



THE CLAYMORE

HMNZS Otago Association Newsletter #61 February 2007

HMNZS Otago Association

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The first HMNZS OTAGO in a South Pacific paradise – those were the days

Presidents Corner

Hi Men,

This is the first Claymore of 2007, and way back in 1991 little did I realise that I would be writing a Presidents Corner for it. The format has varied over the years, and like the website, has developed and adjusted to the growth and activities of the Association. To many members it is the only tangible contact with the Association which is why it is so important that it be informative and interesting, also why YOU, ought to be contributing your own stories, memories, photos etc: It is YOUR newsletter, so help us to fill it.

It is interesting to see that the Aussies have started a "TYPE 12" Association, Yarra, Parramatta etc, 6 of them, and although it is in its infancy, like Topsy, it will grow.

I sent an email to their President with Congratulations and Best Wishes, from our Otago Association and he sent a "Thank You" and said that he hoped that one day we could have a combined Kiwi-Aussie Type 12 Reunion either over there or here in NZ. Well worth thinking about.

Now some sad news; on the 8th December, that great legend of a man Ian Stronach crossed the Bar. "Boof" as he was nicknamed, was widely known and respected, a real straight shooter, hard as nails, with a big soft gentle heart beneath it all.

On the Medals front, The Review of Service in South East Asia (Research into the Reports of Proceedings, Unit Records etc) has been completed and is now in the analysis and writing up stage.

Every path has its puddle

A wide ranging view in Geographic terms has been taken....Results are expected in mid 2007. There is still nothing to report on the "NZ Service Medal" or whatever it will be called, so don't hold your breath, however, maybe Anzac Day will bring something to the fore, or perhaps 2008 as it is Election Year.

Yet again their are still a few 2006/7 Subscriptions yet to be paid, so you who are the defaulters send in your dues, in fact as it Subs are due again on April 1st why not "warm the bell" and send in \$20 or better still take the \$100 option.

Commissioning of the New HMNZS Otago is now expected to be about the end of 2007 or at the beginning of 2008 and our invitation for a limited number to attend is still extant.

You will find final details and a Registration Form for the 2007 reunion in this newsletter. It is imperative that you let us know as early as possible if you are to be attending. Buses have to be booked and accurate numbers known for catering. A very full itinerary of events has been planned, but if you do not wish to attend all of them it is quite acceptable. Some of you may want to go to the Sunday Bus Trip but do not want to attend the Church Service... that is OK you can join us and get on the Bus at the Naval Base after Church. If you wish to attend the A G M only and nothing else.. be at the Birkenhead RSA about 1215...Please support your Association and attend as many events as you possibly can. Whatever you decide, please fill in and return the Registration Form with your Cheque (if required) by the 7th of April. This is the Final Reunion Notice issue.

Re: the 2008 Reunion in Aussie.
Because accommodation there is booked for months, in some cases, years ahead, some final decisions will be made in the near future. In order to get a good deal on Room Rates it will be necessary to book a complete Motel of say 20 Units, so once again may I ask you to give an indication of whether you will be going...approximately Friday 18th April to Saturday 26 April...which is the "Otago organised period"...of course you can stay for a shorter or longer period. A number of ex Taranaki and Blackpool men want to join in with us over there...as they have done in past reunions and it promises to be a really memorable happy gathering.

Every kind wish
Jim Blackburn, BEM
President.

OBE CLUTCH & PIN

Fitting Emblem in Presentation Box .The new O.B.E, buttonhole badge or emblem which can be worn by recipients on an 'everyday' basis, unlike the badge and ribbon which can only be worn on formal occasions. They are a visible sign of a person's accomplishments, and are an important step in increasing awareness and understanding of the honours system. The emblem is based on the badge of the Order, enclosed in a circle of ribbon of its colours of pink and grey. It is intended to be worn by those who have been appointed GBE, DBE, KBE, CBE, OBE, MBE or who hold the BEM. For more information please contact the President.

HMNZS ENDEAVOUR lapel badges are now available from Banjo Patterson. Ph: 09 8372134, or Merv Tyree 09 835 4390



"SWEEPING AROUND"

Two brooms were hanging in a closet and after a while they got to know each other so well, they decided to get married. One broom was, of course the bride broom, the other, the groom broom. The bride looked very beautiful in her with dress, and the groom broom was very handsome in his tuxedo. The wedding was a lovely. After the wedding at the wedding dinner, the bride –broom leaned over and said to the groom-broom, "I think I am going to have a little wish broom!!! **"IMPOSSIBLE"** said the broom groom (Are you ready for this?)

