

# AIR FORCE



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The official newspaper of the Royal Australian Air Force

**FLYING THE FLAG:** LAC David Taylor joins other members of Australia's Federation Guard to prepare the huge 24ft-long RAAF Ensign for hoisting up the Canadian flagpole at Regatta Point in Canberra on the Air Force's 88th anniversary. It was the first time the ensign had been raised on the flagpole, which was erected on Lake Burley Griffin in 1957. See the full story on Page 4. *Photo: LAC Aaron Curran*



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# HAPPY 88TH

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promoted**



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# Honoured to be chosen

By Steve Ridgway

FOR LACs Luke Morris and Matthew Mitchell, this year's Anzac Day dawn service will be on iconic ground.

Both airmen are members of the tri-Service Australia's Federation Guard, and LAC Morris will be part of the official contingent at Anzac Cove in Gallipoli.

"I have no family members who fought there but I think it's an experience you have to have if you are in Defence," LAC Morris said.

"I'm looking forward to seeing the plateau – all those areas the size of a tennis court or a football field where so many died. But until I see for myself, I'll never quite appreciate it."

LAC Mitchell will be with the Australian contingent at Villers-Bretonneux in northern France, the site of a key Australian victory on the Western Front in 1918.

Within the Guard there is

a one in ten chance of being chosen for either contingent, and places are keenly sought after.

It was decided only last year that Villers-Bretonneux would be added to Anzac Cove as a place for yearly commemorative services. Even now, school children in the French town are taught to "remember the Australians".

LAC Mitchell joined the cadets ten years ago when he was 13. He joined the Air Force in 2006, and volunteered for the Guard only last year.

This trip will be the highlight of his career to date.

"I just feel honoured to be chosen," LAC Mitchell said.

"So many fell on the Western Front, and we will be there to remember them."

Due to the **AIR FORCE** News print schedule, full coverage of Anzac Day commemorations will not feature until the May 14 edition.

**SPECIAL OPPORTUNITY:** LAC Matthew Mitchell will be among a small AFG contingent to represent Air Force at an Anzac Day service at Villers-Bretonneux, France, on April 25. He is pictured above resting on arms at the RAAF Memorial Grove during the Air Force's 88th anniversary. Photo: FSGT John Carroll



**Director**

Rod Horan: (02) 6265 4650  
rod.horan@defencenews.gov.au

**Editor**

Simone Liebelt: (02) 6265 2253  
0400 003792  
simone.liebelt@defencenews.gov.au

**Deputy Editor**

John Martin: (02) 6265 7219  
john.martin@defencenews.gov.au

**Senior Reporter**

Andrew Stackpool: (02) 6266 7611  
andrew.stackpool@defencenews.gov.au

**Reporter/Photographer**

LAC Aaron Curran: (02) 6265 1355  
0400 192080  
aaron.curran@defencenews.gov.au

**Website:** <http://www.defence.gov.au/news/raafnews>

**Email:** [raafnews@defencenews.gov.au](mailto:raafnews@defencenews.gov.au) (Put [sec=unclassified] after title in subject line)

**Subscriptions**

Trish Dillon: (02) 6266 7607  
tdillon@defencenews.gov.au

**Fax:** (02) 6265 6690

**Advertising Representative**

Tim Asher: (07) 3332 7651  
0414 552 667  
timothy.asher@defence.gov.au

**Postal address:**

R8-LG-048, Russell Offices  
Canberra, ACT 2600

## Air Mail Warrant Officer of the Air Force WOFF JJ Millar

### Moving right along with the troops

G'day all. It is amazing how fast things are moving at the moment. I recently had the privilege of travelling to the US where I visited Seattle and some of our great 36SQN folks at McChord Air Force Base. It was a great opportunity for me to see first-hand the facilities in which our maintainers receive their training on the C-17 and meet with our US counterparts, who have developed this course especially for us.

A special thanks to WOFF's Dave Ebert and Pete Trimble for organising a time that suited their busy schedule and the group's working in the snow of Seattle – yes, snow.

I also had a great opportunity to meet with our Wedgetail folks. These guys have been working extremely hard for us on our new capability and it was great to meet with them in their workplace.

I then went to Washington for the Air Force Conference where all our Air Force members posted into North America gathered. DCAF opened the conference and gave an update of what is happening here in Australia, as well as where we are heading.

I was able to have a chat with the enlisted members to give them a chance to have their questions

answered. I must thank WOFF Tony McNiff for organising this gathering as I found it a great opportunity to have a better understanding of the things our Air Force members are achieving with our USAF partners.

On return, I was extremely fortunate to be able to take the salute for the raising of the Air Force Ensign over Lake Burley Griffin for the Air Force's 88th birthday. What an honour – the first time our ensign has been flown over the lake. Eighty-eight years and still going strong; that's something to be proud of. I do hope all those who were able to participate in the celebrations enjoyed themselves.

On April 2 and 3, CAF and I visited RAAF Base Williamtown. It was great to be able to address all SNCOs who gathered for the Sergeants' Mess AGM, and I must thank the CMC, WOFF Darcy Henriksen, for allowing me to address the SNCOs.

I would also like to congratulate the recipients listed at right for recently being presented commendations – well done all.

I look forward to catching up soon on my travels around the Air Force.

Until next time, be good.

#### Commendation winners

##### ACAUST Commendation – Silver

- ➔ **SQNLDR Robert Denney** – for his outstanding performance as Senior Test Pilot at the Aircraft Research and Development Unit.
- ➔ **FLTLT Damien Buswell** – for his outstanding performance as an Aviation Safety Officer at 37SQN.
- ➔ **FLTLT Trent Harris** – for his outstanding performance as the principal Counter-intelligence Officer at 87SQN.
- ➔ **WOFF Mathew Green** – for his outstanding performance as an Airworthiness Systems Engineer at the Air Movements Training and Development Unit.
- ➔ **WOFF David White** – for his outstanding performance as the SNCOIC of Maintenance at 38SQN and 38SQN Detachment B.
- ➔ **SGT Joelene Sylvester** – for her outstanding performance as Acting SNCOIC of Military Administration at 1 Air Transport Health Squadron, and during Exercise Pacific Partnership 2008.
- ➔ **SGT Glen Gibson** – for his tireless and exemplary performance as the F-111 Workforce Transition Project



Regulations Manager at RAAF Base Amberley.

- ➔ **CPL Steven Brown** – for his outstanding performance as a Theatre Battle Management Core System Data Entry Operator at the Air Mobility Control Centre.

##### ACAUST Commendation – Bronze

- ➔ **SQNLDR David Jackson** – for his tireless and exemplary performance in ADF pilot training and while employed at 2 Flying Training School, Central Flying School, Air Training Wing and on exchange with the Royal New Zealand Air Force.
- ➔ **FLTLT Davin Johnson** – for his outstanding performance as SQNLDR, SO Capability Management at HQ Air Lift Group.
- ➔ **FLTLT Darren Dolan** – for his outstanding

- ing achievement as a Recruit Flight Commander at 1 Recruit Training Unit.
- ➔ **FLTLT Russell Galloway** – for his outstanding achievement as the Chief Instructor while employed at Officer Training School.
- ➔ **FLGOFF Kimberley Wilson** – for her outstanding performance as Intelligence Officer at 87SQN.
- ➔ **WOFF Eric Sellers** – for his outstanding performance within the Capability Management Section at HQ Air Lift Group.
- ➔ **WOFF Gavin Stitt** – for his outstanding performance as the SNCO at 77SQN Avionics Maintenance Flight Hybrid Test Set and Microminiature Circuit Report Sections.
- ➔ **FSGT Shane Cheney** – for his outstanding performance as the Mobile Airfield Engineering Team SNCO at the Air Mobility Control Centre.
- ➔ **FSGT Steven Durston** – for his outstanding performance as the SNCOIC Equipment Section at 75SQN.
- ➔ **SGT Peter McCracken** – for his outstanding performance as Unit Safety Advisor at the Air Force Band.
- ➔ **Mr Robert Carney** – for his outstanding performance as the Acting Workshop Manager at the Mechanical Equipment Operations and Maintenance Section at 381ECSS.
- ➔ **Mr David Martin** – for his outstanding performance as an Instructor at the Defence Explosive Ordnance Training School.
- ➔ **Mr Leonard Milkins** – for his outstanding performance as the Senior Head Explosive Ordnance Engineering and Logistics at Defence Explosive Ordnance Training School.

