



# PARATUS

1ST ARMoured  
REGIMENT  
ASSOCIATION INC.

ABN 16 930 055 791

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**PATRON:** BRIG Ted Acutt (Retd)  
**PRESIDENT:** Keith (Mel) Meloncelli  
**SECRETARY:** Russ James  
**TREASURER:** Werner Golla



(Photo courtesy Australian Army Facebook page)

## 1st ARMoured REGIMENT

Theatres of Operation  
Japan (1st Armd Car Sqn)  
Sth Vietnam  
Theatre Honour  
STH VIETNAM 1968-1971  
Battle Honours  
Coral – Balmoral  
Hat Dich  
Binh Ba  
Rhodesia  
Cambodia  
East Timor  
Iraq  
Solomon Islands  
Afghanistan

## Newsletter Contributions

The views and comments expressed in this Newsletter are those of the individual contributor and not necessarily endorsed by the current committee. Whilst every care regarding all information is exercised, it should not necessarily be taken as absolute historical fact.

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1ST ARMoured  
REGIMENT  
ASSOCIATION INC.

Committee 2022

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## Links to Web Sites and Face Book Pages

### Web Sites

1<sup>st</sup> ARMoured REGIMENT ASSOCIATION INC.  
[www.paratus.org.au](http://www.paratus.org.au)

RAAC CORPORATION  
[www.raaccorpltd.org.au](http://www.raaccorpltd.org.au)

ROYAL TANK REGIMENT ASSOCIATION  
[www.royaltankregiment.com](http://www.royaltankregiment.com)

### Facebook Pages

1st ARMD REGT ASSOC MEMBERS ONLY  
[www.facebook.com/groups/112757492512931/](http://www.facebook.com/groups/112757492512931/)

1st ARMD REGT ASSOC SOCIAL PAGE  
[www.facebook.com/groups/106848019339045/](http://www.facebook.com/groups/106848019339045/)

1<sup>ST</sup> ARMoured REGIMENT FACEBOOK  
[www.facebook.com/1ArmdRegt/](http://www.facebook.com/1ArmdRegt/)



**Report from the Secretary - Russ James**  
Secretary, 1st Armoured Regiment Association Inc.  
PO Box 301  
Mentone. VIC 3194  
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BSB: 633-000  
Account: 161498159



## Secretary's Report

This issue of the Secretary's report covers the following issues:

- Cambrai Day Parade – Adelaide 11 November 2022
- Matters of Importance decided and/or discussed at the Management Committee Meeting on 8 October including a donation to the Regiment for Cambrai Day events and the implementation of credit card facilities.
- Scholarships – sporting and educational
- Membership – Current Situation
- New Members
- Donations
- 2022 AGM – Broadford 28 January 2023

### ***What an absolute corker! Cambrai Day Parade - Adelaide 11 November 2022***

#### **The March**

As previously reported, we were almost over the moon when invited by the Regiment to march with the Regiment on the Cambrai Day Parade. What an honour, privilege and every other superlative that one could image, but which have left me as I write this report. It was an incredibly emotional day for the 100 plus veterans (Association members and non-members) who joined their Squadrons and marched onto the Parade Ground to the beat of drums.

Veterans commenced arriving at Edinburgh around 1600 hrs at which time they were issued with security access passes. Some grief and amusement for some, but that is a story best left for another day. Early arrivals were able to gather at the Mick Rainey Club and mingle with serving members of the Regiment who were having a last-minute breather before the commencement of formalities. Others had the opportunity to visit the Regiment's History Room which is coming along very nicely indeed.

At 1730 hrs the veterans were briefed by the RSM, WO1 Andrew Remin OAM CSM, who advised details of the march and allocation to our Squadrons. The major issue for most of the older veterans would be the order for quick march, stepping off on the right foot, etc. Many had not marched in a formal parade for 40 to 50 years and were worried that the rust had become firmly affixed. The RSM explained that the order 'Quick' was given, the drummers would play rata-tat-tat, rata-tat-tat and the Regiment would step off on the seventh beat. And so it happened, 40 years swept away in the blink of an eye, and we all stepped off, veterans and soldiers alike, on the left foot. I guess some basic drills will remain forever! A short march, left wheel, 100 metres or so and then 'mark time' – it was about this time that the knees started to rebel, and the order to halt come none too soon. I have been assured that not one person, young or old, was out of step for the march.

