Happy Anzac Month to all,

I write this as the colours of Canberra turn to yellows and all shades of reds and ambers. I feel the winter coming and have already broken out the trakky-daks and fleecy sweat shirts.

I was reading an article in the popular press the other day regarding how our activity levels change after we retire and the news, on the average, is all good. The University of Sydney recently followed the lifestyle behaviour of 25,000 older Australians and noticed big changes after retirement: physical activity increased by 93 minutes a week, sleep increased by 11 minutes a day, sedentary time decreased by 67 minutes and half the women who smoked quit.

It appears that this major life change creates a great window of opportunity to make positive lifestyle changes. It’s a chance to get rid of bad routines and engineer new, healthier behaviours and we are actually doing it.

It’s obviously due to the fact that most of us are staying healthier and able to do active things post 65 years, but you have to have the will power. It’s all too easy to slip into "PJs and Dressing Gown" mode in front of The History Channel until elevenses. and then graze on comfort food until lunch when you reluctantly throw on the stubbies and tee shirt and go to the rubbity for a counter lunch that extends into the afternoon.

I find that a brisk 40 min walk after the 7.30 am cuppa is wonderful and sets the tone for the rest of the day. If you have a dog, even better and it lowers the Anti-Personnel Mine seeding rate in the back yard considerably. I get out of the house after the chores and love a stroll around the local malls once or twice a week- there is now no-way a member of the "other team" is going to out-navigate me in Woden or Tuggeranong now.

Down to the Big Green Shed (Bunnings) or over to IKEA and have a prowl. IKEA Swedish Veggie Balls are great! Whatever you do - just remember its all about "Calories in minus Calories out should be the same or a negative result". Walking is an excellent way to do this gently. My Fitbit/Garmin activity monitor has become my conscience.

On other matters, we are having another major Anzac Day reunion at the Entrance which will be a ripper by the program. Those who cannot make it but who are attending
commemorations in their local area have a wonderful day and remember your mates and all who have served and gone before us.

In this Edition, I recommend reading Ian McPhedran's republished article on Fire Support Base CORAL. Many of my contemporaries were involved whilst I lazed in the pleasures of Terendak. The incident of the salvation of the 1 RAR Mortar Platoon cannot be underplayed. It was the first use of SPLINTEX by Aussie Guns and proved decisive in the battle. The strong bond between Duntroon classmates, Lt Ian "Scrubber" Ahearn (GPO 102 Bty) and Lt Tony Jensen (1 RAR Mortar Platoon 2IC) showed in the trust of Tony readily asking Scrubber to fire SPLINTEX directly at his position. He was in dire straits. The rest is history. My heart still jumps when I am in the company of these fine fellows of Coral and Balmoral.

I will finish with a few pics of SPLINTEX for those of you unfamiliar with the ammunition.

Enjoy your Anzac Day. Lest We Forget.

Warren (Noddy) Feakes
President
**Around the Water Cart:** Furphies and other sometimes good useful but often useless information acquired, scrounged and sometimes stolen by your Secretary and others.

Artillery adds dignity to what would otherwise be a vulgar brawl.

*Frederick the Great*

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**WE WILL REMEMBER THEM - LEST WE FORGET**

**Gnr Geoff James (Swifty) Swift.** Brian Swift from Brisbane (4 Regt SVN 1969-70), has advised of the posting of his brother, Geoff James (Swifty) Swift of Wollongong, last week to the Great Gun Park, after a massive battle with cancer to the brain and spine. Our thoughts are with Geoff's family and friends. Further information can be obtained from Brian, cc to this email.

Vale Gnr Geoff James (Swifty) Swift aged 67, passed away at Wollongong early February 2016, after a battle with cancer to the brain and spine. Swift served with the Battery in Malaysia as an OP Signaler, working with FO Warren Feakes.

**From President Warren,** “A very sad loss, especially when one of the prominent incidents in your life is closely associated with the person. Swifty was one of my sigs in Malaya and when chasing down an "enemy" trying to keep up with the platoon of Ghurkas we were assigned to, he took a tumble and punctured his lung. The exercise to get him out of the tallest and thickest jungle of the Kota Tinggi with first, non-existent, then very poor comms, was one of those life changing experiences and I have never forgotten the lessons on how to place CE to blow down huge forest giants to fall with pinpoint accuracy whilst a stoic Swifty waited the couple of days for the evacuation. RIP Geoff. Noddy”

**From Rick “Buzzard” Burley;** “BLOODY sad news, Hilton! I well remember the day he arrived in Malaya! And also the day he was bitten by a bloody great big dark green scorpion (at Asahan, I think!) I remember the trepidation we experienced as we searched the long, dead grass hoping (and not hoping) to find the bloody thing to see if it was of the non-lethal kind, or lethal. Everyone saw the wisdom that day of emptying out one's pack rather than sticking your hand in to retrieve socks or under-dungers! Geoff was a really top bloke, who was deeply respected and well-liked by us all! Rest in peace, Mate! Buzzard Burley, Left section, Malaysia”

**Also Remembered, President Warren reports,** so sad to hear of the passing on 4th March 2016, in Canberra of Brigadier Bill Rolf AO (Retired), a classmate from the Class of ’68, Royal Military College Duntroon and a fellow officer in 2nd Battalion, Royal Australian Regiment (ANZAC Battalion) Vietnam 1970/71. Many of you will be aware that Bill, as a Platoon Commander, lost both his legs at the age of 23, as a result of a mine incident not far from FSP Gail, in PhoucTuy province in South Vietnam, in August 1970. Bill was one of four caught in the explosion; one soldier was killed. He was Mentioned in Dispatches for his
service. Another Platoon Commander, Pat Cameron, also lost one leg in the incident. After substantial rehabilitation, Bill undertook retraining at the Australian National University and continued his military career in the Australian Army Legal Corps. He subsequently served as Director Army Legal Services and Director General Defence Force Legal Services before retirement in the rank of Brigadier in 1992. In 1993 he joined the Commonwealh Attorney General’s Legal Practice and worked in the then National Security Branch. In 1997 he was appointed to head the Veterans’ Review Board, VRB, an independent statutory tribunal responsible for review of Repatriation Commission decisions on entitlement to and assessment of disability pensions. He resigned from that position in January 2007 to take up an appointment as a Member of the Repatriation Commission and Member of the Military Rehabilitation and Compensation Commission, retiring in July 2010. He also served on the Commonwealth Administrative Review Council 2007-2010. He was appointed as an Officer in the General Division of the Order of Australia in the Australia Day Honours List in 2008 for service to veterans. Our thoughts are with Bill’s family.