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# Strengths combined

AUSSIE C-130 crews joined with international counterparts to practise search and rescue, air drop, and tactical airlift operations at the end of March.

Exercise Combined Strength 09, which was conducted at RAAF Base Richmond, featured 37SQN C-130Js, along with counterparts from the Royal Danish Air Force and Royal Air Force. The Royal Danish Air Force brought one of its J models for the exercise.

SQNLDR Peter Cseh, a 37SQN flight commander, said the exercise proved a useful opportunity to see how other Air Forces 'do business' with the C-130J.

"Through Exercise Combined Strength, we organised a variety of missions that demonstrated different capabilities with the C-130J, and observed how fellow operators planned and conducted those missions," SQNLDR Cseh said.

"Missions included day and night-time tactical airlift flying, search and rescue practice, air drop and formation flying."

The RAAF also demonstrated its

newly-introduced method of delivering cargo accurately from higher altitudes, thus increasing aircraft safety from ground fire.

"Exercise Combined Strength was an important opportunity for us to share information, experience and insight into how we operate the C-130J, and bring that practice into effect," SQNLDR Cseh said.

"Three 37SQN C-130Js are deployed in the Middle East Area of Operations, providing combat airlift support to the ADF and coalition forces."

Since receiving the first of 12 C-130Js in 1999, Australia's expertise on the type has been forged in humanitarian and combat airlift at home and abroad.

"Australia was one of the first international operators of the C-130J, and the aircraft is often the first on the scene during a humanitarian disaster – evidenced in Bali, Sumatra, Papua New Guinea, and Iran," SQNLDR Cseh said.

■ See next edition for a wrap-up of Exercise Combined Strength.



**AUSSIE LOOK OUT:** A Royal Danish Air Force pilot (left) observes 37SQN pilot FLTLT Glenn Bruhn as he flies over the Blue Mountains during Exercise Combined Strength. Photo: LACW Amanda Campbell



**GREAT DANE:** A visiting Royal Danish Air Force C-130J taxis at RAAF Base Richmond for a mission to Gilgandra during the exercise. Photo: ACW Katharine Pearson



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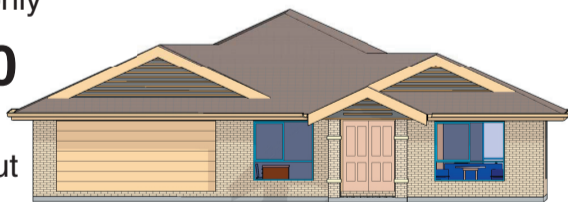
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# Historic flight

By LAC Aaron Curran

THE Air Force flew high above Canberra on March 31, but it wasn't aircraft people saw; it was the Air Force Ensign.

As part of the Air Force's 88th anniversary celebrations, the ensign was flown from the 40m-high Canadian flagpole at Regatta Point – the first time in history.

Previously, only the Australian National Flag, Canadian National Flag and the United Nations Flag have been flown on the flagpole.

Just on dawn, Air Force members of Australia's Federation Guard, along with WOFF-AF JJ Millar, attended the ceremony. With a stiff breeze blowing across the lake, it took only seconds for the 12ft x 24ft ensign to stretch out to its full size.

"What an awesome sight it was," WOFF-AF Millar said. "I always like to see the ensign flying, and it was overlooking the lake for everyone to see."

Given the offer of taking the



salute when it was raised, WOFF-AF Millar jumped at the chance.

"What an honour to take the salute on our 88th birthday in the nation's capital, and for the first time at Regatta Point," he said.

The Canadian flagpole, erected in 1957, was a gift from Canada to Australia. Its location dominates the shores of Lake Burley Griffin and was the catalyst for the eventual development of Commonwealth Park.

Complementing the ensign were the Air Force Roundel flags that were flown along Kings Avenue and the

Russell roundabout from March 23 to April 7.

The Air Force Ensign was approved in its current form by Queen Elizabeth II in 1981 and proclaimed an Australian Flag by the Governor-General, Sir Zelman Cowan, in 1982.

This effectively made the ensign the 'Battle Ensign' of the Air Force.

Hoisting of the ensign on the Canadian flagpole will become an Air Force annual event on March 31.

WOFF-AF Millar said it was a great time to be involved in the second-oldest Air Force in the world and to reflect on its achievements. It also made him take time to remember all those who have made the Air Force what it is today.

"From the folks who did their best every single day and served with pride and distinction, to those who made the ultimate sacrifice for the freedom that we enjoy today," WOFF-AF Millar said.

"It is an awesome time to be a part of this wonderful service."



**BIG MOMENT:** Above, an AFG member gets wrapped in the ensign just before it is hoisted up the Canadian flagpole at Regatta Point in Canberra at dawn on the Air Force's 88th anniversary. Above inset, WOFF-AF JJ Millar and AFG members salute the ensign in full flight. Photos: LAC Aaron Curran



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# Out in force for 88th

By LAC Aaron Curran

IN CEREMONIES big and small, Air Force celebrated 88 years of service to Australia on March 31.

From Perth to Point Cook, Sydney to Sale and Brisbane to Baghdad, Air Force members donned their uniforms and medals and marched in recognition of the founding of the world's second oldest Air Force in 1921.

"Air Force's birthday is a time to reflect on the sacrifices of our personnel throughout our history and to recognise the vital contributions Air Force continues to make to current ADF operations in Australia and around the world," CAF AIRMSHL Mark Binskin said.

"With 13,900 permanent personnel, integrated with reservists and Australian Public Service staff, our highly-skilled people and cutting-edge technology provide the advantages. The RAAF is the best small Air Force in the world and we plan to remain so in the future."

At present, more than 500 Air Force personnel are playing an important role on operations in Afghanistan, Iraq, Sudan, Darfur, East Timor and the Solomon Islands.

At home, Air Force is conducting border protection duties in Australia's maritime domain.

In Canberra, more than 200 people attended a service at the RAAF Memorial Grove on the Federal Highway. Led

by Chaplains AIRCDRE Murray Earl, AIRCDRE Peter O'Keefe and GPCAPT Kevin Russell, the attendees defied the cold, and at times, rainy weather to take part in the service.

The birthday celebrations kicked off early in Brisbane with a parade through the city and a wreath-laying on March 29.

All over Australia, evening cocktail parties were held, with RAAF Base Williamtown's being a stand-out due to one original feature – each Air Force attendee from the base was required to host an invited guest from the community.

Air Force veterans from WWII and the Korean War joined in with Air Commander Australia AVM Mark Skidmore and other serving members at a wreath-laying service at Sydney's Martin Place to mark the anniversary.

More than 300 people, including the Governor of New South Wales, Professor Marie Bashir, Commander Air Lift Group AIRCDRE John Oddie, and CO 325ECSS WGCDR Chris Phelan, laid wreaths in memory of Australian airmen who gave their lives in the defence of this country.

"I believe the service of today is capable and professional, and a fine tribute to those who served in its fledgling years," AVM Skidmore said.

During the service, crowds were treated to a fly-over by a 37SQN C-130.



HELLO BRISSIE: Amberley personnel march down George Street in Brisbane, as a Panther fire truck follows behind, in celebration of the Air Force's 88th anniversary. Photo: CPL Melina Mancuso



COCKTAILS: Above, SGT Andy Harker, Lesley Godfrey, WOFF Shane Jenson and Tess Jenson at Williamtown. Photo: ACW Amy Trebilco  
Right, ACAUST AVM Mark Skidmore and ACW Donna Cox cut the cake at Glenbrook. Photo: AC Philip Sharpe



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# Making progress

AIRMEN could find themselves as members of ADF juries following an independent report into the health of the reformed military justice system (MJS) released by CDF ACM Angus Houston on March 13.

