



RAM-RAMBLINGS

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Newsletter of 107 Field Battery RAA Association. www.107fdbty.com

PATRON : Maj. Justin Collins. Battery Commander: 107 Field Battery RAA.

RAMMERS 2009

TASKORD 107/09 BC REPORT 2009

The lads of the battery commenced 2009 under a new structure as a result of a rapid redesign late in 08, inclusive of a new BC and BSM and detailed handover. Hasty work commenced on bridging the divide and turning the group of individuals and daters into Rammers. Time was of the essence as the battery needed to reach stage five advanced training before Easter to provide danger close practices for the 1 RAR LFX and support selected members deploying to Afghanistan.

All seemed to be running smooth until early February when an apparition appeared downstairs at the battery, Frank Cresta had arrived back in the regiment.

Individual training and courses period commenced in the midst of preparing a platoon organisation for Rifle Company Butterworth and providing a cross section of the Chain of Command for a tour to Timor with the 2nd Battalion and EX SILICON BROLGA. Somehow the battery was able to scrape together a four gun organisation to deploy on EX FIRST RUN and 1 RAR LFX. By Easter the battery had achieved advanced training, shaken out the cobwebs, become friends with MVME and watched the destruction of the battery building.

Leave, deployments, mission rehearsals and support to 'A' Battery highlighted the April/May session seeing the Rammers cut down to an organisation of 20, but maintaining the rage via battle rhythm. When all seemed lost, subalterns returned from officer basic training and the lads of OP HERRICK returned to augment the ailing Rammers. In short time, planning commenced to provide the mission rehearsal for OP HERRICK 5, EX SHOT START. This exercise was the highlight of the year in which the battery deployed as a two gun organisation utilising a robust mission execution list. The input from OP HERRICK veterans, the BK and of course Frank Cresta to provide operational lessons learnt proved valuable in testing the regimental operational selection process and confirm the final positions for OP HERRICK 5.

Post SHOT START another intense course period commenced coupled with my sojourn on EX TALISMAN SABRE. After another set of mission rehearsals the battery commenced support to 'A' Battery for EX CATA, culminating in a well oiled Danger Close Battle Run for 3 RAR.

If anything, 107 Field Battery has provided great support to the regiment throughout the year, in both its traditional role and secondary roles. But there have been two activities that have stood out and characterise the batteries flexibility, resolve and initiative. The Brigade Obstacle Course and Defence Charity Golf Day were both planned and executed to a high standard, and noted by a wide audience and were not possible without the hard work by the soldiers of 107.



In a year where we have moved buildings, been spread widely and lost a lion's share of experience the battery has pulled through and looks in good shape for 2010. It is not possible to operate in such an environment without building relationships and leadership. In particular I would like to thank CAPT Ian Fletcher and SGT Jason Quinn for their enthusiastic approach, and persistence ensuring the monkey work continued throughout my absences. Additionally, I would like to congratulate LT Jesse Butler and SGT Dave Cleland for a successful deployment of the platoon to Rifle Company Butterworth.

Well done to LT Butler for achieving Student of Merit on his Gun Position Officers Course and LT Tim Bolderman on his Commendation whilst on deployment in Timor Leste.

I look forward to an interesting and challenging 2010 and wish all that are posted tidings and good luck. Thanks to Hilton Lenard, I have been kept abreast of the 107 Fd Bty Association Plans for their 40th Anniversary adventure to Townsville in April 2010, and look forward to seeing them all again. Although the redesign continues, 2010 will see the battery move into their new building and consolidate the restructure of personnel to provide a more robust Rammer organisation for the future.

Maj Justin Collins BC .

WO2 TP Whitwam BSM

First and foremost it is a pleasure to be posted back to 107 Fd Bty as the BSM after having spent my first 8 years in the Regiment as a Rammer. I could rattle on about how busy the Battery has been this year but that is a given.

Due to the restructure of the unit 107 has found itself as the major offensive support sub unit for 4 Fd (N) and on par with "A" Fd Bty with manning, which is pleasing.

The moulding of 107 and 108 Bty's gun lines has gone well with minimal fuss into an effective albeit junior fire unit.

107 Bty is fortunate to have some members deployed around the globe.

The battery has members deployed to East Timor with the 2RAR battle group and 7 members with 4 Regiment RA in the UK prior to rotating through Afghanistan next year on OP Herrick. GNR Stevens and GNR Hudson also deployed to PNG with 3 CER for 6 weeks in a retrans detachment which they thoroughly enjoyed.

