



The Soldiers' Newspaper
Army

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Happier times: Spr Jamie Larcombe, pictured here with his partner, Rhiannon, was killed in an insurgent attack in Afghanistan's Mirabad Valley region.

A LOYAL MATE

Spr Jamie Larcombe remembered as a dedicated soldier and 'outstanding bloke'

Page 2



INSIDE: 110th anniversary liftout

A faithful mate, a valued soldier

By Sgt Andrew Hetherington

SPR Jamie Ronald Larcombe was known in 1CER as "a truly outstanding bloke".

His mate, Spr Robert Armand, 1CER, used these words and more during his reading of a heartfelt tribute at an emotional memorial service at Robertson Barracks on February 24.

Spr Larcombe, 21, was killed in action on February 19 when his Mentoring Task Force 2 (MTF 2) patrol was attacked by a group of insurgents in the Mirabad Valley region of Uruzgan province.

He was the 23rd Australian soldier and the second from 1CER this year to die in Afghanistan since Operation Slipper began.

More than 1000 of 1 Bde's soldiers attended the Darwin service where they heard about a man and professional soldier who never wavered in his faithfulness to his mates no matter what the situation.

"You never shied away from a difficult situation and pushed through the hard times with that renowned Aussie attitude," Spr Armand said.

"You are an immortal Anzac now mate, up there with Akka [Cpl Richard Atkinson] looking over us and especially our mates overseas.

"Your trademark smile or love for AC/DC will not be forgotten. Rarely do you meet a bloke who wakes up every morning to AC/DC on his alarm clock."

Spr Armand also recounted stories and comments from Spr Larcombe's fellow engineers.

"One of Cpl [William] Newell's fondest memories of Larcs was during times out bush in the carrier together - 'worst stick driver ever, no ground appreciation, but I couldn't stay angry at him. He was a great mate who never complained, an exceptionally hard worker'."

Spr Larcombe began his journey home from Afghanistan on February 22.

He was farewelled by his fellow combat engineers, MTF 2 and coalition soldiers who paid tribute to his sacrifice at a moving memorial service at Tarin Kot.

Combat engineer and friend Spr Trent Wicker said Spr Larcombe was a genuine mate who held his family and friends close.

"He was the kind of guy who



Saying goodbye: Friends of Spr Jamie Larcombe console each other during his memorial service at Tarin Kot. Spr Robert Armand (inset) delivers a heartfelt eulogy at the 1CER memorial service at Robertson Barracks.

Photos by Cpl Christopher Dickson and LS Helen Frank

Spr Jamie Ronald Larcombe

SPR Jamie Ronald Larcombe was born on September 14, 1989, at Kingscote Hospital on Kangaroo Island, South Australia.

He was a community-minded person who was a CFS volunteer and played sport for his local football club, Western Districts.

He joined the Army in 2008 and successfully completed his recruit and combat engineer

basic training before being posted to 1CER in Darwin.

The 21-year-old was described by his army mates as dependable and genuine, whose country upbringing instilled a wisdom that was respected.

Spr Larcombe leaves his partner, Rhiannon, parents, Steven and Tricia and three younger sisters, Ann-Marie, Emily and April.

Spr Larcombe was awarded

the Australian Active Service Medal with Clasp: International Coalition Against Terrorism (ICAT), Afghanistan Campaign Medal and the Army Combat Badge. During Spr Larcombe's service he deployed on the following operations:

Operation Padang Assist (Indonesian Earthquake)

Operation Slipper (Afghanistan) with MTF 2 - October 2010 to February 2011.

was always keen to go down to the pub, have a beer with his mates and pick you up when you were feeling down," Spr Wicker said. "He loved Kangaroo Island and would always talk about the places he would go with his family and friends."

CO MTF 2 Lt-Col Darren Huxley said Spr Larcombe was a young engineer who epitomised the core values of an Australian soldier.

"Mateship is what defines the

best in an Aussie digger and Jamie was among our best," Lt-Col Huxley said.

"Jamie was a volunteer for his country, as we all here are, and he knew the risks of his chosen profession and he accepted them.

"He shared the danger and austerity, but mostly, I am sure, he was driven by his desire to protect and support his mates.

"Jamie Larcombe is now part of our nation's history and his name will echo in Anzac Day

toasts long after all of us have gone."

More than 2000 coalition soldiers from six nations formed a guard of honour along both sides of the base runway at the end of the service.

They paid their final respects to Spr Larcombe by saluting him as the ASLAV transporting his casket drove slowly to the waiting RAAF C-130 Hercules, which took him on the first leg of his final journey home to Australia.



Farewelled: The catafalque party stands vigil during Cpl Richard Atkinson's memorial service. Photo by Sgt William Guthrie

Cpl Atkinson farewelled in Launceston

FAMILY, friends and fellow diggers gathered in Launceston on February 14 to honour the life of Cpl Richard Atkinson, killed in action in Afghanistan on February 2.

An honour guard and bearer party were formed by Cpl Atkinson's mates from 1CER, who carried his service medals, slouch hat and an Australian flag into St John's Anglican Church.

A catafalque party stood vigil over the accoutrements during the service and they were presented to Cpl Atkinson's family by his CO, Lt-Col Matt Pearce.

Commander 1 Bde Brig Gus McLachlan delivered the eulogy on behalf of the Army, and described Cpl Atkinson, 22, as a soldier who led with maturity beyond his years.

"He knew the dangers he faced but he went and faced those dangers alongside his mates and as a leader of his team," Brig McLachlan said.

"Whenever the scouts sensed the terrain was pushing them onto a predictable path, Akka, often with his mate and search partner, Spr Rose, moved to the front.

"They knew this was marching towards the danger. They trusted each other implicitly, knowing the other would always cover their back.

"Cpl Richard Atkinson died while leading from the front, fighting alongside one of his best mates on behalf of all of us."

Wounded soldier returns to duty

A SOLDIER has returned to duty after being treated at the International Security Assistance Force (ISAF) medical facility at Tarin Kot for wounds received in action on January 4.

The soldier, from Mentoring Task Force 2, was participating in an Afghan National Army-partnered patrol in the Chorah Valley region of Uruzgan province when the patrol was attacked with small-arms fire.

The Australian was wounded in the upper left arm in the ensuing contact and an Afghan man, believed to be an insurgent, was wounded in the leg. Both were treated by the patrol before being medically evacuated to Tarin Kot.

After being treated at the ISAF medical facility, the Afghan man was transferred to the initial screening area as a detainee, but was subsequently released as there was not sufficient evidence to continue to detain him.

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Changes in artillery

By Lt-Col Mitch Kennedy and LCpl Mark Doran

THE ARA Field Artillery Branch is in the process of one of its most significant reorganisations in the history of the Royal Regiment of Australian Artillery.

In January, the ARA field regiments reorganised to each contain three observation post batteries supported by a single gun battery.

As part of the reorganisation, the regiments and batteries were renamed to better reflect their new role, with the word "field" no longer appearing in their titles.

CO 4 Regt RAA Lt-Col Charles Weller said the units divided what was a field battery – which included the forward observers, battery commanders' party and the guns – into a gun battery with three four-gun troops and three observation post batteries, including the forward observers and battery commander's parties.

Under the new construct, each regiment provides a brigade-level Joint Fires and Effects Coordination Centre (JFECC) and every observation post battery provides a battle group JFECC and three combat team joint fires teams. Every gun battery now comprises three troops of 155mm towed howitzers each with integral command and artillery reconnaissance capabilities.

"It has basically split the trade-lines with those that provide the fire-support and those who coordinate the fire-support into separate batteries," Lt-Col Weller said.

"The rest of the structure remains the same, with an operations battery for the higher level coordination for the regiment and fire support for the brigade and a combat support battery to provide the sustainment and administration and logistical support."

At the heart of the reorganisation is the planned introduction into service of the Advanced Field Artillery Tactical Data System (AFATDS), a fully automated digital battle-management system.

AFATDS is a complex system which requires highly skilled soldiers who are experts in their fields.

To enable this, the ARA Fd Arty Branch migrated to three specialised employment categories: ECN 255 Artillery Observer, ECN 254 Artillery Command Systems Operator and ECN 162 Artillery Gunner.

The changes are being made to meet the challenges of Adaptive Army and the introduction into service of new equipment provided by the artillery replacement project known as Land 17.

The Army's guns are being replaced with the M777A2, a capable, lightweight towed howitzer, which features improved mobility, range and accuracy.

The new artillery pieces will be used to re-equip units based in Townsville and Brisbane and the School of Arty in Puckapunyal, Victoria.

CO 1 Regt RAA Lt-Col Dave Kelly said the M777A2 was a battle-proven lightweight howitzer in service with a number of Australia's coalition partners.

"A key challenge will be that of cultural change – the RAA has been using a number of very sound tactics, techniques and procedures effectively over a long period of time to support manoeuvre forces," Lt-Col Kelly said.

"The introduction into service of Land 17 equipment will require the RAA to modify some of these tactics in order to optimise the employment of this equipment."

Beginning this year, 1 and 4 Regt RAA will each receive 12 M777A2 155mm lightweight towed howitzers and AFATDS.

The School of Arty will also receive eight guns and AFATDS into the Joint Fires Wings and 53 Independent Bty to enable the successful delivery of training.

Early next year 8/12 Regt will receive its allocation of AFATDS. The unit will retain the in-service M198 155mm howitzer until the arrival of the 155mm self-propelled howitzer in 2016.

In early 2012 the ARA Fd Arty Regts will take delivery of the Digital Terminal Control System for observation post batteries, which will complete the digital link between the joint fires team and the guns, and enable forward observers to precisely identify and engage targets using the complete array of ADF joint fires assets.

A number of these systems have already been received due to an operational urgent requirement by the RAA, Special Operations Command and Air Force to support current operations in the Middle East.

Training on the new equipment will start this month at the School of Arty.



Fired up for change: A major reorganisation of the ARA Fd Arty Branch is underway to better reflect its new role. Gunners are shown here firing the existing 105mm howitzer. Photo by Lt Aaron Oldaker

1st Regt RAA

Barce Lines
Gallipoli Barracks, Enoggera

- Operations Support Battery
- 104th (Observation Post) Battery
- 105th (Observation Post) Battery
- 114th (Observation Post) Battery
- A (Gun) Battery
- Combat Service Support Battery

4th Regt RAA

Chau Pha Lines
Lavarack Barracks, Townsville

- Operations Support Battery
- 106th (Observation Post) Battery
- 108th (Observation Post) Battery
- 109th (Observation Post) Battery
- 107th (Gun) Battery
- Combat Service Support Battery

8th/12th Regt RAA

Ypres Lines
Robertson Barracks, Palmerston

- Operations Support Battery
- 101st (Observation Post) Battery
- 102nd (Observation Post) Battery
- 115th (Observation Post) Battery
- 103rd (Gun) Battery
- Combat Service Support Battery



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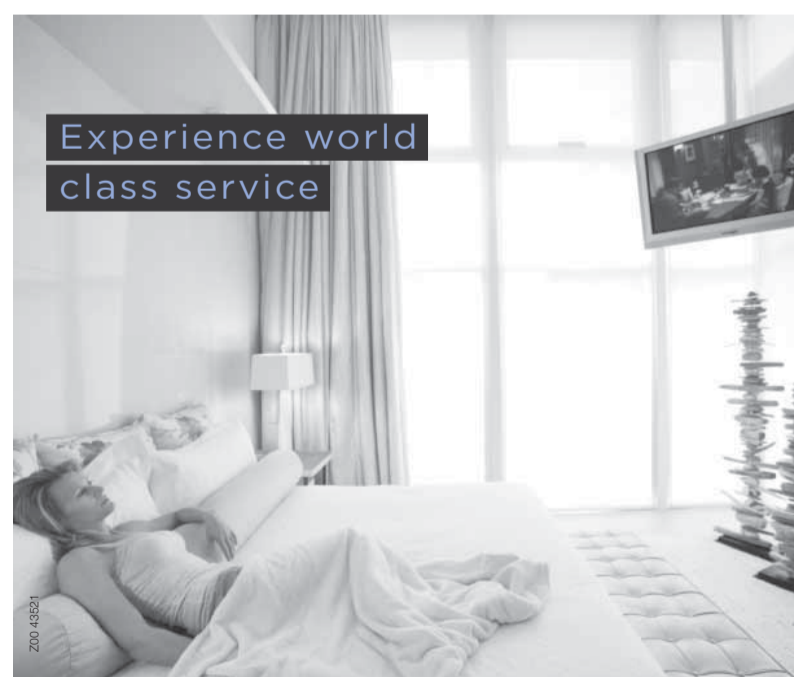
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Hall of VCs a must see

By Spr Nick Wiseman

RECENT Victoria Cross recipient Cpl Benjamin Roberts-Smith has loaned his medal to the Australian War Memorial (AWM) in Canberra for future display.

Cpl Roberts-Smith visited the AWM on February 21 to help unveil the redesigned Hall of Valour alongside fellow VC holders Cpl Mark Donaldson and Keith Payne.

He said the Hall of Valour was inspirational and should be seen by all Australians.

"You look up to these people and see what they've done," he said.

"There is a piece of every major conflict here and to go through the Hall of Valour and sequentially read from the first VC through to Afghanistan, this allows people to pay respects to all soldiers and what they've done for Australia."

As for loaning his VC to the AWM, Cpl Roberts-Smith said he believed it belonged to the Australian public.

"As a child I used to love roaming the AWM and looking at the displays, especially the VCs, and I think it's important that the youth of today get to see them."

Cpl Roberts-Smith is still coming to terms with his new-found fame and

being recognised on the street. When asked about his future, he said rumours he planned to undertake officer training were untrue.

"That floated recently in the papers, I don't even know where that came from," Cpl Roberts-Smith said. "I'm going to keep being a patrol commander - it's the best job in the Army."

The Hall of Valour honours the 98 Australians who have received the highest award for bravery in the time of war.

The AWM holds 63 of the 98 VCs awarded to Australians, including the two most recently awarded to SASR members Cpls Donaldson and Roberts-Smith. It also holds three British medals in its collection.

Two platoons from Kapooka in the middle of their basic training were surprised when they arrived for their scheduled historic tour and met the VC trio at the Hall of Valour.

Rec Joe Dooley said it was great to read about the soldiers who had served before him and what they did to earn their medals.

"It was inspirational meeting [the recipients] in person and knowing what they have done," Rec Dooley said.

Governor-General of Australia Quentin Bryce officially opened the Hall of Valour at an evening function.



Honoured: VC recipients Keith Payne, left, Cpl Mark Donaldson and Cpl Ben Roberts-Smith at the opening of the redesigned Hall of Valour at the Australian War Memorial. Photo by LCpl Mark Doran

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New SF vehicles on the way

SPECIAL Forces soldiers are on track for a mobility boost after the government announced first-pass approval of phase two of Project Redfin to enhance special operations vehicle capability.

In a joint statement, Defence Minister Stephen Smith and Defence Materiel Minister Jason Clare said the project would deliver a modern fleet of tactical special operations vehicles and would provide significant improvements to the Special Forces' networked communications.

"The vehicles will be highly mobile and able to be transported in a range of ADF aircraft and ships allowing the ADF's Special Forces to maintain its capability edge," the statement said.

The phase is cost-capped between \$100 million and \$300 million.

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Investing in armour

By Sgt Andrew Hetherington

PRODUCTION of the new Tiered Body Armour System (TBAS) began on January 17 at Australian Defence Apparel (ADA) in Bendigo.

The introduction of TBAS was announced in November last year to supplement the Modular Combat Body Armour System, which has been in use by deployed personnel since mid-2008.

Soldier Modernisation Systems Program Office Director Col Jason Thomas said production of two TBAS variants was now under way.

"The tier-two platform will be worn by close combatants requiring a high degree of mobility and the tier-three vest will be issued to personnel who required higher levels of physical protection," Col Thomas said.

"In addition to the vests, 50 different types of load-carriage pouches have been designed to integrate with TBAS.

"Together, TBAS with the newly designed load carriage pouches and field packs forms the basis of the soldier combat ensemble."

Working on the project over two shifts at ADA Bendigo are 150 of the facility's 250 staff.

ADA's defence marketing manager, Alan Bent, said before production began on TBAS a significant amount of development and pre-production work was performed to get the project underway.

"Our designers ensured the pattern and materials of the TBAS reflected user requirements while ADA's industrial engineers meticulously planned production to ensure it was manufactured in the most efficient and cost-effective way," Mr Bent said.