Sir Laurence Street and AIRMSHL Les Fisher (ret'd) made 49 individual recommendations associated with the MJS in their report which are under consideration by CDF and the Service Chiefs.

The report concluded the MJS is delivering impartial, rigorous and fair outcomes, has greater transparency and enhanced oversight since the reforms, and is substantially more independent of the chain of command. It is also effective in maintaining a high standard of discipline domestically and on operations.

Two main areas of concern highlighted with the MJS referred to the delays in the delivery of discipline, which was associated with the time taken to carry out investigations under the reformed Defence Force Discipline Act (DFDA) and hearings held in the Australian Military Court.

The first five recommenda-

tions focused on improving the ADF Investigative Service (ADFIS) and Service Police (SP). They include raising pay cases, encouraging further integration of SP with ADFIS personnel and the potential lateral transfer recruitment from civil policing agencies into ADFIS and SP.

Sir Laurence said ADFIS required early attention, with only 50 per cent of the previous Defence Investigative Capability Audit recommendations completed.

Other significant recommendations included:

- the expansion of the pool of potential ADF jurors by lowering the minimum rank for members to corporal or equivalent (although no jury member will be of subordinate rank to the person being tried);
- removing the mandatory requirement for the need to have at least one WGCDR or equivalent on a jury;
- the creation of a specific offence in the DFDA for misuse of the Defence Travel Card; and
- although expansion of the Discipline Officer Scheme has been welcomed,



**UNDER INVESTIGATION:** Improving Service Police was one of the 49 recommendations made in an independent report into the reformed military justice system. Pictured are Service Police members ACW Michelle Hiesley and LAC David Raison on duty at RAAF Base Edinburgh. Photo: ACW Shannon Urie

it could be improved by amending the DFDA to apply a single scale of punishments applicable across all ranks including extra duties.

ACM Houston said he and Defence would carefully consider the report and its recommendations and develop an action plan.

"I am pleased to say it is a thor-

ough, and overall, positive report which offers practical recommendations to further enhance our system and consolidate the gains already made," he said.

"Very considerable progress in military justice reform has been achieved in recent times but that does not mean there is not room for improvement.

The reform program continues to be a matter of priority for me as CDF."

- The Report of the Independent Review on the Health of the Reformed Military Justice System can be viewed at [http://www.defence.gov.au/publications/Report\\_Reformed\\_Military\\_Justice\\_System.pdf](http://www.defence.gov.au/publications/Report_Reformed_Military_Justice_System.pdf)

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## Air Force's best of 2008 named

AIR Force once again has something to celebrate with the release of the winners of the Annual Air Force Proficiency and Leadership Awards for 2008.

The Air Force Awards night is to be held on May 18 at the Hellenic Club in Woden, Canberra.

The winners are:

- Most proficient base – RAAF Base Edinburgh.
- Most proficient flying squadron – 75 Squadron.
- Most proficient Air Force reserve squadron – 25 (City of Perth) Squadron.
- Most proficient unit – 1 Airfield Operations Support Squadron.
- Most proficient training unit – 285 Squadron.
- Most proficient maintenance

section – Strike Reconnaissance Systems Program Office.

- The Lipshut Family Bursary – CPL Lauren Bishop, Defence Force Recruiting.
- Airman of the Year (corporal or below) – CPL Teresa Hayne, 75 Squadron.
- Most outstanding achievement in Logistics support to Air Force – SGT Victoria Thornton-McCulloch, C-17 Logistics Management Unit.
- Most outstanding Officers' Training School graduate – FLGOFF Sarah Johnson, Aerospace Operational Support Unit.
- Most outstanding RAAF School of Technical Training graduate – AC Robert Pryce, 6 Squadron.
- Best official photograph of

the year – LAC Christopher Dickson, 1 Joint Public Affairs Unit.

- Most outstanding contribution to ADF operational health support – SGT Kerry Sears, 322 Expeditionary Combat Support Squadron.
- Most outstanding fighter pilot – FLTLT Mark Biele, 2 Operational Conversion Unit.
- Maritime Crew of the Year – Crew 3, 10 Squadron.
- Most proficient F/A-18 squadron – 3 Squadron.
- Best Individual Contribution to Health and Safety – WOFF Gerard Smith, 92WG
- Highly Commended Health and Safety Award – FLTLT Kirstie Winter, 44WG Detachment, Oakey.



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# Rescue in the jungle

By John Martin

PEOPLE might wonder why on earth instructors at the Air Force's Aircrew Combat Survival Training School (CSTS) frequently run up Townsville's landmark Castle Hill carrying heavy equipment.

Well, on March 6 at about 8pm, that training paid dividends when four instructors from the school answered a radio distress call from a group of students who were camped in the jungle as part of one of the school's courses. One of their number had collapsed into unconsciousness and they did not know why.

CSTS CO SQNLDR Colin Evers said the chief instructor FLTLT Ben Kurylowicz quickly assembled a resuscitation team consisting of FSGT Shane Grist, CPL Paul Gallaway and medic SGT Brett Murrell.

At the time, Townsville was bracing for the arrival of Cyclone Hamish. A cyclone warning had not yet been called for the area, but it was becoming wet and windy – and the instructors were battenning down for the night in a hut.

They were about 10 minutes' 4WD drive time to the jungle track entrance where the students were scattered in groups of five about 1.5km up the track.

SGT Murrell said when the radio call came from one of the groups, all he knew was this was a real emergency, not a drill.

Seeing as he did not know what medical equipment he would need, SGT Murrell decided to take nearly everything he had – a spine board, two oxygen delivery systems, a heart start and two big medical treatment packs that carried airway equipment, IV equipment and drugs.

With CPL Gallaway at the wheel, the resus team drove to the jungle pad, negotiating many deep water crossings and obstacles en-route.

They then continued as fast as they could on foot, carrying all the equipment and each man wearing a small LED light held on to his forehead with elastic that provided the only illumination.



**COMMENDATIONS:**  
From left, SGT Brett Murrell, FLTLT Ben Kurylowicz and FSGT Shane Grist.

"We had the adrenalin pumping," SGT Murrell said. "It was paramount that we got there fast."

It took five to 10 minutes and they arrived to find the patient, placed by fellow students into the recovery position, still unconscious.

No one was able to explain what had happened, so SGT Murrell began a series of systematic investigations.

Fortuitously, during the unit's new year induction training two weeks before, SGT Murrell had led his fellow instructors in a full-day familiarisation course on the medical equipment he used – with exactly this scenario in mind.

"That just paid off now. It was pitch black, we only had very little artificial light and I was just asking them, 'pass me a primed IV bag, turn the oxygen on for me, can you put the oxygen mask on for me, can you do a secondary survey?'"

"What these guys did that night was just exceptional."

"They didn't choke, no 'deer in the headlights' syndrome."

"They just said 'Brett, what do you need me to do? What can I do for you?' and they just worked and worked and worked."

He said it was a good thing they took in all that equipment because they used a lot of it, including both of the oxygen delivery systems.

Once stabilised, the student was carried out on a stretcher – again in quick time – and CPL Gallaway drove the 4WD down the slippery hill to a waiting ambulance.

SQNLDR Evers said: "I believe it is without doubt the exemplary commitment, teamwork, dedication, professionalism and physical fitness of all

CSTS instructors and support staff in general, and the four CSTS instructors featured being presented with Officer Commanding Air Training Wing (OCATW) Commendations in particular in this instance, that enabled the successful evacuation and recovery of the casualty in very difficult conditions."

The story has a happy ending. The casualty involved was enjoying the course and doing very well right up to the incident.

They have since made a full recovery and are looking forward to once again facing the challenges of completing the Aircrew Environmental Survival Course and its companion course, the Aircrew Combat Survival Course.

