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NEWSLETTER
NOVEMBER 2021

PRESIDENT'S REPORT

Another year has passed us by and what a year. As you will be aware we were put in the unfortunate position that we had to cancel our AGM and 55th reunion in September. This was the second reunion to be cancelled for the same reason. However the one next year is in May, same location and accommodation, at Coffs Harbour. Preparations are under way and the Coffs Diggers club are on board and locked our dates in.

It must have been a horrendous year for many of our members, in particular those in NSW and Victoria with months of lockdown. The committee hopes that there have been no cases among our members and extended families. Unfortunately my wife contracted a very mild case in September with no symptoms while waiting for her second jab, so apart from the NSW lockdown we had to self-isolate for two weeks. The Committee's thoughts are with you during this period, hopefully things will improve in 2022.

It has been appreciated that our membership continues to grow with ex Battery members still joining for the first time and many changing to life subscribers. Just a reminder we would really appreciate it if more members would come forward with their profiles as we get good feedback from members regarding this part of the Newsletter. If you are willing to do so please feel free to let the Secretary know, we attempt to provide two in each edition, one from first tour and one from the second tour. We will continue to try and provide more interesting Gunner topics each Newsletter.

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PROFILE
CRAIG CAMPBELL
1966/67 TOUR



I was born in Perth, Western Australia on the 23rd of March 1947 and my mother named be Barry John Langford. After a few weeks she put me up for adoption and my name was changed to Craig Campbell. In the early years I cycled through various suburbs and various schools before we finally settled down in Applecross, an inner-city suburb along the Swan River. By the time I started high school, much of my free time was spent playing Football (A.F.L. for all you New South Welshmen and Queenslanders) and Cricket.

I left high school at 14 years of age and started work at a local service station pumping petrol. When I was 17, I enlisted in the Army on the 17th of September 1964. I left by train, having been the only one I knew to pass the tests. I had never been away from home before, so it was a real eye-opener. I arrived at Broadmeadows as recruits from all over started to arrive. We travelled by bus to Kapooka. I don't have to tell everybody what it was like because we all know. We were housed in Nissen huts: quite cold in winter, even hotter in the summer.

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After recruit training, myself and Darryl Dial were taken to North Head to learn our craft. We were given the choice of Holsworthy, N.S.W. or Wacol, Q.L.D. We thought Queensland was the better choice, so off to Wacol we went. Standing in the ranks of the 105 Bty of which we were posted stood veterans of both the Second World War and the Korean War. It was very daunting to stand next to them. We were very much in awe.

When the 105 Bty were being deployed to Vietnam, Darryl and I were fronted by the BC and told because we were only 17 we were too young to go, so we were transferred to 101 Bty. Darryl as a driver and me as a Sig. Coming from 105 Bty and going to 101 Bty was a defined change because of the influx of National Service, but the skill they brought on the Guns and Sig work, OP, etc. made us all operate together. After Vietnam I stayed in the Bty until late 1968-69. I was then transferred back to W.A. for the final 12 months or so to take the C.M.F. sig courses and did Bty jobs.

In 1970 I met my wife, the love of my life, Dianne. We have since had two daughters and four grandchildren. I started looking for a job, it was of two: the Police or the Fire Brigade. The latter was paying two dollars more, so that was that. I spent 28 years in the fire service until I was medically unfit for duty in 1997.

I think the 6 years in the army meant more in mateship than the 28 years in the fire service. When Dianne and I travelled to Brisbane in time for ANZAC day, I had it in my mind that things would be the same as 1966/67. But they weren't. I think there were only 607 to march. But time moves on, I guess.

I coached Aussie Rules football over many years from 1983-1992. Colts, reserves and league. I had some success in the Colts and had a great time.

Dianne and I have been married 52 years and I cannot imagine not being with her. My health has been okay, a few visits to the hospital here and there. It's not the body, it's the mind that ain't so good.