Left turn and the Regiment (and veterans) were facing the official dais and audience. The RSM ordered the veterans to fall out and take three or four paces forward of the ranks. We were then subjected to an incredible round of applause. Emotions were running high as we fell out and found seats in the area reserved for the oldies.

What followed was an amazing parade including Marching On of the Standard, the two Guidons of 3/9 SAMR, the Regimental patching of around 40 or so soldiers of 3/9 SAMR (now a sub-unit under command of the Regiment) and a full mounted march past of all Regimental vehicles. After the Regiment had dismounted, promotions and presentations ensued. The Regiment re-mounted the vehicles for a mounted Advance in Review Order. Eighty or so tracked and wheeled vehicles advanced towards the spectators. Spectacular, fails to describe the combined movement and noise of so many high-powered vehicles in a relatively confined space.

After the Regiment left the Parade Ground, the veterans, spectators, families and ultimately soldiers, adjourned to the Mick Rainey Club for a quiet ale, there also seemed to be an amount of champagne (whoops, sparkling wine), and a bite to eat. Musicians from the Australian Army Band kept the crowd entertained and I am sure that quite a few ladies were seen performing 'The Nutbush' (Tina Turner). Veterans (of all ages) were seen in discussion with many of the younger members of the Regiment and contact details were readily exchanged.

Alas, all good things must come to pass, and the bus carrying veterans, partners, and some children departed Edinburgh for the Mawson Lakes Hotel where it is believed some festivities continued until the bar closed around 0200 hours. An incredible afternoon and evening, and one which will not be forgotten for many years to come.

There do not seem to be sufficient words to express our thanks to the Officers and soldiers or the Regiment for the opportunity to participate in such an important event. It is perhaps the first time that Australian Veterans have been afforded such as honour – to march with your family, your Regiment.

### **Preceding Activities**

I have been advised that quite a few veterans arrived at the Mawson Lakes Hotel on the Wednesday evening and ensured that the weekend was off to a good start. I was advised that there may have been some photographic evidence, but this appears to have been mislaid!

### **The Meet and Greet**

Thursday afternoon at around 1600 hrs (an hour before the bar was supposed to open) veterans and partners (and some children) commenced gathering for the Meet and Greet, and an early drink. Polo shirts and the new Regiment Ties were collected, the Q Store was in full swing, and acquaintances from many years past were renewed.

There were approximately 145 present at the Meet and Greet including Commanding Officer, Regimental 2IC, RSM and 10 or so younger members of the Regiment. After a welcome by the President, reciting of those recently deceased and the ODE by the RSM, the CO – LtCol Mike Henderson – provided a 10 or so minute brief on the state of the Regiment, recent activities and plans for the future. It was very clear that the Regiment was very excited at the number of veterans who wanted to march with the Regiment and participate in such an historic event.

The Meet and Greet wound up at around 2200 hours, but it was reported that the downstairs bar was still going well into the early hours of Friday morning.

### **Friday Morning**

Breakfast was a little subdued for some who may have had one too many! At around 0945 hours the bus arrived and transported around 40 veterans and partners to the Tea Tree Gully RSL. We were met there by another 30 or so veterans and family members. A quick form up, a short march and we joined the local community for a traditional Memorial Service for Remembrance Day.

We were welcomed into the RSL for a quiet drink or two and sandwiches, finger food, etc provided by the Ladies of the RSL. Back onto the bus at around 1230 hours and back to Mawson Lakes Hotel for a rest prior to the 'main event'. I believe that some may have rested in the bar for a short period.

### **Saturday Morning, Afternoon and Evening**

The Recovery Brunch kicked off at around 1000 hours in the Mawson Lakes Hotel Bistro and rolled through until 1200 hours, although small groups of veterans and family members were still there around 1300 hours. It also seems that the bar, Sports Bar and Bistro was frequented during the afternoon, early evening and later by ad hoc groups that formed for a quiet ale, a glass of red or bubbles. Apparently, the bar closed at around 0200 hours.

### **Sunday Morning**

The majority of attendees departed during Saturday and there were only a few die-hards still present for breakfast on Sunday morning. A few of these were seen to gather at around 1100 hours when the bar re-opened.

### **Conclusion**

It was an incredible three to four days, with many friendships and acquaintances renewed. Old stories seemed to grow in proportion to the number of years that had passed. The same principle could also be made about waist and chest sizes.