Sick Parade. Lindsay “Warrie” Walpole is travelling through some difficult times enduring multiple rounds of Chemo of late. But as always he is looking on the bright side of life and the jokes continue via his email. Any member wishing to drop Warrie an email or phone, his details are in the members list or contact the Secretary.

And just to prove the point BOB & THE BLONDE forwarded by Warrie and modified by unknown:

Warrie walked into a sports bar around 9:58 pm. He sat down next to a blonde at the bar and stared up at the TV. The 10:00 pm news was commencing and the news crew was covering the story of a man on the ledge of a large building preparing to jump. The blonde looked at Warrie and said, "Do you think he'll jump?"
Warrie said, "You know, I bet he'll jump."
The blonde replied, "Well, I bet he won't."
Warrie placed a $20 note on the bar and said, "You're on!"
Just as the blonde placed her money on the bar, the guy on the ledge did a swan dive off the building, falling to his death. The blonde was very upset, but willingly handed her $20 to Warrie.
"Fair's fair, here's your money" she said.
Bob replied, "I can't take your money, I saw this earlier on the 5:00 pm news, so I knew he would jump."
The blonde replied, "I did, too, but I didn't think he'd do it again."

AnANZAC song with thanks to Vice Prez Brian Tapp, regrets to those without internet connection, but ask one of the grandkids to play for you.

https://www.youtube.com/embed/NfFFzFiiVYM?rel=0

Reunion 2017 Malaysia: The long awaited 50th year return to Malaysia is to take place in September 2017 exactly fifty years after the original deployment, are out and preliminary registrations are being taken. A specially planned two-week tour commencing in Singapore then travelling north with special night stops and tours at Malacca, Port Dickson, Kuala Lumpur, Cameron Highlands, Ipoh and Penang. A refundable deposit of $100 will secure your place now. The tour is limited to 40, travelling in two coaches with 20 in each coach for
comfort and space to spread out and not be cramped. Arrange your own air travel to Singapore and return home from Kula Lumpur. The Reunion Tour will then look after the rest. Already 23 have registered comprising the Balant’s, Eaton’s with party of 5, Edmonds’, Lenard’s, Paterson’s with party of 8, Shelly’s and Tapp’s. That leaves just 17 positions so get in quick to reserve your position on this history making, friendly, exciting Reunion and Grand Tour of Malaysia. See our website www.107fbdty.com for details and the Registration (copy attached at end of newsletter) or contact Jon Eaton (mobile 0402 248 716) with any questions.

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From the Battery Commander just back from the Bush at High Range in Townsville:

The end of 2015 saw the end of the Battery's 50th Anniversary year - and a successful year at that. Despite narrowly missing out on honours as the Champion Battery for 2015, the reputation of the Battery as the best in the Regiment persists.

With the Army's newly adopted Force Generation Cycle seeing a brigade readying for deployment, ready for deployment, or in reset after deployment every 12 months, the Regiment entered the 'reset' phase in July. The consequences quickly became realised – the Battery's manning was reduced, our resources were redirected, and our requirement to support training units and the 'readying' brigade saw us very busy, but not in our primary role. At the same time, we were required to post a gun and its detachment to bolster the newly re-raised 106th Battery. Luckily, we have been able to find the silver lining in what has previously been described as a soul-destroying experience: the Battery volunteered for those support tasks that gave our senior soldiers and junior leaders the opportunity to gain experience in leadership away from the gun line, or tasks that we could use to receive 'pay back' in some form. Thus far, it has proven a sound approach, benefitting our senior soldiers and junior non-commissioned officers with experiences in leadership that they would not have had otherwise. It has also allowed us to have senior soldiers 'step up' to assume the roles of their sergeants and bombardiers while the latter have been sent abroad to support other units, with pleasing results – for some of our soldiers they have been employed effectively as sergeants and bombardiers many years ahead of their qualification to those ranks. It has been a steep learning curve by necessity, and has had a notable benefit for all those involved (despite the odd mistake here and there). But we also made the best of our opportunities: by supporting the Air Force's Combat Survival School, we were able to conduct adventure training in the form of a four-day survival exercise alongside the class we would later be supporting. We also managed to send Captain Jackson Stanhope (son of former Battery Commander, Richard Stanhope) on the UK-Australia exchange programme, Exercise LONG LOOK, joining 29th Commando Regiment RA for three months in late 2015. The New Year requires much of the same, so we continue to search for our 'silver linings' in the tasks we are allocated. However, the 'reset' phase of the cycle quickly draws to a close; with the announcement that the Battery will contribute to the Army’s short-notice contingency force in 2017, the Battery has gone from being the last priority for 4th Regiment to the highest priority. This will see the Battery come under significant scrutiny and receive the lion's share of men and equipment within the Regiment for the next two years. Having been tasked to support every other Battery in the Regiment since the Battery returned from Malaysia as the Rifle Company Butterworth in late 2014, the Battery will soon become the focus of the Regiment as it prepares to become the Government's short-notice, rapidly deployable artillery capability.

The start of 2016 has seen the Battery continue its support tasks, providing individuals and small teams to support major training activities by the readying brigade and training institutions
(School of Artillery, Royal Military College, Recruit Training Centre, etc.). In February, I took two observer parties to the School of Artillery at Puckapunyal to use the new dome-shaped observer training simulator. Referred to as 'the dome', the simulator is designed to allow observers to call in artillery and aircraft to strike targets in an immersive environment – the screen is very realistic (think what computer games like 'Call of Duty' and 'Battlefield' look like on the kids' PlayStation or Xbox), and allows the observer to physically acquire a friendly aircraft as the observer calls it in to bomb the target. It’s very, very different from the 'puff' range of old! Shortly after, the Battery deployed to High Range on Exercise FIRST RUN, altogether a soggy exercise conducted over two weeks with over 200 mm of rain falling in and around Townsville. It provided an ‘interesting’ experience for our newer gunners, firing the M777 in shin-deep mud, and learning to live and sleep in the wet.