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PROFILE
KEV WEEKS
1969/70 TOUR



Upon very good advice from a member of the Victorian Police Force I joined the Army in 1967. Enlisted 3 Apr 1967 in Melbourne then off to Kapooka 26 Pl D Coy, and was given a choice either discharge or Artillery at Corp Allocation, needless to say my time at Kapooka was not easy with CSM,s detail almost every night on the polisher, somehow trouble seemed to follow me.

Off to the School of Arty thinking I really have to make something out of this, but no, trouble again first day the 4 of us from Kapooka arriving at 2 am were told to report to the kitchen at 6am. Well of course no show. We all got 4 days CB during which a fisherman went in at Bluefish point off the rocks and we had to help the Emergency Services raise the body up from below by ropes, a sight I saw for a long time, it's

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unbelievable how large the head swells when bashed by rocks underwater. After that I learned the meaning of Yes Sir, no problems, how high or within reason is it in my best interest. After waiting for enough personnel to arrive at the School we started our Gun course. Prior to that I learned to polish brass in the Officers Mess. I also purchased a large clothes press and started washing greens and pressing for those who wanted it done, of course undercutting the price that ASCO were charging, That didn't last too long as the reward was not worth the effort, but I did have a shot. Bought an old vauxall from a 2nd intake nasho going back to SA for discharge for \$20, drove it everywhere around Sydney and one night going over the Harbour Bridge 2 motorbike cops pulled me over outside the Naval Club (I think that is what it was called), asked for licence, didn't have one. Dutchy Daneen had to drive back as he had one. Always remember the cop saying lucky you're in the Army, no further action taken.

Then after 4.5 months in Sydney off to 101 Bty at Wacol. I met Craig Campbell and Clive Weir at the School as they were returning to 101 after leave in Perth. Upon arrival at the Bty the first person I met was Trevor Madeley and he took us under his wing and tried to steer us in the right direction. Terry Porter was the next stop and our induction into painting rocks and hiding began as the Bty was rebuilding. Maj Johnson was the BC and I can still remember the day the BSM arrived, Noel Fraser Forbes (Blowy) a man with a big bark and as I was to learn later looked after his own. I was posted to Foxtrot Gun as the No 3 and after an exercise to Tin Can Bay and we had to dig the guns in deeper than we already had, I thought has to be an easier job than this around. The question was asked who can type? I put my hand up as I'd learned to at high school. Into the orderly room I went and did all the leave applications for Xmas 1967 at Wacol. After Xmas now Jan 1968 the typist from RHQ was away so I was sent down to fill in, Harry Brown was the chief clerk. To cut a long story short a clerical course was starting at Ashgrove TTC and the soldier was AWOL so I typed out my own mob3 got my AB83 and presented myself to the course. I'd only been there about 2 hours and I heard Blowy's voice. The outcome was you can stay but you'd better pass or your gone, one of my better moves in the 20 years I spent in the Army. I could go on and on about my time in 101 Bty as there were many many highlights. The Lands Office Dec 68, say no more. Our pay weekends at the Gold Coast with probably one third of the Bty. I went through JTC Aug 68 so when the Bty went in Feb 69 I was allowed to take my old car and hide it in the bushes as long as I was at the front gate when the Bty arrived. At night I used to take 3 different people down to Coolangatta. But the men that I served with in the Bty will always have a special place in my memories.

After Vietnam I spent 12 months in the Bty and was posted to the RAAF School of Languages Point Cook on promotion to Sgt. The posting was changed from Non Corps to Ordnance so I changed Corps to stay in the position as I was planning to get married. I stayed there from May 71 until Dec 75

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I was then posted to DSU Melbourne as the pay Sgt Dec 75 to Jan 77. In Jan 77 I was then posted to Army Reserve Dental Units(what the hell was this) on promotion to SSgt. It took me about a fortnight to work out that this unit sold more alcohol than any large hotel in Sydney. A delivery was made almost daily. The unit was 85 ARes and 2 ARA Cadre staff. There were too many keys so then all keys had to be returned and we started again because I was the person signing for delivery of goods. I went for a medical and the Dr at South Head said to me I had to lose 30 Kilos in 3 months or he was going to discharge me, I had to report to the RAP weekly for a weigh in. I went back 3 months later 35 kgs off and I actually got fit for the first time in a long while.