As stated previously, *'What an incredible opportunity and such an honour!'*

## **Management Committee Meeting – 8 October 2022**

### **Sporting Scholarship**

No applications for the Sporting Scholarship have been received to date.

### **Donation to the Regiment**

A donation of \$2,000 was approved to the Regiment to assist with catering requirements for the Cambria Day Parade.

### **Credit Card Facility**

A motion was passed for a three-month trial of a credit card facility to be used in conjunction with the Association's accounting package, Xero. It was noted that credit cards details of members would not be stored or be accessible by the Association.

## **Membership – Current Situation**

As at 2 December 2022, the Association has a total of 509 active (financial) members; an increase of around 133 since the AGM held on 14 July 2018 when the majority of the current Management Committee was elected.

**Membership renewals** – regrettably, 16 members who were due to renew on 1 February 2022 have failed to do so. We have not yet given up and hope that the odd friendly phone call may have a positive result.

In accordance with the Constitution, these 16 members are now classified as 'Inactive - Resigned' and have been removed from the Association's mailing (both email and snail mail) lists.

However, such members may renew their membership at any time without any difficulty. Any member who may be experiencing 'financial hardship' should contact the Secretary for a confidential discussion and possible extension of membership.

### **New Members**

The Association would like to welcome the following new members who have joined since the middle of August 2022:

Peter Jamieson 25 August, Scott Jones 6 September, Andrew Walker 19 September, Warwick Dent 29 September, Andrew Hill 2 October, Damien Graham 5 October, John Crozier 25 October, Lindsay Burke 27 October, Dennis Crowe 6 November, Ian Kilgour 13 November, Stephen Haynes 15 November, Gavin McMahon 25 November and Andrew Dennett 1 Dec 22.

### **Donations**

The Association gratefully acknowledges the following members who have made donations to the Association since the last Newsletter:

Roger Powell, Mick Eilola, Peter Sullivan, Bob Snape, Martin Craze, Paul Quentin, Craig Bruce, Barry Hodges, Bill Morris, Des Thompson, Geoff Baker, Ian Roberts, Dave Key, Dal Crocker, Graeme Unmack, Robert Joyce, Doug Peel, Trevor Watts, Charlie Dearling and a number of anonymous donors at the Meet and Greet.

In addition, the Association also gratefully acknowledges the following members who have made donations to the Port Macquarie 2022 Reunion:

Dennis Austin, Dave Hendrie, Richard James, Peter Coutts, Keith (Mel) Meloncelli, John Atkinson, Ian Cummings and Chris McLeod.

## **2022 Annual General Meeting**

The 2022 AGM is to be held at the Broadford (Vic) RSL on Saturday 28 January 2023 at 1030 hours. The AGM is to be followed by a light lunch of sandwiches and finger food. Drinks are to be purchased at Members' expense.

A Preliminary Agenda, Financial Statements for the year ended 30 June 2022, and a Proxy Form are to be issued in the next week. Additional items for the Agenda must be advised to the Secretary as soon as possible.

The positions of Vice-President, Secretary, Recruitment Manager and Newsletter editor are all due for re-election.

Members are advised that all positions are open for nomination.