The platoon group that deployed with 3CSSB on RCB 86 did a great job and were well regarded by our support brethren down the road. Although they were scared of the local wasps they did the battery and the regiment proud. A number of our command post personnel deployed to Malaysia on EX Suman Warrior which was a paid holiday by all accounts. Speaking to them upon return you would think they had solved world peace but they performed admirably all the same. The battery also had the pleasure of welcoming back members from Afghanistan in April this year and they have since been promoted and assimilate back into life as gunners in Australia well. The experiences they have brought with them will hold them in good stead for the coming years.



107 BTY BSM Whitwam in action at High Range, North Queensland.

The BC and I also had the privilege of attending a gathering of the 107 Fd Bty Association in Tasmania and marching with them on ANZAC Day through the streets of Hobart. We forged some strong friendships whilst propping up the Tasmanian economy by sampling the myriad of ales they had to offer.



As part of the Regiments 50th Birthday in May 2010 the 107 Fd Bty Association will be celebrating 40 years since they deployed to Vietnam and we are looking forward to interacting and helping them celebrate this momentous occasion.

The most pleasing aspect of all that the battery has achieved this year, safe stage 6 gunnery aside, is the level of fitness has improved immensely. This is due mainly to the comprehensive training program provided by the unit PTI SGT Landouw. We intend to take things even further in the New Year so hopefully fitness standards will be maintained over the Xmas break.

Next year sees the battery back to square one with a chain of command that will chain appreciably. Patience, attention to detail at the lowest level and building capability step by step, brick by brick is a key to a successful 2010 for 107 Fd Bty.

To all those posting out, best wishes and good soldiering. Stay safe and fit and be prepared for a busy and demanding 2010.

4th Field Regiment 50th Birthday

Rammers, we are all looking forward to your arrival in Townsville for the 40th anniversary of your departure to Vietnam. Post these activities the regiment will be celebrating its 50th Anniversary over the period 30 Apr – 2 May 2010. Preliminary meetings have proposed the following activities during this period:

- A regimental open day to include the following events:
 - Battery and regimental opening;
 - Displays;
 - Gun race; and
 - Unit sports event

- Ceremonial day to include the following events;
 - Unit memorial dedication;
 - Re-raising ceremony for 106 Bty;
 - Freedom of entry parade; and
 - Museum opening.

- A regimental ball

The exact date, time, group and scope of all the above activities is not confirmed as of yet. Yes we will update you as details come to hand.

RAMMER AWARDS FOR 2009

Best Signaller – GNR Jason Stevens

Best Gunner – GNR Leo Ferrari

Best Driver – PTE Julian Larkin

Best OPCP – GNR Justin Matangi

Rammer Gun – ‘A’ Detachment (BDR Brendon Murray)

Report compiled by Maj Justin Collins BC 107 Field Battery RAA.

The RAMS Mens’ Shed copies, acquires, scrounge and steals medical and related information considered worthy for Rampart RAMMERS. *The Mens’ Shed compiler is not medically qualified or the originator of this information. It is passed it on ‘in good faith with a bit of cheek’ and the classic ‘if the CAP fits’ philosophy. Remember, if in doubt or the pain persists see your medical advisor. This edition includes information on getting active, hearing, exercise, sex, prostrate, diabetes, age-related arterial stiffness, mental health and the NET. Send **your** story to editor@107fdbty.com or secretary@107fdbty.com*

VETERANS URGED TO GET ACTIVE Veterans’ Health Week, 24-30 August.

Australia’s veteran community is being urged to get active to overcome or prevent health problems and to maintain good health and wellbeing, Minister for Veterans’ Affairs Alan Griffin said today on the eve of Veterans’ Health Week. Mr Griffin said Veterans’ Health Week, 24-30 August, is a time for veterans, war widows and widowers to ensure they include physical activities in their daily routine to help maintain good physical and mental health. Two-thirds of veterans, war widows and widowers supported by my Department are over 75 years of age, with veterans making up around 42 per cent of the Australian male population over 80 years. Loss of vision and hearing, heart health and mobility are the most common health problems for older Australians. Keeping active increases muscle strength, keeps joints more flexible and can improve levels of independence, which is especially important for ageing veterans, war widows and widowers. Around one in three people over 65 reported taking a fall at least once a year and falls can result in severe injuries and hospitalisation for older people. Strength and balance exercises have been shown to reduce the risk of falls and I encourage the veteran community to use this week to find out how exercise can benefit them.