"A thorough labour analysis of each operation in the construction of the vests was also conducted to define the best means of manufacturing and the plant and equipment required to build the vests.

"The resulting industrial engineering plan determined the layout of the Bendigo plant, the staff allocation and the production schedule."

The pre-production activities were validated after the first production of each size of each vest design was measured.

"These samples were quality checked against the approved designs, found to be correct and were signed off by Defence Materiel Organisation," Mr Bent said.

"The pre-production samples also proved our patterns and templates fitted together and worked correctly in the production environment."

Materials for the project were purchased and delivered to the Bendigo



Fine tuning: Machinist Carolyn Lamshed attaches webbing tapes to the rear panel of the TBAS vest (above) and one of the new vests is modelled by a soldier (inset).
Photo by Sgt Andrew Hetherington

plant. They were checked before being released to the project to ensure they were of the quality defined in the TBAS design.

Mr Bent said there were six different stages to the production of a TBAS vest.

"The first stage is the cutting out of the vest component pieces by an electronic cutter, ensuring consistency and repeatability of the product," Mr

Bent said. "Then the vest's small parts, such as threads, velcro pieces and webbing tapes are assembled with the cut component pieces and then progress to the sub-assembly and final assembly machining stages."

After final assembly the vest is complete and ready for final inspection.

The vests are then packaged, kitted with the appropriate load carriage pouches and delivered to ADF units.

Col Thomas said the first soldiers to use the new protection system will be from the Special Operations Task Group and the Mentoring Task Force 3 (MTF 3), who will begin receiving the equipment soon and deploy with it to Afghanistan later this year.

"ADA will have the MTF 3 TBAS sets shipped to Townsville in time for their pre-deployment mission rehearsal exercise in April," he said.

IN BRIEF

6RAR unit citation

A UNIT Citation for Gallantry will be awarded to 6RAR in Brisbane in August on the 45th anniversary of the Battle of Long Tan. The citation will complement D Coy, 6RAR's, Presidential Citation for the battle in which the company of Australian soldiers fought off a much larger Viet Cong force. The decision to award the citation was the result of two independent reviews, according to Veterans Affairs Minister Warren Snowdon and Defence Parliamentary Secretary David Feeney. The reviews also recommended the awarding of four individual medals – which were presented last August.

Comms upgrade

INTERNAL communications is set for a major overhaul with the government's recent announcement of a \$300-\$500m upgrade of the ADF's fixed telecommunications networks. Phase three of Project 2047 aims at enhancing Defence's information and communications technology services across 330 sites Australia-wide. The project is expected to significantly improve network performance to meet future capability requirements.

Ration research

DSTO's nutrition research facility at Scottsdale Tasmania will be upgraded as part of a \$18.7 million government project. The works include the redevelopment of food technology facilities, upgrades to existing chemistry and nutrition laboratories and improvements to site infrastructure and working areas. Veterans Affairs Minister Warren Snowdon and Defence Parliamentary Secretary David Feeney said subject to parliamentary clearance, construction was expected to begin in late 2011 with an estimated completion date in late 2013.

Service recognised

MORE than 280,000 national servicemen, conscripted for military service between 1951 and 1972, were honoured on February 14. Veterans Affairs Minister Warren Snowdon encouraged Australians to honour the role of the young men, known as 'Nashos', on their designated National Service Day. "In particular, we honour more than 200 conscripts who gave their lives while serving Australia," he said. "National servicemen were not volunteers, but when called on they performed their duties with courage and commitment."



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Social aid for troops

By LCpl Mark Doran

A FRESH initiative for Townsville's 3 Bde is the Soldier Opportunities for Recreation and Development (SORD) program which has improved the welfare support to soldiers who are single in North Queensland.

Commander 3 Bde Brig Stuart Smith issued the directive for CO 1RAR Lt-Col Andrew Hocking to formally establish the SORD program to complement the existing support to Defence families.

Aims of SORD include maximising soldier-civilian interaction and improving their enjoyment of life through participation in adventure activities, recreational pursuits, civilian sport and charity roles.

1RAR soldiers were the first to participate in SORD and will now be able to introduce and promote the program to the rest of the brigade.

Lt-Col Hocking said one of the main challenges of SORD was changing the soldier's normal culture of weekends spent on the town with military mates.

"It's been great for the soldiers to be able to use their time-off effectively and

to have more interaction with the local community," Lt-Col Hocking said.

"The program has assisted soldiers to develop personal qualities along with aiding in decompression and helping with the reintegration after deployment."

The SORD program facilitates soldier contact with activity providers, but does not directly deliver activities, as all decisions and associated risk with participating in activities need to be determined by individuals.

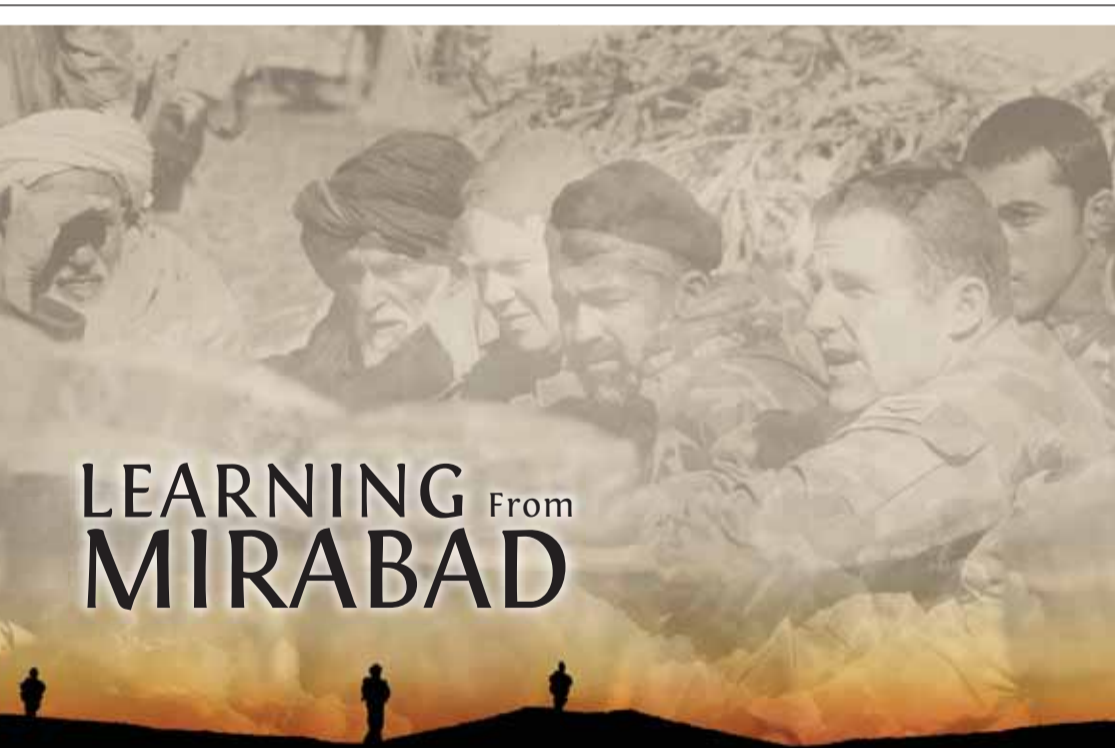
More than 30 businesses, clubs and charity organisations are involved with the program including sporting teams from James Cook University, Townsville City Council projects and Youth With A Mission.

Lt-Col Hocking said Townsville businesses were "over the moon" because of the simple way they were able to tap into a market of more than 5000 soldiers and their families.

"Local organisations looked forward to the involvement of the soldiers as they had a lot of energy, were physically fit and were especially orientated for involvement with youth and charity events," Lt-Col Hocking said.



Singled out: CO 1RAR Lt-Col Andrew Hocking speaks at the launch of the SORD program, which aims to help single soldiers interact more with the community. Photo by Sgt Mick Davis



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IN BRIEF

Birthday bash

AS part of Army's 110th birthday celebrations, the Royal Military College Band will hold a concert on the lawns of the Australian War memorial at the Western Courtyard on March 4 from 6.30pm-10pm. Lee Kernaghan will join the band as part of the celebrations. All proceeds will go to Legacy Australia.

Kapyong celebration

THE 60th anniversary of the Battle of Kapyong will be celebrated by 3RAR 'Old Faithful' with a memorial parade on April 24 from 10.30am-12.30pm. Governor-General Quentin Bryce will attend and an open day and lunch will follow. Evening festivities will be held at respective messes for all former members of 'Old Faithful'. Further details are available from the Adjutant, Capt Alex Rubin, on (02) 8782 2200 or 0438 465 548 or email alexander.rubin@defence.gov.au

Soldier support

TOWNSVILLE soldiers and their families have been benefiting from a support precinct opened at Lavarack Barracks late last year by CA Lt-Gen Ken Gillespie. Known as the Cassowary Precinct, it includes a new gymnasium, a soldier recovery unit, a central office facility for counselling services along with the existing swimming pool, the All Saints Chapel and credit union branches. Commander 3 Bde Brig Stuart Smith said the precinct provided support beyond the workplace.

Industry oversight

AN EXPERT board of Defence industry representatives, unions and government officials has been established to provide high-level advice on Defence industry programs to the Australian Government. The \$44.9 million program will provide funding to develop innovative products that contribute to capability. The Board includes representatives from the industry, Defence and the Department of Innovation, Industry, Science and Research.

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Cultana to expand

By LCpl Mark Doran

SOLDIERS will benefit from realistic combat training in an environment resembling Afghanistan with the expansion of the Cultana Training Area (CTA) in South Australia.

The \$55 million project will expand the CTA to more than 2000 square kilometres, nearly four times the size of the current training area.

It includes improvements to existing training facilities, a new rural village for scenario training and a complete package of environmental sustainability works.

A memorandum of understanding with the SA Government has been signed for the expansion and Defence is finalising a miscellaneous lease for Defence purposes for 100 years.

Infrastructure Division's Assistant Secretary Property Services, Michael Healy, said the expansion required agreements with the indigenous groups that have an interest in the land.

"We also have to reach agree-

ments with the four families who own the six pastoral leases to the west of the current training area between Port Augusta, Whyalla and Iron Knob," Mr Healy said.

An indigenous land use agreement is part of the negotiations as the expansion area is affected by a registered native title claim with the Barnjarla native title group.

An indigenous cultural heritage survey has been conducted and a further survey is planned to ensure the Aboriginal cultural heritage values of the area are properly identified, recorded and appropriately protected.

Mr Healy said the expanded CTA would provide a training area for 1 Bde during the restrictions of the wet season in the Northern Territory and that the Darwin-Adelaide railway would provide flexibility in transporting heavy equipment.

"The expansion is also critical to Defence capability with 7RAR now based at Edinburgh," he said.

"Being located close to the coast means CTA has good potential for use in a triservice environment and Defence is keen

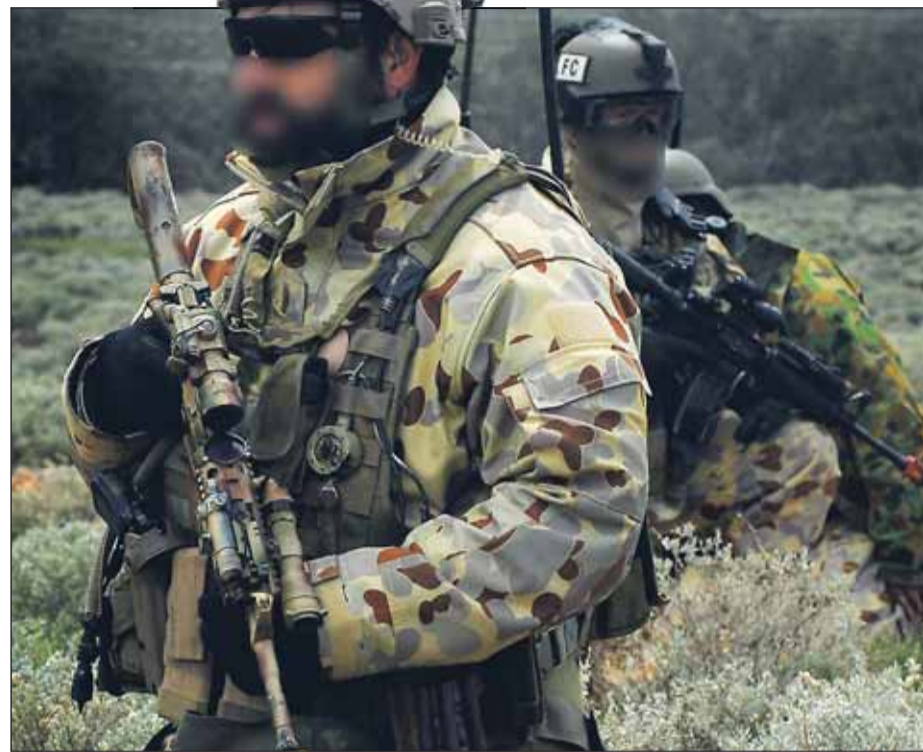
to exercise and develop these capabilities to support future joint training needs.

"Defence is a keen custodian of the estate and will adopt a 'rest and rotate' system to alter the intensity of training within different areas.

"Training would be restricted in areas of high ecological sensitivity to ensure the environment is fully protected."

A key objective of a Cultana Expansion Area Environmental Management Plan is to expand and apply a sustainable management framework that has been developed for the existing CTA under the Defence Environment Management System.

Defence Parliamentary Secretary David Feeney met pastoralists at Middleback Station on February 25 to discuss the expansion plans. "It is really important that we reach agreements with the pastoral leaseholders and finalise an indigenous land use agreement as soon as possible. I want to make sure that the ADF and Army have the best training facilities available," he said.



War like: Special Forces soldiers train at the soon-to-be-expanded Cultana Training Area. Photo by Cpl Chris Moore

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Psychs offer flood support

TWO Army psychology support teams deployed to Rockhampton to help Queensland Health manage mental health issues among flood victims in Queensland.

Both two-person teams were assembled from 1 Psych Unit, based at Randwick in Sydney, and deployed as part of JTF 637. They comprised Capts Joseph Hwang, Amy Curtis, Carla Devine and Johan Grobler.

Their deployment came at the request of Queensland Health.

According to Maj Kristi Heffernan, 1 Psych Unit, the decision to deploy the teams was made on January 15 and they arrived in Rockhampton three days later.

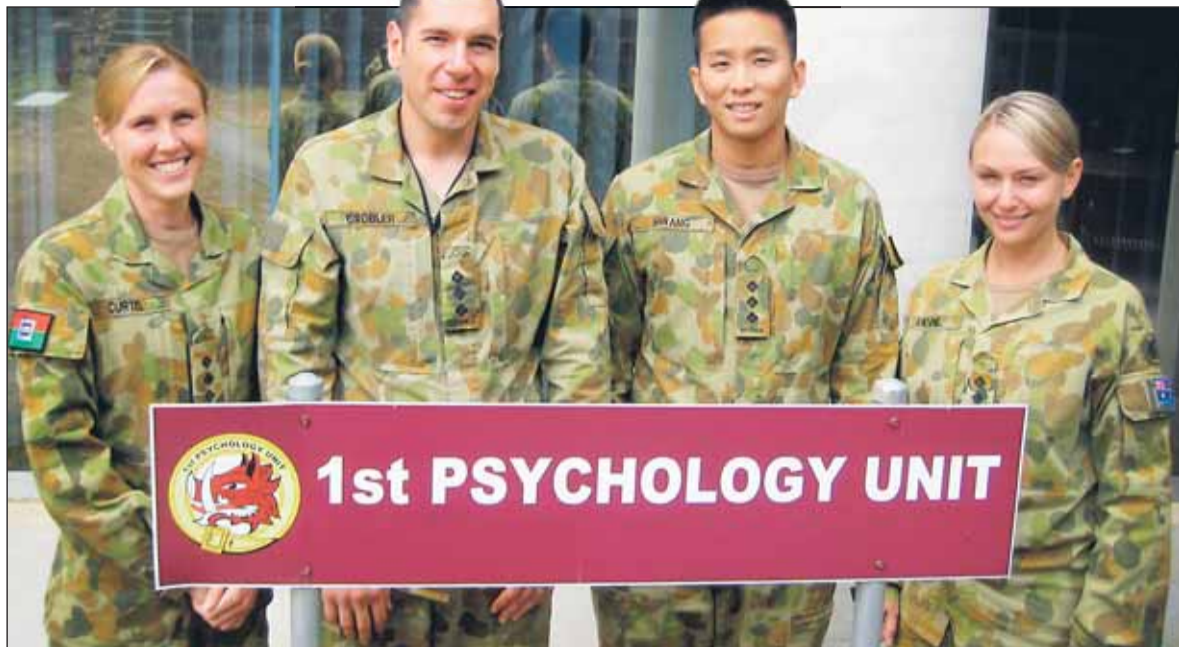
The teams were briefed by local authorities in Rockhampton and then drove to Biloela from where they provided psychological first aid and counselling to flood victims, particularly in the Theodore area.