April will see the Regiment send a small detachment of six men to join the Association for the reunion at The Entrance. I will be joined by my Battery Sergeant Major, Warrant Officer Jason Bourke, and four others. One of those joining us is the winner of Best Senior Non-Commissioned Officer (Sergeant Brendan Murray) and Best Soldier, along with Lieutenant Dean Nicholle, Lance Bombardier Matthew Pal and Gunner Luke Thompson. We are excited to have the opportunity to join the Association for the reunion, and will use the occasion to conclude the Battery's 50th Birthday celebrations.

The Battery's tempo will increase markedly in May and June as we return to High Range to continue our training in the lead up to assuming responsibilities as part of the 'readying' brigade in July. This will see the Commanding Officer put the Battery through its paces in a regimental setting, including fire planning and regimental fire missions. From July, the momentum continues to build as the Battery moves onto conducting advanced practices in support of the First Battalion, the Royal Australian Regiment in October, including danger close missions and fireplans.

My team and I look forward to joining the Old Boys and their families for the reunion at The Entrance, and to the year ahead. As always my thanks go to the Committee for their continued support of the Battery, the Association as a whole, and the wider ‘Old Boys’ network.

Ubique
Major James Casey - Battery Commander

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And from Rammer Peter “Jock” Sime from the UK where he currently lives and works. Hi mate, Sounds like you guys will have a great time at The Entrance. I almost wish I was back in Aust, for it but I don't think we will make it. If we can I hope you won't mind a late booking from the UK. I have settled well here weathers been a bit off (winter over here). But other than that we are off to Bulgaria on the 5th of March for 12 days. Vyara wish to show me her country and to meet her son. I have not had a chance to get in touch with the Regiment over here but will do so soon, as I am taking my RAM-raiders hat and shirt with me for some photos. I will send back with updates on my overseas deployment. I hope we might get a video link going. I am on skype = At Peter.Sime4. well that's it for now. Cheers and keep on ‘guning’. Regards Peter “Jock” Sime.

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Your Water Cart Operator was travelling the country last January, as he tends to do, when he sited a vehicle with a 4 Regiment tac-sign on, Kangaroo Island in South Australia. The driver turned out to be Rammer Jim ‘Duchy’ Holland.
Jim was BK (Battery Captain) of 107 Battery in the middle 1970’s, having undertaken two tours of Vietnam, first with 105 Battery in 1965 and then ICA/AATTV in 1970-71.

Jim is keenly into the local volunteer Bush Fire Brigade on KI, a location that seldom disappoints those wishing to fight a good fire.

His fire truck proudly displays the ‘Red over Blue 43’ Tac-sign of 4 Regiment.

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**Photo: Jim Holland, left and Secretary Hilton Lenard, leaning hard on the bonnet of Jim’s red volunteer fire truck at American river on KI.**

Jim lives at American River on the eastern end on KI, the third largest island off Australia (following Tasmania and Melville Islands). History states that KI was occupied and became part of the South Australian colony around 1830. Yet a group of American sealers from the Boston area of USA camped alongside the inlet mistaken for a river in 1803 and over a number of years hunted seals and whales from their base. It is now a quiet fishing village home to around 300 people, countless Tammar wallabies plus Jim and his volunteer fire truck.

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The latest **Military Compass on issue for infantry Platoon Commanders**
Secretary's Report: We sadly acknowledge the posting to the Great Gun Park of Geoff Swift in 2016, see vale in this edition and our website. We welcome Jason Bourke, BSM of 107 Battery Townsville. Jason served in the Battery 2006-08 as Troop then OPCP Sergeant and as BC’s Assistant. In 2011 he returned as WO2 Bty Guide and again in 2015 as BSM, where he still serves. Jason will be joining the BC and four other members of the Battery at Reunion 2016 The Entrance over the Anzac week of activities.

Committee: Your committee is:

ELECTED POSITIONS (Executive)
President: Warren (Noddy) Feakes – Wanniassa ACT – 0417 209 360
Vice Presidents: Brian Tapp – Narrabeen NSW – 0410 543 743
Secretary/Treasurer: Hilton Lenard – Kambah ACT – 0418 695 345

State/Territory Representatives:
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NSW: Bob Edmonds – Sydney – 0410 678 100
Victoria: Ken (Doc) Barclay – Mildura – 0428 251 364
Tasmania: Les Mullan – Launceston – 0408 449 006
SA:
Bob White – Dudley Park – 08 95359411
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Peter Moat – Wanniassa – 0417 209 360

NON-ELECTED POSITIONS (Appointed by the Committee)
Editor RAM Ramblings: Warren (Noddy) Feakes – Wanniassa – 0417 209 360
Webmaster: Doc Barclay – Mildura – 0428 251 364
Historian: Hilton Lenard – Kambah ACT – 0418 695 345
Welfare Officer: Ian (Bozo) Simpson – Sydney – 0432 610 794
Hon Chaplin: Rick Burley – Wallsend NSW – 0412 455 301

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South NSW: Ian Hughes – Sanctuary Point – 0417 140 250
Melbourne Vic: Noel Paterson – Rosebud – 0411 568 103

BOARD of TRUSTREES:
Warren Feakes – Wanniassa – 0417 209 360
Hilton Lenard – Kambah – 0418 695 345
Jim Wright – Palmerston -0419 090 852

Members List: There are 189 financial members. Association membership covers all regions of Australia plus Paul Gaff, USA and Gordon Pound & Peter (Jock) Sime in the UK. Twelve members are currently serving in the Defence Force. Membership covers all periods of 107 Battery’s post 1965 history, with approx one third having served at Holsworthy and/or Malaysia (1965-1969) a further third at Townsville then Vietnam (1969-1971) and a third at Townsville (since 1971). Many have served in more than one location. Like an updated membership list? Then contact the Secretary.