The Department of Veterans' Affairs is working closely with ex-service organisations to hold fun activities during Veterans' Health Week. Activities include dance lessons, team sports, walking groups, laughter workshops, strength and balance sessions, meditation and yoga classes, as well as health checks and information sessions with local health providers. www.dva.gov.au

REQUIREMENT for HEARING PROTECTION remains later in life - Sometime in the near future - Upon hearing that her elderly grandfather, a veteran from Malaysia and Vietnam days with 107Fd Bty, had just passed away, young Katie went straight to her grandparent's house to visit her 95 year-old grandmother and comfort her. She asked how her grandfather died. Her grandmother replied, "He had a heart attack while we were making love on Sunday morning." Horrified, Katie told her grandmother that 2 people nearly 100 years old having sex would surely be asking for trouble. "Oh no, my dear," replied granny. "Many years ago, just after the Hobart reunion, realizing our advanced age, we figured out the best time to do it was when the church bells would start to ring each Sunday morning. It was just the right rhythm. Nice and slow and even, nothing too strenuous, simply in on the Ding and out on the Dong." She paused to wipe away a tear, and continued, "He'd still be alive if the Mr Whippy van hadn't come along." So, in conjunction with current Veterans Health instructions, all 107 Fd Bty veterans over 60 years old are to wear hearing protection when whipping a quick one away on Sunday mornings (and at any other time you want to exercise the beef bayonet for that matter). *Thanks to Prez Noddy for this timely advice.*

EXERCISE FOR PEOPLE OVER 50 This may seem a little daunting but if you apply yourself you may find that it's not as difficult as you think. Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 2 kg potato sack in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 5 kg potato sacks.

Then try 10 kg potato sacks and then eventually get to where you can lift a 25 kg sack in each hand and hold your arms straight for more than a full minute. *(I'm at this level.)* After you feel confident at that level, put one potato in each sack. - *Thanks Bozo Simpson for your proven exercise program*

PROSTRATE everything you need to know but are not game enough to ask! The DVA, three years ago produced a well packaged information package on YOUR prostate. You will learn something, so read it at: http://www.dva.gov.au/aboutDVA/publications/health/prostate/Documents/You_and_Your_Prostate2006_complete.pdf

BRENDAN NICHOLSON Defence Correspondent - *August 31, 2009* - Since 2002, the Australian Army has lost nearly twice as many of its men to cancer as have been killed fighting in Afghanistan. Eleven have died in action and more than 20 have been killed by several types of cancer. It's a sobering comparison from the Chief of Army, Ken Gillespie, who revealed yesterday that he had just emerged from a battle with prostate cancer. "In Afghanistan we realise that there's an enemy there who can kill us," Lieutenant-General Gillespie told the *Herald*. "We understand that as a risk. We plan, we investigate, we use intelligence, we develop equipment, tactics and techniques and we confront it by reducing the risk as much as possible. "Well there's an enemy back here that's twice as effective against us and we tend not to bring out our skills from our military culture to that problem. "That's the real challenge ... to convince the men in the army that they've got to do something about preserving themselves against this threat." General Gillespie said he was feeling great after surgery and would stay on as chief of the army. "I'm as fit now as I ever was." General Gillespie joined the army as a 15-year-old bricklayer. His leadership skills were quickly noted and he was sent for officer training. His confrontation with the disease persuaded General Gillespie to help launch the national Blue September campaign to encourage men to face up to cancer as a serious risk that they could do something about. As part of that campaign, Sydney Harbour Bridge and Melbourne's Forum Theatre will be bathed in blue light to draw attention to the fact that one in two Australian men will be diagnosed with cancer before they reach 85, more than 24,000 will die of cancer this year and Australian men are twice as likely as women to die from cancers that can be prevented. General Gillespie said he had a blood test 18 months ago that showed no evidence of cancer in his body. He had a follow-up test done early this year which indicated that he might have cancer. In February, he had a biopsy "for peace of mind". "It came back to say I had a cancer.' He opted for surgical removal of the prostate. "I get asked a lot, 'What were your symptoms?' and the answer is, 'Absolutely none'."

Sit-and-reach test to gauge age-related arterial stiffness - Source: *News-Medical.net*

How far you can reach beyond your toes from a sitting position - normally used to define the flexibility of a person's body - may be an indicator of how stiff your arteries are.

A study in the *American Journal of Physiology* has found that, among people 40 years old and older, performance on the sit-and-reach test could be used to assess the flexibility of the arteries. Because arterial stiffness often precedes cardiovascular disease, the results suggest that this simple test could become a quick measure of an individual's risk for early mortality from heart attack or stroke. This simple test might help to prevent age-related arterial stiffening. It is not known why arterial flexibility would be related to the flexibility of the body in middle age and older people. But one possibility is that stretching exercises may set into motion physiological reactions that slow down age-related arterial stiffening.