I did subject 1 for WO in Jan 78 and was posted to CARO on promotion to WO2 in Aug 78 until Jan 1984. Whilst at CARO I served in various rolls, records, promotions to Sgt then WOs. I was promoted to WO1 whilst at CARO and the CO Don Quinn used to live not far from my home so his driver used to sign his car to me and I would drive the CO home and pick him up. Saved me travel expenses and parking problems and he was the only CO with a WO1 driver.

Jan 85 off to Pers Branch Russel Offices Canberra which turned out to be a very rewarding posting as my boss LtCol Harry Short was a squash fanatic and we used to go and have a game over at Duntroon about 3 times a week. However my eldest daughter wanted to go home to Melbourne to start High School in Jan 86, so I made my intentions known that I would be seeking discharge at the end of 20 years 1987.

I was then posted to 3MP Coy in St Kilda Rd Melbourne as the Admin Officer Non Corps in Jan 1986. Whilst there a friend of mine who was the records manager for the City of Melbourne told me of a job going for records manager for the Labour Party of Victoria. I applied and got the job. I then took 6 months long service leave on half pay then went in on the 5 Apr 67 and was discharged. After discharge I received a call from the ex Provost Marshall of 3MD who was now the OC 3 ARU Army Reserve. I was offered the job of SO3 training which I took on board as the extra money was great and it's not a bad gig. All was going nicely good job ARES on the side but I became restless with the job, working with civilians that didn't really want to work just turn up and get paid. I ended up getting myself into trouble and was constantly being told you are not in the Army now, you cannot talk to people like that. I used to go for a 5 k run every night when I got home just to wind down, in the run I ran past a sandwich bar which was for sale. The next day I went and got all the particulars and 2 days later I bought it, went to work and gave 4 weeks notice. I

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stayed in the shop until Mar 1999, 11 years and was advised by my Dr to apply for TPI which I received in Apr 1999.



Gun Park. Back Row 3rd Beaumont, 5th Phil Kline, 6th Davey, 7th Keith Compt, 8th Kevin McCosh, 9th Mick Grimes Front **Row** Snoopy Palince? Rowe, Weeks, Giffin, Skinner, Daneen

SECRETARY'S REPORT

Well unfortunately our reunion was cancelled for the 2nd year in a row, however there may be light at the end of tunnel, here's hoping anyway. To that end we have booked the Coffs Harbour RSL again for our reunion to be held on 13/14 May 2022. More to follow when we get closer to the event.

I hope all are able to join their family to celebrate at Christmas and hope that 2022 turns out to be a better year for all.

Passing Parade

214316 Robert William (Bob) Crelley, 1966/67 tour SVN and Life Subscriber of our Association passed away on 28 July 2021.

R.I.P. Bob

UBIQUE

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Sick Parade

Ray Heath, 101 Bty Malaya and Life Subscriber has just had a battle with cancer but thankfully the operation was a success and clear of cancer.

Ron Woodforde, 1966/67 tour was in hospital for an operation but is out and recovering.

Terry Porter, 1966/67 tour has also been in hospital and is now home.

Two Life Subscribers and 1966/67 tour members **K.C. Ball** and **Peter Cusack** aren't doing too well. We wish you all the best.

Anyone else that isn't well we wish you all the best as well.

Bill Cross' 80th Birthday Celebration

Reg Shepherd purchased twenty 101 Battery Association caps to present to each attendee and a bottle of Crossy's Classic Red Blend, Peter Smith wrote the tasting notes on the label, they reflect Bill's characteristics of course. Happy Birthday Bill.