The members of the resus team have been awarded commendations from OCATW, GPCAPT Brian Edwards.

For the record, Castle Hill is 3km from the bottom to the top which peaks at 286 metres above sea level.

So, next time you see a bunch of instructors running up there with medical equipment, you'll know why.



**WELL DONE:** OC Air Training Wing GPCAPT Brian Edwards awards the commendation to CPL Paul Gallaway.



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# Long-lasting little treat

By LAC Aaron Curran

TUCKED away in a little corner of Melbourne's CBD is a place that has become very familiar to Air Force personnel over the years.

Little Malaysia restaurant, in Liverpool Street, has a connection to the Air Force spanning decades.

Owner Joanne Hua thinks the relationship started when personnel who returned from the then RAAF Butterworth in Malaysia found the restaurant by chance.

"It all started with a recommendation from one person and then it has come to this," Mrs Hua said.

"I have had up to 110 Air Force members in here at one time. I have also been told that the food is very authentic."

Mrs Hua said she has been catering for Air Force personnel for 27 years, with the busiest times being during the Avalon airshow.

One person who has been going there time and again is WOFF Ray Bennell, OIC Photo Training Flight, RAAF Base East Sale.

"I first came here 16 years ago with my wife," he said.

"The place is synonymous with the Air Force and I do believe it is because we had such a big contingent over in Butterworth."

The first thing you notice in the restaurant is the framed pictures on the walls of past and present Air Force aircraft.

WOFF Bennell donated a large print of a C-17 flying over Melbourne.

"The Monday prior to the Avalon airshow in 2007, I was in a 76SQN Hawk photo-chase plane to get some shots of the C-17 over Melbourne," WOFF Bennell said.

"We had the section back at East Sale print a few enlargements so that 36SQN could present a few during the airshow. The public affairs team came in to Little Malaysia later in the week and we had one spare photo, so we decided to give it to Joanne.

"She was thrilled with it."

Mrs Hua started receiving photos

more than 20 years ago, but a fire 10 years later resulted in the loss of some of them.

During the airshow at Avalon last month, she received a very timely gift from 38SQN personnel.

"About 60 of them came in on the second night of the airshow and presented me with a signed picture of a Caribou," she said.

On the night that AIR FORCE News visited, more than half the people in the restaurant were Air Force – including CAF AIRMSHL Mark Binskin.

Mrs Hua, who was young when she was in Butterworth, said it was always a joy to see so many Air Force members dine in her restaurant.

"I should hang an ensign out the front," she said.

Asked if any event came to mind from her years of serving Air Force personnel, she said with a laugh, "One guy, who was very tall and thin, sat down and proceeded to eat 14 roti breads in one go."



PICTURE THIS: Little Malaysia owner Joanne Hua admires WOFF Ray Bennell's C-17 photo over Melbourne as he looks on. It was donated during the Avalon airshow in 2007, and is one of many Air Force pictures that adorn the walls of the Melbourne restaurant. Photo: LAC Aaron Curran

## BULLETIN BOARD

### Air Force Band

**April 16:** The Parade Band will support the SAW graduation parade at RAAF Base East Sale.

**April 16:** The Catalina Wind Quintet will support the Catalina Flying Boat book launch at Anzac House, Melbourne, at 2pm.

**April 21:** The Air Power Brass Quintet will provide music for the Anzac luncheon at the ANZ

Pavilion, Melbourne Concert Hall.

**April 22:** The Parade Band will support the 1RTU graduation parade at RAAF Base Wagga.

**April 25:** The Air Force Band will have parade bands marching in both the Sydney and Melbourne Anzac Day Parades.

**April 25:** LAC Sean Rankin will play the Last Post and Reveille at the Cenotaph Sydney at 7.30am, to be recorded by the ABC.

**April 25:** The Air Force Band will

provide a singer, drummer and bugler for the AFL Commemorative Service at the MCG at 2pm.

**April 25:** Buglers from the Air Force Band will sound the Last Post and Reveille at Melbourne's Etihad Stadium at 7pm and at the AFL Anzac Day luncheon at the Hilton on the Park.

**April 25:** LAC Brendon Lukin will give an organ recital at St Andrew's Cathedral, Sydney at 2pm.

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# It's all in the families



**ALL IN BLUE:** OFFCDT John Hardy (front left) is congratulated on his graduation by his father FLTLT Steve Hardy and grandparents, WOD Doug Hardy (ret'd) and Clerk Admin Caroline Hardy (ret'd).  
Photo: CPL Steve Duncan



**ODD ONE OUT:** FLG OFF Anne Craig is surrounded by a sea of white as her Navy family congratulate her on her graduation. Kneeling are CPO Jamie Craig (left) and SBLT Tom Craig and standing MIDN Tim Craig (left) and CMDR Shane Craig.  
Photo: CPL Steve Duncan

By John Martin

IF OFFCDT John Hardy ever needs advice about his career in the Air Force, he need look no further than his own family.

Not only is his father, FLTLT Steve Hardy, part of the fraternity, but so were his grandparents Doug and Caroline Hardy.

OFFCDT Hardy was among 45 students who graduated from Officers' Training School at RAAF Base East Sale on March 6. He starts his Air Traffic Control course at East Sale this month.

Among the people who watched him graduate were his proud parents and grandparents. FLTLT Hardy, of the 44WG Detachment at RAAF Base Amberley, and his wife Tania, flew down from

Brisbane. His grandparents flew from Newcastle.

"It was a great day," FLTLT Hardy said.

OFFCDT Hardy's grandfather joined the Air Force in 1956 as a general fitter, after completing two years National Service with the army.

He remustered to WOD in 1968.

Caroline Hardy joined the Air Force in 1954 as a Clerk Admin and served at RAAF Base Laverton.

She was posted to Amberley in 1957 where she and Doug met and were married.

They then had postings to East Sale, Amberley, Canberra, Townsville, Wagga, Williamtown, Darwin and Richmond.

Doug retired in 1976 and then

spent another seven years with the Air Training Corps in Tamworth and Sydney.

Another graduate with an extensive Services connection, albeit Navy, was FLG OFF Anne Craig.

Among her well-wishers were her husband CMDR Shane Craig, who is due to take over as CO of 816SQN at HMAS Albatross in December, her sons SBLT Tom Craig and MIDN Tim Craig and her brother-in-law, CPO Jamie Craig.

FLG OFF Craig has been posted to Albatross as the Senior Nursing Officer at the Medical Centre there.

Despite being around Navy bases for the past 25 years, she had no regrets about being the odd one out in the family.