The teams worked alongside mental health professionals from Queensland Health and liaised with local communities.

Maj Heffernan said the psychologists were very enthusiastic about the task, and although the devastation faced by the communities was challenging, they were impressed with the communities' resilience and "give it a go" attitudes.

There was almost no need for formal interventions and psycho-education could be provided informally.

"The team found the residents were very welcoming to them and invited



Psych support: From left, Capts Amy Curtis, Johan Grobler, Joseph Hwang and Carla Devine deployed to Queensland during the flood crisis to provide mental health support to communities.

them to their Australia Day barbecues, schools and homes," she said.

"Military psychologists are experienced at providing psychological first aid and more developed Critical Incident Mental Health Support (CIMHS) responses.

"It is this experience and professional support provided among psychology teams that enables them to provide support to tasks such as this."

CO 1 Psych Unit Lt-Col Nicole

Sadler said Queensland Health was happy with the assistance from the teams, while the team members felt they had gained valuable experience working with civilian agencies.

"I think the participation of psychologists in the initial relief activities helped to reassure the flood victims that the Australian Government and the Army could be counted on to provide immediate assistance," she said.

"More importantly, the early link

with psychologists may increase the willingness of individuals to seek psychological assistance if they need it later on."

The team returned to Sydney during the first week in February. For Capts Curtis and Devine, who had only marched into 1 Psych Unit in January, the work in Queensland was their first deployment as psychologists.

The OC of the Mental Health and Psychology Section at Gallipoli

Barracks, Maj James Burchmore, said ADF mental health elements in south-east Queensland provided support to ADF assets in the area. Capt Kane Pflugst of AATC and Lt Mark Oostergo and Cpl Rebecca Jones from Gallipoli Barracks had provided a Critical Incident Mental Health Support (CIMHS) response to aviation elements and 2CER personnel.

"Any large, broad-scale response would be planned and coordinated by 1 Psych Unit, which would likely use 2HSB psychology assets with Joint Health Command psychology assets supporting as required," Maj Burchmore said.

"Any ADF member who was not on duty and impacted by the floods would be supported as part of the community response, unless they specifically requested ADF psychological support."

CIMHS is the ADF framework of psychological support in place for disasters, and other major incidents. It comprises a number of procedures and support mechanisms that can be called upon by commanders, depending on the nature of the critical incident, but in all instances its aim is to mitigate effects on personnel.

Psychological first aid also might be provided immediately after the incident as part of CIMHS.

A CIMHS response might include psychological education and screening for those considered most at risk of an adverse reaction to a critical incident, as well as other possible activities depending on the situation.

Townsville's military families bounce back

By LCpl Mark Doran

"FOR 10 hours it sounded like a freight train was going to hit the house"

This was how a soldier's wife described sitting out the destructive winds of Tropical Cyclone Yasi.

Luckily, Townsville's Defence families had a place to regroup and obtain support after the cyclone by visiting the Geckos Family Centre at Lavarack Barracks.

Up to 25 families were able to use the hot showers, washing machine and dryer at the family centre after their homes were waterlogged and lost power or water.

Geckos manager WO2 Kim Loadsman said most families coped quite well with the effects of the cyclone.

"Defence families are pretty tough, they are capable of bouncing back and can stand on their own two feet," WO2 Loadsman said.

"There were some families that were new to the north and had only been in Townsville for three weeks before they were hit with the Category 5 cyclone.

"These families were very scared and needed some reassurance and comfort after facing such a terrifying experience.

"The majority of families understand that the soldiers are looking after people who are worse off, but it is still hard."

The major damage to Geckos was to the playground sun shade, which was shredded and needed to be replaced.

WO2 Loadsman hopes Geckos will find financial aid to help with repair costs.



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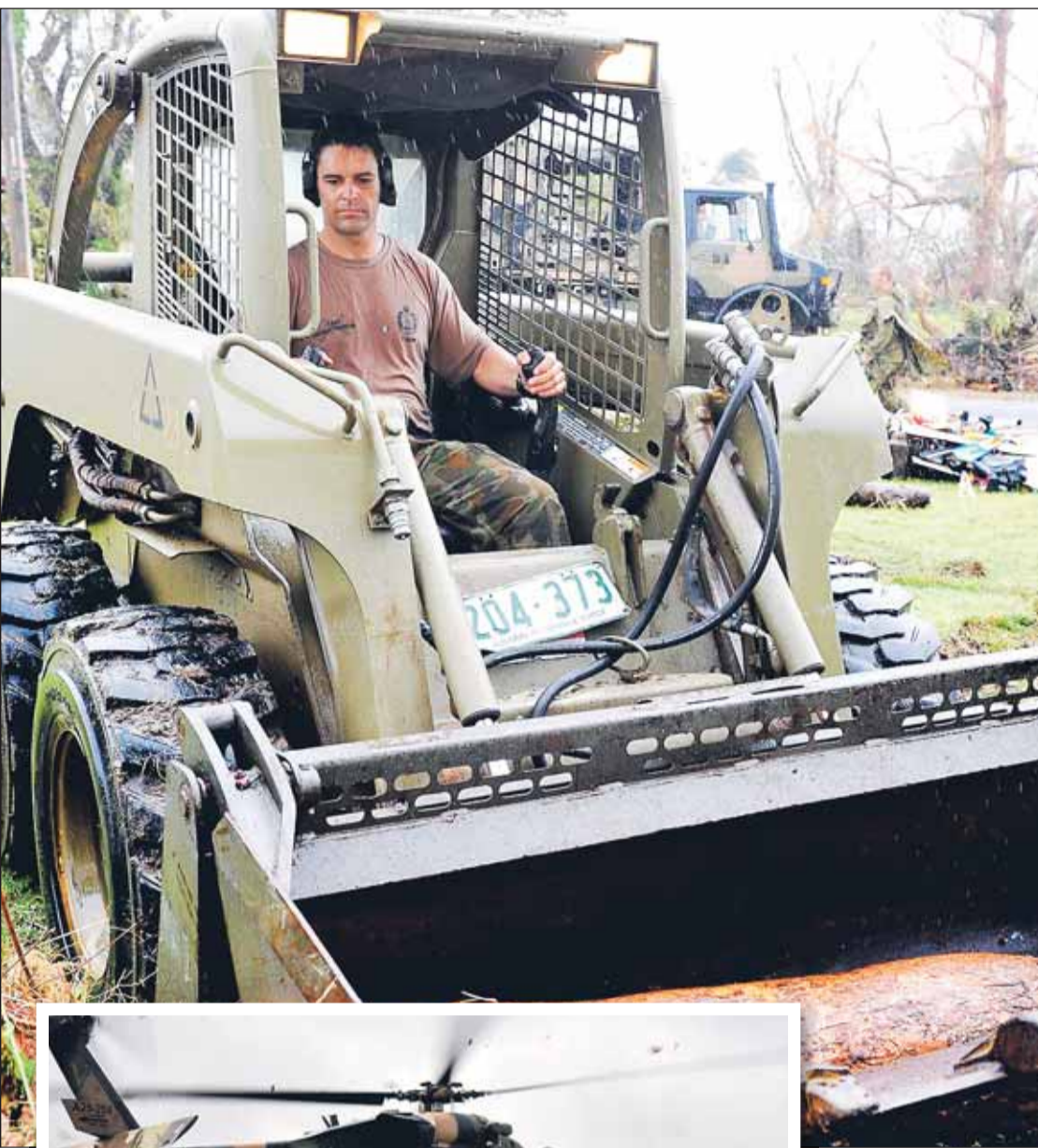


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Yasi relief mission winds up

The ADF has drawn down its forces providing support to response and recovery operations in the wake of Tropical Cyclone Yasi.

The members of JTF 664 have now returned to their home units as the clean-up and reconstruction situation in north Queensland moves into its next phase.

About 1500 ADF personnel worked to help communities and emergency services as part of the rapid response to Cyclone Yasi.

Commander JTF 664 Brig Stuart Smith said ADF personnel had successfully completed the tasks requested of them by civilian authorities, including providing specialist support to emergency services personnel.

"Emergency services and public utilities have future restoration tasks well in hand for those areas hardest hit by the cyclone," Brig Smith said.

Troops from Townsville returned to their base to regroup for rapid response readiness and some will be preparing for deployment to Afghanistan later this year.

Brig Smith said their families would welcome their return.

"Many personnel deployed to assist as the winds abated and haven't been home since the cyclone struck – they've really earned some time at home with their loved ones," he said.

He expressed his admiration for the tenacity of the north Queenslanders affected by the cyclone.

"The people of the region face a challenging time ahead but as a community they will rebuild their homes, their communities and their lives. The resilience of the local people is outstanding – I greatly admire their spirit."

The decision to draw down the ADF assistance came after close consultation with Emergency Management Queensland (EMQ), state authorities and local officials in the affected areas.

EMQ continues to provide assistance to the communities devastated by the cyclone and ADF specialist support will remain at local bases to assist emergency services if required.

Pictorial spread on disasters – Pages 16-17



Draw down: Cpl Rob Dean, 1RAR, (above) helps clear debris after Cyclone Yasi while Black Hawks transport troops to Cowley Beach to help with the relief effort. JTF 664 has now drawn down and members have returned to their units.

Photo by LCpl Mark Doran

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WHERE	Victoria Barracks, St Kilda Road, Melbourne, Shedden Theater
WHO	Tri-Service Health Personnel of all ranks, Defence Civilian Health Personnel, Civilian Health Personnel
REGISTRATION	FREE - Registrations Close 11 March 2011 <small>Note: Information for pre conference function on Friday 18 March and Formal Dinner on 19 March supplied with registration information.</small>
ENQUIRIES	Captain Peter Rogers Telephone: 0404 870763 Email: peter.rogers@defence.gov.au

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All systems go for 7RAR



Settling in: Pte Adam Warland, left, Pte Nicholas Manion and Pte Stephen Fooks, 7RAR, conduct a track change on an Armed Recovery Vehicle as they settle into their new base at RAAF Edinburgh. The move from Darwin to Adelaide enables 7RAR to train year round and brings many soldiers closer to their homes.

Photo by LAC Brenton Kwaterski

Ready for WA works

By Spr Nick Wiseman

SOLDIERS from 19 CE Wks will lead this year's Army Aboriginal Community Assistance Program (AACAP) at Fitzroy Valley in Western Australia, 400km inland from Broome.

Troops from 6 Bde, 5 Bde and 17 Bde will join them in Rotation 18 of AACAP to provide health support and training local communities in safe food preparation and small engine maintenance.

Project engineer Capt John Thurgood said construction would take place from May to October while the health and training components would be delivered from the start of June to the end of July.

Capt Thurgood said the program would help close some of the gaps in the standard of infrastructure in the remote communities.

"In the Bayalu community, the current health clinic is in disrepair so we're building a new clinic that saves residents from going to town to go to a hospital," he said.

"In Joy Springs there are currently 12 houses and we're building another four, increasing their

housing by 25 per cent so that is a significant increase."

He said Norforce soldiers would be joining the project to overcome any language barriers and to help mentor indigenous trainees.

Engagement with the applicable regional force surveillance unit has proven highly successful in the past.

Capt Thurgood said members of 6 Engineer Spt Regt were being granted a respite from AACAP this year and 19 CE Wks would take command, with contractors undertaking the construction.

"This is really good training for the work we do overseas in Afghanistan and Timor – working in a remote area where it is hard to get stores in, it's a similar environment."

The task allows 6 Bde units, and others, to practise and develop population support and indigenous capacity building.

AACAP is a cooperative initiative between Army and the Department of Families, Housing, Community Services and Indigenous Affairs to improve environmental health conditions within remote Aboriginal communities.

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It all comes back to our members

MPs not entitled to medals

A HOAX email is being distributed claiming that Members of Parliament receive medals and repatriation entitlements for participating in the ADF Parliamentary Program (ADFPP).

Defence Parliamentary Secretary David Feeney said the email was false.

"I can say unequivocally that Australian parliamentarians are not eligible for military medals or repatriation entitlement as part of this program," Senator Feeney said.

"The ADFPP gives parliamentarians a chance to see first hand the important work of our ADF."

MPs can spend a week on the Young Endeavour, undertake helicopter training with the Army or join students at the Air Force Officers' Training School.

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Coming to a sky near you

By Sgt Andrew Hetherington

SOLDIERS from 20 STA Regt are in the US training on the ADF's newest and most advanced Unmanned Aerial System (UAS) – the Shadow 200.

The first of two systems purchased is due to come into service at the end of this year, replacing the ScanEagle.

They will be operated by 20 STA Regt, based at Gallipoli Barracks, Enoggera, by 100 personnel in two troops consisting of five aircraft each.

Capability Implementation Manager Joint Project 129 Maj Keirin Joyce said 17 personnel from 20 STA Regt were taking part in three different courses with US counterparts at Fort Huachuca in Arizona.

Maj Joyce said warrant officers, lieutenants and captains would complete a six-week platoon leader course and ORs a 17-week operator course.

Maintenance staff will complete a 14-week technician maintainer course.

“Some of the guys participating in the training are qualified ScanEagle instructors and will stay on to complete an additional four-week Shadow 200 instructor course,” Maj Joyce said.

During the next 18 months, 100 personnel will have rotated through the US training programs.

By the end of 2012, Army aims to be running its own training courses.

Bdr Damian Young started the operator course last October.

“So far we’ve completed an unmanned ground school qualifying us to fly the aircraft in US airspace under US Federal Aviation



Prepare for take off: Bdr Damian Young (left) and LBdr Anthony Dunphy, both from 20 STA Regt, prepare a Shadow 200 UAS to be placed on its launcher.

Administration rules,” Bdr Young said.

“We’ve also completed an emplace and displace module covering how to bring into action the seven pieces of equipment of a UAS detachment, to get the aircraft into the air.

“So far the course hasn’t been difficult and my favourite component

was the unmanned ground school and how well the flight rules were explained.”

He said he was looking forward to operating the aircraft on deployment to Afghanistan.

“The two best things about the Shadow 200 are its versatile sensor payload for day and night operations

and the laser designating capabilities,” Bdr Young said.

“It’s a big improvement over the ScanEagle.”

The Shadow 200 UAS is collectively used by 115 platoons of the US Army and Marines.

Maj Joyce said the aircraft, which US forces had flown extensively in

Textron Systems Shadow 200 UAS

Dimensions

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- Endurance: seven hours
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Iraq and Afghanistan, would greatly enhance the ADF’s UAS capabilities.

“It’s a massive step up in capability, as ScanEagle at the moment only carries one camera at a time on each mission,” he said.

“The Shadow 200 has a more extensive payload consisting of multiple sensors.”

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Gratitude: East Timorese President Jose Ramos-Horta addresses Australian troops after presenting them each with the East Timor Solidarity Medal at a ceremony in Dili. Photo by LAC Leigh Cameron

CDF receives East Timor's top honour

By Leut Alistair Tomlinson

CDF ACM Angus Houston has been recognised with East Timor's highest honour because of his commitment to the country.

President Jose Ramos-Horta presented ACM Houston with the Medal of the Order of Timor-Leste last month in a ceremony coinciding with the 11th anniversary of the establishment of the East Timorese Defence Force.

ACM Houston later thanked members of the International Stabilisation Force (ISF) for their contributions to the stability and security of East Timor.

Speaking at the new ADF helicopter facility at Dili airport, the CDF described Operation Astute as one of the ADF's most successful engagements.

"Both the President and Prime Minister of East Timor have emphasised time and again that had it not been for Australia their country wouldn't be as well placed as it is today," ACM Houston said.

"I am very happy with the professional and dedicated way ISF personnel have approached their tasks, and I know the government is also very proud of your contribution to the ADF and East Timor."



High regard: East Timor's Prime Minister Xanana Gusmao congratulates CDF ACM Angus Houston.