Disability Pension Changes

Just in case anyone missed it from 1 January 2022 if you pay rent and you were either a TPI or EDA disability pensioner, you may be entitled to Rent Assistance.

Disability Pension changes

From 1 January 2022, pending passage of legislation, the DVA Disability Pension will be removed from the income test for Social Security payments.

This will simplify the way income support payments are calculated, indexed, and administered by DVA and Services Australia. The initiative will exempt the Disability Pension from the *Social Security Act 1991* income test and the rent assistance test under the *Veterans' Entitlements Act 1986*.

As part of these changes Disability Pension will be re-named 'Disability Compensation Payment' to better reflect the nature of the payment.

The Defence Force Income Support Allowance (DFISA) will no longer be paid because the Disability Pension will not reduce income support payments from Centrelink and Age Pension from DVA. These payments to affected Disability Pension recipients and their partners may increase.

DVA Disability Pension will no longer affect the Rent Assistance of Service

Pension, Income Support Supplement and Veteran Payment recipients.

This means that Disability Pension recipients and their partners may receive increased Rent Assistance payments, or receive Rent Assistance for the first time if they are renting privately.

DVA will contact you towards the end of 2021 if you may become entitled to Rent Assistance to invite you to update your accommodation details so that your Rent Assistance is calculated on up to date information. You can update your details online using MyService via MyGov. If this is not possible, you can contact DVA via phone 1800 VETERAN or email. You will need to provide evidence of the rent you pay.

Rent Assistance is payable to Service Pension, Income Support Supplement and

Veteran Payment recipients who pay rent of more than the rent threshold of, as at 1 July 2021, \$125.80 (singles) and \$203.60 (couples combined) per fortnight.

You cannot receive Rent Assistance if you live in state or territory government public housing.

If you or your partner already receive Rent Assistance with a Family Tax Benefit payment from Services Australia, you will not be eligible for Rent Assistance from DVA as well.

For more information, go to the DVA website (www.dva.gov.au) Rent Assistance and DFISA pages (on introduction of legislation).

More information will be provided in the next edition of *Vetaffairs*.



Expanded Face-to-Face Services for Veterans and their family

DVA has been working with Services Australia to provide services and support to veterans and their families via a Standardised Service Offer that delivers a more equitable and connected face-to-face experience.

From 1st July 2021, veterans and their families are able to access DVA services at 318 Services Australia service centres across Australia.

Veterans and their families who attend a Services Australia service centre can seek assistance for a series of DVA services, such as:

- printing and lodgement of DVA forms and supporting documents;
- fielding general enquiries;
- connection with DVA subject matter experts and support services such as Open Arms; and
- supporting veterans and their families in accessing online services in these service centres.

All Services Australia staff in the 318 service centres will undertake mandatory training to ensure veterans and their families are well supported.

The expanded service offering will not impact the services and support currently provided through DVA's Veterans Access Network (VAN). Existing services provided through Veteran Information Service sites and existing co-located offices will continue as normal.

Another exciting part of the service expansion is that the 318 service centres will also commemorate the service and sacrifice of veterans and their families by actively recognising and promoting significant national events such as ANZAC Day and Remembrance Day.

These changes will enable easier access to services, in particular for those living in rural and regional areas, and are an important expansion of the DVA footprint to reach the veteran community. Veterans and their families will be able to walk into any Services Australia shopfront and receive assistance. The list of service centre locations and other information is available on DVA's website [here](#).