Arteries should be elastic. Healthy blood vessels are elastic, and elasticity helps to moderate blood pressure. Arterial stiffness increases with age and is a risk factor for cardiovascular disease and death. Previous studies have established that physical fitness can delay age-related arterial stiffness, although exactly how that happens is not understood. People who keep themselves in shape often have a more flexible body and this is considered a quick way to determine arterial flexibility. To perform a sit-and-reach test, sit on the floor, back against the wall, legs straight. They slowly reached their arms forward by bending at the waist.

Why would the flexibility of the body be a good indicator of arterial stiffness? One possibility is that there is a cause and effect: the stretching exercises that provide flexibility to the body may also slow the age-related stiffening of the arteries. However further research is needed to understand whether there is a cause-effect relationship between flexibility and arterial stiffness. Source: American Physiological Society.

MENTAL HEALTH SUPPORT On the eve of World Mental Health Day Minister for Veterans' Affairs, Alan Griffin, has encouraged members of the veteran community to seek appropriate help for mental health issues. Mr Griffin said the VVCS – Veterans and Veterans Families Counselling Service provided counselling and group programs to Australian veterans, peacekeepers, their families and eligible Australian Defence Force (ADF) personnel. Some veterans and their family members experience mental health problems as a result of their Service. I urge any veteran or veterans' family member who wants more information about improving their mental health to **contact the VVCS on 1800 011 046**. Mental Health Day provides the opportunity to reach out, not only to veterans, but also to widows, wives, partners, children and mates. Almost 50,000 veterans have a mental health disability, so the treatment of illnesses such as PTSD and related conditions is very close to the hearts of those in the ex-service community."

BROWSING THE NET CAN STAVE OFF DEMENTIA Want to stave off dementia? Browse the web, for a new study says that using the Internet can help boost brain power in people as they age. An international team carried out the study and found Internet use can boost the brain activity of the elderly, potentially slowing or even reversing the age-related declines that can end in dementia. The study found the Internet stimulates mind more strongly than reading and its effects continue long after a web session ends. "We found that for older people with minimal experience, performing Internet searches for even a relatively short period of time can change brain activity patterns and enhance function." "Our most striking finding was that Internet searching appears to engage a greater extent of neural circuitry that is not activated during reading," team leader Prof Gary Small was quoted by 'The Sunday Times' as saying.

VETERANS URGED TO RETHINK THE NEXT DRINK - Veterans have new tools to manage alcohol consumption with updated *The Right Mix Your Health and Alcohol* package, Minister for Veterans' Affairs Alan Griffin announced. As the festive season is upon us, it is timely to reinforce the message that a healthier life involves the right mix of sensible alcohol use, good nutrition and exercise. There is an estimated 12,300 Australian veterans with drug or alcohol dependence or abuse, and alcohol has been a major contributor to both mental and physical health problems in the veteran community. *The Right Mix* program can help veterans and the wider community, better understand and moderate drinking. The package is available from www.therightmix.gov.au with fact sheets, questionnaires and practical tips to moderate drinking. Understanding the effects of alcohol on the body and how it can interact with certain medications will help veterans make sensible choices about their drinking. By moderating consumption, veterans can avoid problems associated with heavy drinking that can lead to illness, injury and even premature death.☐

From The Prez Pen,

I have just recently renewed my visits to the “Vietnam Veterans ‘and Veterans’ Federation ACT” premises in Page in the A.C.T. I had not been going there as although I have been a member for many years, I just didn’t have the time. With my wife, Debbie, back at University full-time, I now have some on my hands and visits can coincide with chauffeur duties back and forth to ANU as Page is on the other side of town to me.

