

RAEME in ACTION

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



Edition: 44

September 2026



SECRETARY'S MESSAGE

Greetings All,

Recent changes to funding have seen some changes to the wellbeing activities run around the nation. That means many of the activities are no longer being offered or they are being offered by different providers. You may notice some of these changes in the table of activities below and on the following pages.

We do have one big change of note and that is with our **End-of-Year Dinner**. Due to a clash of activities, we have had to reschedule this to occur a week later, that is, on Friday 13 Nov.

This is always a great event so we hope to see you there.

Click on the link below for details.

Attendance at the last couple of events was great. It was especially pleasing to see a mix of serving and retired members. Larry Foley was unable to attend but that is understandable as he is still recovering from his broken leg. If you get a chance to check in on him, please do.

Also take a moment to look at the latest Corps Newsletter, *Maintenance Matters*. This month, the team have produced a new "mobile friendly" edition. Details are on the last page.

Stay safe,

Ian



IMPENDING ASSOCIATION ACTIVITIES IN THE ACT REGION

September

Tues 29th

[Mixed Drinks](#)

Gungahlin Lakes Golf Club from 1930h

October

Fri 02nd

[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
Gungahlin Lakes Golf Club from 1930h

Tues 27th

[Mixed Drinks](#)

November

Fri 13th

[End-of-Year Dinner](#)

Gyphonn's Bar and Caffé

Tues 24th

[Mixed Drinks](#)

Gungahlin Lakes Golf Club from 1930h

Fri 27th

[RAEME Birthday Celebrations](#)

TBC

December

Fri 04th

[Final Mixed Lunch for 2026](#)

Ainslie Football Club from 1230h

WHAT ELSE IS ON IN THE REGION

September

Weds 16 th	Create and Caffeinate	RSL Lifecare	Queanbeyan Veteran Hub from 1000-1200h
Thurs 17 th	Zumba	RSL Lifecare	Queanbeyan Veteran Hub from 1100-1200h
	Behind the Scenes Tour	AWM	Exclusive tour of the Charles Bean Research Centre from 1430-1530h
17-18 Sept	Imperialism and Resistance: Australia's First Wars	Australian War Memorial	<i>Imperialism and Resistance: Australia's First Wars</i> is a two-day conference that brings together authors, historians, and curators to reflect on the Australian Frontier Wars and Australia's earliest overseas military commitments to the British Empire.
Fri 18 th	Mind-Balance-Tai Chi	RSL Lifecare	Queanbeyan Veteran Hub from 0930-1030h
	Yoga	Frontline Yoga	68 Bandjalong Cres, Aranda ACT 0700-0745
Mon 21 st	Dr Renne Robarts Veteran Consultancy	RSL Lifecare	Experienced DVA GP providing independent medical assessments for veterans.
	Walk and Talk Mondays	Soldier On	Caffé Al Lago, Yerrabi Pond Amaroo fm 0930h
Tues 22 nd	Veterans Guitar Group	RSL Lifecare	Queanbeyan Veteran Hub from 1000-1200h
	Free Exercise Physiology Class	JB Rehab	Queanbeyan Veteran Hub from 1200-1245h
	Yoga	Frontline Yoga	Wild Studio Phillip from 0730-0820h
	Behind the Scenes Tour	AWM	Exclusive tour of the Charles Bean Research Centre from 1430-1530h
Weds 23 rd	The Art of Portraiture Tour	Soldier On	National Portrait Gallery from 1030h
Thurs 24 th	Zumba	RSL Lifecare	Queanbeyan Veteran Hub from 1100-1200h
	Behind the Scenes Tour	AWM	Exclusive tour of the Charles Bean Research Centre from 1430-1530h
Fri 25 th	Mind-Balance-Tai Chi	RSL Lifecare	Queanbeyan Veteran Hub from 0930-1030h
	Yoga	Frontline Yoga	68 Bandjalong Cres, Aranda ACT 0700-0745
Mon 28 th	Dr Renne Robarts Veteran Consultancy	RSL Lifecare	Experienced DVA GP providing independent medical assessments for veterans.
	Walk and Talk Mondays	Soldier On	Caffé Al Lago, Yerrabi Pond Amaroo fm 0930h
Tues 29 th	Veterans Guitar Group	RSL Lifecare	Queanbeyan Veteran Hub from 1000-1200h
	Yoga	Frontline Yoga	Wild Studio Phillip from 0730-0820h
	Behind the Scenes Tour	AWM	Exclusive tour of the Charles Bean Research Centre from 1430-1530h
Weds 30 th	Create and Caffeinate	RSL Lifecare	Queanbeyan Veteran Hub from 1000-1200h
	Walk and Talk Mondays	Soldier On	Caffé Al Lago, Yerrabi Pond Amaroo fm 0930h