Treasurer’s Report: With 156 life subscribers, all life subscriptions are held in the Trustee accounts. Your membership renewal information is included in this edition. Subscriptions for 2016 are now over due, and remaining at only $15 PA and life subscription at $150. As at 30 June 2015 the Association made a trading profit of $948.05 for the previous twelve months. Most profits come from the sale of the Association sale items. Current assets are $6,175.49 in working funds and $24,700.44 held by the Trustees, representing all life subscriptions and resulting interest received to date. A copy of the accounts is available on request.
Heroic gunners saved the day and Australia’s war at Battle for Coral, now there’s a push to reward them: Ian McPhedran National defence writer

A PUSH is underway to have Australian gunners who repelled one of the biggest enemy attacks of the Vietnam War honoured for their role. The men overcame catastrophic command and intelligence failures to win the Battle of Coral in May 1968 but have received little recognition.

An Australian soldier ... checks dead North Vietnamese troops at Fire Support Base Coral.

Former artillery officer Ian “Scrubber” Ahearn, who was the gun position officer with 102 Field Battery at Fire Support Base Coral wants his men awarded with a Unit Citation for Gallantry and he also wants errors of fact in the Official War History corrected. His campaign features in a new honours thesis by Mark Jamieson who interviewed seven veterans of the battle in detail about their experiences between May 12 and June 6, 1968.

Ian Ahearn today - speaking about the battle in Vietnam in 1968. Source: News Corp Australia

Twenty five Australian soldiers were killed in action at Fire Support Bases Coral and Balmoral, including 11 between 2.30am and 5.30am, on the first morning at Coral on May 13.
102 Field Battery officers ... at FSB Coral left to right Capttrain Don Tait, 2nd Lieutenant Bob Lowry, 2nd Lieutenant Matt Cleland, Lieutenant Ian "Scubber" Ahearn and Captain Dave Brook.

On the eve of Vietnam Veterans Day this Tuesday (Aug18) Mr Jamieson said Coral was the biggest Australian battle of the war and was won by the skills and bravery of the 100 or so men who fought it. “My focus with this thesis is to get the true story out about what actually happened,” Mr Jamieson said. “If Coral had been overrun it would have changed the course of Australia’s war in Vietnam.” Veteran Robert Costello told Mr Jamieson that he did not believe there was any chance of recognition for the artillerymen.

Bravo gun at Coral on morning of May 13, 1968, with two blown tyres and damage to the gun trail.

“It seems as though the artillery were never there and it was us who took the brunt of the attack. We do get aggrieved in the fact that the gunners are always forgotten about,” Mr Costello said. Co-author of the official history, and one of the Australian War Memorial chief historians, Ashley Ekins said there were errors of fact and omissions and that they would be corrected in future editions. He said Coral was a total stuff up and it was only skill and courage
that saved the gunners from being overrun. “They fought valiantly in a touch and go situation,”
Mr Ekins said. He denied that the history was skewed to protect the reputation of any
officer. As the history says, Mr Ahearn and his men were landed in the wrong place, without
adequate gun stores or barbed wire and no claymore mines and trip flares.

The scene - 102 Field Battery’s Echo Gun at Coral behind a typical bund.

And somehow allied intelligence had missed two Divisions of North Vietnam and Vietcong
troops pushing south to reinforce Saigon. About 1000 men from that force that attacked 102
Battery’s position at 2.30am on May 13 in a bid to clear their way to Saigon. “We had no idea
what we were getting into and we were in no way ready for what happened to us,” Mr Ahearn
said. “The first we knew of the enemy force was vertical tracer fire guiding in their
reinforcements.” At 2.30am a sentry reported “hundreds and hundreds” of NVA standing up
100 metres from their position. “Then they attacked,” he said.

Former Australian Army artillery officer ... Ian Ahearn at Fire Support Base "Coral" in Vietnam in
The 1st Battalion's mortar platoon bore the brunt of the attack and lost six dead and 12 wounded before the commanding officer requested Splintex 105mm artillery rounds to be fired over his head. Those rounds contain 6000 darts and had never been fired before by Australian gunners. Five rounds later the enemy guns fell silent and at daylight the troops found 54 enemy bodies riddled with the darts. After three hours of intense fighting helicopter gunships and a Snoopy ground attack aircraft arrived and pushed the enemy back.

Mr Ahearn said he wrote 12 award citations after the battle and just one medal was awarded. A recent submission for a Unit Citation was rejected by former Army Chief Lieutenant General David Morrison, who never served in combat. "The people who saved the day were the diggers and the gunners who stood their ground," Mr Ahearn said.

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A Cold Beer! With thanks from Doc Barclay: An Indian, a Maori, a Muslim and an Australian were walking along an Australian beach when the Maori stumbled over a bottle in the sand. He picked up the bottle, rubbed the sand off it, and 'poof' a Genie appeared!

"I can only grant four wishes!" the Genie said. "Since there are four of you, you may have one wish each!"

Pointing to the Maori, he said, "Since you found the bottle, you may have the first wish." The Maori thought for a moment, then said, "I wish for a fleet of ships so that I can gather all my people and take them back to our homeland of Aotearoa." It was done! Thousands of ships appeared on the skyline.

The Indian said, "I wish for enough aircraft to take all fellow Indians back to the sub-continent!" It was done! Row after row of aircraft filled the sky.
The Muslim said, "I wish for a hundred thousand camels to take all of my people away from this horrible country infested with infidels so we can live in peace in Muslim countries and serve the Prophet Allah." It was done! A hundred thousand camels suddenly appeared on the beach.

Turning to the Australian, the Genie asked, "And what is your wish?" The Aussie watched the loaded aircraft moving toward the runway, then looked out to sea and watched the loaded ships sailing out into the sunset, then he looked at all of the Muslims getting on top of the camels and riding off.

He said, "Look mate, just give me a cold beer. It really doesn't get any better than this!"

Prostate Health Awareness. With a growing number of Black Sheep feeling the close breeze of problems, some background on prostate health appears appropriate. Everyone has a pair of kidneys. The job of the kidney is to remove waste. It is the Metropolitan WMA (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 person walks, 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. The creator, 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 20 grams. 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. 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? 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 DRIPLING:** 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 colored trousers.

**HESITANCY** 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 long 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 twice 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. 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. An overfilled bladder may leak and this leads to wetting and 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. 1. Prostatitis – inflammation of the prostate 2. Prostate cancer – cancer of the prostate. This discussion is on prostate enlargement. There is bad news and good news. The bad news is that every man 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 and vegetables daily quadruples your risk. 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** 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**, 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. Budgie-smugglers are a no-no for men. Wear boxers and wear breathable clothing.