We haven't swept together yet!!!!

2007 Auckland Reunion

Act quickly to confirm you will be attending. Return the Registration Form now.

NZNTVA

Psychological Impact Study

One of the New Zealand Nuclear Test Veteran Association (NZNTVA) studies was the "Psychological Impact Study." Here are some important extracts from the research and the recommendations of the researchers. These invisibilities open up the flood gates of ambiguity and uncertainty. It is not possible for the exposed person to adapt to the situation.

Invisibility and ambiguity.

The inability to remove or adapt to the threat associated with exposure is based on three issues; environmental invisibility, medical invisibility and diagnostic invisibility.

Environmental invisibility means that the contaminant (radiation in the present case) cannot be detected through the normal sensory pathways. The nuclear test veteran cannot ascertain if he is in danger because he does not know whether he absorbed radiation, and if he did, how much. If he absorbed radiation, he has nor real idea whether or not he is in danger. And even the experts can't agree.

Medical invisibility refers to the fact that, at some point, radiation exposure is invisible to the person exposed and his medical advisors. For instance, an individual may not become systematic until years after the exposure. A specific form of medical invisibility: Symptoms cannot easily be linked to the exposure. These invisibilities open up the flood gates of ambiguity and uncertainty. It is not possible for the exposed person to adapt to the situation.

There are constant, nagging doubts and concerns, resulting in frustration and chronic stress.

The researchers then explain that those suffering Chronic Stress and frustration develop physical ill health. They then listed 23 health problems suffered by the Operation Grapple test group and measured against the control group.

Here are some of those findings measured in %.

Cancer			
Test Group 24			
Control Group 2			
Respiratory		conditions	
: 24			
: 10			
Chronic	Skin	conditions	
: 40			
: 12			

The researchers also stated:

A major difficulty for the NZ nuclear Test Veterans and the NZ Government alike is that the effects of nuclear exposure are far from obvious.

This inherent ambiguity highlighted in this present study is most unfortunate, for it is a double edged sword. The exposed men not only suffer distress from the fear of what exposure to nuclear radiation might do to them and their children, but also from the frustration, anger, and bitterness associated with the strong perception of having been "forgotten".

However there can be little doubt that the psychological profile of these nuclear test veterans is far from normal. To leave these men with the perceptions they have of there general and physical and mental well being would be highly unsatisfactory. It is our strong recommendation that:

1. These veterans, be offered assistance to cope with the chronic stress that some of them are experiencing. As long as the situation they find themselves in remains unresolved, stress levels are likely to remain high. There exist a number of useful techniques that could be taught to these men to help them cope with stress.

Of course, this recommendation is NOT to be taken as a solution to the problem of compensation. However while the debate continues, it would be in the men's best interests to minimize their stress levels

