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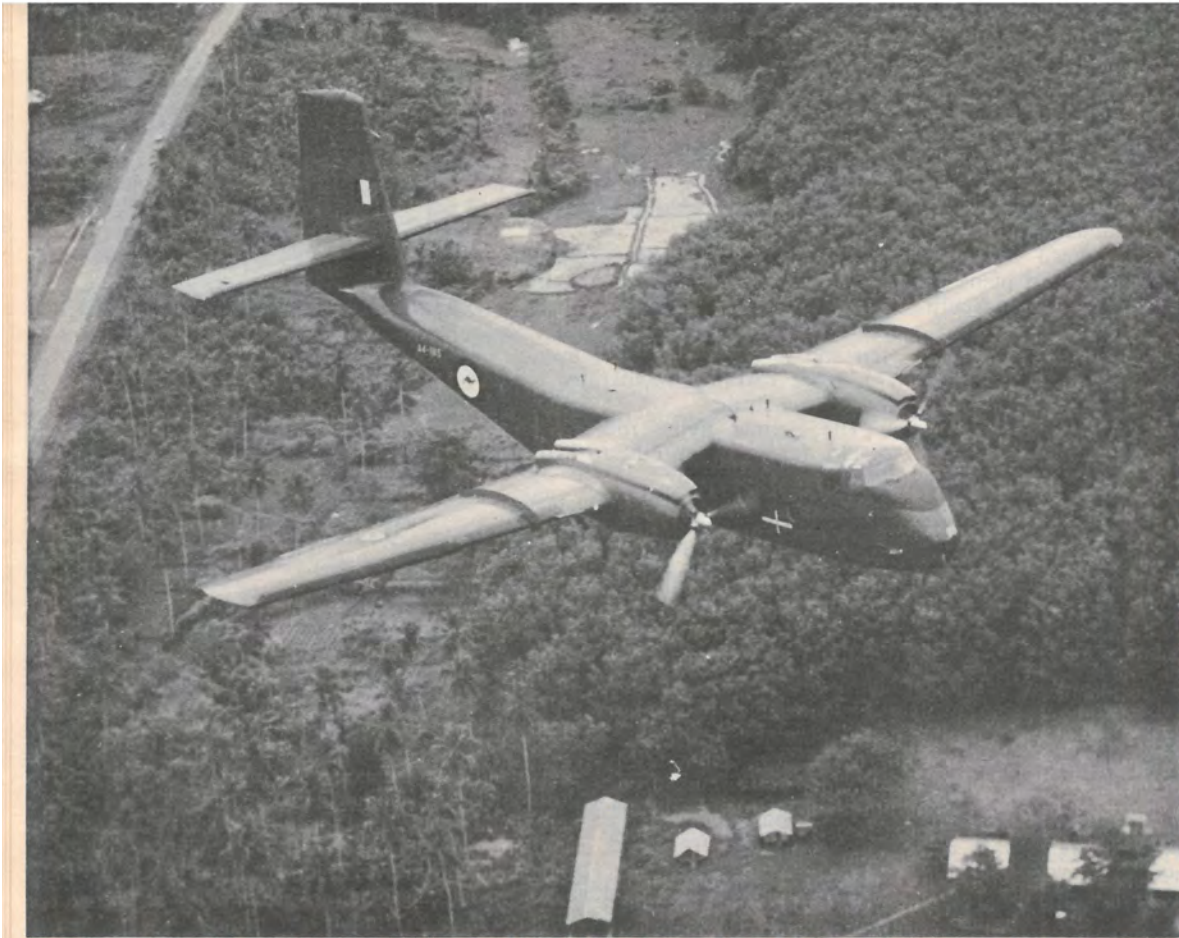
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Blast From The Past



ABOVE: A Caribou on its way to one of the many hundreds of airstrips in Vietnam to offload supplies for the troops. BELOW: Aircrew members of the RAAF Transport Flight, which was then led by Squadron Leader Chris Sugden (centre).



RAAF HAS HAZARDOUS SUPPLY JOB

These pictures show the RAAF Transport Flight at work in South Vietnam where it has been since last year to help American and South Vietnamese forces.

The unit's job is to work in close co-operation with the Americans and Vietnamese in ferrying huge amounts of equipment, food and arms — as well as troops — to hundreds of airstrips throughout the country.