**Smoking**, avoid at all costs, it affects blood vessels and impacts circulation around the groin. If you have difficulties giving up, then read the next one!

**Sex** is good for the prostate; regular sex is even better! Celibates are more prone 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. So if you have not yet had a brush with the Prostate Cancer, then re-read this advise and act on it! If you have had that brush, then you already know so you can relax and read the joke below.
The Military Old and New, thanks to Doc Barclay

1945 - NCOs had a typewriter on their desks for doing daily reports.
2016 - everyone has internet access and a computer, and they wonder why no work is getting done.

1945 - we painted pictures of girls on airplanes to remind us of home.
2016 - they put the real thing in the cockpit.

1945 - your girlfriend was at home praying you would return alive.
2016 - she is in the same trench praying your condom worked.

1945 - if you got drunk off duty your mates would take you back to the barracks to sleep it off.
2016 - if you get drunk they slap you in rehab and ruin your career.

1945 - you were taught to aim at your enemy and shoot him.
2016 - you spray 500 bullets into the brush, don't hit anything, and retreat because you're out of ammo.

1945 - canteens were made of steel, and you could heat tea or hot chocolate in them.
2016 - canteens are made of plastic, you can't heat anything in them, and they always taste like plastic.

1945 - officers were professional soldiers first and they commanded respect.
2016 - officers are politicians first and beg not to be given a wedgie.

1945 - they collected enemy intelligence and analyzed it.
2016 - they collect your pee and analyze it.

1945 - if you didn't act right, the Sergeant Major put you in the brig until you straightened up.
2016 - if you don't act right, they start a paper trail that follows you forever.

1945 - medals were awarded to heroes who saved lives at the risk of their own.
2016 - medals are awarded to people who work at headquarters.

1945 - you slept in barracks like a soldier.
2016 - you sleep in a dormitory like a school kid.

1945 - you ate in a mess hall, which was free, and you could have all the food you wanted.
2016 - you eat in a dining facility, every slice of bread or pad of butter costs, and you not take too much.

1945 - if you wanted to relax, you went to the Soldiers Canteen to played pool, smoke and drank beer.
2016 - you go to the community center, and you can play pool.

1945 - if you wanted beer and conversation you went to the wet canteen.
2016 - the beer will cost you $5.75, membership is forced, and someone is watching how much you drink.
1945 - Aafcans had bargains for soldiers who didn't make much money.
2016 - you can get better and cheaper merchandise at K-mart.

And from Lindsay Warrie Walpole: A Pommy bloke calls at Australia House in London to get a visa to visit family in Australia. The bloke behind the counter asks "Do you have a criminal record?" Pommy bloke sighs and asks, "Is that STILL a requirement?"

-----------------------------------------------------
Reunion Malaysia 2017 – 50 years since 107 Battery’s first deployment

Jon Eaton has finalised the fifty-year anniversary Reunion “Return to Malaysia” and we are taking commitments to attend. The proposed start date (D Day) for the Malaysian tour is 15 September. To date there are 32 starters including parties from the Beamans, Bains, Eatons, Jones (Trevor), Lenard, Nathan, Paterson, Shelley, Simpson and Tapp. So the places are filling quickly.

D-1 (13 Sep 17) each attending will make their own arrangements to fly into Singapore and congregate at the selected hotel, which will be advised when details are finalised (second half of 2016). You can arrive and book into hotel earlier if pre arranged with tour bookings.
D Day (14 Sep 17) Group tour of key military and other sites of Singapore
D+1 to D+13 (15 to 27 Sep 17) Malaysian tour as per attached tour details
D+17 Arrival at KL airport for return journey to Australia, or wherever you plan to travel. All air travel from KL airport to be pre-booked and paid by individual members.

The plan is for 40 attendees with around 20 PAX travelling in each of two 40 seat busses, so there is plenty of room to move around and spread out in comfort. The current costing, using 2015 prices and in US dollars, is approx $1525 per person twin share with a single supplement of an additional $705. There will be an appropriate increase for 2017 prices which will be advised mid 2016.

Notice of Intention to attend
An Initial Deposit is $100 (Aust dollars) per member’s booking. That is $100 total for one/two or more people travelling in one group (ie member & partner or the entire Patterson, Eaton and Jones tribes which almost fill one bus). This deposit is payable NOW. Repeat, that is a single $100 total deposit for each member’s family booking.

Final Deposit of $500 (Aust dollars) per person attending by the booking confirmation date in June 2016. Both deposits are fully refundable should the tour not eventuate for any reason. Final payment will be required at a date to be advised in second half of 2016.
Please list those family members (including yourself) who plan to travel with you:
1.
2.
3.
(attach list if insufficient space)

YES I wish to nominate for Reunion Malaysia 2017
Attached is my $100 family booking deposit.
Enclose is chq/MO payable to 107 Battery Association – R17 Family holding deposit

Total$100.00
OR:
I made electronic transfer to 107 Bty Assn account as follows:
BSB 803 205 A/c Number 2068 9178 - Amount $100.00 on date: / /2016
Ensure that your SURNAME NAME and R17 are listed in the remarks of the electronic funds transfer to match up with this form.

OR(*) Please debit my MasterCard/Visa Card(*) $_______ 00. Card number and expiry date

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Full name on Credit Card: ________________________________
Your credit-card bill will show as 107 Battery Assn.