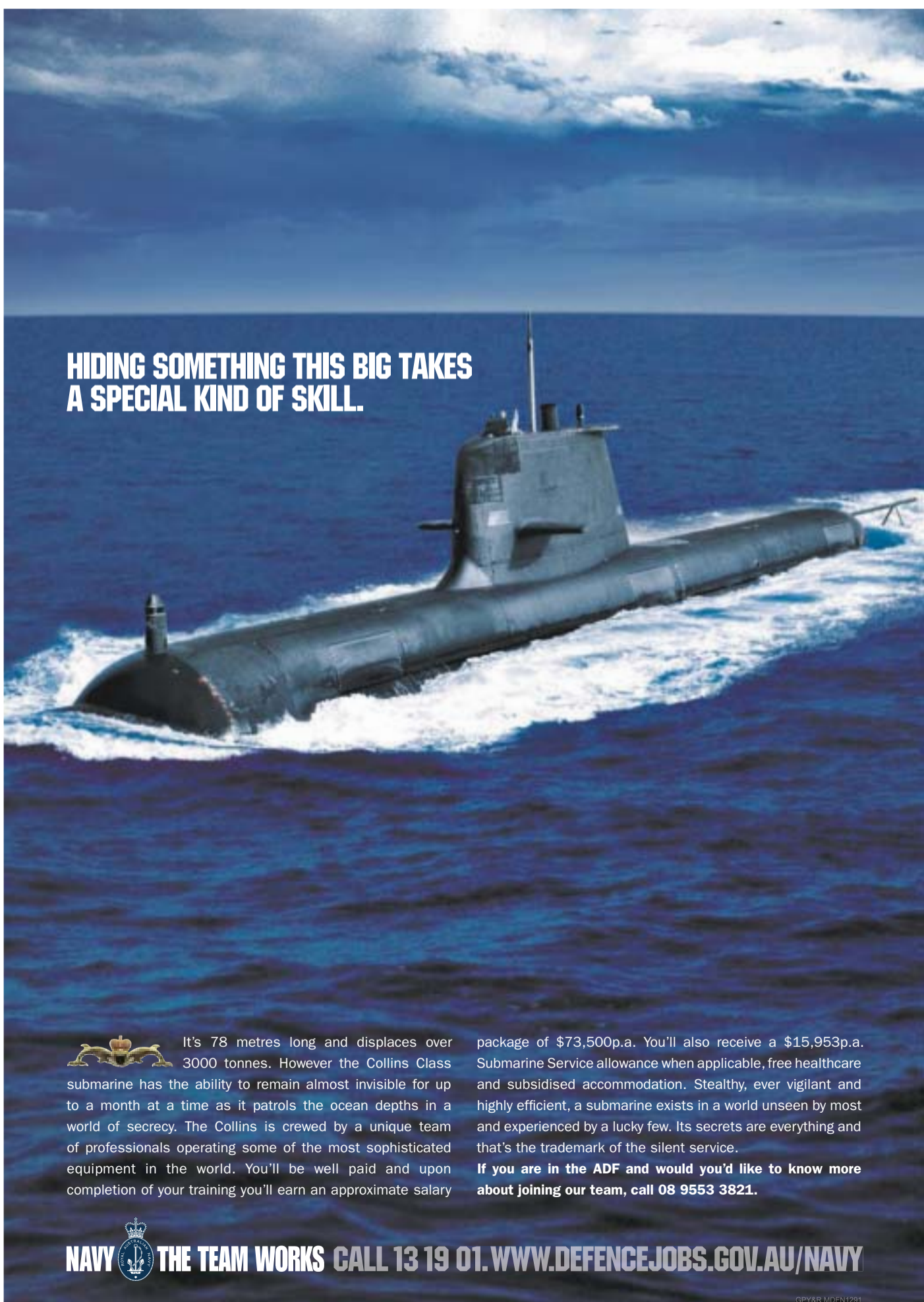
When she started her training, the Navy did not even take undergraduate nurses.

"More importantly, they just couldn't offer me the same opportunities Air Force can," she said.

"I have never regretted my decision. I have always heard that Air Force looks after its people very well.

"We still have kids at home so I need to be at Albatross. Air Force is doing its best to look after us and I am grateful for that."

FLG OFF Craig's graduation gave her special satisfaction because early in her training she injured her back while lifting patients and was unable to work at all for six months, and then only part time for quite a while.



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## Medals lost in fires can be replaced

FAMILIES of members and former members who lost medals in the Victorian bushfires may now apply to have replacements issued.

They will need to complete the application form and statutory declaration found at the Honours and Awards website [www.defence.gov.au/medals](http://www.defence.gov.au/medals). Enquiries should be directed to Defence Honours and Awards on toll free 1800 111 321.

Completed applications should be submitted to the Directorate of Honours and Awards at: T4, Department of Defence, PO Box 7952, CANBERRA, ACT 2610.

