRIVE DRUNK, AND SPOONS MAKE PEOPLE FAT.**
- * MY DECISION-MAKING SKILLS CLOSELY RESEMBLE THOSE OF A SQUIRREL WHEN CROSSING THE ROAD.
- * SOME THINGS ARE JUST BETTER LEFT UNSAID -- AND I USUALLY REALIZE IT RIGHT AFTER I SAY THEM.
- * **WE OWE ILLEGALS NOTHING -- WE OWE OUR VETERANS EVERYTHING.**
- * CAMPING: WHERE YOU SPEND A SMALL FORTUNE TO LIVE LIKE A HOMELESS PERSON.
- * I THOUGHT GETTING OLD WOULD TAKE LONGER.
- * A WISE MAN ONCE SAID - - NOTHING.