

RAEME in ACTION

The Newsletter of the RAEME Association of the Australian Capital Territory (ACT)



Edition: 40

May 2026



PRESIDENT'S MESSAGE

Greetings All,

I hope this finds you doing ok. I am looking forward to attending the 40th Anniversary of the presentation of our Banner next week.

Having just had a reminder of another year passing, can I urge you all, regardless of age, history and condition, not to ignore niggles or changes in your health status. Whilst far from perfect, our health system is only able to assist if it is made aware of an issue. As a historical non-early adopter, over the last couple of years early intervention has assisted me in avoiding some potentially catastrophic outcomes. I strongly recommend that you do not take a wait and see approach even if you are not anticipating good news.

Stay safe, APA

IMPENDING ASSOCIATION ACTIVITIES IN THE ACT

May

| | | |
|-----------------------|------------------------------|--------------------------------------|
| Tues 26 th | Mixed Drinks | Gungahlin Lakes Golf Club from 1930h |
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June

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|-----------------------|---|--|
| Fri 05 th | Spanner Club and Sausage Sizzle | From 1600h – Venue TBC being either the RMC Golf Club or Olim's Hotel. The Sausage sizzle will only occur if RMC Golf Club is selected |
| Tues 30 th | Mixed Drinks | Gungahlin Lakes Golf Club from 1930h |

July

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| Fri 03 rd | Mixed Lunch | Ainslie Football Club from 1230h |
| Tues 28 th | Mixed Drinks | Gungahlin Lakes Golf Club from 1930h |

August

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| Fri 07 th | Spanner Club and Sausage Sizzle | From 1600h – Venue TBC being either the RMC Golf Club or Olim's Hotel. The Sausage sizzle will only occur if RMC Golf Club is selected |
| Tues 25 th | Mixed Drinks | Gungahlin Lakes Golf Club from 1930h |

September

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| Fri 04 th | Mixed Lunch | Ainslie Football Club from 1230h |
| Tues 29 th | Mixed Drinks | Gungahlin Lakes Golf Club from 1930h |

October

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| Fri 02 nd | Spanner Club and Sausage Sizzle | From 1600h – Venue TBC being either the RMC Golf Club or Olim's Hotel. The Sausage sizzle will only occur if RMC Golf Club is selected |
| Tues 27 th | Mixed Drinks | Gungahlin Lakes Golf Club from 1930h |

November

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| TBC | Maintainers Tour of Australian War Memorial | War Memorial Annex, Mitchell. This event is in the planning phase but is intended to cover a tour of the AWM facilities where equipment is maintained or prepared for display. |
| Fri 06 th | End-of-Year Dinner | Gyphonn's Bar and Caffe |
| Fri 27 th | RAEME Birthday Celebrations | TBC |

December

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| Fri 04 th | Final Mixed Lunch for 2026 | Ainslie Football Club from 1230h |
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WHAT ELSE IS ON IN THE REGION

May

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| Daily until 30 Sept | Remembering the War Exhibition | National Library of Australia | From recruitment posters urging Australians to enlist and opposition to conscription by conscientious objectors, to espionage and the evolving role of women's work in the war effort, this exhibition highlights stories from our collections relating to the Second World War. Other items reveal the postwar reconstruction of nations whose citizens' lives had been irrevocably changed by the conflict. National Library of Australia, Parkes Place West, Parkes |
| Fri 15 th | Mind-Balance-Tai Chi | RSL Lifecare | Queanbeyan Veteran Hub from 0930-1030h |
| Mon 18 th | Dr Renne Robarts Veteran Consultancy | RSL Lifecare | Experienced DVA GP providing independent medical assessments for veterans. |
| Tues 19 th | Veterans Guitar Group | RSL Lifecare | Queanbeyan Veteran Hub from 1000-1200h |
| | Yoga | Invictus CBR | Queanbeyan Veteran Hub from 1900-2200h |
| | Yoga | Invictus CBR | Burgmann School, Gungahlin from 1800-1900h |
| Wed 20 th | Create and Caffeinate | RSL Lifecare | Queanbeyan Veteran Hub from 1000-1200h |
| | Free Exercise Physiology Class | JB Rehab | Queanbeyan Veteran Hub from 1200-1245h |
| Thurs 22 nd | Zumba | RSL Lifecare | Queanbeyan Veteran Hub from 1100-1200h |
| Fri 23 rd | Mind-Balance-Tai Chi | RSL Lifecare | Queanbeyan Veteran Hub from 0930-1030h |
| Mon 25 th | Dr Renne Robarts Veteran Consultancy | RSL Lifecare | Experienced DVA GP providing independent medical assessments for veterans. |
| Tues 26 th | Veterans Guitar Group | RSL Lifecare | Queanbeyan Veteran Hub from 1000-1200h |
| | Yoga | Invictus CBR | Queanbeyan Veteran Hub from 1900-2200h |
| | Yoga | Invictus CBR | Burgmann School, Gungahlin from 1800-1900h |
| Wed 27 th | Free Exercise Physiology Class | JB Rehab | Queanbeyan Veteran Hub from 1200-1245h |

May continued

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|------------------------|--------------------------------------|--------------|--|
| Thurs 28 th | Zumba | RSL Lifecare | Queanbeyan Veteran Hub from 1100-1200h |
| Fri 30 th | Mind-Balance-Tai Chi | RSL Lifecare | Queanbeyan Veteran Hub from 0930-1030h |