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# Making the next level

## Well done to the airmen and airwomen identified for promotion in 2010

- CPL to SGT ADASTFIT**  
A.J. Tapper.
- FSGT to WOFF ADG**  
G.J Lyons.
- SGT to FSGT ADG**  
D.J. Clarysse; C.J. Haack; A.J. Perry; A.J. Poultney.
- CPL to SGT ADG**  
G.J. Bell; J.G. Bell; G.A. Browning; W.H. Carney; B.C. Fuller; L.A. Green; C.P. Hey; C.A. Holland; S.A. Robertson; C.R. Rounslay.
- LAC to CPL ADG**  
B.J. Adams; J. Bainbridge; G.C. Bliss; R.T. Burness; M.M. Cash; K.A.G. Delaforce; M.L. Mathers; C.S. McCullough; E.M. Neale; A.J. Quinlan; C. Te Maro; N.A.L. Ward.
- FSGT to WOFF ALSFIT**  
J.L. Lindsay.
- SGT to FSGT ALSFIT**  
J.A. Turner; D.C. Williams.
- CPL to SGT ALSFIT**  
P.J. Beauchamp; P.D. Carter; L.A. Croker.
- LAC to CPL ALSFIT**  
A.C. Cox; M.P. Cox; R.K. Dalgleish; A.J. Lewin; B.D. Lohman; S.J. McIntyre.
- SGT to FSGT ASOP**  
G.F. Davies; D.J. Dempsey; D.K. James.
- CPL to SGT ASOP**  
S.M. Brown; L.A. Midgley.
- LAC to CPL ASOP**  
M.J. Mott; S.C.W. Nichol; A.L. Palmer; G.K. Raison.
- SGT to FSGT ATECH**  
B. Damsa; M.C. Meila; K.R. Wheeler; N.D. Worthington.
- CPL to SGT ATECH (TRANSPORT)**  
S.E. Hill; S.A. Hunt; P. Moore; S.A. Roberts; O.R. Robottom; J.I. Shur.
- FSGT to WOFF AVTECH**  
S.R. Biddell; T.W. Dix; A.J. Smith.
- SGT to FSGT AVTECH**  
S.A. Bell; J.P. Bordiuk; D. Bretherton; M.L. Bright; D.J. Burns; S.P. Damstra; M.E.F. Davis; M.G. Fisher; G.D. Lawrence; M.G. Tamsett.
- CPL to SGT AVTECH (FIGHTER)**  
J-S.G. Faktaufon; B.M. Lonrigg; S.R. Panten; D.I. Sanderson; D.P. Schereck.
- CPL to SGT AVTECH (MARITIME)**  
R.J. Betts; J.N. Byers; B.I. Camlin; M. Collins; N.J. Dawes; N.R. Gilbert; B.W. Herbst; R.W. Jameson; D.C. Poynter; S.J. Roberts; K.B. Rule; D. Wadsworth.
- CPL to SGT AVTECH (STRIKE)**  
A.J. Pyle.
- CPL to SGT AVTECH (TRANSPORT)**  
S.G. Dalton; M.D. Gee; M. Kirby; J.A. Schoenmaker.
- LAC to CPL CARPENTER**  
J.V. Bein; B.J. Bertucci; W.J.R. Burnett; P.E. Lucano; M.W.G. Rodden.
- FSGT to WOFF CETECH**  
P.C. Aberle; S.R. Hull.
- SGT to FSGT CETECH**  
G.N. Armstrong; M.C. English; A.J. Hall; D. Waldron.
- CPL to SGT CETECH**  
S.L. Bottles; J.R. Burton; D. Kline; S.I. Reid; P.A. Smith; P.J. Szoke.
- LAC to CPL CETECH**  
A.M.A. Abujobeh; L.J. Aldridge; E.A. Ambrose; C. Andreou; P.A. Angus; J.M. Blackebey; M.W. Boardman; M.J. Brougham; R.W. Castle; T.K. Cheong; J.L. Colley; C.D. Dickerson; M.T. Dumbleton; R.O. Durhelleo; T.F. Fahy; C.G. Follett;
- D.J. Franklin;**  
B.A. Hannan; N.A. Hopkins; L.A. E. Hutchinson; L.T. Magill; D. Mainey; C.J. Mayne; D.R. McKay; P.A. Mulraney; D.S. Owens; B.O.J. Pankhurst; J.M. Potts; J.R. Ralph; R.C. Roder; C.J. Rutland; W. Shuttleworth; J.R. Smith; M.P. Smith; L.D. Stewart; B.J. Urquhart; R.W. Wallis; D.A. Watts; D.J. Welsh; T.J. Weston; J.T. Wholohan; C.P. Witney; C.A. Wren.
- FSGT to WOFF CISCON**  
B.E. Moorcroft; B. Parker.
- SGT to FSGT CISCON**  
B.N. Black; R. Forsyth; P.A. Jackson; M. Johns; I.A. O'Brien.
- CPL to SGT CISCON**  
M.L. Allen; D.J. Castle; C.A. Fullarton; N.J. Layton; M.W.
- Rake; H.B. Richter;**  
S.A. Roberts; J. Sanderson; V.A. Scanlan; T.A. Secars; M. Weiss.
- LAC to CPL CISCON**  
D.R. Arthur; A.R. Burow; A.F. Cant; T.W. Collins; D.R. Cooksey; B.D. Cumerford; A.R. Dale; R.K. Downie; C.D. Georgiou; L.J. Gibson; G. Hargreaves; K.L. Stewart; D.M. McClelland; B.J. McKnight; L.K. Oliver; A.C. Raftery; G.W. Tyson; A.L. Wheadon; D.A. Wright.
- FSGT to WOFF CLK**  
M.J. Garbutt.
- SGT to FSGT CLK**  
M.J. Allen; S.E. Benzie; G.E. Blizzard; L.M. Butler; N. McKelvie; T.L. Milne.
- CPL to SGT CLK**  
H. Coldwell; A.M. Hateley; G.A. Hodges; S.P. Horner; R. McGrath; L.R. McKenzie; T.K. Muehlberg;
- S.M. Rule; A.J. Sherrington;**  
R.L. Smith; K. Vanderberg.
- LAC to CPL CLK**  
K.L. Adam; K.L. Attwood; C.N. Ball; E.J. Beard; R. Bornholdt; T.J. Campbell; S.J. Cannon; A.J. Davis; P.E. Davison; S.M. Dzienisz; J.L. Gardner; J.L. Gargosky; L.F. Graham; B.J. Hallewell; R.A. Hoffmann; L.P. Hull; P.M. Jenkins; N. Klein-Essink; J.A. Larkham; A.R. Lotts; J. McDonald; D.B. McKeon; C.J. McShane; A.M. Murphy.
- SGT to FSGT CLK**  
S.J. Newell; M.K. Ponder; E.C. Potter; V.I. Potter; K.L. Powell; E.L. Ramsdale; J.L. Reeve; K.H. Richter; J.D. Riebe; J.R. Ruddell; J.H. Shanahan; J.R. Sichter; H.M. Tessmer; N.C.
- Wescombe; S.J. Willis; A.M. Young.**
- LAC to CPL COOK**  
S.L. Gibb; P.R. Janes; P.J. Molloy; C.K. Vanderbergh.
- CPL to SGT DENTAL**  
K.A. Shaw; J.M. Thorpe.
- LAC to CPL DENTASST**  
A.M. Price.
- LAC to CPL DENTHYG**  
M.L. Galvin.
- LAC to CPL ELECN**  
C.R. Green; K.B. Kruse.
- FSGT to WOFF EOES**  
R.L. Amos; J.F.Meyn; A.B. West.
- SGT to FSGT EOES**  
T.J. Duke; S.A. Harnett; J.S. Woodsell.
- CPL to SGT EOES**  
S.N. Lloyd; N.A. Wills.
- CPL to SGT FIREFTR**  
J. Levin; W.J. McMahon; C. Smedley.
- R.J. Niciejewski;**  
M. Pittendreigh; M. Sinclair; B.E. South; A.P. Stewart; B.J. White; C.E. Wilson.
- SGT to FSGT LABTECH**  
L.M. Fensom; P.D. Kennedy.
- SGT to FSGT MEDASST**  
W.A. Sturgess.
- CPL to SGT MEDASST**  
R.J. Kelly; E.C. Minns; B.A. Murrell.
- LAC to CPL MEDASST**  
A.J. Best; M.A. Byers; A.M. Coburn; J.M. Cotterill; K.M. Foo; J.E. Godwin; A.B. Heard; P.L. Jackson; A.L. Murphy; A.C.J. Mysko; B.J. Reeve; F.S. Warwick; Z.G. Webb.
- FSGT to WOFF MOV**  
B.J. Rieuset; T.A. Sloan.
- SGT to FSGT MOV**  
M.J. Cotton; D.A. Rhodes.
- CPL to SGT MOV**  
D.N. Brassington; D.R. Bridgfoot; D.E. Chessell; M.D. Cook; M.P. Jeffery; J.J. Le Guen; S.A. Leslie; M.A. Machielsens; M.E. Murphy; P.A.D.P. Nicoll; D.V. O'Brien; M.B. Paul; D.A. Sidney; D.J. Toms.
- LAC to CPL MOV**  
R.L. Benson; D.M. Catling; B.W.
- Goodchild; A.L. Hawtin; K.L. Nichols;**  
L.J. Peters; V.R. Riggs; O.J. Scott; X.L. Sherriff; J.S. Townsend; A.T. Wissmer.
- LAC to CPL PLANTOP**  
M.J. Coubrough; K.E. Duggin; G.R. Tait; R.J. Thompson.
- LAC to CPL PLUMBER**  
B.E. Linke; S.C. Prince.
- CPL to SGT PTI**  
S.T. Mcgrath.
- CPL to SGT SECPOL (MWDH)**  
M.J. Gregory; J.M. McDonnell; C.A. Westendorf.
- LAC to CPL SECPOL (MWDH)**  
L.A. Campbell; T.D. Chave; B.A. Dennis; K. Erceg; C.L. Gammie; D.M. Martin; D. Milovankic; S.J. Pratt; A.G. Robertson; M.F. Sisson; G.A. Stoeckl.
- CPL to SGT SECPOL (SI)**  
B.L. Harding; B. Hawthorne.
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L.J. Peters; V.R. Riggs; O.J. Scott; X.L. Sherriff; J.S. Townsend; A.T. Wissmer.
- LAC to CPL SIGSOP (SLE)**  
P.F.A. Armour; S.L. Grima; M.J. Jackson; M.S. O'Brien; F. Saba; Z.J. Smith; G.P. Thoburn; B.J.C. White.
- CPL to SGT SIGSOP(L)**  
E.M. Harvey; T.J. Hatch; C. Jones; C.R. Mitchell; R.J. Vaiotu.
- LAC to CPL SIGSOP(L)**  
A.E. Chung; R.L. Domjahn; S.J. Figg; B.J. Hall; L.A. Kilday; K. Lumma; I.M. Mcgrath; L.N. Newton; A.G. Read.
- SGT to SGT SIGSOP (T)**  
A.P.L. Hosch.
- CPL to SGT SIGSOP (T)**  
D.R. Randall; Z. Walker.
- LAC to CPL SIGSOP (T)**  
J.F. Allen; N.R. Amos; G.A. Bullen; D.F. Kennedy; K. Khomko; M.R. Newton.
- LAC to CPL SUP**  
P. Arnts; N.L. Ashelford; R.J. Bourke; O.K. Bowes; L.C. Cumerford; S.T. Dean; T.M. Feng; R. Foate; J.P. Guelen-Oates; G.B. Hibbins; H.M. Howard; J.E. Johnston; J.C. Lovi; I. Maddison; P.M. Morgan; S.L. Murphy;
- C.J. Speranza;**  
J.J. Stanyer; C.M. Stewart; D.G. Thompson; M.F. Wade; R. Walker; E.A. Weston; J.D. Woodward.
- FSGT to WOFF WKSPVR**  
L.R. Johnston; A. Smith.
- SGT to FSGT WKSPVR**  
M.E. Bonner; L. Mathews.