Aircrews frequently have to fly into areas held by the Vietcong, at the same time operating maximum loads from difficult airstrips.

The RAAF has adopted special flying techniques as a protection from enemy ground-fire when the planes land and take off.

Both the RAAF and the US Army use Caribou aircraft for their transport operations. The RAAF unit operates from Vung Tau, a US Army base near Saigon.

Each day it helps deliver tons of cargo, vital in the struggle against the Vietcong.



ABOVE: Crew of a Caribou is welcomed by South Vietnamese soldiers in delta country south of Saigon. The Australians are (from left): Cpl. Joseph Thomas, of Bulaburra, NSW; LAC Noel Brown, Warrnambool, Vic.; Flt.-Lt. Ronald Raymond, Richmond, NSW, and Flg. Off. John McQueen, Sydney. BELOW: LAC Trevor Pratt, of Nimmitabel, NSW, helps fix the lap straps for an old Vietnamese couple. BELOW RIGHT: South Vietnamese troops wait to board an RAAF Caribou.



COVID-19 Update as of 23 Apr 20

COVID-19 Statistics

Worldwide Infections	2,624,846
Worldwide Deaths	183,120
Worldwide Recoveries	710,405
Australian Infections	6,653
Australian Deaths	77
Australian Recoveries	4,124

SYMPTOMS OF novel coronavirus (COVID-19), a cold and the flu

SYMPTOMS	COVID-19 Symptoms range from mild to severe	COLD Gradual onset of symptoms	FLU Abrupt onset of symptoms
Fever	Common	Rare	Common
Cough	Common	Common	Common
Sore throat	Sometimes	Common	Common
Shortness of breath	Sometimes	No	No
Fatigue	Sometimes	Sometimes	Common
Aches and pains	Sometimes	No	Common
Headaches	Sometimes	Common	Common
Runny or stuffy nose	Sometimes	Common	Sometimes
Diarrhea	Rare	No	Sometimes especially for children
Sneezing	No	Common	No

For more information, visit www.health.qld.gov.au/coronavirus
Adapted from material produced by WHO, Centers for Disease Control and Prevention.

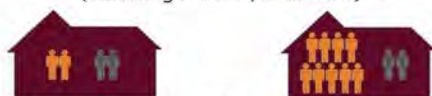
Unite against COVID-19

When can I leave my house?



How many people can come to my house?

You can have a maximum of 2 visitors
(excluding workers/volunteers)



You can only have two visitors no matter how many people usually reside in your household.

COVID19.qld.gov.au

Helpful Links

QLD Government COVID-19 Guide:

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19>

COVID-19 Real Time Statistics:

<https://epidemic-stats.com/coronavirus/>

Defence New Access Program:

<https://www.beyondblue.org.au/get-support/newaccess/newaccess-defence>

Kitchen Corner!

The ANZAC biscuit is an Australian favourite and perfect for a healthy dessert or afternoon treat with a cup of tea.

As the story has it, the original ANZAC biscuits were baked by the doting mothers and wives of Australian and New Zealand Army Corps soldiers and sent across the oceans as a token of their love. It's an eggless, sweet biscuit with a long shelf life, which made it ideal for the brave men to keep by their side on the battlefield. These crunchy biscuits have since become an Australian favourite and are traditionally eaten on ANZAC Day... but adored all year round!

There are hundreds of different variations of the ANZAC biscuit recipe, some with interesting additions like fruit and some even coated in icing. Traditionally comprised of oats, sugar and butter, the batter relies on golden syrup to bind the ingredients together.



Basic ANZAC biscuits

Ingredients:

- 1 cup rolled oats
- 1 cup plain flour, sifted
- ½ cup sugar
- ¾ cup desiccated coconut
- 2 tablespoons golden syrup
- 125 grams butter
- ½ teaspoon bicarb soda
- 1 tablespoon hot water

Directions:

1. Preheat the oven to 160 degrees C.
2. Line a large baking tray with non-stick baking paper.
3. Combine the oats, flour, sugar and coconut in a large bowl.
4. Combine the golden syrup and butter in a small saucepan over a low heat. Stir gently until the mixture melts.
5. In a separate bowl combine the bicarb soda and water and add to the butter mixture. Move this batter to the dry ingredients bowl and mix well.
6. Drop large spoonfuls of the biscuit batter onto the baking tray, allowing room for the biscuits to spread during baking.
7. Pop the tray in your preheated oven for approximately 10 minutes or until golden.
8. Remove from the oven and cool on wire racks.