Signature ....................................................... Date __/__/2016
** Proposal quoted base on current year 2015 as guideline. Rate is subject to revise upon booking **

<table>
<thead>
<tr>
<th>Day</th>
<th>Itinerary</th>
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| Day 01 | **SINGAPORE TO MALACCA**  
Guide and coach will meet you at causeway link of Singapore/Malaysia for your transfer to Johor Bahru, Royal Sultan Abu Bakar Museum, Sultan Abu Bakar Mosque, Sultan Ibrahim Building, Yong Peng, Parit Sulong (Lay Wreathe) before proceed to Historical Town of Malacca. Overnight at Equatorial Hotel. |
| Day 02 | **MALACCA (B)**  
Malacca Tour (4 hrs)  
Travel back 600 years as you visit Melaka city. Parameswara, a Hindu Prince from Palembang whom later converted to Islam in 1402, founded Melaka. This state is the most important landmark in the country. The Portuguese, Dutch and English had also ruled Melaka. The ruins and building of these foreign powers can still be seen today, in the midst of the fast developing, but carefully planned township. Drive past Century Chinese cemetery, the biggest outside of China. Proceed to view the famous gateway 'Port De Santiago' and the ruins of St. Paul's Church.  
Next on the list is 'Red Square' - the salmon pink Dutch administrative building which today houses the Melaka Museum and government offices. Visit Christchurch, the 'Abode Merciful Clouds' or the Cheng Hoon Teng Temple - the country's oldest Chinese temple, the only temple where you can find 3 major doctrines of local Chinese beliefs under the same roof: Taoism, Buddhism and Confucianism. Stroll along Melaka's Jonker Street & finally visit one of the Nyonya Museum. Free at leisure rest of the day. Overnight at Equatorial Hotel. |
| Day 03 | **MALACCA (B)**  
Morning proceed to Terendak Military Cemetery. The camp was built during the years 1957 - 1959 and was sited at Malacca in order to assist the economy of the state. It was a Commonwealth venture designed to house the 28th Commonwealth Infantry Brigade on their move from North Malaysia in 1959 - 1960. Funds were provided by the Governments of Great Britain, Australia and New Zealand on a percentage basis.  
The first units of 28th Commonwealth Infantry Brigade moved into Terendak Camp in late 1959 and by mid 1960 the camp was fully occupied, although building work carried on until 1964, when the hospital was completed. Units of 28th Commonwealth Infantry Brigade were actively engaged in Borneo during the period of confrontation with Indonesia from 1963 until 1966 and some casualties from this campaign are buried in the cemetery.  
Additionally some Australian and New Zealand casualties from the Vietnamese war were flown to Terendak and buried there. The remainder of the graves are those of British and Commonwealth troops and their dependants who died of natural causes during the Brigade’s occupation of the camp, plus the remains of some service personnel who were exhumed from outlying cemeteries and reburied in Terendak. |
The camp was vacated by 28th Commonwealth Infantry Brigade during the period November 1969 to February 1970 and was handed over to the Malaysian army on 28 March 1970 and is now occupied by a Malaysian Infantry Brigade. There are now 323 Non World War servicemen and dependant burials in this cemetery. Rest of the afternoon free at leisure.

By 1900hrs proceed to take River Cruise. With the wind in your hair, it’s great way to spot the famous sights, while learning about Malacca’s turbulent history. The duration of the cruise is about 45 mins to 1 hour making a round 10 KM roundtrip embark from Taman Rempah Jetty. There is total 7 jetty along the river. The boats leave every 10 - 20 minute interval between 09.30am to 11:30pm (subject to tide condition)

Passengers on the Malacca River cruise get a feel of the multi-cultural and historical fabric of the country. The cruise boat passes under many bridges that had important functions in the old days. The first one, Tan Boon Seng Bridge, marks the strategic place captured by the Portuguese in 1511 in their bid to occupy Malacca. The other bridges are Chan Boon Cheng Bridge, Ghostbridge of Malacca, Old Market Bridge and Jalan Hang Tuah Bridge. Overnight at Equatorial Hotel.

Day 04  MALACCA – PORT DICKSON – KUALA LUMPUR (B)

Check out your room by land to Port Dickson to visit Army Museum. The museum is one of the major attractions in Port Dickson with exhibits including military vehicles, light tanks, airplanes, artillery guns and other weaponry once used by the Malaysian armed forces. Then, continue your journey to Kuala Lumpur. Overnight at Impiana Hotel KLCC.

Day 05  KUALA LUMPUR (B)

City Tour with KL Tower (5 hrs)
Enjoy a day tour around Kuala Lumpur, and see the sights and hear the sounds of the old and new. The tour will highlight the old and the modern that makes this city exciting with traditions of each races still being practiced in daily routine. Places to visit; King’s Palace (photo stop), Thean Hou Temple, War Memorial, Parks and Gardens (pass by), Old Railway Station (pass by), National Mosque, Merdeka Square, Central Market and Petronas Twin Towers (photo stop).

Lastly, proceed to Kuala Lumpur Tower that erected at 421 meters high. You can enjoy a breathtaking bird’s eye view of the city from the observation deck. Rest of the day free at leisure. Overnight at Impiana Hotel KLCC.

Day 06  KUALA LUMPUR (B, D)

Start your day with a trip to Batu Caves – a towering limestone outcropping just 13 kilometers north of Kuala Lumpur. The caves house numerous Hindu shrines, ascend its 272 steps to reach the top where you can admire the limestone formations and watch devotees pray to their shrines. Visit a pewter-ware demonstration center and batik factory to discover their production mechanics. Duration of tour 3.5hrs

By 1830hrs proceed for Cultural Night Tour (3 hrs) This evening tour takes you to the open-air bazaar of Chinatown, a Hindu temple and to a sumptuous Malay cuisine, accompanied with a cultural show.