October

Thurs 01 st	Zumba	RSL Lifecare	Queanbeyan Veteran Hub from 1100-1200h
	Behind the Scenes Tour	AWM	Exclusive tour of the Charles Bean Research Centre from 1430-1530h
Fri 02 nd	Mind-Balance-Tai Chi	RSL Lifecare	Queanbeyan Veteran Hub from 0930-1030h
Mon 05 th	Dr Renne Robarts Veteran Consultancy	RSL Lifecare	Experienced DVA GP providing independent medical assessments for veterans.
Tues 06 th	Veterans Guitar Group	RSL Lifecare	Queanbeyan Veteran Hub from 1000-1200h
	Free Exercise Physiology Class	JB Rehab	Queanbeyan Veteran Hub from 1200-1245h
	Yoga	Frontline Yoga	Wild Studio Phillip from 0730-0820h
	Behind the Scenes Tour	AWM	Exclusive tour of the Charles Bean Research Centre from 1430-1530h
Weds 07 th	Create and Caffeinate	RSL Lifecare	Queanbeyan Veteran Hub from 1000-1200h
Thurs 08 th	Zumba	RSL Lifecare	Queanbeyan Veteran Hub from 1100-1200h
	Behind the Scenes Tour	AWM	Exclusive tour of the Charles Bean Research Centre from 1430-1530h
Fri 09 th	Mind-Balance-Tai Chi	RSL Lifecare	Queanbeyan Veteran Hub from 0930-1030h
Mon 12 th	Dr Renne Robarts Veteran Consultancy	RSL Lifecare	Experienced DVA GP providing independent medical assessments for veterans.
Tues 13 th	Veterans Guitar Group	RSL Lifecare	Queanbeyan Veteran Hub from 1000-1200h
	Free Exercise Physiology Class	JB Rehab	Queanbeyan Veteran Hub from 1200-1245h
	Yoga	Frontline Yoga	Wild Studio Phillip from 0730-0820h
Weds 14 th	Create and Caffeinate	RSL Lifecare	Queanbeyan Veteran Hub from 1000-1200h
Thurs 15 th	Zumba	RSL Lifecare	Queanbeyan Veteran Hub from 1100-1200h
Fri 16 th	Mind-Balance-Tai Chi	RSL Lifecare	Queanbeyan Veteran Hub from 0930-1030h
Sat 17 th	African Djembe Drumming Workshop Series	Soldier On	11 Currie Crescent, Kingston from 1400h
Mon 19 th	Dr Renne Robarts Veteran Consultancy	RSL Lifecare	Experienced DVA GP providing independent medical assessments for veterans.
Tues 20 th	Veterans Guitar Group	RSL Lifecare	Queanbeyan Veteran Hub from 1000-1200h
	Free Exercise Physiology Class	JB Rehab	Queanbeyan Veteran Hub from 1200-1245h
	Yoga	Frontline Yoga	Wild Studio Phillip from 0730-0820h
Weds 21 st	Create and Caffeinate	RSL Lifecare	Queanbeyan Veteran Hub from 1000-1200h
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

MAINTENANCE MATTERS

The latest *Maintenance Matters* includes revised format that provides a greater focus on the connect between our members. This was the original intent of the newsletter but the editors noticed that a little too much information was being included. To that end, they have adopted a model where the focus is on what our members, both serving and retired, have been up to and when they are planning on gathering next. All other regular information will still be provided but in an abbreviated form with links provided for those which wish to read the full story.

Also this month, the editors have introduced a mobile-friendly edition that shows most of the newsletter in a form compatible with reading on mobile devices.

You can get your copy of *Maintenance Matters* at:

- **PDF** – <https://raeme.org.au/index.php/publications/newsletter>
- **Flipbook** – <https://heyzine.com/flip-book/e779abb0b4.html>
- **Mobile-Friendly** – <https://raeme.org.au/publications/newsletter/maintenance-matters-mobile>



Request for Articles

The editorial team are also looking for stories about:

- **Multiple Generations in RAEME.** If you have family linkages to the Corps, ie more than one generation of the same family who have served in the Corps, or if you know of others with family linkages, please send the editors an email at Newsletter@raeme.org.au. They are very keen to hear from you.
- **Above and Beyond.** If you know of any former-serving Corps member who has worked to support their community, we want to be able to celebrate their service. You can find more details at: <https://raeme.org.au/publications/newsletter/article-submission>
- **You and Your Role.** The editorial team want to include stories about the impact serving RAEME members have on the Army. Noting that many serving people in Canberra work in roles that the bulk of the Corps may not even know exists, or they may not understand what you do, this is your chance to share what you do. From the same link above, you will find templates for submission.

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 the Riley Clan for sharing their family's story about serving our Corps. You could be the next winner. Just start writing something. Truth is preferred but optional!

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.