Note: Store biscuits in a sealed container.

Food for Thought

How to keep healthy while in isolation or quarantine (COVID-19)

- 1 Eat a balanced and varied diet
- 2 Establish a routine and practice mindful eating
- 3 Keep hydrated
- 4 Practice safe food hygiene
- 5 Stay active at home
- 6 Get enough quality sleep
- 7 Get information from trustworthy sources



Fitness without the Fuss!

You're busy. But chances are, you have 7 minutes in your schedule that you could spare.

When you don't have 30 or 60 minutes for a full workout, the 7-minute workout packs in a full-body exercise routine in a fraction of the time. This program uses your own body weight for resistance. The only tools you need are a wall and a chair.

You do each exercise for 30 seconds -- long enough to get in about 15 to 20 repetitions. In between sets you rest for about 10 seconds.

The 12 exercises in the 7-minute workout target all the body's major muscle groups:

1. Jumping jacks (total body)
2. Wall sit (lower body)
3. Push-up (upper body)
4. Abdominal crunch (core)
5. Step-up onto chair (total body)
6. Squat (lower body)
7. Triceps dip on chair (upper body)
8. Plank (core)

High knees/running in place (total body)

1. Lunge (lower body)
2. Push-up and rotation (upper body)
3. Side plank (core)

Depending on how much time you have, you can do the 7-minute workout once, or repeat the whole series two or three times.

INTENSITY LEVEL: HIGH

Because this workout condenses an entire exercise program into 7 minutes, it has to be intense. The exercises are challenging, and you do them one after the other with only very short breaks in between.

AREAS IT TARGETS

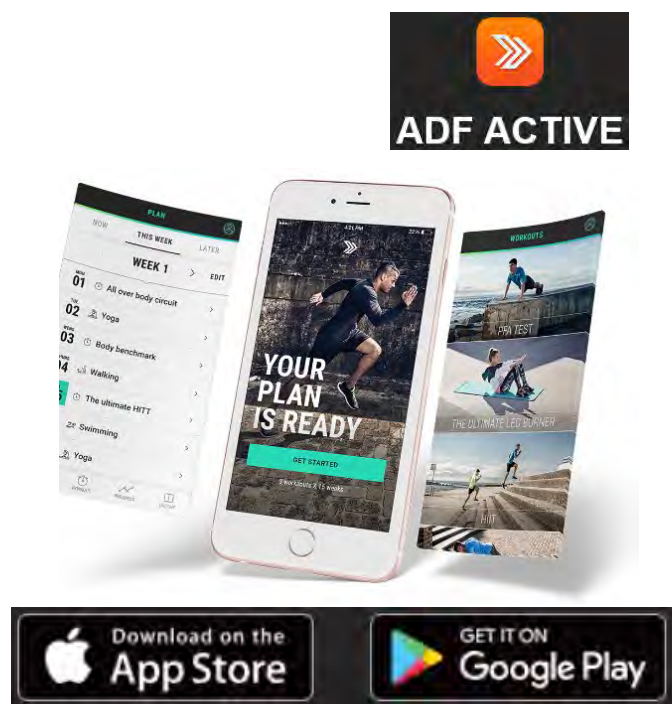
Core: Yes. Abdominal crunches, planks, and side planks work your core muscles.

Arms: Yes. Push-ups and triceps dips work the arms.

Legs: Yes. There are several leg exercises, including jumping jacks, wall sits, step-ups, squats, and lunges.

Glutes: Yes. Squats and lunges also work the glute muscles.

Back: Yes. Although there are no specific back exercises, this is a full-body workout, and many of the whole-body exercises also work the muscles in your back.



FAMILY/KIDS CORNER



Can you spot the 14 differences below?