Thanks for the support

By Leut Alistair Tomlinson

EAST Timor's President, Jose Ramos-Horta, paid tribute to ADF members at a recent ceremony to present members of the International Stabilisation Force (ISF) with the East Timor Solidarity Medal.

Describing the conduct of Australian service men and women in East Timor as irreproachable, the President

expressed his "profound appreciation" for their work in helping to consolidate peace and security in his country.

The ceremony coincided with the departure of Timor-Leste Aviation Group (TLAG) 14 and was held at the recently completed helicopter base at Dili Airport, home to the Black Hawks serving on Operation Astute.

While addressing the medal recipients, President Ramos-Horta

thanked them for helping in the reconstruction of his country following independence.

"I have personally visited many of the buildings and travelled on the roads which were built or repaired thanks to your efforts," he said.

The President expressed empathy with the people of Queensland and Victoria as they continued to recover from recent natural disasters.

"For those of you returning home to Queensland and Victoria, where many thousands of families have been affected by floods, let me express my deepest sympathy and solidarity with you," he said.

The East Timor Solidarity Medal was introduced by East Timor's government to recognise members of international armed forces who have contributed to stability and peace operations in the fledgling nation.

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Black Hawks head home

By Capt Cameron Jamieson

THE troops and Black Hawks of Timor-Leste Aviation Group (TLAG) 14 have rotated back to Australia at the end of a six-month tour of duty.

Assigned to the International Stabilisation Force (ISF), TLAG Black Hawk crews make a significant contribution to security in East Timor with troop lift and aeromedical evacuation (AME) capabilities.

OC TLAG 14 Maj Tony Dennis said he would look back with pride on the group's build-up and deployment.

"As a detachment TLAG 14 has performed exceptionally well," he said.

"Five AMEs were conducted in support of ISF soldiers on patrol, the Tour de Timor, Op Tower (the ADF's contribution to the UN Integrated Mission in East Timor) and local nationals.

"In all cases TLAG 14 had an aircraft airborne well within the required notice to move, and in one case had the first aircraft airborne just minutes after receiving the mission."

Maj Dennis said TLAG's AME capability was integral to the safe conduct of operations in East Timor's regional areas.

"Australian and New Zealand troops on regional patrols and tasks are reassured that should they, or one of their mates, be injured or fall ill there will be a helicopter in the air as soon as possible to extract them to the ISF medical facility in Dili," he said.

"TLAG also gives ISF the ability to have a quick reaction force in the air in a very rapid time frame should the security situation deteriorate."

New crews have started operations in East Timor as TLAG 15.



Saying goodbye: TLAG 14 personnel (inset) headed home after six months in which air crews mounted five aeromedical evacuations and a range of other sorties in support of UN operations. Photos by LAC Leigh Cameron

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Checking in: Maj-Gen Craig Williams (right) speaks with LCpl Alexander Tyler during a visit to the ISF.

Leader drops in on deployed reservists

By Capt Cameron Jamieson

COMMANDER 2 Div Maj-Gen Craig Williams recently made a flying visit to East Timor to meet reservists serving with the International Stabilisation Force (ISF).

More than 140 soldiers of the current ISF are from 2 Div and Maj-Gen Williams timed his visit to coincide with a Boss Lift exercise, allowing him to meet with many of the reservists' employers.

"I wanted to better understand the relationship between employers and employees, because it is a special facet of being an Army reservist," he said.

"We really need to understand how to get the best out of that relationship and understand the employer perspective on things."

He visited ISF's four bases in Dili, taking time to talk with soldiers.

"From our troops I've learnt that our training needs to reflect more of the other dangers than the worse-case scenarios," he said.

"I learnt from the employers how universally proud they are to have reservists working for them.

"The reservists' employers are looking forward to the return of their people so that their capacities and capabilities can be brought back into the civil workplace."

Beyond the role

By Leut Alistair Tomlinson

THE prayers of an East Timor parish have been answered following a visit to their church by a group of Anzac Company soldiers from the International Stabilisation Force (ISF).

Brother Jose Gonçalves said the Mary of Grace Church at Taci Tolu Deli had not been painted for 40 years and was in desperate need of repair.

"Our money and resources are very limited, so when I saw a group of Australian soldiers attending mass, I asked if they could help," he said.

Lt Paul Stone took up the challenge and, as word of the project spread, a number of soldiers also offered to assist.

According to volunteer Sig John Frost, who won the 2002 Master Painters Association Special Effects Painter of the Year award, the job wasn't complex but offered several challenges.

"We arrived one morning to start painting when suddenly 30 East Timorese kids turned up out of the blue wanting to help," he said. "We couldn't possibly say no to all those smiling faces, but by lunch time there was more paint on the floor than on the walls."

Commander ISF Col Mick Reilly said the soldiers were always keen to help with community projects, subject to operational commitments.

"What's especially pleasing is that the proposal to renovate the Mary of Grace Church was a soldier's initiative. They weren't ordered, they did it all off their own bat," he said.

"I am very proud of the efforts of Anzac Company. The military contributes to our communities back home in Australia and New Zealand and we aim to do the same here.



Roll up: Sig John Frost, a painter and plasterer by trade, leads the ISF team painting the Mary of Grace Church in Taci Tolu, near Dili, East Timor.

Photos by LAC Leigh Cameron

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SUMMER OF DISASTER

As climate catastrophes devastated Queensland and Victoria, Australian soldiers braved impending doom to evacuate people before the destruction hit and were among the first to return in the aftermath for rescue and recovery efforts. As the assistance operations wind down, we take a pictorial tour of the worst-affected areas with the soldiers who have made a difference.



Destruction: Spr Mathew Watson, 3CER, clears debris in Tully after Cyclone Yasi. Photo by Cpl Melina Mancuso



Cleanup: Cpl Aaron Bachmann, 2CER, uses water being pumped from a flooded underground carpark to wash sludge and mud from Brisbane streets. Photo by Cpl Janine Fabre



Preparation: From left, Tpr Randell Green, Tpr Samuel Lockhart, LCpl Glenn Niegut and Pte Andrena Berran, 4/19PWLH, seal culverts near Lake Boga during the Victorian flood disaster. Photo by LCpl Mark Doran



Bigger: Soldiers from Spt Coy 1RAR are confronted with the devastation of Tropical Cyclone Yasi in the small town of Cowley Beach. Photo by Cpl Melina Mancuso

Recognition for overseas courses

OVER the last few years, many officers and soldiers have attended overseas urban instructor courses in such places as Canada and the UK.

I attended the UK course in 2007 with a sergeant from the School of Infantry and an officer and warrant officer class two from Combat Command Wing.

I find it intriguing that even though Defence paid a lot of money for attendance on these courses, that there has been no proficiency number created and therefore no record on PMKeyS of anyone having ever attended these courses.

I have tried on several occasions to get this rectified but to no avail.

Obviously there are a couple of down sides to the current situation: there are many selective jobs where these people could be identified for consideration at the push of a button.

They could be put in an instructor/assessor pool for MREs, or activities such as Exercise Hamel, or a unit CO could appoint the individuals as OIC or SME for urban-specific training.

If we are not going to recognise and exploit the qualifications, then let's save the funds and call it an SRP initiative.

But personally, I think it would be a loss if we let it slip away.

Capt Robert Varcoe
LWDC-Singleton
Singleton, NSW



Rectified: An oversight in PMKeyS recognition of overseas urban operations instructor courses will be fixed after being brought to the attention of DGPers-A staff.

Photo by AB Jo Dilorenzo

Lt-Col Martin McKone, 501 Personnel Policy, responds:

CAPT Varcoe, thank you for your letter, in which you have highlighted a shortfall in Army's HR information recording processes.

You are correct; Defence invests a component of its finite training dollars in sending officers and soldiers to attend overseas courses. It is anomalous that some of these courses have no proficiency

numbers created and are not recorded on PMKeyS.

I agree with you that our HRIS should be an accurate record of all recognised courses that have been attended by an individual.

DGPers-A staff are now reviewing the extant processes to ensure that this situation is rectified, and to ensure that your records accurately reflect your attendance at the 2007 UK Urban Instructor training course.

Unaccompanied members benefit, separated suffer

WHY does a married member with children, who is unaccompanied, get up to six free travels a year to see his/her family while a member who has children but is separated/divorced from his/her spouse is only entitled to one free travel per year or two if in a remote locality?

A trainee is entitled to three next-of-kin travels a year. Does the ADF think that because we are no longer with our spouses that our children don't need to see us as often?

Without getting into a political debate, child support payments are, in most parts, quite high (not to say my children don't deserve it) but to fly to and from our children can cost a lot of money too.

I fail to see why we, as single members with dependents, should miss out on spending time with our children.

Cpl Richard Rodway
Defence Force School of Signals
Simpson Barracks, Watsonia

Lt-Col Martin McKone, 501 Personnel Policy, responds:

AS HAS been stated in previous replies to similar letters, the inability of Pacman to meet contemporary lifestyle situa-

tions is well recognised in the personnel policy arena.

Draft policy on non-custodial parents, which includes a reunion-travel entitlement, has been under development but not finalised due to competing human capital initiatives and the need to seek additional funding.

DGPers-A staff remain actively engaged with Personnel Strategies and Policy Group (PSPG) to ensure that non-custodial parenting and the proposed entitlement for serving members on the breakdown of marriage remains topical at the Higher Defence Committees.

Amendments to Pacman are constantly being made to support our personnel and review situations, but these all come at a cost.

This cost must be found from within our existing budget at the expense of, or streamlining, other existing conditions of service. It remains a constant balance to provide benefits to all.

DGPers-A has been involved in this policy area since late 2006. The timeframe that this has gone on for does not diminish the sincerity of the message or the resolve to continue to work with PSPG to improve Pacman so it better supports Army's members who are recognised as non-custodial parents.



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Officers break the ice



Dressed for success: Capt Dave Barton emerges from the water in his uniform as part of the Pier to Plate charity swim.

Floating to new highs, four Army officers joined the Brighton Icebergers in a fundraising swim at the pier ... and won.

FOUR officers from Victoria Barracks helped raise \$25,000 towards the Victorian flood relief in a hard, dirty battle during the Pier to Plate charity swim fundraiser at Brighton Pier on February 19.

Organised by the Brighton Icebergers, the idea to join the charity event was first floated by Col Roy Bird after talking Capt Nigel Booker into joining him.

"The Brighton Icebergers are a group of clearly mentally unstable men who swim around Brighton Pier in 'budgies' and rubber hats every morning, 365 days of the year," Capt Booker said.

After meeting with event organisers and Victorian Premier Ted Baillieu over coffee, Capt Booker said the Premier put the call out for other services and the mayor's office to take on the Army in the challenge.

"I left that meeting bemused and concerned," Capt Booker said.

"Col Bird was on leave and I was pre-committed – we had no team."

The aptly named 'Sinking Suns' team of swimmers eventually consisted of Maj Peter Symes and Stan Carnes and Capt Matthew Scott and David Barton.

Army was joined by teams from the SES, police service, fire service and the mayor's office ready to take up the challenge swimming each leg of the 150m open ocean relay course in full uniform – minus boots.

After some last minute withdrawals, the other teams combined into one consisting of Mr Baillieu, Federal MP Andrew Rob and two police members.

In the end Army prevailed, but the clear winners were the victims of the floods with more than 150 people on the day contributing to the worthy cause.



Top prize: Maj Peter Symes accepts the winner's plate from Victorian Premier Ted Baillieu.



The A team: Keen swimmers, from left, Capt Dave Barton, Capt Matthew Scott, Victorian Premier Ted Baillieu, Major Stan Carnes and Maj Peter Symes.

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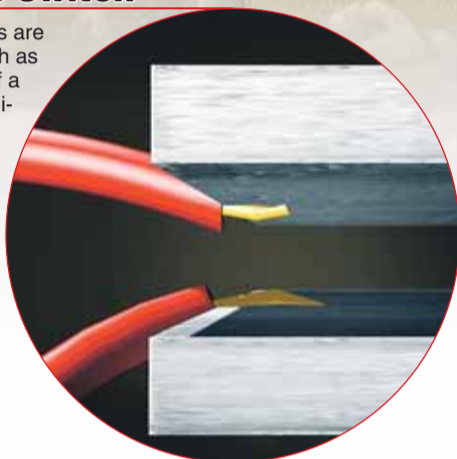
Explosively formed penetrator IEDs, made using tank or artillery shells, were most commonly encountered in Iraq. In Afghanistan, IEDs are often made using cruder but equally effective explosives such as ammonium nitrate / fuel oil.

Pressure switch

When the plates are depressed, such as by the weight of a person or a vehicle, the circuit is completed.

Power source

With a standard battery providing power, a pressure-detonated IED can remain operational for years.



Hidden

Understanding improvised explosive devices may become a basic soldier skill if a proposal from the recent Counter-IED symposium is adopted, **Sgt Andrew Hetherington** reports.

WITHOUT doubt, improvised explosive devices (IEDs) are the biggest threat to ADF and coalition personnel serving in Afghanistan.

Last year they killed more than 600 coalition soldiers and injured more than 2850.

In December, the ADF Counter IED Task Force (CIED TF) held its fourth annual symposium, sharing ideas on how to counter the deadly threat.

The theme "Institutionalising CIED" focused on the key areas of CIED intelligence, training, route clearance, force protection counter-measures, science, technology and exploitation.

More than 160 personnel from the UK, US, the Netherlands, Canada and New Zealand attended.

CIED TF Commander Brig Wayne Budd said the threat was not new to ADF and coalition personnel.

"In Vietnam an IED was called a booby trap," Brig Budd said.

"The IED threat in its widespread, strategic use in Afghanistan will be

an enduring problem on future battlefields.

"The symposium examined the IED threat and looked at ways to break the cycle of how in the past we've reacted to insurgents' tactics and them to ours."

One of the major outcomes of the symposium was a proposal to incorporate CIED training within regular training programs.

"At this stage we are talking about reinforcing knowledge at the base level [of soldiering], ensuring CIED is added as a sustainable foundation warfighting skill," Brig Budd said.

"We'd like to see CIED training conducted on a more regular basis, rather than only in a response to a mission or deployment.

"This would be a better way of preparing our soldiers and would reduce the amount of training needed during mission readiness exercises."

The symposium also explored ways of changing the ADF's procedures for developing and purchasing IED-protected vehicles.

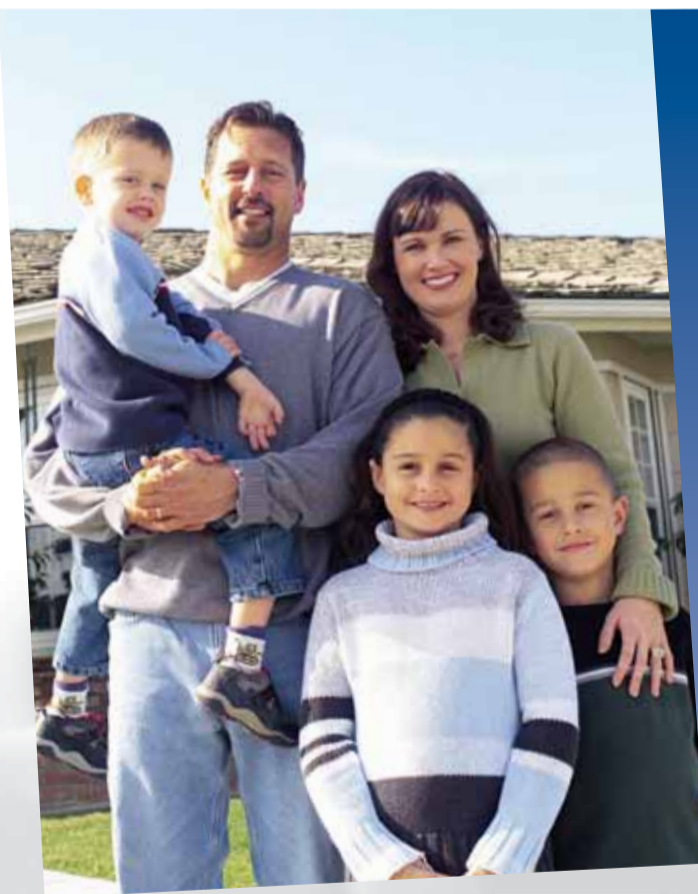
"Currently, when Army purchases a type of hardened vehicle and before

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and deadly



Force protection: The Bushmaster has proven effective in protecting occupants from IED blasts.

Photo by LS Paul Berry

it's sent to the battlefield, it's fitted with force protection Electronic Counter Measures (ECM).