The Federation has done a wonderful job creating a HQ and “Persons’ Shed” environment out of old ACT Parks and Gardens complex, adjacent an oval in leafy Page, North Canberra. We have four substantial offices for interviews, two full time staff, a lovely garden and BBQ area under two Oak trees and numerous activity areas. There is a fully equipped carpentry workshop with all the bells and whistles and enough gear to manufacture large projects. There is a metal-work workshop with a big lathe, a mill and all the trimmings. There is a substantial free for all library, a computer training room and a computer maintenance workshop and a large dining room with kitchen and conference room. We have a truck and a huge money making Food Van, now housed in a recently built garage and we capture all our rainwater for the garden. More importantly, there are some ex-professionals in carpentry and wood turning and ex RAEME and RAAF Fitters and tool makers who act as mentors and instructors for beginners taking on projects. Presently, a couple of blokes are refurbishing a large antique table for a veteran (ex gunner) no longer up to it and we have just rolled a Presidential, 4 Star trailer out the door made from a discarded (new) HiLux ute body. Personally, I am in the metal workshop making the tools to make the tools to make a bit for a watch case that is no longer available. It’s a bit like making a toothpick out of an Elm tree but very relaxing. Activity days are Tuesdays and Thursdays but you can use the facilities within safety boundaries most any time. Tuesday is BBQ lunch for \$5 and Thursday, someone, usually Karen the Administrative Officer, gets provisions and we have a sit down lunch for \$5. Amongst the other activities are a Vets’ Choir and a Vets’ cooking group. The Choir are presently practicing their Christmas Carols in competition with the sound of the MIG welder, bench saw and the grinding wheel. A large walking group meet somewhere in Canberra each Tuesday for a 90 minute walk and coffee.

Why have I written about this? Well, a couple of reasons. Firstly, we have our first Timor/Middle East conflicts vets turning up (including one female) which is a great thing as they are warmly welcomed. Secondly, what goes on there is great therapy. Everything is done in slow time, no hassles and patient guidance. If you want to sit in the corner with a goffer and watch, that’s fine – if you want to risk the pinkies on the bench saw making a cutting board for the missus, that’s good also. I suppose what I am saying is, that as our Vietnam Vets in particular reach their sexy sixties, they benefit from camaraderie and activities and our “shed” provides that and some.....We are also talking amongst ourselves out there and realising we won’t be around forever and are consciously recruiting Vets from later conflicts so that this good work will not die with us.

So, anybody who happens to be in Canberra on a Tuesday or Thursday, drop in to 3 Burkitt St Page and have a coffee and lunch on me. Maybe you can take some of our great ideas away for your own area.

Cheers, and a Merry Christmas to all

Noddy

HOW THE FIGHT STARTED

My wife and I were sitting at a table at my school reunion, and I kept staring at a drunken lady swigging her drink as she sat alone at a nearby table.

My wife asked, “Do you know her?”

“Yes,” I sighed, “She’s my old girlfriend. I understand she took to drinking right after we split up those many years ago, and I hear she hasn’t been sober since.”

“My God!” says my wife, “who would think a person could go on celebrating that long?”

And then the fight started....

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When I got home last night, my wife demanded that I take her someplace expensive..so, I took her to a petrol station.

And then the fight started.....

Around the Water Cart: Furphies from the Secretary

Twelve months ago we published in the ATWC a Furphy that *108 Field Battery was to be redesignated 108 Observation Battery and all the guns were to be concentrated in 107 Battery*. It happened. In the same edition we also lamented that *the RAA had been abandoning gun batteries but at the same time creating other sub-units with fancy names like Operational Support Battery and Technical Support Battery*. “*Why not have within 4 Fd Regt for example, 104 Operational Support Battery and 106 Technical Support Battery*” the Furphy argued. Someone may have been reading. The new Furphy for 2010 is:

4th Fd Regt will see 106 and 109 re-raised. 107 Battery will remain the gun Battery will all the Regiment’s guns, 106 and 108 will be the Observation Batteries and 109 the Operational Support Battery. Other Furphies of note include A Bty, currently part of 4 Fd Regt but located at Holsworthy, moving to 1 Fd Regt Brisbane as a Gun Battery. 1 Fd Regt will also get 104 back on line. 8/12 Mdm Regt will get 102 Bty on line with a possible move or split to 8 and 12 Regts to support the new Battle Group in Adelaide. So sit back for a wet and rough ride in the water cart over the next twelve months. More to follow, over!

DEFENCE FIREPOWER TO RECEIVE MAJOR BOOST - *October 2009* - The Minister for Defence, Senator John Faulkner, today announced that the Government has given Second Pass Approval for a \$493 million project to provide the next generation artillery system for the Australian Army. “The first phase of Land 17 (the Artillery Replacement Project) will provide the Army with four batteries of 35 M777A2 155mm Lightweight Towed Howitzers, the most advanced towed artillery system available in the world. It is air-portable under CH-47 Chinook helicopters and can provide a weight of fire not previously available to rapidly deployed forces. The second phase of the artillery enhancement will include the procurement of a self propelled artillery system, which will be capable of providing fire support to highly mobile mechanised forces. The artillery system will be further enhanced through the future acquisition of a digital terminal control system for the tactical control of artillery, naval and close air support fires by forward observers and joint terminal attack controllers. This element of the project will be considered by Government in the second half of 2010. These are high priority acquisitions which will provide improved protection and precision firepower to Australian soldiers, allowing missions to be carried out more efficiently, safely and effectively” stated Senator Faulkner.