# Cambrai Day Parade 2022

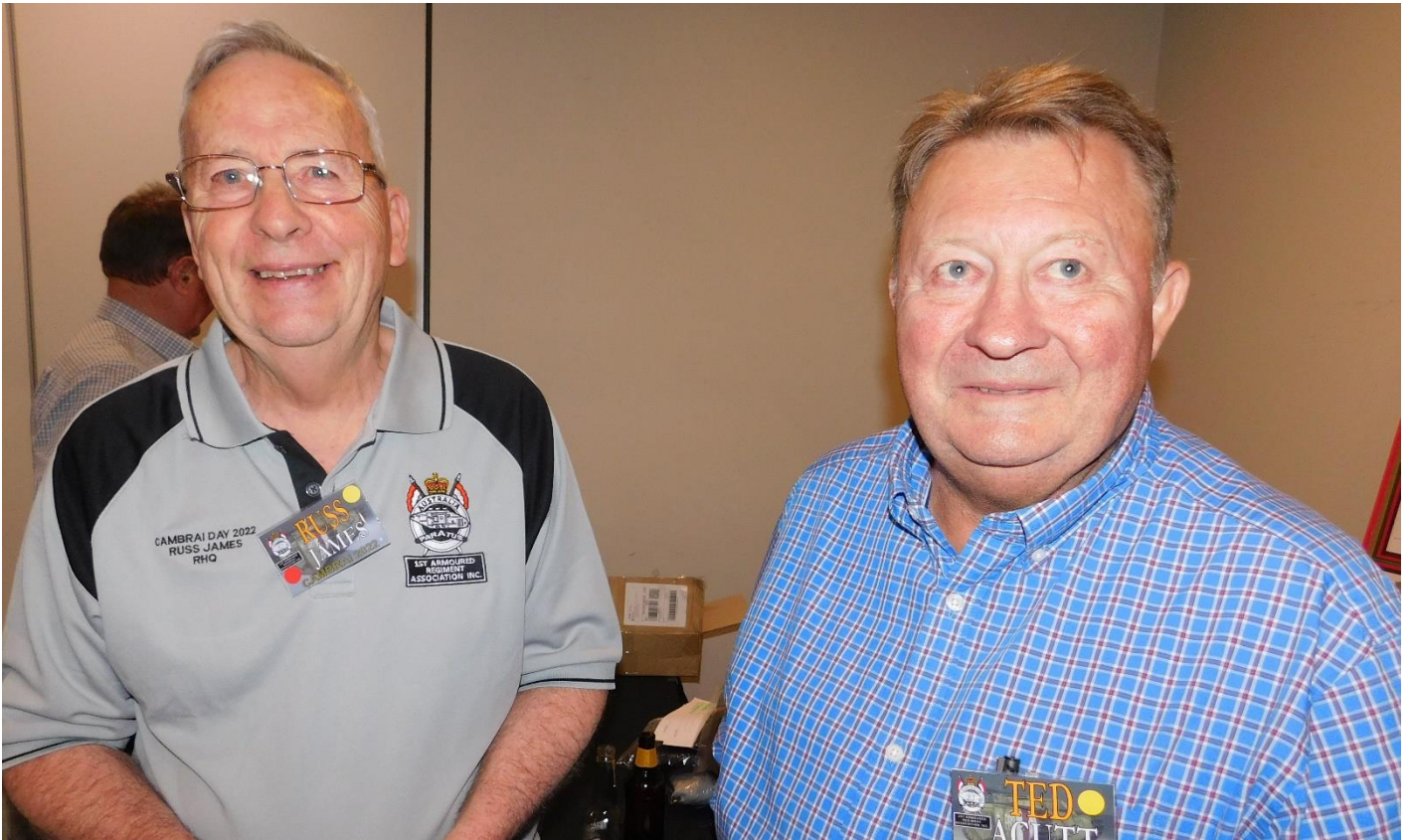


(Steve Haynes photo)

If you missed the Regiment's Cambrai Parade and the Associations participation, then you have missed quite an event. The activity was a resounding success most particularly the concept of the parade, which included past members of the Regiment marching on to the parade among the Regiment. After a tumultuous two years the bond between the Regiment and its Association has been firmly re-established. As a companion to the detail of the Association's participation in the Secretary's report, below are a few select photos from the event. There are many more to peruse on social media, particularly at the Facebook pages detailed at the bottom of page 2. Also keep an eye on the Association webpage for more photos to be uploaded in the near future.



**Lochlan Phillips, Adam Jacobs, Geoff Baker and Brian Hatfield (among others) make for a happy crowd at the 'Meet and Greet'**



**A rare smile from Secretary Russ James with Patron Ted Acutt**



**Vic Rep Iain Reynolds, Regimental 2IC Jon Bennett and President Keith Meloncelli**



**Des Thompson, Josh Silvini, James Haddock and Lochlan Phillips**



**A strong Association contingent in the FUP prior to joining the Regiment to march on**





**Gary McCabe, Peter Duncombe, Dean Martin, Tim Whitford, Steve Haynes and Andrew Walker**  
(Steve Haynes photo)



**Ian Kilgour, Russ Gannon and Tony Rigby**



**The RSM delivers the parade brief to the marching Association members  
(photo – Australian Army Facebook page)**



**Marching on  
(photo – Australian Army Facebook page)**



**The Commanding Officer in OC (Zero Charlie) ahead of the Standard and 3/9 SAMR Guidons**



**The Standard and Guidons dismantled for the presentations of awards.**



At the conclusion of the Association's stay at Mawson Lakes Hotel, Mark Reid presented Function Manager Richard Marsh with a Certificate of Appreciation. Richard was stoked at the recognition he and the staff received, with Mark relaying many of the very positive comments passed on from Association members on the weekend. All Mawson Lakes Hotel staff will be shown the certificate for which they thoroughly deserved; well done!