"In the future we need to view the vehicle as a system, so when it's delivered to the ADF it already has the force protection ECM built into it as an integral component, like the steering wheel."

Brig Budd said a lot of work was

being conducted behind the scenes to ensure personnel in Afghanistan remained ahead of the threat.

"We do a large amount of scientific and technical research to develop capabilities so we can deploy them to support the troops," he said.

"We also share information with our coalition partners in order to develop the best capabilities available.

"It's a constant cycle, pushing the scientific boundaries as to how we might detect devices or stop them from going off."

The ADF's biggest asset to counter the IED threat is the ability to understand enemy tactics.

"If you don't know how he's constructing and laying them we can't begin to defeat the devices."



Threat aware: Explosive Ordnance Disposal Team Manager WO2 Jeramie Faint scans for a suspected IED in the Mirabad Valley during his deployment with MRTF 2.

Photo by Cpl Rachel Ingram

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Remote community service



Going regional: WO2 Paul van Gemert tours an Aileu market with Nepalese Police Sub-Inspector Nil Lama (above), while Lt Ben Edwards (inset) makes notes on local security arrangements. Photo by LAC Leigh Cameron

Capt Cameron Jamieson joins soldiers gathering crucial security and infrastructure information in remote parts of East Timor.

DESPITE many advances in more than 10 years of independence, some of East Timor's regional towns are still without electricity, running water and other basic infrastructure.

The Australian soldiers of the Civil Assessment Team (CAT), made up of reservists deployed to East Timor in the International Stabilisation Force (ISF), are best placed to identify the security and broader infrastructure concerns in many remote areas and pass that information to operational commanders.

The CAT is part of ISF's Civil-Military Cooperation cell, and travels across East Timor to collect information on civil and security infrastructure, to provide the ISF Commander with situational awareness on how the general security situation is improving in regions outside of Dili.

Team commander Lt Ben Edwards is a Queensland school teacher who has laid down his chalk and taken up a rifle to serve in East Timor for eight months.

He has already covered most of the country's eastern towns and is now focusing his team's attention on the community of Aileu, located across the mountains south of Dili.

"We always start with the security sector first, so our first stop will be the town police station," Lt Edwards says.

Aileu police station was established by the Portuguese and developed by the Indonesians.

Across the road stands the dilapidated former military barracks used by the soldiers of both nations, which will be the temporary home for the CAT during its stay in town.

The Australians are warmly welcomed by the East Timorese police and their UN Police (UNPOL) partners.

The Assistant District Commander Albino Mouzinho, says ISF patrols are welcome in the area.

"ISF always supports the people," he says.

"We have good cooperation between us, and the people welcome their presence."

Reservist WO2 Paul van Gemert is the team's 2IC and police liaison officer.

Being a Victorian policeman for more than 30 years, he knows how to talk shop with other police officers, and is soon chatting with the Assistant District Commander with the help of an ISF translator.

WO2 van Gemert makes notes on the progress and issues facing the local police, then it's time to meet with the UNPOL District Commander, Senior Inspector Sanjeev Tonapi of the Indian

Police, who welcomes the Australians with sweet coffee and cakes.

"The relationship between UNPOL and ISF is a formal one, but it's always good," says the District Commander. "ISF patrols add to the feeling of security because their presence creates a lot of confidence within the local community."

With the formalities at the police station over, Lt Edwards takes the team to check local infrastructure, including the local ford at the river.

"The river crossing is an important part of the people's lives here," Lt Edwards says.

"If it's impassable, the people can't get to the market to buy or sell food.



"With all the rain we had in the dry season, and the expected rains for the wet season, there could be problems later with food security."

The day ends with a visit to the deputy district administrator, who tells the team that planning is underway to connect the town with the national power grid in 2012, but right now there are some food shortages due to the unseasonal rains.

Finally it is time to make camp in the old barracks, and over dinner Lt Edwards considers the three days of tasks still ahead of him in this quiet corner of East Timor.

"It's been a long day but a productive day," he says.

"It doesn't take long to drive through Aileu, but once you put your feet on the ground it has a great story to tell.

"Even today walking through the markets we found the old fascia of the Chinese Marketplace that once dominated the town - few people ever see that.

"Taking the time to get to know the people and their town means we can better understand the lives of the East Timorese.

"From what I've seen, the people here are taking huge steps in right direction.

"I believe I have the best job in ISF because I get to see this happening."

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Sunshine Coast Monday 14th Mar	Newcastle Wednesday 23rd Mar	Canberra Monday 28th Mar	Crows Nest (Sydney) Wednesday 16th Mar
Sydney Monday 14th Mar	Gold Coast Tuesday 5th Apr	Parramatta Tuesday 15th Mar	Adelaide Tuesday 15th Mar



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Screen test for SF

MORE than 40 men tried out the first Special Force Screen Test (SFST) at Holsworthy in February.

Special Forces Training Centre (SFTC), Selection and Recruiting Wing OC Maj A said the SFST was designed to assess a person's suitability to try out for selection.

"It's not a pass or fail event," Maj A said. "This will allow potential weaknesses to be identified, against which an individual can train, hopefully giving them a better chance to pass the selection course."

"During the SFST, DSTO scientists monitored the candidates' performances while testing aerobic and anaerobic thresholds along with flexibility and power.

"Through the use of heart-rate monitors, thermal pills and input from DSTO, SFTC hopes to better analyse a candidate's suitability for SF."

Commandant SFTC Lt-Col G said the SFST had been developed by Special Operations Command over the past 12 months to refine the way applicants were screened.

"By reviewing the way coalition special forces, the Australian Institute of Sport and elite Australian sporting teams were selecting individuals, it has allowed us to refine our testing protocols," Lt-Col G said.

"We are hoping to reduce injury rates as a result of this preliminary testing and better prepare soldiers for our selection courses."

Maj A said potential applicants of SASR or commando selection courses should apply earlier rather than later in their careers.

"We attempt to conduct tests on applicants 12 to 24 months before they undertake selection," he said.

"SFST's recent candidates said that overall the testing was harder than previous entry tests because of its cumulative nature. However, they said it was fairer and allowed a broader assessment of an individual."

SFTC will continue to conduct information tours around the key brigade areas to provide information on the application process and answer questions on potential Special Forces service.



Pushing limits: The top performers in the first Special Force Screen Test completed more than 120 cadenced push ups.

What to expect

- Vertical jump
- Flexibility test
- Sit up test
- Heaves
- Push ups
- Agility test
- Beep test
- Yoyo test
- Pack march (5km carrying 40kg total)
- 400m swim (in bathers).

Rate yourself

Top results from the last SFST:

- Beep Test – Level 14.1
- Push Ups – 124 (cadence push ups)
- Pack March – 41.00 min
- Swim Test – 6.00 min

Next suitability tests

- May 23
- May 30
- June 6



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NATO medal notice



International medal: Australian personnel who have served in Afghanistan from June 1, 2003 and meet the criteria are eligible for the NATO Medal with Clasp ISAF. Photo by Cpl Ricky Fuller

DEFENCE Support Group has provided clarification about the awarding and wearing of foreign decorations presented to ADF personnel deployed on Operation Slipper.

They are the NATO Medal with Clasp 'ISAF' (International Security Assistance Force) and the Dutch Medal of Peace Operations.

In 2007, CDF accepted the offer for award of the NATO Medal with Clasp 'ISAF' to ADF members who served in Afghanistan from June 1, 2003, in support of the ISAF.

Since then, there have been a number of issues in the interpretation of the eligibility criteria, particularly regarding whether qualifying service is over a single tour or multiple tours.

NATO has advised that the qualifying period for the medal is 30 days continuous service or accumulated within the Afghanistan Area of Operations (AAO) within a single tour.

Aircrew will accumulate one day's service for the first sortie flown on any day within the AAO. Additional sorties on the same day will receive no further credit.

The Directorate of Honours

and Awards (DH&A) acknowledges that this is an issue affecting ADF members who cannot accumulate 30 days over a single tour.

However, as the medal is a foreign award, DH&A does not have any authority to determine eligibility outside of these criteria.

NATO's Supreme Headquarters Allied Powers Europe is responsible for assessment and issue of the medal.

There have also been some issues regarding the issue of the Dutch Medal of Peace Operations that is being awarded by the Netherlands to selected ADF personnel who served under Dutch Command in Afghanistan.

Under Australian policy, only one foreign award may be accepted and worn for a single operation. As the NATO medal has been accepted as the official foreign award, members who have received the Dutch medal may not formally wear it.

Members may retain the medal but it will not be listed in PMKeys. The Netherlands government is aware of the policy.

For more details on eligibility, contact DH&A on 1800 111 321.



Highly commended: The new system provides for group and individual commendations beyond the scope of the existing awards scheme.

Awards scheme changes offer more options for recognition

By Tracey Hansell

THE recognition of Defence members who perform specific acts of bravery or provide exceptional service will be covered under changes to the awarding of formal commendations for service.

The changes have introduced an integrated Defence Commendation Scheme, which includes a jointly awarded Secretary/CDF Commendation, a Secretary's Commendation and a separate commendation to be awarded by non-Service groups and agencies that mirrors the existing gold, silver and bronze commendations of the armed services.

The new scheme has been introduced to formally recognise outstanding and exceptional achievements or specific acts of bravery for which the Australian system of honours and awards is not an appropriate medium of recognition.

Under the scheme, commendations may be awarded to individuals or collectively to a group, unit or team. Individual commendations will comprise a commendation certificate and badge while group, unit and team commendations will comprise a certificate only – no badge will be issued.

The Secretary, CDF or three-star/SES Band 3 officers are the only people authorised to award group commendations.

Under the new scheme, the Secretary and the CDF may award commendations either separately or jointly. Recipients of a joint commendation will be presented with a certificate signed by the Secretary and the CDF and a joint commendation badge.

Continuing the present system, gold, silver and bronze commendations will be awarded for all other individual commendations within the groups and services.

The bronze level commendation will be awarded for high or noteworthy achievement, silver for excellent achievement and gold for superior achievement.

Nominations are to be completed using Form ADI12 – Nomination for Defence Commendation for Service, which can be found on the Defence Intranet Web Forms System. All nominations are to be submitted through the member's respective chain of command to the appropriate awarding authority.

The policy for the new scheme is detailed in Interim Policy Defgram No. 4/2010.



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Defeat deployment dirt

By Alan Scheckenback

GETTING equipment and gear properly clean before returning to Australia after a deployment is a big job, even if contractors are doing the large equipment.

A new Force Extraction Cleaning Manual has been created and released to make life a little easier for returning soldiers.

The return of ADF equipment to Australia is governed by very strict Australian Quarantine Inspection Service (AQIS) requirements.

It is the vigilance of AQIS which prevents unwanted animals, insects, seeds and diseases coming to Australia and potentially decimating our agricultural industries.

Nobody enjoys cleaning gear, but it is in all soldiers' best interests to make sure there are no animals, seeds, insects or soil on or in any part of their equipment.

The cleaning manual replaces the LWP-CSS 4-0-4 Cleaning and Inspection Procedures – Force Extraction 2003.

The new manual is electronic only and can be accessed on the DRN under the Defence Logistics Manuals, as well as the Defence official internet website under C in the Reports and Publications section.

The manual has been written as an agreed minimum standard between Defence and AQIS.

By cleaning kit in line with the manual and following the included checklist, soldiers can minimise their chances of having their gear flagged

UNCONTROLLED IF PRINTED

5-2

Exterior of Vehicle

5.3 The cleaning instructions for the Land Rover 4x4's exterior, as illustrated in Figure 5-1, include the points detailed in Table 5-1.

Figure 5-1: Land Rover 4x4's Exterior

Table 5-1: Cleaning Instructions for the Land Rover 4x4's Exterior

Serial	Comments or Tasks	Technical Time (hours)
1	Remove canopy and bows and clean with pressure washer. Clean the hollow sections of the canopy bows by using flushing water through the tubes with a pressure washer. CES and clean.	
2	Remove the side faxes for cleaning.	0.5
3	Remove the CES and clean. Ensure the hold down brackets and the nylon straps and buckle loops are separated and cleaned.	
4	Remove the grill and high-pressure air or pick clean the radiator to ensure there are no seed or insect debris embedded. Impact behind number plate and tactical signage and flush hollow tubing on brush guard.	
5	Damaged lights or where light seals are compromised are to be removed and cleaned of all soil, plant or insect matter.	0.5
6	Remove the mudflaps and clean. If damaged discuss of in accordance with AQIS instructions.	



for additional cleaning before it can be sent back to Australia.

The manual also contains advice and warnings to help avoid cleaning-related damage.

The manual's 97 chapters covers all vehicles, including variants, and large pieces of kit which are potentially deployable.

To identify a piece of deployable equipment not listed in the manual, add to the existing cleaning tips or introduce a newly purchased piece of equipment, contact the manual editor by email to NBHADFCleaningManual@defence.gov.au.

Dirty business: All equipment, large and small, must be extensively cleaned before returning to Australia. The new manual, inset, covers major equipment items in detail. Photo by PO Dave Connolly



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Tuned in: Pte Ryan Dix, 1RAR, (above) mans the command radio as his unit helps the residents of Tully Heads during Operation Yasi Assist.

Photo by LCpl Mark Doran



Meet the in-laws: Pte Jake Degoumois, 1RAR, (right) checks in on his wife's grandmother, Shirley Buckley, while deployed to Cowley Beach after Cyclone Yasi.

Photo by Cpl Melina Mancuso



Watch your step: Cpl Angas Polson (left) trains soldiers from the Afghan National Army's 4th Brigade at Patrol Base Samad.

Photo by Cpl Christopher Dickson

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- Brisbane – March 25
- Hobart – March 26
- Adelaide – March 28
- Perth – March 30

To apply, download PT076 from Webforms, complete and sign parts A, B and C and forward it to RideSmart@defence.gov.au, or fax to (02) 6265 5585. For more details contact the Ride Smart Program Office on (02) 6265 1525.

Shave for a cause

CHALLENGE the dress manual for a good cause in the Leukaemia Foundation's World's Greatest Shave. Sponsor volunteers in your workplace to shave, colour or wax their hair to raise funds for the Leukaemia Foundation. The Defence Challenge is being held on March 10-12. An award will be presented to the highest fundraising team in each state and territory. For more information call The Leukaemia Foundation on 1800 500 088 or visit www.worldsgreatestshave.com.

Attention Army mums

IF YOU are a serving member and are raising or have raised children, Defence Force Recruiting wants to hear your story. Recruiting aims to highlight some experiences to show it's possible to manage a career in the ADF and be a mum at the same time. Personal stories will be used to encourage more women to consider a career in uniform. To take part, contact Stephen Ridgway at stephen.ridgway@defence.gov.au, who will conduct an interview and write a story. To read about women's experiences in the ADF, go to www.defencejobs.gov.au/womenintheadf.

BOOKS

POW sacrifice recognised

Stories from Sandakan

By Dr Kevin Smith, OAM
Self-published, \$45



By Michael Brooke

A NEW book putting faces to the many Australian soldiers who died in captivity in Borneo during World War II was launched at the History House in Sydney on February 11.

Stories from Sandakan – 2/18th Bn, by Dr Kevin Smith OAM, provides a factual account of the 2/18th's experiences in WWII, including the bloody battles in Malaya and on Singapore Island, and their desperate struggle of survival as POWs in Borneo.

The statistics are stark and speak eloquently of the sacrifice of a generation of Australian service personnel – especially the 174 soldiers of the 2/18th Bn imprisoned at Sandakan POW camp, only 17 of whom survived captivity.

Until Dr Smith penned this 200-page book, many descendants of 2/18th Bn members did not know how their loved ones died, nor the circumstances in which they fought, and the scale of their suffering as prisoners of the Japanese.

"This book puts flesh and bones on those who served in the 2/18th Bn," Dr Smith said.

"They emerge from these pages as a lively group of young men, each with a story of his own."

He said current ADF members should read the book to gain a deeper understanding of the courage and character of Australian diggers in WWII.

The launch was attended by veterans of the WWII Malayan Campaign and of the Borneo captivity, as well as relatives of others who served in the 2/18th Bn from 1940 to 1945.

This is Dr Smith's third book about Australian POWs in Borneo.

His *Escapes and Incursions* tells in authentic and close detail the stories of the perilous adventures and dreadful ordeals of 90 attempted escapes, some successful, by desperate Australian POWs in Borneo from 1942 to 1945.