MRTF-2 MOURNS ‘NOVA’ The 2nd Mentoring and Reconstruction Task Force (MRTF-2) paused to mourn the death of ‘Nova’, an Explosive Detection Dog, over the weekend, who served with distinction throughout her Army career. Nova was fatally injured in a vehicle incident on Friday 23 October 2009, while training with her handler at Camp Holland in Oruzgan Province. Nova was taken to the base medical facility to receive further treatment however her wounds were deemed too severe and subsequently she was put to sleep by the Regimental Medical Officer. Nova had recently been involved in Operation Baz Panje, a Joint Afghan National Army, Australian Defence Force and Coalition Operation, responding to a call from Afghan Locals to remove the threat posed by Taliban insurgents. Commanding Officer of MRTF-2, Lieutenant Colonel Peter Connolly, said the loss of Nova is keenly felt by the personnel of MRTF-2 and the wider Royal Australian Engineers, particularly their specialist dog handlers. “Explosive Detection Dogs are a critical asset in our fight against improvised explosive devices. The Dogs save countless lives,” Lieutenant Colonel Connolly said. Explosive Detection Dogs are used by MRTF-2 in a specialist search capacity to counter the high threat of improvised explosive devices throughout Oruzgan Province. MRTF-2 maintains an Explosive Detection Dog capability providing the required level of force protection for deployed Australian troops. Nova will be cremated.

Tax office issues fake email warning – *The scams on the internet never fail to amaze me. I receive 20+ per single day (most as a result of the 107 Bty website with email addresses and my scam filter gets 99.9% of them). But I still check all my scam as sometimes it is a long lost Rammer trying to come home. Here is a new variation on the original scam that has been around just one month less than the internet itself.* The tax office is warning people about a bogus email claiming to offer a tax refund. The email claims to be from the Australian Taxation Office and shows a tax office email address as the sender. It says the reader is eligible for a \$250 tax refund and asks people to complete a refund form, which asks for personal and credit card details.

The tax office says the email should be ignored and stresses that it never sends emails asking people to provide personal information or credit card details.

Another sneaky one seemingly from Microsoft, but is it really? But see the giveaway line now in bold:

Dear Messenger User, We have just released a new version of Messenger which includes important security updates to help keep you and your friends safe while you chat online. All Messenger users **will be required** to have the latest version to continue using the service.

Yet another recent scam is a Trojan bug that can get into your computer and sends an email to your entire address list stating that you are in hospital somewhere in Africa after a bashing, had wallet & passport stolen and need you to send \$,2500 to get home. You will be payed back on return. It looks good, but it is A SCAM and you will do your money. No matter how good it looks do not be fooled. Besides the Aust Govt provided pass port replacement and emergency travel to Australians stuck overseas, when circumstances require. MORAL, Get and keep UPTO DATE your internet security and USE you COMMON SENCE, or what is left of it.

NINE WORDS WOMEN USE Both Sid & Jim have gone to ground, so from Bo Plenty:

(1) **Fine**: This is the word women use to end an argument when they are right and you need to shut up.

(2) **Five Minutes**: If she is getting dressed, this means a half an hour. Five minutes is only five minutes if you have just been given five more minutes to watch the game before helping around the house.

(3) **Nothing**: This is the calm before the storm. This means something, and you should be on your toes.

Arguments that begin with nothing usually end in fine.

(4) **Go Ahead**: This is a dare, not permission. Don't Do It!

(5) **Loud Sigh**: This is actually a word, but is a non-verbal statement often misunderstood by men. A loud sigh means she thinks you are an idiot and wonders why she is wasting her time standing here and arguing with you about nothing. (Refer back to # 3 for the meaning of nothing.)

(6) **That's Okay**: This is one of the most dangerous statements a woman can make to a man. That's okay means she wants to think long and hard before deciding how and when you will pay for your mistake.

(7) **Thanks**: A woman is thanking you, do not question, or faint. Just say you're welcome. (I want to add in a clause here - This is true, unless she says 'Thanks a lot' - that is PURE sarcasm and she is not thanking you at all. DO NOT say 'you're welcome.' That will bring on a 'whatever').

(8) **Whatever**: Is a woman's way of saying F--YOU!

(9) **Don't worry about it, I'll do it**: Another dangerous statement, meaning this is something that a woman has told a man to do several times, but is now doing it herself... This will later result in a man asking 'What's wrong?'