SRI MAHA MARIAMMAN TEMPLE – The smell of burning jasmine, incessant chanting of Hindu priests, intricate carved deities and the mystical aura combined to give you a lasting impression of this religion. OPEN-AIR BAZAAR OF CHINATOWN – Take
<table>
<thead>
<tr>
<th>Day</th>
<th>Location</th>
<th>Activity</th>
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<tbody>
<tr>
<td>07</td>
<td><strong>KUALA LUMPUR (B)</strong></td>
<td><strong>KL Bird Park &amp; Gardens Tour (4 hrs)</strong>&lt;br&gt;Enjoy a relaxing day at the various parks hidden within the bustling city. Start with the bird park, one of the largest covered park in the world with over 3000 birds perching above freely. Within vicinity is the orchid garden which showcases more then 1000 species of the most beautiful flower in the world. The final is the butterfly park, which houses some 6000 butterflies &amp; various plant that recreate a Malaysian rainforest atmosphere. Overnight at Impiana Hotel KLCC.</td>
</tr>
<tr>
<td>08</td>
<td><strong>KUALA LUMPUR – CAMERON HIGHLAND(B)</strong></td>
<td>Leaving Kuala Lumpur and start your overland journey to Cameron Highlands which is 1542 metres above sea level and famous for its tea plantation and cool temperatures where can drop to 15 degrees Celsius during night time or when it is raining. En-route stops at Iskandar Waterfall and Orang Asli settlement.&lt;br&gt;The discovery of the Cameron Highlands by William Cameron in 1885, the highlands have not only been transformed into a farming land and a retreat for the wealthy Chinese businessman but have also become the most popular destination for local and foreign holiday makers alike. Visit one of the tea plantations/factory to watch the processing of black tea and later to sample various kinds of tea in the tea house. Next, proceed to strawberry farm &amp; butterfly farm. Overnight at Strawberry Park Resort. Note: The tea factory is closed every Monday and also on Tuesdays if the preceding Monday is a public holiday.</td>
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<tr>
<td>09</td>
<td><strong>CAMERON HIGHLAND (B)</strong></td>
<td>Morning proceed to Mossey Forest at Brinchang Hill @ 6,666 ft above sea level. Jungle walking in the Mossey Forest for scenery &amp; view of Cameron Highland. Duration of visit is about 2.5 hrs – 3 hrs Rest of the day free at leisure. Overnight at Strawberry Park Resort.</td>
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<tr>
<td>10</td>
<td><strong>CAMERON HIGHLAND – IPOH - PENANG (B)</strong></td>
<td>Morning set off to Penang. En route visit the Sam Poh Tong cave temple. Thereafter stop at the Royal town of Kuala Kangsar for a spell of photographing of the exterior view only of Ubudiah Mosque, Iskandariah Palace and Istana Kenangan. Proceed further to Kuala Sepetang mangrove forest, the best-managed mangrove forest in Malaysia and one that serves a very important ecological role in protecting the coastline from erosion. Delight in the novelty of walking through natural mangrove forest on a boardwalk. Kuala Sepetang produces the bulk of the nation’s top quality mangrove charcoal. Visit a charcoal kiln where charcoals are produced. Cross over to Penang, better known as the “Pearl of the Orient” via one of the longest bridge in the world. Overnight at Holiday Inn Resort.</td>
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<tr>
<td>11</td>
<td><strong>PENANG (B)</strong></td>
<td><strong>Georgetown Tour (3.5 hrs)</strong>&lt;br&gt;Discover the heritage of Penang….Photo stop at Fort Cornwallis where Capt. Francis Light first landed; walk along the Chew Jetty – an old Chinese waterfront settlement; visit the majestic and ornate Khoo Clan Ancestral House and the massive Reclining Buddha follow by Botanic Gardens - escaping from the hustle and bustle of city in the tranquil and green surroundings of the where you may see the wild monkeys roam freely in the park. Rest of the day free at leisure. Overnight at Holiday Inn Resort.</td>
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Day 12

**PENANG (B)**
Butterworth Air Base is an Air Force Station of the Royal Malaysian Air Force (RMAF) situated 4.5 nautical miles (8.3 km; 5.2 mi) from Butterworth in the state of Penang, directly opposite the island itself. It is currently the headquarters of the Five Power Defence Arrangements Integrated Area Defence System for Malaysia and Singapore, which is commanded by an Australian Air Vice Marshal. After visit back to hotel. Overnight at Holiday Inn Resort.

*Note: Visiting to air base subject to approval by respective authority where we unable to guarantee.*

Day 13

**PENANG (B)**
Taiping Commonwealth War Cemetery. At the time of the Japanese invasion of Malaya, Taiping was on the British line of retreat down the west coast. Its normal garrison of one Indian Infantry Battalion had been augmented, a casualty reception station organised, arrangements made with the civilian authorities for the provision of 500 beds for military patients, and 20 Combined General Hospital (Indian Army) had been posted there.

During the fighting the Indian 6th and 15th Brigades used Taiping as a rest and re-fitment centre for a few days; and, as the withdrawal southwards developed, numerous Indian Army medical units worked there for short periods before each in turn had to move towards Singapore with the fighting forces.

Taiping War Cemetery was created by the Army after the defeat of Japan for the reception of graves brought from the battlefields, from numerous temporary burial grounds, and from village and other civil cemeteries where permanent maintenance would not be possible.

There are separate entrances to the two parts, the plots of Christian graves lying on the south-eastern side of the road and the Muslim and Gurkha graves on the opposite side. In the Muslim and Gurkha section the Stone of Remembrance stands in front of a high bank which forms the north-western boundary. The two small shelters in the cemetery have been constructed of local stone, and a low stone wall flanks the road on each side. There are now over 850, 1939-1945 war casualties commemorated in this site, more than 500 of whom are unidentified. After visit back to Holiday Inn Resort.

Day 14

**PENANG (B)**
Morning leaving Penang by land back to Kuala Lumpur. Drop off at Kuala Lumpur International Airport for your departure flight. Note: Flight must depart 1600hrs and onward

~ End of program ~

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<tr>
<th>Pax Range</th>
<th>Per Person Per Package in US Dollar Twins Share</th>
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<tbody>
<tr>
<td>18 – 19 persons</td>
<td>USD 1,590.00</td>
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<tr>
<td>20 – 22 persons</td>
<td>USD 1,525.00</td>
</tr>
<tr>
<td>Single Supplement</td>
<td>USD 705.00</td>
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</tbody>
</table>

** 01 FOC for tour leader in single room for every 20 paying adults. Maximum 02 FOC per group**

The above program INCLUDES:
- 13 nights accommodation in twins sharing basis at selected hotel
- Private transfers and sightseeing tours by air-conditioned standard coach with English speaking guide
- Excursions and tours as per stated above only.
- Meal arrangements as per stated above only.
The above package EXCLUDES:
- All airfare, flight arrangements and airport tax (Domestic and International flights).
- Tipping for driver and guide.
- All other tours and meals NOT mentioned above

# Rate not valid during any major events in town.
# Standard check-in time at the resorts/hotels is at 1400 hrs.
# Standard check-out time at the resorts/hotels is at 1200 hrs.
# Early check-in and late check-out services can be arranged at a surcharge (rates to be advised).