Stories from Sandakan sells for \$45 a copy (which includes postage) or \$80 for two copies, and can be obtained from Dr Kevin Smith at PO Box 440, Armidale, NSW 2350. Call Dr Smith on (02) 6772 2602 for more details.

Say again, over



February 17 winner

"Spectator fishing – we just have to wait for the tide to come in."
Capt Christopher Latham
9CSSB

We also liked ...

"They've taken these Armoured Corps cutbacks too far."
OCdt Elliot Green
ADFA

If you can think of a clever, witty caption for the picture, above left, email captioncomp@defencenews.gov.au with "caption competition March 3" in the subject line. Keep entries under 25 words. Entries **MUST** include sender's name, rank and unit.



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FINANCE

Beware the foreign threat

Many ADF personnel travel the world through deployments and personal travel and are probably very experienced at managing foreign currencies. However, trading foreign currencies, or forex trading, is a very risky form of investing. In one trade your investment can turn into thousands of dollars in debt.

What is Forex?

Foreign exchange trading is the practice of buying and selling foreign currencies to make a profit. Foreign Exchange is also known as Forex or FX trading.

An example of the simplest form of foreign exchange is when you're deployed overseas and sell Australian dollars to buy foreign currency. When you return home, if the value of the Australian dollar has gone down relative to the currency of the country you came from, then you will get more money back per dollar.

Foreign exchange markets work in a similar way but on a larger scale.

Dangers of leverage

Most forex trading products are highly leveraged. This means you only have to pay a fraction (for example, 0.5%) of the value of your trade up front, but you are still responsible for the full amount of the trade.

For example, a \$50 investment could let you place a \$10,000 forex trade. If the value of the trade dropped by 0.5% to \$9,950, you

Forex trading can look attractive, but it's extremely risky, according to ASIC chairman **Tony D'Aloisio**.



Forex market risks:

- You could lose more money than you put in, when the trade is leveraged.
- There is a huge volume of trading.
- You're dealing with foreign traders and laws.
- Markets are open 24 hours a day, five days a week, so it's hard to monitor.
- Markets are impossible to predict because so many factors affect exchange rates.

To trade successfully:

- Have extensive trading experience in shares and other investments for a long period.
- Know how forex works in detail.
- Read the product disclosure statement and discuss it with your financial adviser.
- Have the financial capability to afford to lose more than the amount you invested.

Risks of forex trading

To successfully trade in forex you need to understand the economic conditions of each country whose currency you are trading, and how those conditions affect the relative value of those currencies. This is extremely

difficult because so many factors come into play including politics, economics and market forces.

Forex providers

There are many providers and types of forex trading products. Some that you may see advertised are forex

contracts for difference (CFDs), margin forex trading, spot forex contracts and forex options.

Different types of forex trading products involve different risks. If you are looking at Forex CFDs, download ASIC's investor guide, *Thinking of trading contracts for difference (CFDs)?* from www.fido.gov.au

There are also many software programs available, which claim their programs can let you know when to make trades online in a simple way. Remember, forex trading is never simple, so don't rely on a trading system that tells you it is.

Also be wary of marketing promises that suggest that by using a particular product you will get access to better exchange rates.

Trading in international currencies is never easy and requires a huge amount of research and monitoring if you are to be successful. Even the most skilled and experienced investors cannot reasonably predict currency movements. So before investing in forex or any other investment, always consider our six steps to investing between the flags.

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- 2 – Understand investments.
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- 5 – Implement your plan.
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For more information on investing visit ASIC's consumer website, FIDO at www.fido.gov.au or call 1300 300 630. E-mail ASIC with topics that interest you at ADFcolumn@asic.gov.au

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HEALTH

Reduce your running time

If you want to complete the 2.4km fitness test in a faster time, **Lt Rob Orr** may have the answer.

THERE are some steps you can take to increase your pace and improve your 2.4km run results.

The two most common symptoms when diagnosing slow run times are:

- You run out of puff – start well then slow down, then walk.
- Just can't run faster, but could keep on running comfortably.

Run out of puff

If you do not have the aerobic fitness to maintain a given pace, your body must start working anaerobically. Although good for short, high-intensity events, this system becomes inefficient very quickly.

Solution: There are several training methods, but here we'll cover the two most common – continuous running and Fartlek.

Continuous running

The most common form of continuous running training is long slow distance (LSD) – running continuously at a steady pace (which may mean reducing your run speed). LSD is the keystone for base aerobic fitness and preparing for more arduous training.

Run session example:

- Run continuously for 10 minutes, building up to 20 minutes through several sessions.

Fartlek training

Fartlek training involves manipulating speed and distance to make slow or fast distances and times longer or shorter during the session. Fartlek training is a progression from LSD to increase your speed.

Run session examples:

- 400m slow pace, 100m medium, 50m fast, repeat.
- Three minutes slow pace, one minute medium pace, 30 seconds fast pace, repeat.

Just can't run faster

The potential cause of this scenario is a lack of leg speed, often due to always running at a given pace. This in turn develops a motor pattern for running, which is consistent and efficient, but currently too slow.

Solution: The most effective means of increasing leg speed is to practise running at faster speeds.

Interval training is one of the

best options in this scenario. Interval training mixes periods of fast running over short distances with standing recovery. Interval training is intense and should only be completed once every one or two weeks, when free from injury and with a solid LSD and Fartlek base. See a PTI for more case-specific guidance.

Run session example:

- Four 400m intervals. Build up to six or add some 200m intervals over several training sessions. 1:2 ratio where standing recovery time is twice as long as your run time. Target run time for the 400m is 10 seconds faster than your last 2.4km time divided by six.

Progression and maintenance

To develop the conditioning to run faster takes time, so several weeks of continuous running should be performed before introducing Fartlek, which again requires several weeks of adaptation before advancing to interval training.

Seek PTI guidance to mold these solutions to your ability.

Clock watching: Focussing training sessions on speed and intensity can help improve run times. Photo by Cpl Aaron Curran

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Tri-hard athletes train to win

By Maj Brendan Maxwell

DEFENCE personnel from throughout Australia honed their cardio fitness in the first Australian Defence Sports Triathlon Association (ADSTA) training camp at Keswick Barracks in Adelaide from January 16-21.

The camp was designed to develop individual knowledge and skills required to train and race triathlons of any distance.

The event coincided with the popular Tour Down Under (TDU) world cycling event, which was Lance Armstrong's last international pro-cycling event appearance.

Triathlon Australia-endorsed coach LS Mick Baruch pushed the unsuspecting amateur triathletes through fitness and diagnostic tests in the pool and on the track.

Participants also improved their skills at making a smooth transition from the bike to the run during a race.

There were many opportunities to link the bike training sessions with the various stages of the TDU.

On the final day of the training camp, the entire ADSTA group



Pedal power: ADSTA training camp participants stop for a rest during a cycling leg.

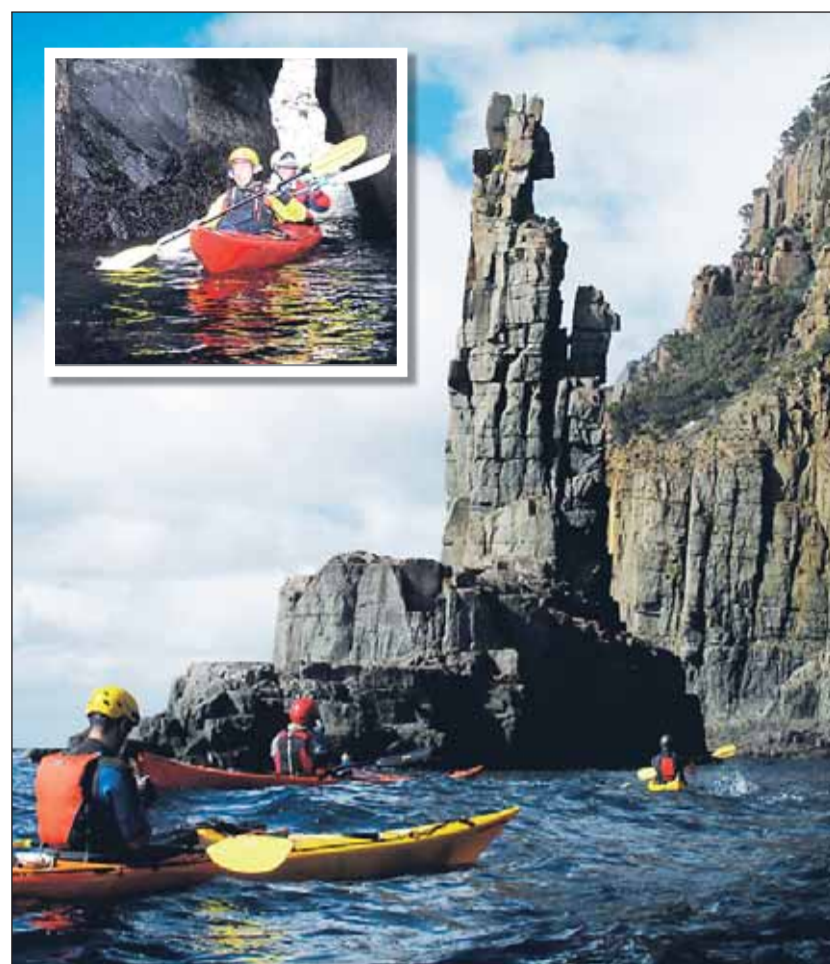
participated in the TDU Mutual Community Challenge cycle event.

Camp participant Maj Brendan Maxwell said riding the same course as the professionals was a real highlight.

"It put into perspective how tough the race is considering that the pros were doing this effort day in and day out," he said.

ADSTA members had the opportunity to undertake training rides alongside professionals such as Robbie McEwen, Stuart O'Grady, Allan Davis and Graham Brown.

ADSTA membership and entry in the national championships is open to all Defence personnel. Details can be obtained by contacting adsta.admin@defence.gov.au



Wet and wild: Participants in this year's Ex Tasman Advance explore sea caves and rock formations along the Tasmanian coast.

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Cruise into the deep blue south

By Wg-Cmdr Tony Wennerbom and Dr Elizabeth Thomson

PADDLERS faced deep challenges during the Army White Water Association's (AWWA) annual sea-kayaking adventure training Exercise Tasman Advance.

Fourteen personnel spent 10 days in January gaining new knowledge and skills while experiencing the thrills and spills of sea-kayaking in Tasmania's pristine waters.

Ex Tasman Advance is aimed at attracting new Defence members to AWWA and the discipline of sea-kayaking, it also offers existing members the chance to expand their skills and experience.

A number of the participants either re-qualified as unit adventurous training leader, or received nationally recognised sea-kayaking qualifications from Australian Canoeing.

Starting at Bruny Island, the kayakers were put through their paces, with the novices introduced to the essential skills of safe sea-kayaking in the cooler waters of the Southern Ocean.

The next two days were spent exploring sea-caves, sliding through floating kelp-forests and visiting some well-

known rock formations, such as the Monument and the Fluted Cliffs.

Phase two of the exercise started at Triabunna with an 18km crossing to Maria Island - famous for its penal history and cliff-lines.

It was here that the two groups experienced expeditionary kayaking as all food, camping-equipment and clothing needed for the next three-to-four days was stowed within the kayaks.

Pod one explored the Fossil Cliffs on the northeast side of the island, while pod two circumnavigated the island exploring some new paddle locations for use on future adventure training exercises.

In addition to the expected physical demands were the mental challenges of coping with the sheer distance of cliff lines with no safe landing, as well as finessing boat control in confused and relentless seas.

Calm deliberation, controlling anxiety and cooperation within the pods allowed the kayakers to be navigated through tight slots and gauntlets.

Kayakers also learnt to judge the swell with precision when entering caves.

Expressions of interest to attend next year's Ex Tasman Advance on January 4-14 can be sent to peter.amaricai@defence.gov.au

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Legacy of gratitude



Giving back: Sgt Michael Lyddiard, with the support of his wife Katri, prepares to return to work at 3CER in 2008. Last weekend he took on the 19.7km Rottnest Island channel swim, raising more than \$30,000 for Legacy in the process.

Photo by Mike McSweeney

By Graham McBean

THE fact is that you just can't keep some people down and Sgt Michael Lyddiard is well and truly one of them.

The 33-year-old engineer was critically wounded by an IED in Afghanistan in 2007.

He lost his right eye and suffered vision impairment in his left eye, a below-elbow amputation of the arm and an amputated left hand with the loss of his thumb and index finger.

Sgt Lyddiard's determination to overcome his injuries allowed him to not only remain in the Army but continue to flourish in his military career.

The explosive ordnance disposal technician applied the same determination to mount a fundraising campaign for Legacy by swimming the 19.7km Rottnest Island channel in Western Australia on February 26.

His original fundraising goal was \$10,000 but he had already raised more than \$34,000 before the event and money has continued to flow in.

He said he wanted to find some way to return the support family, friends and community had shown him during his recovery.

Despite his own injuries and his sea battle with stingers, seasickness, muscle fatigue and hypothermia in the Rottnest channel, he said there was no better cause to support than Legacy.

"I believe what I have experienced is nothing compared to losing a loved one," Sgt Lyddiard said.

He trained in Perth for four weeks to acclimatise and prepare for the big event.

Monday, Wednesday and Friday sessions included a 1hr 30min swim at Champion Stadium in the mornings, followed by a 10km run in the afternoon.

Tuesdays, Thursdays and Saturdays included 8-12km ocean swims with an afternoon stretching and focusing program.

He was in training for two months before leaving Townsville for Perth.

Sgt Lyddiard said the Rottnest challenge was also a personal quest to know himself better, but he was aware of the groundswell of support behind him.

Supporters from Townsville, Tully and across Australia have been signing on to Sgt Lyddiard's portal on the Rottnest swim association website and throwing their dollars behind his effort.

When people ask why he does it, he says simply it's for the people who support him.

He also wanted to show his children that you could get past adversity whatever fall-out life might bring.

"I am still living and I'm trying to move on to a better life and I think that is a big thing for my supporters and especially to the guys who saved my life on the battlefield," he said.

To donate to Sgt Lyddiard's fundraising effort go to www.everydayhero.com.au/michael_lyddiard

'I believe what I have experienced is nothing compared to losing a loved one.'
- Sgt Michael Lyddiard

Set for Kapooka series

SPORTING teams from all over Australia will battle it out during March and November at the 2011 Kapooka sports series.

Teams from all three services will travel to Wagga Wagga, NSW, to take up the challenge with AFL, netball, rugby union and league being played.

Kapooka sports officer Maj Al Lynch said previous years had been successful with many teams from throughout Australia competing against each other.

"It provides opportunities for units to compete where sporting carnivals and activities may not be run due to unit commitments," Maj Lynch said.

"These activities are also used by the sporting governing bodies to identify players for subsequent interservice and ADF selection."

This year sees a return to the netball 7s, rugby union 10s and Australian rules

12s being played over two weekends in March instead of one weekend, as occurred last year.

This would better suit participants and allow more attention to be paid to the individual sports, Maj Lynch said.

Holding the 9-a-side rugby league competition in November will give players the chance to play both union and league.

The Kapooka sports series is well regarded throughout the ADF and attracts many spectators and service families to games.

Teams will compete in AFL and netball on March 12, with the rugby union being played on March 19 and the rugby league on November 12-13.

More information can be found on the ARTC web site at <http://intranet.defence.gov.au/ArmyWeb/sites/ARTC/comweb.asp?page=120825&title=k%20series>

League title up for grabs

ARMY is seeking to retain its title at this year's Combined Australian Services rugby league (CASRL) competition battling it out against Navy and Air Force teams.

With new blood joining experienced players, the players will also be competing for positions for the tour to New Zealand in April-May.

WO2 Brian Jones from the School of Inf will coach the Army team.

The matches will be held from March 7-11 at Norford Park, Sefton in Sydney.