For the woman's response refer to # 3.

HOW THE FIGHT STARTED.....!!

My wife and I are watching "Who Wants To Be A Millionaire" while we were in bed. I turned to her and said, "Do you want to have sex?"

"No," she answered.

I then said, "Is that your final answer?"

She didn't even look at me this time, simply saying, "Yes."

So I said, "Then I'd like to phone a friend."

And then the fight started.....

EXPOSURE TO TOXIC SUBSTANCES.

It is sad that there has to be a series of deaths before it is realised that some of the substances we have taken for granted in our environment are actually dangerous to our health. It has recently been discovered through the death of 3 former gunners who served together in 4th Field Regiment in the early 1980's that there could be some health issues for former and current gunners emanating from the use of Range Fuel as a cleaning agent in the 4th Field Regiment gun lines. The cleaning agent being used was contaminated aviation fuel from the RAAF that was high in benzene. It is known that benzene poisoning can lead to a condition called Myeloma which is concerned with the plasma in bone marrow. A formal enquiry and testing program has been established within Defence to ascertain the extent of the problem.

The School of Artillery through the SO2 has raised this concern and has asked all Associations to let their members know what has been discovered and ask all former gunners who might have had exposure to Range Fuel when cleaning the L5's in the 4th Field Regiment area in the period between 1980-1984 to seek medical advice and have the necessary blood test to determine if they have had exposure to this fuel.

As this matter develops the RR will keep you informed through the RAM's Mens Shed.

Secretary's Report:

Since the May 2009 RAM Ramblings we welcome seven new members, Jim Holland & Otto Vehlow from southern rural SA and Terry Whitwam, Steve Wilson, John Wilson, Darlo Darlington and Eddie Vehlow all from Townsville. All served or are serving in Townsville and Terry is the current BSM of the Battery. Jim & John served with other units in Vietnam. Steve and John are not related. We welcome the new members. The influx of members from Townsville has prompted your committee to appoint a NQ Rep to the committee and we welcome Mike Dinnison to that position. Mike is also president of Gunners North, the RAA Association for NQ.

ELECTED POSITIONS (*Executive*)

President: Warren Feakes – Wanniasa ACT – 0417 209 360
Vice President: Barry Pearce – Meredith Vic – 03 5286 1545
Secretary/Treasurer: Hilton Lenard – Batemans Bay NSW - 0418 695 345

State/Territory Representatives:

Queensland: Neil Layton – Kippa-Ring – 07 3204 1125
NSW: John Shelly – Kiama – 0438 332 555
Victoria: Ken (Doc) Barclay – Mildura – 0428 251 364
Tasmania: Les Mullan – Launceston – 0408 449 006
SA: Adrian (Wally) Walford – Modbury – 08 8265 1976
WA: Bob White – Falcon - 08 9534 3738
NT: Jim Wright – Palmerston – 0419 842 158
ACT: Peter Moat – Weetangera - 0419 594 610
Serving 107 Bty Member: WO2 Terry Whitwam - Townsville

NON-ELECTED POSITIONS (*Appointed by the Committee*)

Editor RAM Ramblings: Barry Pearce – Meredith – 03 5286 1545
Webmaster: Doc Barclay – Mildura – 0428 251 364
Historian: Hilton Lenard – Batemans Bay – 0418 695 345

Regional Representative for:

North Qld: Michael Dinnison – 0402 148 009
Central Qld: Jon Eaton – Sarina – 0402 248 716
Southern Qld: Neil Lunney – Tewantin – 0419 712 136
North NSW: Col Lowe – Tamworth – 02 6761 8936
Sydney: Brian Tapp – Narrabeen - 0410 543 743
Southern NSW: Ian Hughes – Sanctuary Point – 0417 140 250
Eastern Vic: Noel Paterson – Box Hill – 03 9890 7020
Western Vic: Barry Pearce – Meredith – 03 5286 1545

The Association membership had a net gain of seven to 156 financial members. If you would like an updated membership list, then contact the Secretary. Current Association membership covers all states, NSW/ACT 58, Qld 47, Vic/Tas 27, SA/NT 14 and WA 9. Plus Paul Gaff in San Diego, USA and Jeff Roser working in MACAU, China. Membership covers all periods of 107 Fd Bty recent times, with 42 having served at Holsworthy, 66 in Malaysia, 72 at Townsville (1969-70), 92 in Vietnam, 65 at Townsville post Vietnam and 2 currently serving. Many served in more than one location.