History Story about 101 Battery

7:28 PM Wed Sep 15

64%

https://artilleryhistory.org/commemorating_150_years_1871_to_2021/documents/barre...
artilleryhistory.org

Where Right and Glory Lead: No.01



Following his enlistment on 11 January 1916, 21-year-old South Australian, Gunner Lindsay Barrett was allocated to the 13th Reinforcements of the 3rd Light Horse Regiment. Arriving in the staging camps of Egypt, Lindsay found himself in stirring times. The AIF was growing enormously after its withdrawal from Gallipoli, and new units were being formed for action on the battlefields of France and Belgium. The thought of the Artillery appealed to the young soldier, and after further training in England, he was posted to the newly raised 101st Howitzer Battery, which was part of the 1st Field Artillery Brigade.

In October 1917, the 101st Howitzer Battery was in action along the infamous feature dubbed ANZAC Ridge, near Ypres, Belgium. Barrett, now a temporary Bombardier, took over as second in command of Number 5 Gun. On the morning of the 26th October, the battery was firing in support of attacking Allied infantry. The enemy counter-battery fire was extremely heavy but the Australian gunners stuck determinedly to the task.

Suddenly, an enemy round exploded between Numbers 5 and 6 guns, killing or wounding both of detachments, except for Barrett, who was generally unscathed. Realising that the loss of the two guns' firepower would cause a serious gap in the barrage line, Barrett took on the task to lay, load and fire his gun singlehanded. For the next 10-15 minutes and under extremely heavy fire from enemy artillery, he did the work of an entire detachment, and his efforts kept the effects of the rolling barrage generally intact at the target end. As new information was relayed to the remaining guns, so as to cover the gap of fire, Barrett was ordered to tend to his wounded mates.

For his actions that day, Lindsay Barrett was recommended for the Victoria Cross, although the citation was later downgraded to the Distinguished Conduct Medal.

Lindsay Barrett later served in the Militia in World War Two.

Sources:

National Achieves of Australia: B884, WW2 Service Records, S1729 PTE L.E. Barrett

Interview with the Barrett Family

AWM 8, Unit Embarkation Rolls, 3rd Light Horse Regiment, 1914-1918 War

War Service Record of the First Australian Field Artillery Brigade 1914-1919

AWM 28, Recommendation Files for Honours and Awards, AIF, 1914-1918 War, 1842 SGT L.E. Barrett

Department of Veterans Affairs, Nominal Roll of Vietnam Veterans – 4717870 D.L. Barrett

[Click here for more 'Where Right and Glory Lead' Stories](#)



A Poem by a Veteran's Wife

A Veteran's Wife

By Heather M. Tabers

**A uniform I do not wear
A gun I do not carry.
But I serve my country proudly
Through the man I chose to marry.
I may not wear a dog tag
But I have a mission just the same.
My husband defended freedom
And I'll defend his name.
A purple heart I'll never wear
No ribbons adorn my chest.
But this ring upon my finger
Shows that I'm truly blessed.
My husband is a warrior
Both in battle and at home.
He loves and guards us fiercely
No greater love I've ever known.
When shadows of his darkest days
Come back to haunt his mind
His wife will faithfully stand beside
And love he'll always find.
A Veteran's wife I'm proud to be
No greater honor could I know
Than to proudly love and honor
My husband, my hero.**

Love Our Vets - PTSD Family Support

www.LoveOurVets.org

A Different view on Covid

Medical experts in Australia were asked if it is time to ease the COVID lockdowns.

Allergists were in favour of scratching it, but Dermatologists advised not to make any rash moves.

Gastroenterologists had a sort of a gut feeling about it, but Neurologists thought the government had a lot of nerve.

Obstetricians felt certain everyone was labouring under a misconception, while Ophthalmologists considered the idea short-sighted .

Many Pathologists yelled, "Over my dead body!" while Paediatricians said, "Oh, grow up!"

Psychiatrists thought the whole idea was madness, while Radiologists could see right through it.

Surgeons decided to wash their hands of the whole thing and Pharmacists claimed it would be a bitter pill to swallow.

Plastic Surgeons opined that this proposal would, "Put a whole new face on the matter".