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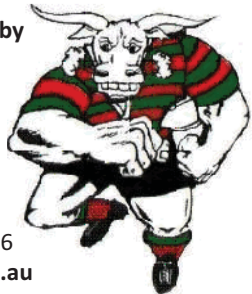
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The Soldiers' Newspaper

Sport

TASSIE TRIP

Kayakers explore Tasmania's coastal cliffs and caves

Page 30



March 3, 2011

CAN'T KEEP HIM DOWN

War-wounded engineer takes on 19.7km Rottnest Island Channel swim to raise money for Legacy

Pushing limits: Sgt Michael Lyddiard steps out of the ocean after a training session in the lead up to his Rottnest Island Channel swim. Photo provided by *The West Australian*

Full story page 31

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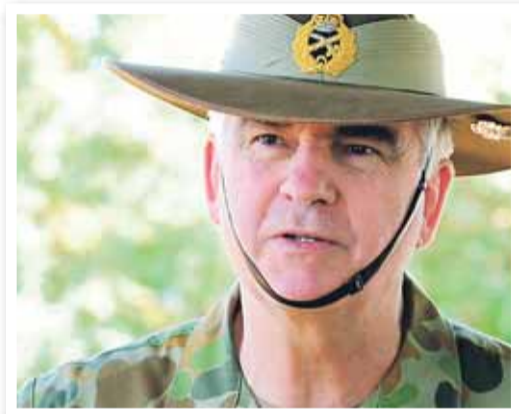
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OUR NATION

The Australian Army celebrates another milestone in its proud history



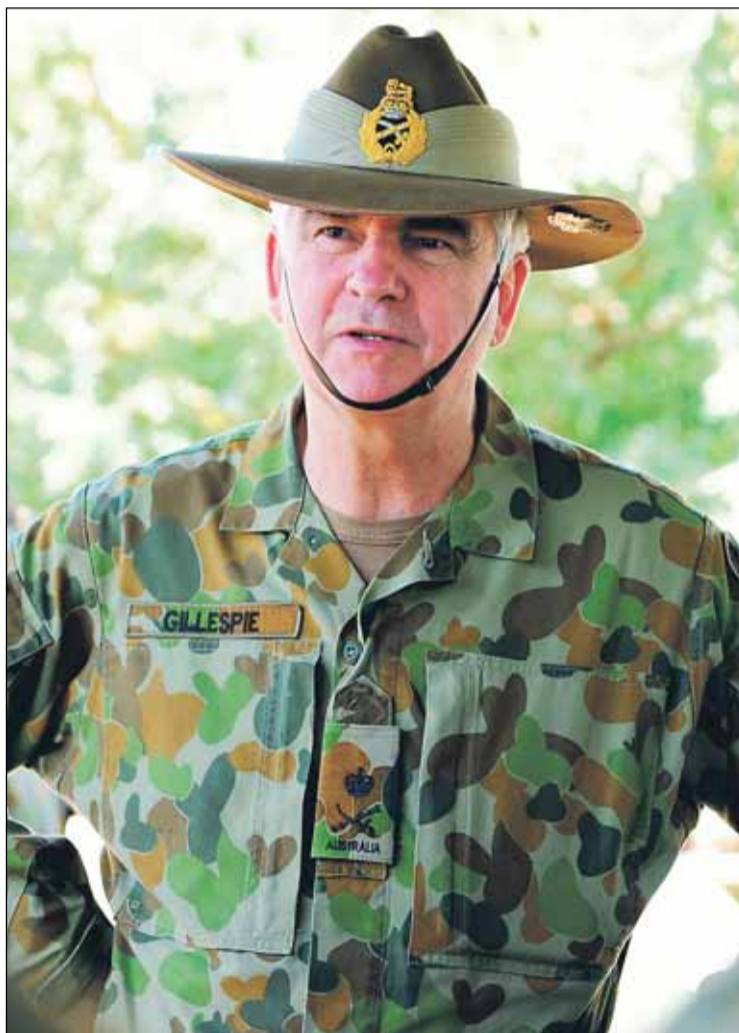
“ My grandfather, uncles and cousins are all ex-Army and I joined in 2008. MRTF 2 has been the highlight of my career.

PTE JUSTIN SMALL, 1RAR

‘OVER THE NEXT 20 YEARS I SEE US BEING A BUSY ORGANISATION’

CA Lt-Gen Ken Gillespie says the tempo of recent times is not likely to slow down soon.

GRAHAM MCBEAN



People power: The Army's strength is that it is drawn from the community, according to CA Lt-Gen Ken Gillespie.

PHOTO BY AB JO DILORENZO

WHEN aircrews flew their Black Hawks, Chinooks and MRH-90s out of Townsville to safeguard the aircraft from the fury of Cyclone Yasi last month, they had to leave their families behind.

It's a situation that speaks volumes to CA Lt-Gen Ken Gillespie, of the daily sacrifices made by the Army's soldiers – and their families over its past 110 years.

He is obviously proud of 'the digger'. But he also has a faith in Defence families, the Australian community and the twin engines of democracy and personal freedom.

"[Australia's] Army is drawn from the community – it represents the community – and that is not the case in a lot of countries," Lt-Gen Gillespie says. "I think the enduring respect we receive from our community is what makes the 110th birthday a special day."

He believes meeting the expectations of the Australian community is a defining characteristic of the Army.

"I think those wonderful qualities of sacrifice, service and teamwork, mateship, bravery are the things that we hold very dear to us. And you can choose any example you would like to pick in all those eras of 110 years."

The past

While the Gallipoli campaign has had a significant effect in imprinting the Army in the national consciousness, Lt-Gen Gillespie believes there is a change happening in how the community views Australia's post-Gallipoli history.

He says smarter, better educated younger generations – "I constantly find myself saying they are smarter than I was at their age" – with sophisticated technology, are generating an evolution in understanding.

"People acknowledge Gallipoli as the start point for our national development – our own national identity," Lt-Gen Gillespie said.

"But what happened to Australian troops on the Western Front was much more profound than Gallipoli. Pozieres, Villiers Bretonneux, Amiens, Mouquet farm – you name it."

He describes the efforts of Australian soldiers in both world

wars as a "wonderful military tradition".

"Visit places like Egypt, Israel, Syria and Lebanon and you actually find people who still remember Australian troops in those areas and their recollections to me are that they remember Australian troops fondly."

Change

Lt-Gen Gillespie has seen the Army change a lot over his 44 years of service.

As an enlistee apprentice who joined the Army on January 15, 1968, he understands the organisa-

tion from both ends of the spectrum.

He has seen the Army transform from a war footing to 20 years of relative calm and then the last decade of heightened operations.

When he enlisted the Army was 70,000-strong. It is now an all-volunteer force of almost 30,000 regular members and nearly 17,000 reservists.

But history is not always kind. Lt-Gen Gillespie says a dark era in Australia's military history was the community treatment of soldiers during the Vietnam War. He enlisted in that era and was commis-

sioned in December 1972 – when the Whitlam Government ended conscription. So Vietnam is also an important influence on the CA.

He says that situation endured until the 1987 Welcome Home March for Vietnam Veterans. He says the Army and the community learnt lessons.

"There was a national undertaking to never let that happen again. To understand the troops were simply an instrument of policy and not necessarily the embodiment of what was happening. So I think the community support these days has two aspects – learning the lesson that soldiers in that era got a pretty shabby deal for a long time and that they don't want that to happen today."

Lt-Gen Gillespie says the Army's capacity to maintain an all-volunteer force for just short of 40 years is perfect proof that the community is behind its soldiers.

The future

The small, professional Army that has developed and the ongoing support of its families are integral to the organisation's future, according to Lt-Gen Gillespie.

"We will always be a military that is at the leading edge of representing a nation that believes in being a good international citizen, believes in putting its money where its mouth is and using its military if it has to."

He says the development of a 'joint' ADF force by removing duplication is important. "Even a small force can have a major impact on world affairs if it is joint, removes duplication, is highly professional, and has a proper focus," he says.

Importantly, he expects the Army to continue to be busy.

"I don't see a time in the next 20 years where we won't be an essential element of the government's arsenal as it deals with international issues. I see us being busy for the foreseeable future. Beyond that, we know history is replete with strategic shocks, surprises and that certainly is going to be a part of the next 20, 30 or 50 years. But over the next 20 years I see us being a busy organisation."

Cover image: Three very different eras for Australia

World War I



INFANTRY trainee Pte Matthew Illman is dressed in standard issue tunic and trousers for the beginning of WWI in 1914 and standard 1908 webbing. The gas mask chest harness is a later model, introduced later in the war after some development in the quality of gas masks used. He is carrying a short magazine .303 Lee Enfield rifle. The round metallic object on the side of the weapon just forward of Pte Illman's hand is a sight attachment for firing rifle grenades.

"It was a life ambition since I was a kid to join the Army, being exposed to it at various shows and fairs with displays from the Army showing the equipment," Pte Illman said.

"So far I have enjoyed learning about all the different weapon systems."

Vietnam War



INFANTRY trainee Pte Daniel Malone is dressed in the standard issue greens worn during the Vietnam War complete with the "giggle hat" adopted from the British forces in Malaya. He is carrying the L1A1 SLR with 20-round magazine. It is a later-model SLR as it has a plastic carrying handle. The webbing is standard issue for the period and the black general-purpose boots were introduced in the 1960s as a response to operations in Vietnam.

"Joining the Army is something I have always wanted to do," Pte Malone said. "The training, discipline and physical sides attracted me. I have enjoyed the fitness and the weapons training."

Present day



INFANTRY trainee Pte Samuel Riseley is wearing the standard issue DPCU and webbing of the present era. He is holding the F88 Steyr and wearing late-model khaki boots. Pte Riseley is wearing one of the varieties of camouflage bush hats.

"I joined the Army because it's in my family – everyone in my family serves in one way or another and I wanted to serve my country," he said. "I joined the infantry because they have a direct influence on things and have enjoyed the physical side of the training so far, such as obstacle courses and pack marching."



“I love the way they make people their first priority; the Army is very people orientated and I admire that.”

SCDT TAMARA MALKKI, RMC

1901
2011

ALMOST 50 YEARS IN UNIFORM

Maj Bruce Hughes is the Australian Regular Army's longest-serving member.

SGT ANDREW HETHERINGTON

THERE are not many people who stay in the same job for 48 years.

Army has one such individual in its ranks, who's served seven years short of half of Army's 110 years of existence.

Maj Bruce Hughes joined the ARA as an officer cadet on January 24, 1963, at the age of 18. He is currently the longest-serving ARA member.

"I joined because it was a fun thing to do and I thought the organisation was exciting," Maj Hughes said.

"I didn't have a goal in mind, I just wanted to join the Army."

His father saw service in the Army as a signaller during World War II.

"He served in Australia and in New Guinea, joining in 1941 and leaving the Army in 1945," he said.

"He enjoyed it and after the war went to all the reunions and spun all his old war stories.

"He didn't have any bad dreams, waking up in the night cursing the Army."

His father's military service didn't really have much of an influence on Maj Hughes, but the books he read as a child did.

"I remember reading his *Khaki and Green* and *Stand Easy*, which gave me the idea the Army would be a fun career choice," he said.

After joining the Army straight out of school and graduating from RMC Duntroon, Maj Hughes went on to complete a degree of Civil Engineering at Queensland University.

"RMC was a four-year process back then, with two years' military and two years' academic training," he said.

"When I finished my four years I had two years of credit towards an engineering degree, which I eventually finished in Brisbane.

"I ended up doing an extended degree, but as I was having such a good time drinking and socialising with women, I failed the third year."

After being told it would be in his best interests to pass, he took it to heart and in 1969 he did.

In October 1970, he deployed to Vietnam with 17 Const Sqn for one year based at Nui Dat.

"We completed a lot of road and bridge work, built houses for the local people and maintained airfields.

"We weren't involved in any engagements, I think because the VC

thought 'well if these stupid bastards want to build the roads and bridges let's not stop them'."

Maj Hughes has had eight postings. One of his most interesting was with a civilian engineering company.

"I worked with John Holland for 20 months in 1975-76 on exchange rebuilding the Tasman Bridge in Tasmania after the central section was knocked down by the bulk ore carrier Lake Illawarra," he said.

"It was very interesting and challenging, as we had to very carefully demolish the collapsed bridge structure and then rebuild it."

His current posting as Project Director Special Training Facilities has lasted for more than 30 years.

"In 1980 I wrote in my confidential report to my career manager, Lt-Col Peter Smith, I felt I was more productive when I was sleeping than when I was working," he said.

"I was bored and after being told I'd reached my ceiling rank of major, I was going to quit the Army."

Lt-Col Smith then offered him a two-year posting to Perth to build counterterrorism training facilities for the SASR.

Maj Hughes took the job and hasn't regretted it.



LONG SERVICE: Maj Bruce Hughes has served in the Australian Army for 48 of its 110 years. PHOTO BY SPR KEN LIVESEY

"It was the very beginning of counter-terrorism in 1980 and since then I've been involved in the conception, construction and ongoing development of SASR special training facilities," Maj Hughes said.

After almost 50 years of service, he doesn't think Army has changed much at all.

"We still do things well because people work hard and people stuff up because they don't put effort into the detail," he said.

"What I'm saying is human nature hasn't changed much at all. The diggers of the 1960s were just as good as the diggers of today.

"Obviously technology changes, but the critical thing is how we use it.

"One of the reasons the Australian Army is more successful than other armed forces is not because we are better than them, it's because we don't make as many mistakes as

them and are trained more rigorously."

He has some advice to people who have just started their Army career.

"Get in there and have fun," Maj Hughes said.

"Don't sit back and expect to be spoon fed. Get out there and make your own challenges and fun, as you'll find the Army is the place to let you do it."

He plans to eventually retire when he hits age 70.

His retirement plan has him involved with locomotives.

"I'll go and play with my model train collection, which I haven't had time for," he said.

"I have an extensive collection, the number I can't disclose because my wife will find out.

"Put it this way, I could buy a house with them."



110 years of service

Congratulations to the Australian Army. We look forward to supporting you for many years to come.

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139 DHA





“ Army lifestyle allowed me to gain new skills, make amazing friends, see all parts of Australia and have a sense of belonging.

PTE YASMIN HAMPTON, DARLING DOWNS DENTAL SERVICES



“ You get a great sense of pride wearing the flag on your arm, both domestically and overseas.

CPL JASON LARKIN, AAVNTC

Tools of the trade – past and present



No. 1 Mk III, Short Magazine Lee Enfield

THERE is no other rifle that occupies such a deep place in the perceptions of an Australian soldier as the No. 1 Mk III, Short Magazine Lee Enfield (SMLE).

From the beaches of Gallipoli to the jungles of New Guinea, the SMLE distinguished itself by its

ruggedness, rate of fire and stopping power.

Introduced in 1907, the SMLE No. 1 Mk III was one of the finest bolt-action battle rifles ever designed and was easily capable of achieving 15 rounds-a-minute of accurate fire when in the hands of a skilled soldier.

Former SSgt Ron Lewis enlisted in the infantry in 1951 before transferring to ordnance in 1953 and ultimately discharging in 1984. Mr Lewis used the .303 during his time in the military.

“It was very reliable in a contact situation, the only stoppage you had was a bent cartridge,

which didn't happen very often,” he said.

“The magazine held 10 rounds and if you were going into action you had one in the breach with the safety catch on.”

The SMLE is still a popular weapon for sporting shooters and collectors alike.

L1A1 Self Loading Rifle

REPLACING the SMLE was the L1A1 Self Loading Rifle (SLR), the Australian version of the Belgian FN FAL rifle.

Produced at the Small Arms Factory, Lithgow, it entered into service with the Australian Army in 1959.

It used a NATO 7.62mm round and was the standard personal weapon for Australian soldiers in the Vietnam War.

The L1A1 was a reliable and hard-hitting semi-automatic rifle. Former soldier LCpl Gregory Sapper was conscripted into the National Service in 1966 and served as an infantryman until 1968.

Mr Sapper used the SLR in Vietnam and said it packed a punch. “The SLR would go right through a tree,” Mr Sapper said.

“I found it to be very reliable; it performed really well in the wet.”

The L1A1 is still in service today for ceremonial use by Australia's Federation Guard.



F88 Austeyr

THE ADF's standard individual weapon is now the F88 Austeyr which replaced the L1A1 in the late 1980s.

The robust weapon is a derivative of the Austrian Steyr AUG STG-77 assault rifle and is manufactured under licence by Thales Australia (formerly Australian Defence Industries).

When introduced, the F88 made its name for its reliability, good ergonomics and decent accuracy. It was the first personal weapon to have an integral scope, which vastly improved most soldiers shooting results.

Cpl Robert Matheson, who enlisted in the Army in 2006 and is posted to the School of Infantry in Singleton, said

the F88 Austeyr was mostly a reliable weapon if looked after.

“In my experience, most stoppages that occur on the Steyr are the operator's fault due to them not maintaining it properly,” Cpl Matheson said.

“In saying that, the F88 sometimes does have stoppages because it has so many working parts.