More photos from the parade will be available to view on the Association website soon – stay tuned

## Black Hats 'Getting Around'



In late Aug-early Sep, Jeff Coleman spied an Association sticker on the gate at the dog proof fence at Cameron's Corner (cnr QLD, NSW, SA borders) We Black Hats sure get around!

# 1<sup>st</sup> Armoured Regiment Association Port Macquarie Reunion 2022 Part II – The Dinner

Part two of the photo series from the reunion in July.



**Bill Morris and Warren (Wazza) Grant**



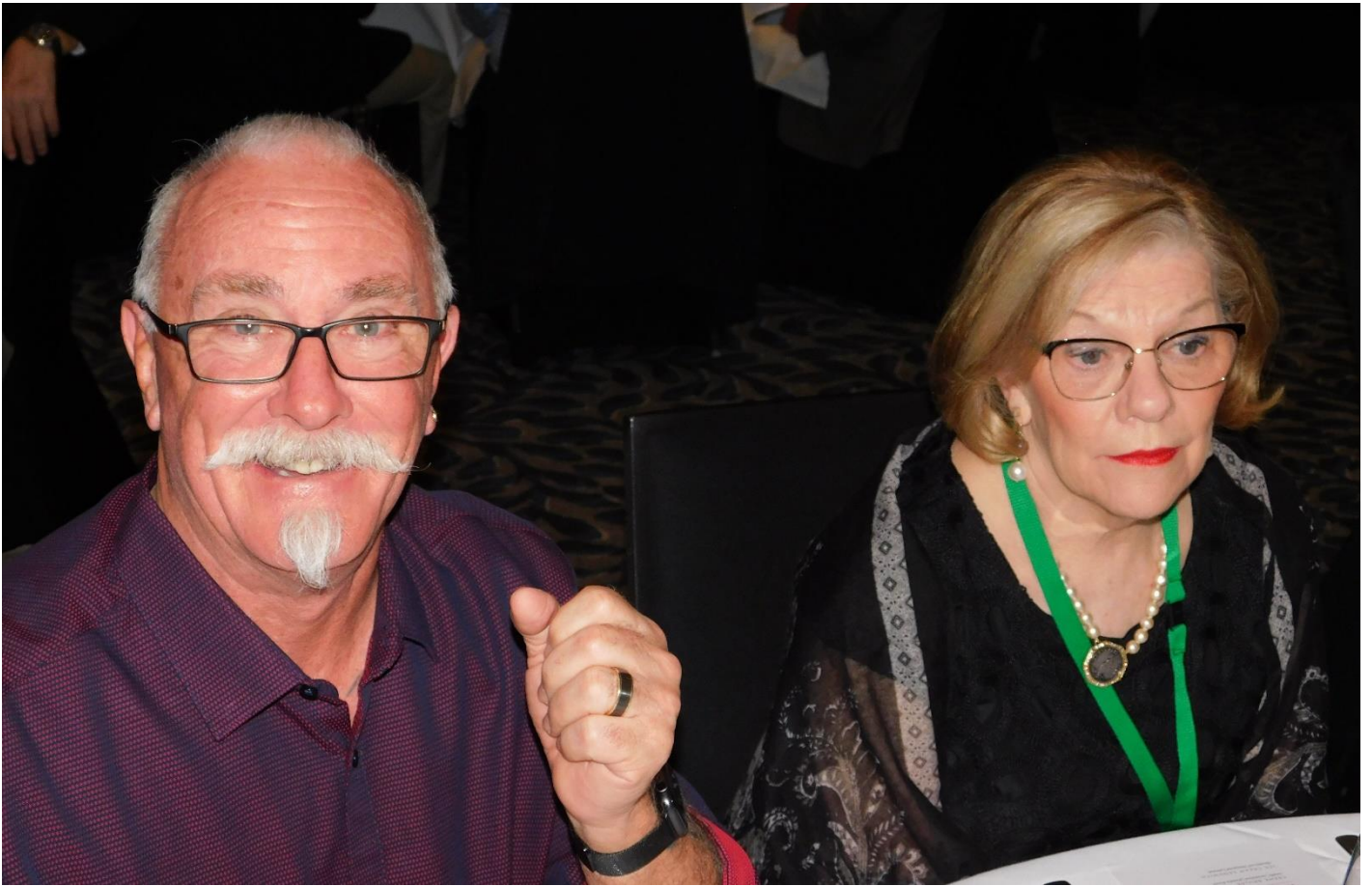
**Bruce Ferguson and Ted Acutt**



**Ann Meloncelli and Peter Coutts**



**Cheryl and Brian Beckett**



**Dennis and Rhonda Austin**



**Mary and Bill Stanfield**



**Bob and Lynn Kennard**



**Helen King and Gary McNabb**





**Katrina and Bruce Ferguson**



**Wendy and Ian Cummings**



**Tony Rigby and Ray Wood**



**Judi Payne is presented a floral bouquet in appreciation from President Keith Meloncelli**



**Mitch Beasley and Rabbit Warren**



**Peter Still, Maurie Meecham and Chris Fredericks**



**Dave Hendrie, Graeme Potts, Geoff Baker and Charlie Dearing**



**Jan Fenton, Margaret Hatfield and Brenda Rossiter**

**These and many more photos from the reunion will be available to view on the Association website shortly**



1ST ARMOURD  
REGIMENT  
ASSOCIATION INC.

# Honour Roll

## Dedicated to those 1st Armoured Regiment Soldiers that made the ultimate sacrifice

### Killed in Action

TPR James Kerr (13 May 1969)

### Died of Wounds

TPR Mick Hannaford (14 December 1968)

### Died within the prescribed period

WO2 Noel Lowes (6 July 1971)

### Killed Accidentally whilst on Military duty in a Training environment

TPR A. M. Jordan (14 October 1962)

CFN B. Silver (LAD) (19 November 1962)

SGT R. Morrison (17 August 1965)

LT A. J. Massey (7 July 1982)

TPR A. Patterson (7 June 1984)

SGT R. G. Murray (9 July 1986)



The Association recognises and acknowledges those former members of the Regiment who were either KIA or DOW whilst serving with units such as the Australian Army Training Team Vietnam, 3rd Cavalry Regiment or any other units in any conflict since the Regiment was formed in 1949.