Podiatrists thought it was a step forward, but Urologists were pissed off by the whole idea.

Anaesthetists thought the whole idea was a gas, and Cardiologists didn't have the heart to say no.

In the end, the Proctologists won out, leaving the entire decision up to the arseholes in politics..."

A Good Read for Us Blokes

The following good information was sent in by Phil Kline:

“I am here to speak with you on Prostate. The topic is misleading. Is prostate strictly for men? Yes, ONLY men have prostate and ONLY men over 40 years but the healthcare enlightenment is for everyone. There is no woman who does not know a man 40 years and above, father, uncle, brother, son, friend, neighbour, colleague...

Essentially what I will be doing today is health promotion. Responsible health promotion must provide three things:

1. Information
2. Reassurance
3. A plan of action.

Let me start with a background on prostate health.

Everyone has a pair of kidneys. The job of the kidney is to remove waste. It is the LAWMA (waste management company) of your body. Everyday your blood passes through the kidney several times to be filtered. As the blood is filtered, urine is formed and stored in a temporary storage tank called the urinary bladder.

If there were to be no urinary bladder, as a man walks on the road, urine will be dropping.

Now think of the plumbing work in your house. Think of the urinary bladder as the overhead storage tank. From the storage tank, a good plumber will run pipes to other parts of the house, including the kitchen. God in His wisdom ran pipes from our urinary bladder to the tip of the penis. The pipe is called the urethra. Just below the bladder and surrounding the urethra is a little organ called the prostate gland.

The prostate gland is the size of a walnut and weighs about 20grams. Its job is to make the seminal fluid which is stored in the seminal vesicle. During sexual intercourse, seminal fluid comes down the urethra and mixes with the sperms produced in the testicles to form the semen. So semen technically is not sperm. It is sperm + seminal fluid. The seminal fluid lubricates the sperm.

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After age 40, for reasons that may be hormonal, the prostate gland begins to enlarge. From 20 grams it may grow to almost 100 grams. As it enlarges, it squeezes the urethra and the man begins to notice changes in the way he urinates.

If you have a son under 10, if he has a little mischief like we all did at that age, when he comes out to urinate, he can target the ceiling and the jet will hit target. Call his father to do same, wahala dey. His urine stream is weak, cannot travel a long distance and sometimes may come straight down on his legs. So he may need to stand in awkward position to urinate.

Not many men will be worried their urine stream cannot hit the ceiling. Toilets are on the floor and not on the ceiling. But other symptoms begin to show.

TERMINAL DRIPPLING:

The man begins to notice that after urinating and repacking, urine still drops on his pants. This is the reason why after an older man urinates, he has to ring bell. A younger man simply delivers to the last drop and walks away. Just see an older man coming from the bathroom. Sometimes he may clutch the newspaper closely to hide the urine stains, particularly on plain coloured trousers.

HESISTANCY

At this point you wait longer for the urine flow to start. There are 2 valves that must open for you to urinate – the internal and external sphincters. Both open but because of obstructions in the urethra, you wait longer for the flow to start.

INCOMPLETE EMPTYING

You have this feeling immediately after urinating that there is still something left.

As all these things happen, the bladder begins to work harder to compensate for the obstruction in the urethra. The frequency of urination goes up. Urgency sets in. Sometimes you have to practically run into the toilet. Nocturia also becomes common. You wake up more than 2 times at night to urinate. Your wife begins to complain.

Men being men may not talk to anyone even at this point. Then the more serious complications start.

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Stored urine gets infected and there may be burning sensation when urinating.

Stored urine forms crystals. Crystals come together to form stone either in the bladder or in the kidney. Stones may block the urethra.

Chronic urinary retention sets in. The bladder stores more and more urine. The size of the bladder is 40 - 60cl. A bottle of coke is 50cl. As the bladder stores more urine it can enlarge up to 300cl. An overfilled bladder may leak and this leads to wetting / urinary incontinence. Also the volume may put pressure on the kidney and may lead to kidney damage.