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**MOVING FORWARD:** Provided you meet the promotion prerequisites, you will be promoted on the date of your posting to a position of higher appointment. Photo: CPL Melina Mancuso

- LAC to CPL FIREFTR**  
T.J. Agard; S.T. Angell; D.G. Bryan; R.D. Church; S.M. Fenwick; S.W.D. Newcombe; J.F. Smith; C.J. Watkins; L.M. Watson.
- FSGT to WOFF GIA**  
M.D. Neale.
- SGT to FSGT GIA**  
S. Clausen; S.T. Donaghy; P.R. March; C.L. Simpson; S.J. Williams.
- CPL to SGT GIA MEDASST**  
J.J. Colenso; D.D.Fell; C.J. Hosking; M.D. Hunt.
- LAC to CPL GIA**  
A.T. Barrass; L.J. Goddard; J.P. O'Brien; R.C. Thompson.
- FSGT to WOFF GSE-GME**  
A.D.C. Gillespie.
- SGT to FSGT GSE-GME**  
S.T. Eastwood.
- CPL to SGT GSEFIT**  
D.J. Morris; S.P. Reddish; L.D. Spottiswood; G.S. Whitaker.
- LAC to CPL GMEFIT**  
J. Aurisch; M.W. Beath; S.C. Beech.
- LAC to CPL GSEFIT**  
C.A. Dowers; A.P. Hall; R.A. Leatherbarrow; K.J. Lehmann; B.R. Martin; N.A. Minett;
- R.J. Niciejewski;**  
M. Pittendreigh; M. Sinclair; B.E. South; A.P. Stewart; B.J. White; C.E. Wilson.
- SGT to FSGT LABTECH**  
L.M. Fensom; P.D. Kennedy.
- SGT to FSGT MEDASST**  
W.A. Sturgess.
- CPL to SGT MEDASST**  
R.J. Kelly; E.C. Minns; B.A. Murrell.
- LAC to CPL MEDASST**  
A.J. Best; M.A. Byers; A.M. Coburn; J.M. Cotterill; K.M. Foo; J.E. Godwin; A.B. Heard; P.L. Jackson; A.L. Murphy; A.C.J. Mysko; B.J. Reeve; F.S. Warwick; Z.G. Webb.
- FSGT to WOFF MOV**  
B.J. Rieuset; T.A. Sloan.
- SGT to FSGT MOV**  
M.J. Cotton; D.A. Rhodes.
- CPL to SGT MOV**  
D.N. Brassington; D.R. Bridgfoot; D.E. Chessell; M.D. Cook; M.P. Jeffery; J.J. Le Guen; S.A. Leslie; M.A. Machielsens; M.E. Murphy; P.A.D.P. Nicoll; D.V. O'Brien; M.B. Paul; D.A. Sidney; D.J. Toms.
- LAC to CPL MOV**  
R.L. Benson; D.M. Catling; B.W.
- Goodchild; A.L. Hawtin; K.L. Nichols;**  
L.J. Peters; V.R. Riggs; O.J. Scott; X.L. Sherriff; J.S. Townsend; A.T. Wissmer.
- LAC to CPL PLANTOP**  
M.J. Coubrough; K.E. Duggin; G.R. Tait; R.J. Thompson.
- LAC to CPL PLUMBER**  
B.E. Linke; S.C. Prince.
- CPL to SGT PTI**  
S.T. Mcgrath.
- CPL to SGT SECPOL (MWDH)**  
M.J. Gregory; J.M. McDonnell; C.A. Westendorf.
- LAC to CPL SECPOL (MWDH)**  
L.A. Campbell; T.D. Chave; B.A. Dennis; K. Erceg; C.L. Gammie; D.M. Martin; D. Milovankic; S.J. Pratt; A.G. Robertson; M.F. Sisson; G.A. Stoeckl.
- CPL to SGT SECPOL (SI)**  
B.L. Harding; B. Hawthorne.
- SGT to FSGT SECPOL (SLE)**  
D.L. Yorston.
- CPL to SGT SECPOL (SLE)**  
R.C. Allen; J.K. Asikainen; C.I. Ferdinands; B.M. Parkinson.
- Goodchild; A.L. Hawtin; K.L. Nichols;**  
L.J. Peters; V.R. Riggs; O.J. Scott; X.L. Sherriff; J.S. Townsend; A.T. Wissmer.
- LAC to CPL SIGSOP (SLE)**  
P.F.A. Armour; S.L. Grima; M.J. Jackson; M.S. O'Brien; F. Saba; Z.J. Smith; G.P. Thoburn; B.J.C. White.
- CPL to SGT SIGSOP(L)**  
E.M. Harvey; T.J. Hatch; C. Jones; C.R. Mitchell; R.J. Vaiotu.
- LAC to CPL SIGSOP(L)**  
A.E. Chung; R.L. Domjahn; S.J. Figg; B.J. Hall; L.A. Kilday; K. Lumma; I.M. Mcgrath; L.N. Newton; A.G. Read.
- SGT to SGT SIGSOP (T)**  
A.P.L. Hosch.
- CPL to SGT SIGSOP (T)**  
D.R. Randall; Z. Walker.
- LAC to CPL SIGSOP (T)**  
J.F. Allen; N.R. Amos; G.A. Bullen; D.F. Kennedy; K. Khomko; M.R. Newton.
- LAC to CPL SUP**  
P. Arnts; N.L. Ashelford; R.J. Bourke; O.K. Bowes; L.C. Cumerford; S.T. Dean; T.M. Feng; R. Foate; J.P. Guelen-Oates; G.B. Hibbins; H.M. Howard; J.E. Johnston; J.C. Lovi; I. Maddison; P.M. Morgan; S.L. Murphy;
- C.J. Speranza;**  
J.J. Stanyer; C.M. Stewart; D.G. Thompson; M.F. Wade; R. Walker; E.A. Weston; J.D. Woodward.
- FSGT to WOFF WKSPVR**  
L.R. Johnston; A. Smith.
- SGT to FSGT WKSPVR**  
M.E. Bonner; L. Mathews.



Photo: LAC Aaron Curran

## Here's important advice from DP-AF

**Key promotion conditions**  
Members identified for promotion should understand the conditions attached to their offer, as these conditions will affect the timing of, and their continuing eligibility for, promotion.

This information is detailed in the promotion messages posted on Air Force People Central under the heading 'Hot Issues' on the front log-in page. An explanation of promotion conditions has also been distributed to COs and local administration officers.

The key promotion conditions are:

- There is no longer a requirement to formally accept your promotion offer or to commit to 12 months service, but you must be able to serve a minimum of 12 months at rank in the PAF from the date of your promotion.
- Promotion will be authorised as soon as, but not earlier than, the date upon which DP-AF posts you to a position of higher appointment, provided that you also meet the promotion pre-requisites specified in the promotion message.
- Promotion is conditional upon maintaining a high standard of work performance and conduct. Members who do not continue to meet performance and conduct expectations may have their promotion offer withdrawn or their promotion delayed.
- Promotion feedback**  
Promotion board comments are now available on the personalised section of the front log-in page of People Central under the heading 'Promotion Board Results and Comments'.