The Association also recognises and acknowledges those former members of the Regiment who have passed since the end of a conflict and who may or may not have been recognised by the Department of Veterans' Affairs as entitled to an Official Commemoration. Hundreds are known to have passed of wounds or illnesses and diseases that may have been contracted during military service.

**They shall grow not old, as we that are left grow old,  
Age shall not weary then, nor the years condemn.  
At the going down of the sun and in the morning  
We will remember them.**

**'LEST WE FORGET'**

### Members passed away since the last newsletter:

William Stanley SEYS (RAEME) (23 July 2021)

Kevin SHIRLEY (RAEME) (5 February 2022)

Kevin John BURDETT (22 July 2022)

Lionel Allan BAILEY (15 August 2022)

Lloyd SAWYER (8 September 2022)

Lloyd STREETING (11 September 2022)

Edward Frank LANCASTER (15 September 2022)

Petrus (Peter) DE JONG (RAEME) (18 September 2022)

Don JUERS (RAEME) (20 September 2022)

Richard (Dick) KOP (RAEME) (6 October 2022)

Albert Gerald (Terry) BULLOCK (21 October 2022)

Ian TAPLEY (11 November 2022)

Ray HAYES (25 November 2022)

# LAD / Technical Squadron

## The Banner's Travels of 2022

**The LAD banner has had a huge year out and about; 'Ferret' Unmack has sent in this report and photos to chronicle the Banner's movements.**

The 1<sup>st</sup> Armoured Regiment LAD banner has travelled around the country more than most of us this year. Released from 'lock up', here follows a summary of its appearances, both far and wide during its year of travels.

First appearance was at Vasey RSL Care village in Geelong for ANZAC Day in late April. It then joined other RAEME banners at the Doncaster RSL in May. It then travelled to Adelaide for 1 ARMD REGT TECH SPT get together in June before heading to Port Macquarie for the Regiment's Association reunion in July. There followed a trip up to Pandanus Park for Vietnam Veterans day on 18 August and then to Rydges, South Townsville to a NQ RAEME function in September. Bendigo was the next destination for the LAD (Vietnam) reunion in October then moving on to finishing up a busy year at the Cambrai Parade with the Regiment on 11 November at RAAF Edinburgh in SA.