“I have never had a stoppage in a contact that I couldn't rectify quickly.

Frontline combat units now use the F88S-A1 version with an integrated Picatinny rail in place of the integrated optic sight, which allows the attachment of night vision devices and optics.

HISTORY OF STRUGGLE

Army historian **ROGER LEE** looks back on the Service's origins and its development during the past 110 years.

ON MARCH 1 the Australian Army celebrated its 110th birthday. The Army has become one of the most respected national institutions in existence and has a richly deserved reputation for courage, loyalty, responsiveness, flexibility and effectiveness. This has not always been the case.

Although Army's formal birthday is the date on which the new Commonwealth Government formally assumed responsibility for the defence of the newly created Commonwealth of Australia, the reality of those early years was a nation split by factionalism, suspicion and residual state rivalries.

The very Act of Parliament necessary to create the Army, the Defence Act, did not pass through Parliament until 1903 and did not come into effect until 1904.

Its passage was delayed by some members of Parliament (MPs) who, being supporters of Irish independence, were concerned the new Australian Army would be part of a grand Imperial force used for Imperial (ie. British) purposes.

Others felt the presence of the Royal Navy made an army unnecessary. Yet others were concerned that the establishment of a professional army would threaten democracy.

It is almost impossible to imagine some of the concerns expressed at the time.

James Hume Cook (Protectionist Party) railed against “the octopus of militarism”, whose spreading tentacles threatened to spread in all directions “and grasp with a power that may eventually crush us.”

Labor parliamentarian William Morris Hughes rejected even a small permanent force of troops because “while wretchedly inadequate to repel a foreign invader [it] is sufficiently strong to overawe on some occasions – perhaps on many – the citizen in his pursuit of constitutional reform or in the maintenance of civil right and liberty”.

Fortunately, none of these early concerns proved to be sound reasons for delaying the process.

The concern over the use of an independent Australian Army did, though, have an impact on the first 50 years of the Army's existence.

The uncomfortable fact that the Army's two greatest challenges – World Wars I and II – had to be fought by specially raised, all-volunteer war-only forces was due entirely to the restrictions put into the 1903 *Defence Act* by suspicious MPs.

Despite the views of some of the politicians of the time, the idea of an Army was very popular with much of Australian society.

Before Federation, each of the colonies had a colourful collection of militia and volunteer units (of questionable military value).

Despite this, these volunteers brought with them the traditions of dedication and enthusiasm, which became established in the new Army and have become characteristics of our Army today.



NEW GUINEA: In World War II, with the regular Army deployed in Africa and Europe, reserve forces stepped up to defend Australia and fight the Japanese in the Pacific theatre.



VIETNAM: National Service was introduced in the Vietnam era to provide enough soldiers to meet Australia's commitment.

Despite this popular enthusiasm for defence however, it required the shock of Japan's rise to military prominence to persuade the government to take the establishment of an effective Army seriously.

Unfortunately, this was to be the pattern of political support for the Army until relatively recent times.

In the interwar period, the popular view that war had been abolished, combined with the shock and lingering consequences of the Great Depression, encouraged governments of all persuasions to cut defence spending, particularly Army spending, to unsustainable levels.

The Singapore Strategy – a shorthand description of a defence policy that relied on foreign governments for Australia's defence – became synonymous with strategic policy driven by financial concerns.

Following World War II, and despite the best of intentions, national reconstruction and civilian priority tasks began to erode the development of the newly established Army.

The advent of the Korean War, although unwelcome, did help ensure our new full-

time professional Army did acquire the essential skills and capabilities required.

Even so, when Australia went to war in Vietnam, the same issues of inadequate numbers and insufficient and unsatisfactory equipment (and, arguably, inadequate or inappropriate training) as had existed in 1914 and in 1939 arose again.

Short term, temporary, stop-gap measures had again to be employed to provide the necessary capability: national service and equipment begged, borrowed and stolen from our major alliance partner.

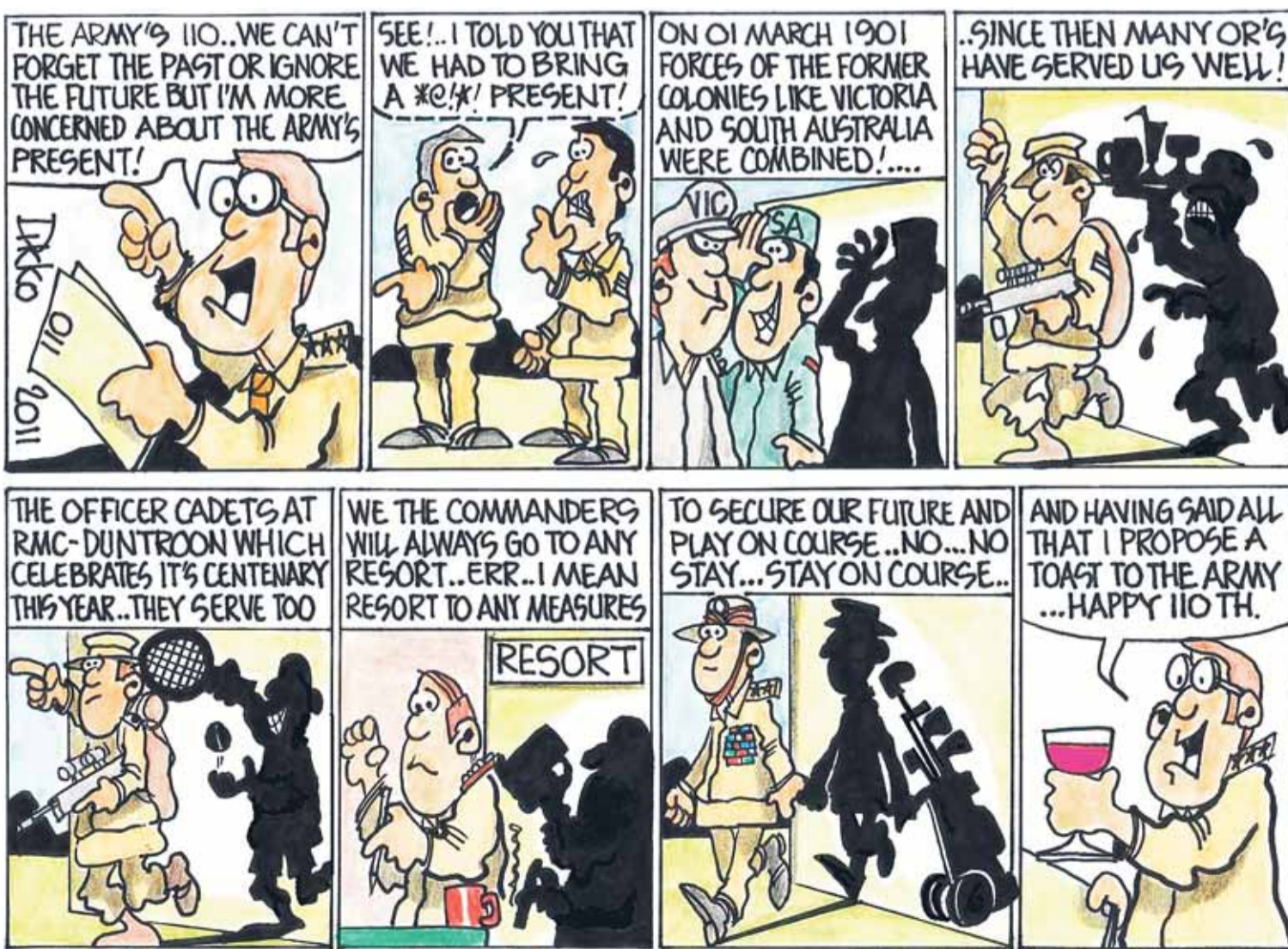
Today's Army faces different circumstances. Our professional Army has proven it has the skills and the dedication to meet the tasks entrusted to it by government.

Our skills, professionalism and enthusiasm are well above the levels traditionally achieved by the purely part-time force that represented Army capabilities for the first 50 years of our existence.

Whether as a nation, however, we could raise a force of the size, quality and esprit-de-corps of the First and Second Australian Imperial Force remains to be tested.



GALLIPOLI: An entire volunteer Army had to be raised to fight in World War I because of restrictions in the 1903 *Defence Act*, drawn up by members of parliament concerned about a national military force with too much power. PHOTOS PROVIDED BY THE ARMY HISTORY UNIT





“ This country welcomed me and I look forward to being a part of Australia’s history and the Anzac legend.

SUDANESE-BORN GNR KUEK DEKUEK, 4 REGT

MUSEUMS SET THE RECORD

Corps and regional museums and unit history rooms maintain volumes of the Australian Army’s 110-year history

GRAHAM MCBEAN

IT’S one of the Army’s greatest treasures and it’s all history.

Dotted across the country, the Army’s network of 17 corps and regional museums and an additional 48 unit history rooms maintain the Army’s heritage and breathe life into its history.

The corps and regional museums are now collectively known as the Army Museums Network (AMN).

The 48 unit history rooms were also part of the network until 2005, but now operate independently under command of unit COs.

Army Heritage Manager Neil Dailey said the AMN’s primary role was to support training and esprit de corps, and with 180,000 visitors in 2009, it played an important role in promoting the Army.

Without the nationwide network of museums, he said the Army would “lose complete chunks of its military heritage and history”.

“First and foremost, with the corps collections in particular, is the technical history of the types of equipment Army has used from 1901 through to now,” Mr Dailey said.

“We tell the story of what we use and why we use it – and we also collect trial equipment so we can tell the story of why a particular piece of equipment was selected against another.

“The regional museums tell the story of the Army in that state or region.”

Unlike the Australian War Memorial, the AMN and unit history rooms are not restricted to representing operational service as a matter of priority and policy.

Mr Dailey said it was a significant difference in what the AMN provided to the Army.

“For example, we would only be looking at Leopard tanks in history books or in the hands of collectors because the Leopard was never used in operations,” he said.

As it is, the Tank Museum at Puckapunyal has seven Leopard variants including an original German variant still in green paint.

Quite clearly, the development of the Australian Leopard from its German lineage is there for all to scrutinise.

And it’s a point of pride for all museums in the AMN that the collections of military equipment on display are nothing short of outstanding.

“If we look back at the World War II tanks, there are some in the Australian War Memorial and some in private hands.

“Our collection of tanks is quite complete. We have a collection of Matilda tanks – one of each variant – that we used in World War II.”

But for Mr Dailey the “really interesting stuff” are the personal stories and objects of soldiers throughout the Army’s history.

He becomes animated as he relates the story of Sgt R. Ryan, whose daughter (in her 70s then herself) arrived at Bandiana Museum one day a few years ago with a box of her father’s personal effects.

Included among the artefacts was a pair of shorts Sgt Ryan had fashioned from an old postal bag and a cribbage board he had made from aluminium from a Japanese aircraft and wood from a Changi hut.

But his personal story was even

Corps Museums

- **Museum of Australian Army Flying**, Oakey – WO1 Paul Schrodter, 0418 749 087
- **Museum of Australian Military Intelligence**, Canungra – WO1 Dennis Maggenis, 0408 128 536
- **Australian Army Artillery Museum**, North Head – Maj John Gallagher, 0418 644 933
- **Museum of Military Engineering**, Moorebank – Maj Bob Petrenko, 0413 368 141
- **MP Museum**, Moorebank – WO2 John Bussitil, 0425 297 912
- **Infantry Museum**, Singleton – Capt John Land; 0418 653 864
- **Army Museum**, Bandiana – Capt Phil Craig, 0427 354 805 (includes logistics collections)
- **Tank Museum**, Puckapunyal – WO2 Joe Linford, 03 5735 7285
- **Pay Corps Museum**, Watsonia – Maj Marty Herrin, 0418 978 671
- **Signals Museum**, Watsonia – Maj Jim Gordon, 0407 264 961

more intriguing. Sgt Ryan was a driver with 3 Reserve Motor Tpt Coy in Singapore when it fell to the Japanese. He had broken his leg previously and was in hospital when the Japanese came through to bayonet the patients.

He heard the commotion and the cries from other patients and remembered a little trick he did with his roll-your-own cigarettes where he left a little space without tobacco at the end of the cigarette.

As the Japanese soldier entered the room, Sgt Ryan lit the cigarette



MEMORABILIA: This collection of personal effects belonged to Army driver and World War II POW Sgt R. Ryan and is now on display at the Bandiana Museum.

and the end flared where there was no tobacco.

The Japanese soldier laughed and motioned for him to do it again. Sgt Ryan earnestly complied and the Japanese soldier left the room. Sgt Ryan was one of only nine soldiers to survive the bayonet massacre.

“His daughter said that doctors tried in vain to convince Mr Ryan, who settled in Albury after the war, to give up cigarettes,” Mr Dailey said.

“But Sgt Ryan claimed until the day he died it was smoking that saved his life.”

Among other remarkable artefacts held by the various collections is a complete documentary record of a Japanese war crime found at the Intelligence Corps museum during a cleanup.

The Infantry Museum also has one of the most complete collections of military small arms in Australia, including rare and “one off” weapons.

The best thing is that the remarkable history contained within the walls of the Army’s 65 museums and history rooms is open to soldiers and the public alike.



COMMEMORATIVE: The proposed coin includes imagery from the three arms corps and emphasises the Army’s traditions and values.

Coin to recognise milestone

NATALIE ALEXANDER

THE Army’s foray into the world of social media has helped the Service commemorate more than a century of military tradition in Australia.

Fans of the Australian Army Facebook Page were encouraged to design a new coin celebrating the Army’s 110th anniversary as part of a week-long competition in February.

Chief of Army Lt-Gen Ken Gillespie selected the winning entry, designed by Pte Joel Shaddock, from 14 submissions.

A reservist in 5/6RVR and head designer of a military-focused clothing and equipment

company, Pte Shaddock was inspired to enter the competition as a way of giving back to the Army.

“I was extremely happy to have won,” he said.

“I have spent over four years in both organisations and thought I could use my skill-set to show Australia how important the Army, and the ADF as a whole, is to both the security and identity of our nation.”

Pte Shaddock chose to feature imagery on the medallion from the Army’s three major combat arms – infantry, armoured and aviation.

“I wanted the coin to commu-

nicate a message of teamwork and unity,” he said.

“I also wanted to put emphasis on the traditions within the Army and how much it has grown in 110 years.”

Pte Shaddock’s family ties to the Army cover its entire history, with ancestors who served in Turkey during World War I and a grandfather who served in Papua New Guinea during World War II.

His winning design will feature on more than 600 coins this year as gifts for VIPs and ADF members.

The Army shop will also produce the coin for sale to the public.



“ My parents served with the Navy, and my brother joined the Army in 1997. I always thought I would join at some point.

CPL JUSTIN HAMILTON, 1CSR

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COLOURFUL PAST



APPROVED: AHU's senior historian, Bill Houston, looks at the artwork for 3 Cav Regt's Guidon. Queen Elizabeth's signature can be seen at the top right of the page.

PHOTO BY SGT ANDREW HETHERINGTON

The original artworks for all Army colours are closely guarded treasures

SGT ANDREW HETHERINGTON

SOME of Army's priceless history is stored in a little-known location not far from Army Headquarters and the Australian War Memorial in Canberra.

A vault at the headquarters of the Army History Unit (AHU) at Campbell Park contains the original artworks of all Army's corps badges, guidons, banners and colours.

AHU senior historian Bill Houston said they were the approved master copies from which the official fabric versions were created.

"Some of them date back to the 1950s and most of them were personally approved and signed off by Queen Elizabeth," Mr Houston said.

"The collection was originally held by SO1 Ceremonial before Army Headquarters moved to Russell Building 1.

"We took over their custodianship in our vault in 1998 due to shortage of appropriate storage space in the new Army Headquarters building."

The artworks are contained in albums, stored in locked wooden boxes and filing cabinets. Each drawing is accompanied by a specification sheet outlining the correct dimensions and colours for its official production. This would assist with the future reproduction of a replacement regimental colour, guidon or banner.

"Visitors are escorted because they are rare artworks, but also because of the signature of the approving authority, which in many cases is Her Majesty," Mr Houston said.

"I know of cases in the UK at the British Public Records Office where people had used razor blades to cut out an original signature for sale on the autograph black market."

Mr Houston said the preservation of the collection was important to maintaining Army's 110-year heritage.

"It's a solid part of Army's history as it explains how a design should be and why it exists, as it was approved by Queen Elizabeth," he said.



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