June

| | | | |
|------------------------|--|--------------|--|
| Mon 01 st | Yoga | Invictus CBR | Queanbeyan Veteran Hub from 1900-2200h |
| | Dr Renne Robarts Veteran Consultancy | RSL Lifecare | Experienced DVA GP providing independent medical assessments for veterans. |
| Tues 02 nd | Veterans Guitar Group | RSL Lifecare | Queanbeyan Veteran Hub from 1000-1200h |
| | Yoga | Invictus CBR | Burgmann School, Gungahlin from 1800-1900h |
| Wed 03 rd | Free Exercise Physiology Class | JB Rehab | Queanbeyan Veteran Hub from 1200-1245h |
| | Create and Caffeinate | RSL Lifecare | Queanbeyan Veteran Hub from 1000-1200h |
| Thurs 04 th | Zumba | RSL Lifecare | Queanbeyan Veteran Hub from 1100-1200h |
| Mon 08 th | Yoga | Invictus CBR | Queanbeyan Veteran Hub from 1900-2200h |
| | Dr Renne Robarts Veteran Consultancy | RSL Lifecare | Experienced DVA GP providing independent medical assessments for veterans. |
| Tues 09 th | Veterans Guitar Group | RSL Lifecare | Queanbeyan Veteran Hub from 1000-1200h |
| | Yoga | Invictus CBR | Burgmann School, Gungahlin from 1800-1900h |
| Wed 10 th | Free Exercise Physiology Class | JB Rehab | Queanbeyan Veteran Hub from 1200-1245h |
| Thurs 11 th | Zumba | RSL Lifecare | Queanbeyan Veteran Hub from 1100-1200h |
| Mon 15 th | Yoga | Invictus CBR | Queanbeyan Veteran Hub from 1900-2200h |
| | Dr Renne Robarts Veteran Consultancy | RSL Lifecare | Experienced DVA GP providing independent medical assessments for veterans. |
| Tues 16 th | Veterans Guitar Group | RSL Lifecare | Queanbeyan Veteran Hub from 1000-1200h |
| | Yoga | Invictus CBR | Burgmann School, Gungahlin from 1800-1900h |
| Wed 17 th | Free Exercise Physiology Class | JB Rehab | Queanbeyan Veteran Hub from 1200-1245h |
| | Create and Caffeinate | RSL Lifecare | Queanbeyan Veteran Hub from 1000-1200h |
| Thurs 18 th | Zumba | RSL Lifecare | Queanbeyan Veteran Hub from 1100-1200h |
| Mon 22 nd | Yoga | Invictus CBR | Queanbeyan Veteran Hub from 1900-2200h |
| | Dr Renne Robarts Veteran Consultancy | RSL Lifecare | Experienced DVA GP providing independent medical assessments for veterans. |
| Tues 23 rd | Veterans Guitar Group | RSL Lifecare | Queanbeyan Veteran Hub from 1000-1200h |
| | Yoga | Invictus CBR | Burgmann School, Gungahlin from 1800-1900h |
| Wed 24 th | Free Exercise Physiology Class | JB Rehab | Queanbeyan Veteran Hub from 1200-1245h |
| Thurs 25 th | Zumba | RSL Lifecare | Queanbeyan Veteran Hub from 1100-1200h |

June continued

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|-----------------------|--|--------------|--|
| Mon 29 th | Dr Renne Roberts Veteran Consultancy | RSL Lifecare | Experienced DVA GP providing independent medical assessments for veterans. |
| Tues 30 th | Veterans Guitar Group | RSL Lifecare | Queanbeyan Veteran Hub from 1000-1200h |
| | Yoga | Invictus CBR | Burgmann School, Gungahlin from 1800-1900h |



REMINDER – PRINCE PHILIP BANNER PARADE

A parade on 20 May 2026 in Bandiana will mark the 40th anniversary of the presentation of the Prince Philip Banner to the Corps.

Pre-registration is mandatory for non-serving members and this closes on 17 May 2026.

If you wish to attend, please visit the RNN webpage by [clicking here](#).

CLOSING COMMENTS

That's about it for this edition. Future editions will follow a similar format with regular sharing of activities that may be of interest to both serving and retired members in the ACT region.

If you would like to submit something for future editions, or if you would like to see something in particular published that is relevant to the Corps, please email me at: Secretary@act.raeme.org.au.

You can also send your submissions for *Maintenance Matters* to me via Newsletter@raeme.org.au or preferably lodge them online on the [RNN website](#) where you will also find templates and further guidance. We would love to see some reports about the work done by RAEME members here in the ACT region, especially from those in roles that many in the Corps may never have heard of.

Remember too that the member submission chosen by the editors as the best will receive a \$50 gift voucher. The most recent winner was LT Zhang from 16 ASB after writing a short but interesting article on the integration of TAAF technicians into 16 ASB. You could be the next winner. Just start writing something. Truth is preferred but optional!

In case you missed it, you can get your copy of *Maintenance Matters* at either:

- **PDF** – <https://raeme.org.au/index.php/publications/newsletter>
- **Flipbook** – <https://heyzine.com/flip-book/5bf8fcd51a.html>
- **Easy-Read Version** – <https://heyzine.com/flip-book/526e112050.html>

Arte et Marte,

Ian Cook
Secretary, ACT RAEME Association



President: Andy Adams, President@act.raeme.org.au
Secretary: Ian Cook, Secretary@act.raeme.org.au
Website: <https://act.raeme.org.au>



Membership of the ACT RAEME Association is free to all serving or former members with a connection to RAEME who also live or work within the ACT region.