### 2 Days 1 Nights in Singapore

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Inclusions</th>
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<tbody>
<tr>
<td>Day 1</td>
<td>Arrival (est 1200) – Tour of Singapore City. Chinatown heritage centre (under renovation), Chinatown Complex, Telok Ayer Street, Thian Hock Keng Temple, Kampong Glam, Orchard Road, Singapore River Cruise, Singapore Sling in the Long Bar at Raffles Hotel – Hotel (2100) Overnight at Concorde Hotel or similar</td>
<td>X/X/D</td>
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<tr>
<td>Day 2</td>
<td>Hotel to 2nd Link TUAS</td>
<td>B/X/X</td>
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Package price : 2D1N Package price is USD 198.00 per person in Twins share

**TOUR FARE INCLUDES:**

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
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<tbody>
<tr>
<td>TRANSPORTATION</td>
<td>23-44 SEATER COACH (PRIVATE)</td>
</tr>
<tr>
<td>TOUR GUIDE</td>
<td>ENGLISH SPEAKING</td>
</tr>
<tr>
<td>TOUR LEADER FOC</td>
<td>1 FOC for transfer &amp; tours only</td>
</tr>
<tr>
<td>HOTEL</td>
<td>Concorde Hotel or similar</td>
</tr>
<tr>
<td>MEALS INCLUDED</td>
<td>TICKETS INCLUDED</td>
</tr>
<tr>
<td>Other Inclusions</td>
<td>Singapore River Cruise</td>
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<td></td>
<td>Singapore Sling</td>
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</table>

**Tippings advice (For Driver Guide or Tour Guide):**
1. Not included / Non compulsory
2. Maximum tipping SGD4 per pax per day
3. Tours - Suggested SGD4 per pax per day
4. Transfers - Suggested SGD2 per pax per way

**Other remarks**
1. Rates are not valid if minimum paying pax is not met
2. Rate may not be valid if travel date is changed
3. This is only a quotation therefore no booking is made and subject to availability
4. Midnight charges applies if arrival and departure time is between 2300hrs to 0700hrs
5. Rates does not include hotel porterage and drinking water during tours / transfers
More from Warrie Walpole

Aphorism - a short, pointed sentence that expresses a wise or clever observation, or a general truth.

1. The nicest thing about the future is that it always starts tomorrow.
2. Money will buy a fine dog but only kindness will make him wag his tail.
3. If you don't have a sense of humour you probably don't have any sense at all.
4. Seat belts are not as confining as wheelchairs.
5. A good time to keep your mouth shut is when you're in deep water.
6. How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?
7. Business conventions are important because they demonstrate how many people a company can operate without.
8. Why is it that at class reunions you feel younger than everyone else looks?
9. Stroke a cat and you will have a permanent job.
10. No one has more driving ambition than the teenage boy who wants to buy a car.
11. There are no new sins; the old ones just get more publicity.
12. There are worse things than getting a call for a wrong number at 4 a.m. - for example, it could be the right number.
13. No one ever says "It's only a game" when their team is winning.
14. I've reached the age where 'happy hour' is a nap
15. Be careful about reading the fine print there's no way you're going to like it.
16. The trouble with bucket seats is that not everybody has the same size bucket.
17. Do you realise that, in about 40 years, we'll have thousands of old ladies running around with tattoos?
18. Money can't buy happiness but somehow it's more comfortable to cry in a Cadillac than in a Ford.
19. After 60, if you don't wake up aching in every joint, you're probably dead.
20. Always be yourself because the people that matter don't mind and the ones that mind don't matter.
21. Life isn't tied with a bow but it's still a gift.

And Remember: "Politicians and Nappies should be changed often for the same reason"

From DOC:
Recently, the Townsville Police Department ran an e-mail forum with the local community (a question and answer exchange) with the topic being, "Community policing."
One of the civilian e-mail participants posed the following question: "I would like to know how it is possible for police officers to continually harass people, and get away with it?"
From the "other side" (the law enforcement side) Sgt Bennett, obviously a cop with a sense of humour replied: "First of all, let me tell you this ... it's not easy. In Townsville, we average one cop for every 600 people. Only about 60% of those cops are on general duty (or what you might refer to as "patrol") where we do most of our harassing. The rest are in non-harassing departments that do not allow them contact with the day to day innocents. At any given moment, only one-fifth of the 60% patrollers are on duty, and available for harassing people while the rest are off duty. So roughly, one cop is responsible for harassing about 5,000 residents. When you toss in the commercial business, and tourist locations that attract people from other areas, sometimes you have a situation where a single cop is responsible for harassing 10,000 or more people a day. Now, your average ten-hour shift runs 36,000 seconds long. This gives a cop one second to harass a person, and then only three-fourths of a second to eat a pie, and then find a new person to harass. This is not an easy task. To be honest, most cops are not up to this challenge day in and day out. It is just too tiring. What we do is utilise some tools to help us narrow down those people which we can realistically harass. The tools available to us are as follow:
PHONE: People will call us up and point out things that cause us to focus on a person for special harassment. "My neighbor is beating his wife" is a code phrase used often. This means we'll come out
and give somebody some special harassment. Another popular one: "There's a guy breaking into a house." The harassment team is then put into action.

CARS: We have special cops assigned to harass people who drive. They like to harass the drivers of fast cars, cars with no rego, or no driver's license and the like. It's lots of fun when you pick them out of traffic for nothing more obvious than running a red light. Sometimes you get to really heap the harassment on when you find they have drugs in the car, they are drunk, or have an outstanding warrant.

RUNNERS: Some people take off running just at the sight of a police officer. Nothing is quite as satisfying as running after them like a cat on the scent of a mouse. When you catch them you can harass them for hours, to determine why they didn't want to talk to us.

LAWS: When we don't have PHONES or CARS or RUNNERS, and have nothing better to do, there are actually books that give us ideas for reasons to harass folks. They are called "Laws"; Criminal Codes, Motor Vehicle Laws, etc. ...They all spell out all sorts of things for which you can really mess with people. After you read the laws, you can just drive around for a while until you find someone violating one of these listed offences and harass them. Just last week I saw a guy trying to steal a car. Well, there's this book we have that says that's not allowed. That meant I was allowed to harass this guy. It's a really cool system that we've set up, and it works pretty well. We seem to have a never-ending supply of folks to harass. And we get away with it. Why? Because for the good Townsville citizens who pay the bill, we try to keep the streets safe for them, and they pay us to "harass" some people.

Hopefully sir, this has clarified to you a little bit better, how we harass the good citizens of Townsville.