What may likely bring the man to hospital is acute urinary retention. He wakes up one day and he is not able to pass urine.

Everything I have described above is associated with prostate enlargement, technically called benign prostate hyperplasia.

There are other diseases of the prostate like:

1. Prostatitis – inflammation of the prostate
2. Prostate cancer – cancer of the prostate.

This discussion is on prostate enlargement.

I have bad news and good news.

The bad news is that everyman will have prostate enlargement if he lives long enough.

The good news is that there are life style changes that can help the man after 40 to maintain optimum prostate health.

NUTRITION

Look at what you eat. 33% of all cancers, according to the US National Cancer Institute is related to what we eat.

Red meat everyday triples your chances of prostate disease. Milk everyday doubles your risk. Not taking fruits / vegetables daily quadruples your risk.

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Tomatoes are very good for men. If that is the only thing your wife can present in the evening, eat it with joy. It has loads of lycopene. Lycopene is the most potent natural antioxidant.

Foods that are rich in zinc are also good for men. We recommend pumpkin seeds (ugbogulu).

Zinc is about the most essential element for male sexuality and fertility.

Men need more zinc than women. Every time a man ejaculates he loses 15mg of zinc. Zinc is also important for alcohol metabolism. Your liver needs zinc to metabolize alcohol.

ALCOHOL CONSUMPTION

As men begin to have urinary symptoms associated with prostate enlargement, it is important they look at alcohol consumption. More fluid in means more fluid out.

Drink less. Drink slowly.

EXERCISE

Exercise helps build the muscle tone. Every man should exercise. Men over 40 should avoid high impact exercise like jogging. It puts pressure on the knees. Cycling is bad news for the prostate. We recommend brisk walking.

SITTING

When we sit, two-third of our weight rests on the pelvic bones. Men who sit longer are more prone to prostate symptoms. Do not sit for long hours. Walk around as often as you can. Sit on comfortable chairs. We recommend a divided saddle chair if you must sit long hours.

DRESSING

Men should avoid tight underwear. It impacts circulation around the groin and heats it up a bit. While the physiological temperature is 37 degrees, the groin has an optimal temperature of about 33 degrees. Pant is a no - no for men. Wear boxers. Wear breathable clothing.

SMOKING

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Avoid smoking. It affects blood vessels and impact circulation around the groin.

SEX

Regular sex is good for the prostate.

Celibates are more pronenn to prostate illness. While celibacy is a moral decision, it is not a biological adaptation. Your prostate gland is designed to empty its contents regularly.

Thought: when someone shared something of value with you and benefit from it. You have a moral obligation to share it with others because someone in your friends list might be saved.

Forwarded as received

The subject is very important Please post the message on the largest number of your acquaintances:

"Pieces of lemon in a glass of hot water can save you for the rest of your life," says Professor Chen Horin, chief executive of the Beijing Military Hospital.

Even if you are busy, you should look at this message and pass it on to others!

Hot lemons can kill cancer cells!

Cut the lemon into three pieces and place it in a cup, then pour hot water, it will become (alkaline water), drink it every day will certainly benefit everyone

..

Hot lemons can once again release an anti-cancer drug.

Hot lemon juice has an effect on cancerous tumours and has shown treatment for all types of cancer.

Treatment with this extract will only destroy the malignant cells and will not affect healthy cells.

Second: The acids and mono-carboxylic acid in lemon juice can regulate hypertension and protect narrow arteries, adjust blood circulation and reduce blood clotting."

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After reading, tell someone else and pass it on to someone you love and take care of your personal health.

Advice:

Professor Chen Horin points out that anyone who has received this letter is at least guaranteed to save someone's life ... I have done my part, I hope you will help me to spread it too.

The Association would like to thank the office of Terry Young MP, Federal Member for Longman for the printing of this newsletter.