Hello Spartan Family,

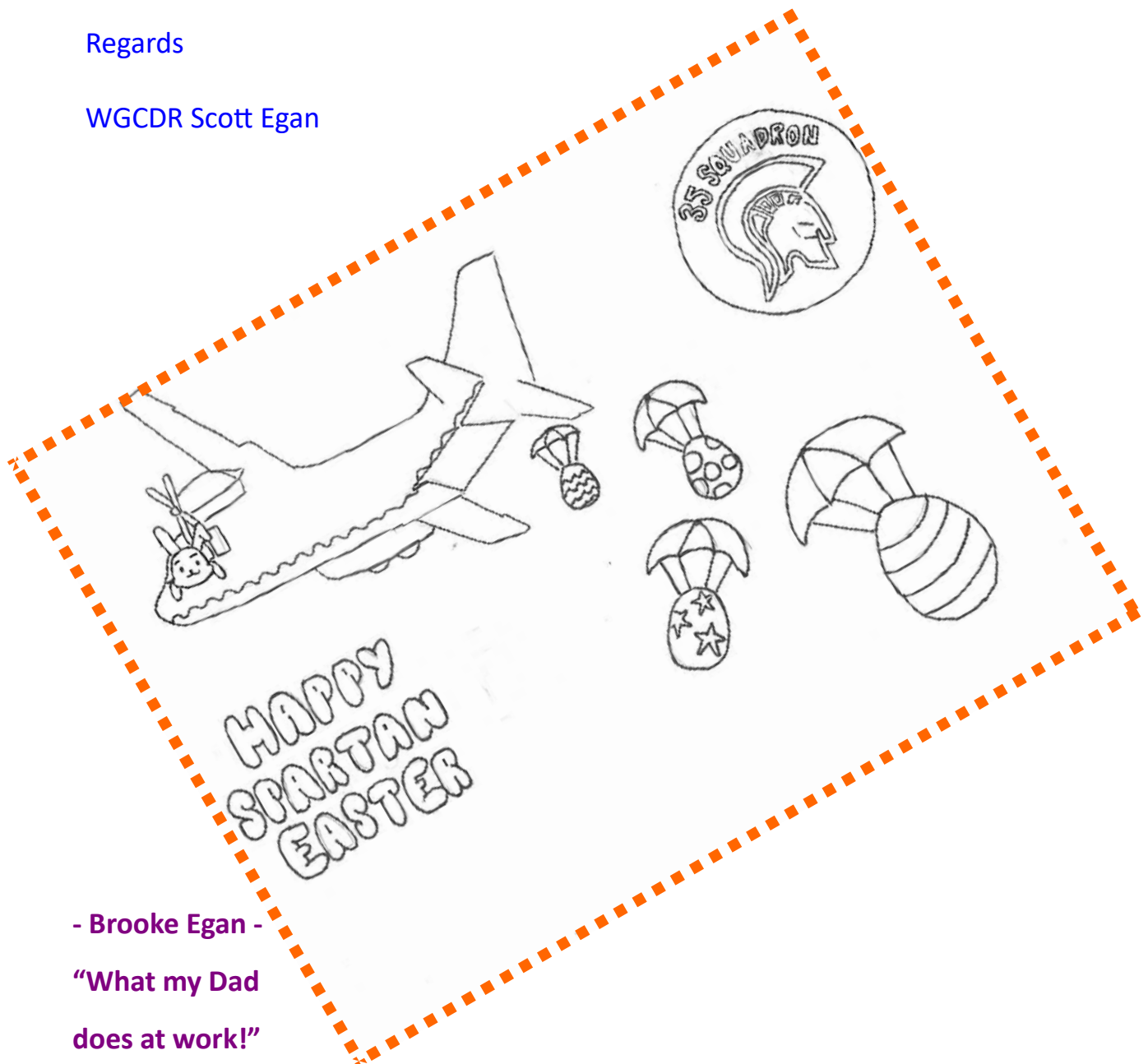
I hope you all had an enjoyable Easter break.

I invite all our junior Spartans to send in their artist impressions of what their Spartan mum or dad does at work. Here is my daughter Brooke's impression of the Spartan Easter Bunny doing some Easter Airdrop.

We would love to share your children's work with the rest of the Spartan family.

Regards

WGCDR Scott Egan



- Brooke Egan -

"What my Dad
does at work!"



Spartan Baby Announcement



**Welcome to the Spartan-Family
young George Kambouris!**

**Born on Friday, 17 Apr 20,
weighing in at 3.93kg and reaching
55cm in stature!**