Treasurer's Report:

To date 149 members have renewed their 2009 subscription including 112 life subscribers. Only seven members are outstanding for 2009, see attached Membership Renewal form. Subscriptions are now due for 2010 and remain at \$15 and life subscription at \$150. Any questions or updates to Treasurer Hilton. The accounts remain in very health state. As at 30 June 2009 the Association's current assets were \$19,512, of which \$15,000 is held in investment accounts as the life subscriptions paid to date and a further \$3,500 for special projects, mainly the publication of the hard copy of our history "The Black Sheep 1965-1971" see details below. Like a copy of the audited accounts? Contact the Treasurer.

Reunion 2010 Townsville

The Reunion Registration is attached with over 60 registrations received. The ANZAC week April 24-30 2010, R10 will mark 40 years since the Battery deployed to Vietnam. Doesn't time fly! A full program is contained in the Registration. Doc Barclay, on behalf of your Assn, successfully applied for two grants from the DVA "Celebrating their Heritage" programs. Both have been approved. \$2250 is for to commemorate 40 years since deploying to Vietnam and a further \$3,000 is to assist with the publication of the hard back history of 107 Battery "The Black Sheep 1965 to 1971" We already have over \$3,000 in the Assn funds to get this project on the press. So complete your registration NOW. Watch the website for reunion updates and news.

4 Fd Regt 50th Birthday

Following R10 ANZAC Townsville Reunion is the Regiment's 50th birthday celebrations. Details are still being decided by the Regiment but most of the Birthday activities will be on the Friday-Sunday straight after our reunion. All the more reason to take your tropical winter holiday in Townsville off the plotting board and into reality by using the super-cheep internet air fares to Townsville that are available.

Assn Items for SALE - FUND Raising:

The new RAM cap is now available for purchase at the reunion, together with the Reunion 2010 Polo shirt. Watch the website for the order form.

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My old man was a good and decent man, but rather damaged emotionally. The illegitimate son of an Irish hotel-managing mother and a part American Indian travelling salesman, losing his mother to consumption at age eight and being reared from then by an aunt who was clearly unimpressed with this added burden, my dad put his age up and enlisted in the 2nd Battalion First A.I.F. and headed off to war. Terribly wounded and gassed in France and Flanders, he returned home semi-crippled to an Australia that didn't seem to care or know how to properly care for its veterans. Sound familiar? He was nevertheless a very active member of his battalion association from its foundation until his death in 1967 and horrified when I became a gunner... he attributed all his injuries to artillery!



My old man didn't have much time for churches, and even less time for Christians, and frankly, I too have met quite a few who have helped me to understand dad's attitude. And yet, every day of his life, old Claude prayed to the God he had first reached out to from the muddy trenches. Every Christmas he would send ten quid to the Salvos to help the poor and hurting, even when times were tough for him too. Like any old soldier, he could swear "like a trooper" but he would never take the Lord's name in vain. And Christmas for Claude was a time, not to become falsely religious, not to get "blotto", but a time to rest, a time to spend with his family, a time to be grateful for what he had, for what he had achieved, and for all those years that God had given him that so many of his mates had missed out on. My dad was grateful to a god whom he realised had never forsaken him, even if others had. That same Father God has never forsaken us, even if others have. Spare that a thought this Christmas! Have a great one!



Buzzard (Rev Dr Rick Burley Hon chaplain/welfare officer)

**THE PRESIDENT AND
COMMITTEE OF
107 FIELD BATTERY ASSOC.**

WISH ALL MEMBERS AND THEIR FAMILIES
A VERY MERRY CHRISTMAS AND A HAPPY AND PROSPEROUS
NEW YEAR.

Please remember as you enjoy your Christmas with family and friends that there are young men and women from Australia on active service in all corners of the globe.

Our thoughts and prayers ought to be with them and their families at this time of the year.

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This publication was compiled and edited by Barry Pearce, 19 Creamery Road, Meredith Vic. 3333 for the 107 Field Battery Assoc. Care is taken with the correctness of all articles produced, but no responsibility. President – Warren Feakes (ACT) : Vice Pres. Barry Pearce (Vic) : Secretary Hilton Lenard (NSW) : Committee : Jim Wright (NT), Ken "Doc" Barclay (Vic), Neil Layton (Qld), Adrian Walford (SA), Les Mullan (Tas). John Shelley (NSW), Peter Moat (ACT), Bob White (WA), WO2 Terry Whitwam (107 Field Battery) Contributions to future editions can be e-mailed to editor@107fdbty.com Please consider any news or events. Ram Ramblings is published three times a year, April, August & December.