A terrific logistic effort to have the banner representing the LAD/Tech support across the country. Well done Ferret; and all those involved.



**The Banner featuring, loud and proud, at the Reunion in Port Douglas**



**Ferret and the Banner at the recent Cambrai Day Parade at RAAF Edinburgh**



Pictured at Pandanus Park 18 Aug 2022 from left to right are:  
Ian (1080) Bignell RAAC, Graeme (24C) Munsell RAAC, Gavin Bicknell RAEME, Graeme (Ferret) Unmack RAEME,  
Craig Rhodes, Barry Locke, Rod Girvan and Bob Greenwood - all RAEME

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## Tolmie Grand Final Weekend (VIC)

The annual Grand Final weekend camping trip to Tolmie was held again this year. Victoria rep and trip organiser, Iain Reynolds, has sent in this report on the activity. If you are able to attend next year, mark it in your calendar early so you don't miss out on a great weekend with fellow association members.

The Grand Final weekend camping trip to Tolmie was held this year over the period 22-25 September. The weekend went well with 21 people in attendance. We had some wet & cold weather on Friday with some blue sky for the rest of the weekend. Many thanks to David Pye & his son Jamie who supplied the lighting for the site again this year. I don't think that the weekend could be as much of a success without their hard work. Saturday we were treated to a personal historical guided tour from a local historian, Adrian Younger, who has done a lot of research of the Stringybark Creek area where Ned Kelly ambushed & murdered the Victoria Police Officers in 1878.

We held the dining-in night on Saturday evening, with roast beef & lamb cooked in BBQ's with the vegetables cooked in the camp ovens. Many thanks to Peter Keane for bringing up the tables and putting together a great pepper gravy. It is much appreciated to all that contributed either by turning a sausage, getting some firewood or dixie bashing to make the weekend a success. Overall, it was a great weekend for all that attended. For those members that did not come along; you missed a great weekend. See you next year.





**"O Group" by the firepit**



**Stringybark Creek guided tour with Adrian Younger**



**"End of course" photo with the Tolmie 2022 crew**



# Cambrai Day Long Lunch (VIC)

The Victorian members held their Cambrai Long Lunch at the Emerald Hotel in South Melbourne on the 18th November. Due to a number of members still traveling back from Cambrai in Adelaide and a few that had contracted Covid we only had a small number of 9 that attended the lunch; however a good time was had by all.

Many thanks to Jane & the Emerald Hotel staff who looked after us very well (as usual).



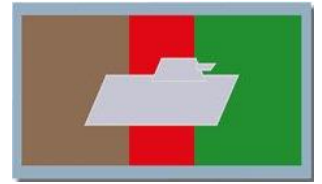
**Long Lunch attendees Noel Gellert, Herman Harberts, Werner Golla, Gerry Germaine, Russ James, Wol Walker, Deano Martin and Ferret Unmack (and behind the camera is Vic rep Iain Reynolds!)**



**1<sup>st</sup> Brigade Battlegroup vicinity Lyon's Corner 1986**



# REGIMENTAL NEWS



**A Regimental Parade conducted on 24 September provided an opportunity to conduct promotions and award unit members with Warrants, Australian Defence Medals, Commanding Officer's Coins for excellence and a number of other medals and awards. Below is a sample of photos of the parade; full details can be seen on the Regiment's Facebook page.**



**Private Jonella Weroura being awarded a Australian Defence Medal**



**Lieutenant Luke Stella being awarded a Australian Defence Medal**



**Warrant Officer Class Two Corey Rocca being awarded his Warrant**



**Corporal Jai Johnsen being awarded a CO's Coin**

# Coral-Balmoral Cup 2022

Comprising the Wood Memorial Cup (cavalry crews) and the Macarthur-Onslow Trophy (tank crews) the Coral-Balmoral Cup was competed for in September.

Winning crews have the opportunity to travel to North America to compete against international militaries in US Army tank (Sullivan Cup) and Canadian Army tank and cavalry (Worthington Trophy) competitions held every two years. Full article at Defence news page [HERE](#):



The winners of the 2022 Coral-Balmoral Cup, 1st Armoured Regiment are presented the winner's cup and pennant by the CO of the School of Armour and RAAC RSM.