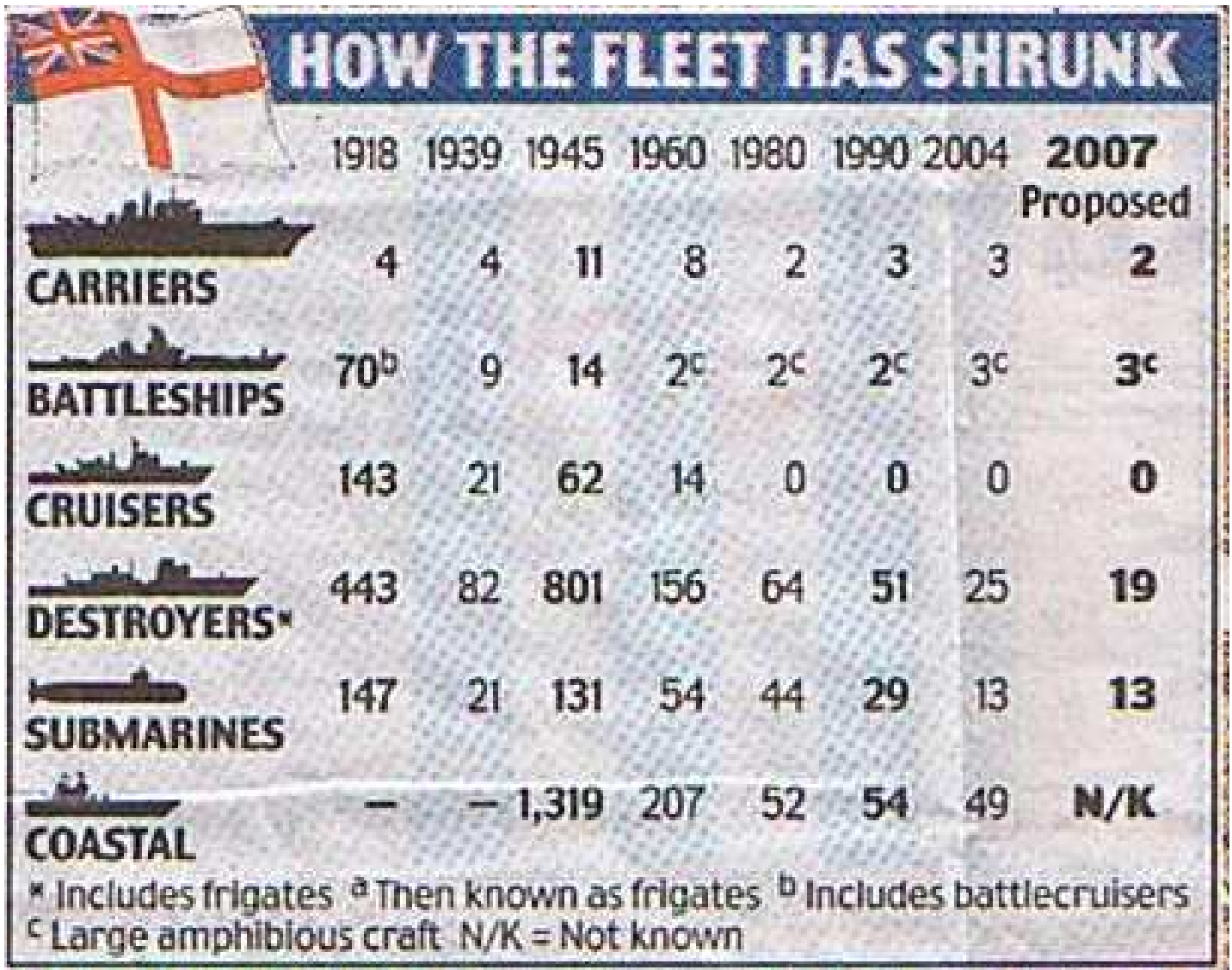
2. Given the clear evidence that at least some of the Exposed men are living with a Compromised quality of life (in comparison to Controls and NZ men of similar Age), there is an urgent need to formulate appropriate strategies that address these health inequalities. I pressed the point several times with the Secretary what assistance as recommended in this research is being used to assist nuclear test veterans overall. She could not give specific information other than To say that the Psychological Impact Study is being used in the War Pension process and case management areas.







In the Grapple experience, as the veterans age their mortality and morbidity issues become greater as does their stress and related physical health conditions become evident and worsen. I have recommended to all nuclear test veterans that I have contact with, that nuclear test veterans need to be aware of this and should also make their doctor aware of the adverse mental and physical health conditions arising from their nuclear test site service. I believe that this information is extremely important to the Mururoa group and publishing it on your website may be of assistance to the Mururoa vets and their families.

Submitted by
Roy Sefton QSM
Chairman NZNTVA.

Only great men change their minds

HMS SCRAPYARD – That is the headline in the Daily Mail 19th January 2007 in the UK. Some statistics on how the fleet of the Royal Navy has diminished in size is shown below:



	1918	1939	1945	1960	1980	1990	2004	2007 Proposed
 CARRIERS	4	4	11	8	2	3	3	2
 BATTLESHIPS	70 ^b	9	14	2 ^c	2 ^c	2 ^c	3 ^c	3 ^c
 CRUISERS	143	21	62	14	0	0	0	0
 DESTROYERS*	443	82	801	156	64	51	25	19
 SUBMARINES	147	21	131	54	44	29	13	13
 COASTAL	—	—	1,319	207	52	54	49	N/K

* Includes frigates ^a Then known as frigates ^b Includes battlecruisers
^c Large amphibious craft N/K = Not known

We will be updating you in future issues of Claymore and in the next issue we trust we will have copyright approval to advise you of more details. In the meantime enjoy a laugh with the following:

A young naval student was being put through the paces by an old sea Captain:-
"what would you do if a sudden storm sprang up on the starboard?"

"Throw out an anchor Sir," the student replied

'What would you do if another storm sprang up aft?"

'Throw out another anchor Sir,"

And if a terrific storm sprang up forward, what would you do then?" asked the Captain.

"Throw out another anchor Sir"

"Hold on", said the Captain. "Where are you getting all these anchors from?"

"The same place you are getting all your storms Sir".

In a dream you are never eighty