(L-R) LTCOL Mitchell Watson, TPR Bailey Gibson, TPR Brody Black, TPR Liam Schapel, CPL Robert Mackie, LCPL Lochlan Phillips, SGT Peter Walsh, TPR Calum Turley, TPR Daniel Luke and Corps RSM, WO1 Anthony Lynch.

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## 1<sup>st</sup> ARMOURED REGIMENT ASSOCIATION Q STORE

Be sure to visit the Q Store for all your Association merchandise including new items added to the inventory in July. The updated tie design (as seen in the parade photos) is now in stock.

LINK TO THE ASSOCIATION Q STORE WEBPAGE [HERE](#)





# Knock-off Note from the Editor

G'day All,

I've really enjoyed putting together this issue of your newsletter. The engagement with the Regiment at the Cambrai Day Parade has been excitedly spoken of, both in person and online, since the day and highlights the strong bond of those who have gone before and those who now serve in the Regiment. Well done to all those who made the effort to attend and to the Regiment, particularly the RSM WO1 Andrew Remin, to stage such an excellent event.

Quite a bit of Victoria centric content in this edition so if there is an Association or Regiment related event or get-together in the other states/territories; whether it is big or small, organised or ad hoc, take a photo or two and send it in to be included in the next edition.

As we all commence preparations for the Christmas break, spare a thought for those deployed on our behalf over the holiday period. If you are moving on to a new posting, good luck and travel safe. To all, have a good break/holiday, travel safe, travel sober, arrive there and return in good health.

To all of the readership of Paratus, thank you for reading the four editions during the year. It has been a great opportunity to put together this mini history of the Association during the year. Thank you for trusting me to do this on your behalf.

Cheers,  
Wol Walker  
Editor

"Three Two Alpha; Out"

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## NOTICES

### Looking to submit DVA Claim/s?

**If you or anyone you know is considering pursuing claims through DVA and aren't too confident of the process or who to approach to commence your claim, please contact the Secretary who can put you in touch with an advocate to ensure your claims will be dealt with thoroughly, correctly and to ensure the most favourable outcome for you, the veteran. The Secretary's contact details can be found on the front page of this issue of Paratus.**

# **DVA Heart Health Program for Returned Veterans & Peacekeepers & those covered by the ADF Firefighters Scheme**

## **12 Months of Telephonic Health coaching**

### **Gym or Pool membership assistance available**

Did you know the DVA provides a free 12-month health and fitness program that can be delivered to returned Veterans and peacekeepers with operational service and those covered by the ADF firefighters scheme anywhere in the country. The program is flexible and able to accommodate participants living in metropolitan areas, regional or remote areas, those still working or retired, studying or with other time constraints. Run on behalf of the DVA by Corporate Health Management the program aims to help you increase your physical health and wellbeing through practical exercise support and 12 months of health coaching and advice on healthy lifestyle choices provided by one of our team of highly qualified allied health professionals.

### **Am I eligible?**

Started 20 years ago for those returned from Vietnam, the Heart Health Program is free and now open to all returned veterans and peacekeepers with operational service and those covered by the ADF Firefighters Scheme who have not previously done the Heart Health Program before. To check your eligibility visit <http://www.veteranshearthealth.com.au/eligibility/>

### **Individual Heart Health Program – How it works**

Each participant receives 12 months of healthy lifestyle coaching from a highly qualified and dedicated allied health professional via fortnightly health coaching calls with information and advice tailored to each individuals health and fitness goals. The health coach will use their extensive knowledge along with health surveys and food diaries to guide you through the program. The program covers a range of topics including:

- setting healthy goals
- nutrition and diet advice
- advice on lowering alcohol consumption
- developing better sleep patterns
- stress management
- managing diabetes
- taking care of your body
- managing your weight
- and maintaining a healthy heart

### **Program Exercise Resource – Exercise how you like to**

The program can provide an exercise resource to help participants to exercise the way they like to or provide an opportunity to try something that's different than the usual. Resources can take the form of:

- Assistance with the cost of a gym or pool membership or
- Provide a piece of exercise equipment for use at home or
- Provide assistance with accessing new exercise or training gear

### **Registering Your Interest**

Registering your interest or checking eligibility is easy. Simply visit <http://www.veteranshearthealth.com.au/eligibility/> and follow the steps. Or please call the program phone number **1300 246 262** at any time to speak to one of our team.