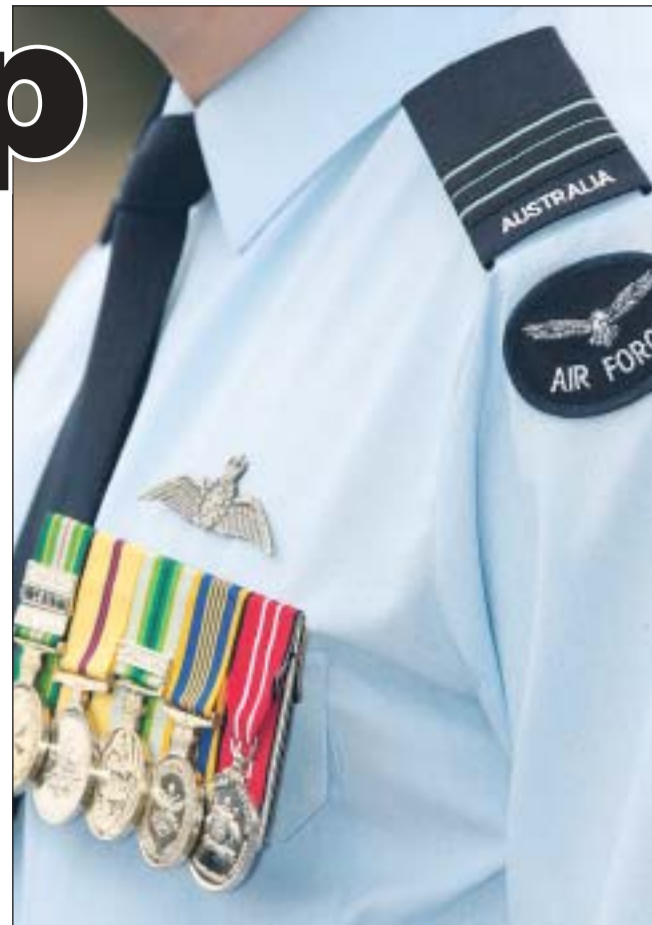
Before reading your promotion board comments, be sure to familiarise yourself with the 2008 Airmen and Officer Promotion Board Briefing material, which was distributed widely by email and also now available on the 'Promotions' section of People Central.

Members seeking additional guidance as to how they might improve their promotion prospects should in the first instance speak to their part 2 or part 3 assessors.

Regardless of whom guidance is sourced from, members should temper such input against their own expectations and experiences and understand that there is no 'silver bullet' that guarantees promotion in a competitive promotion environment.

# Moving on up

CAF congratulates the following Air Force officers for being identified for promotion in 2010.



**FLTLT TO SQNLDR ACO**  
R.D.J. Chard; S.F.D. Cutajar;  
M.A. Duggan; S.A. Gray;  
W.T. Hipps; C.J. Horner; P.J.  
Knox; T.D. Peach; C.B. Morris;  
P.T. Smart; S.A. Stewart;  
R.F. Tuttle; A.M. Vasilj; L.C.  
Warner; B.R. Williams.

**FLTLT TO SQNLDR ADMIN**  
D.N. Brewer; S.G. Clare; J.M.  
Deveney; T.D. Ferrell; M.V.  
French; P.B. Godfrey; S.J.  
King; S. McGibbon; M.L.  
McPhail; R.K. Murtagh; J.A.  
Osborne; N.C. Rapp; E.R.  
Roberts; K.M. Samin; W.J.  
Schroeder; Z. Sherwood; P.J.  
Shiple; R.D. Welch.

**FLTLT TO SQNLDR AERO**  
C.S. Anderson; L.B. Batch;  
A.M. Broadhead; G.D. Brown;  
B.J. Cancian; A. Frizell; A.  
Klewer; R.J. Kloeden; R.A.  
Laffrey; A. List; C.G. Myles;  
B.A. Newell; M.J. Roberts;  
M.E. Robinson; E.R. Stewart.

**FLTLT TO SQNLDR ARM**  
M. Schmid.

**FLTLT TO SQNLDR ATC**  
P.J. Atkinson; J.S.F. Bowden;  
N.A. Bravery; M.D. Brindell;  
K.J. Cameron; P.N. Clark;

D.W. Fairhurst; A.J. Gibbs;  
S.R. Hardy; D.L. Hughes; W.M.  
Langford; S.T. Nolan; R.C.  
Pedder; C.F. Prinsloo; W.D.  
Ramage; T.M. Wynter; M.N.  
Young.

**FLTLT TO SQNLDR CHAP**  
C.E. Collas; D.J. Mattner.

**FLTLT TO SQNLDR ED**  
M.W. Lee.

**FLTLT TO SQNLDR ELECTR**  
R.E.W. Jenkins; D.R. Smith.

**FLTLT TO SQNLDR ENVH**  
C.J. Morton; J.M. Walsh.

**FLTLT TO SQNLDR GRDEF**  
M.P. Camilleri; P.A. Travers.

**FLTLT TO SQNLDR INTEL**  
S.R. Dooley; L.E. Every; T.D.  
Harris; C.N. Johnston; C.G.  
McInnes; J. Wotton.

**FLTLT TO SQNLDR LEGAL**  
D.T. Hooper; N.E. Lister; H.E.  
Martin.

**FLTLT TO SQNLDR LOG**  
G.I. Buesnel-May; S.S. Collins;  
S.N. Davies; J.K. Hanna;  
K.V. Hannan; D.L. Host; C.W.  
Meddens; P.A. Morrison; P.J.  
Murray; G.J. Orton; M.K.  
Paton; A.N. Rich.

**FLTLT TO SQNLDR MED**  
K.F. Franke; H.R.V.  
Henry; L.T. Holborn; S.C.  
McLaughlin; T.S. Nash; A.A.F.  
Pearson; D.R. Webb.

**FLTLT TO SQNLDR NURS**  
M.J. Cole; D. Dunn; S. Jordan;  
R.G. Tatnell.

**FLTLT TO SQNLDR PLT**  
R.W. Allison; J.A. Atkinson;  
S.C. Barnes; R.D. Benson;  
T.M. Bolitho; D.E. Bolton;  
L.A. Brown; T.P. Cahill; G.A.  
Campbell; M.J. Campbell;  
A.M. Charles; G.L. Chettle;  
C.W. Clark; B.L. Close; L.C.  
Cossins; R.J. Crawford; A.J.  
Daley; A.K. Deaton; C.T. East;  
B.P. Edwards; S.A. Ferguson;  
J.A. Greig; S.D. Howe; M.L.  
Hurley; A.D. Joslin; P.A.  
Lombardi; B.G. Lorsch; M.I.  
Mathieson; D.R. Macready;  
P.J.L. McFadden; F.D.C.  
McGregor; B.G. Phillbrook;  
C.N. Plain; J.A. Pont; G.W.  
Porteus; B.W. Poxon; A.D.  
Rooke; S.C. Rossiter; R.B.  
Stefanovich; P.J. Swincer; D.  
C. Teagle; A.J. Turner; M.C.  
Ward; S.J. Webster; M.J.  
Werchon; T.M. Willetts; S.J.  
Wright.

**FLTLT TO SQNLDR SECPOL**  
J.A. Cox; R.J. Galloway; J.D.  
Waugh.

**SQNLDR TO WGCADR ACO**  
D.J. Banham; W.E. Savill.

**SQNLDR TO WGCADR ADMIN**  
S.P. Braun; B. Graham; W.F.H.  
Merckx.

**SQNLDR TO WGCADR ARM**  
P.A. Muscat.

**SQNLDR TO WGCADR ATC**  
L. de Winton; R.G. Graham;  
A.J. Stainton.

**SQNLDR TO WGCADR CHAP**  
I.S. Whitley; P.I. Woods.

**SQNLDR TO WGCADR DENT**  
M.A. O'Sullivan.

**SQNLDR TO WGCADR ELECTR**  
A.P. Houghton; A.F. Martyn.

**SQNLDR TO WGCADR GRDEF**  
R.J. Peterson.

**SQNLDR TO WGCADR INTEL**  
C.W. Coghill; S.G. Oliver.

**SQNLDR TO WGCADR LEGAL**  
A.J. Tatersall.

**TOP BRASS:** If your name is on the list, it is important that you understand all the conditions attached to your offer of promotion. See the breakout box in the centrespread for more information.  
Photo: SGT Errol Jones

**SQNLDR TO WGCADR LOG** P.J. Mitchell; P.P. Triggs; J.G. Young.  
G. Jacovelli; G.E. Hodgson;  
**SQNLDR TO WGCADR R.J. Srinivasan.**  
**SQNLDR TO WGCADR PLT** A.C. Burge; M.R. McCormack;  
**SQNLDR TO WGCADR SECPOL** A.C. Roberts; D.J. Turner.

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- Increasing rents and decreasing vacancy rates
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(Source: Australian Bureau of Statistics)
- Current housing shortage - 85,000 shortfall set to increase to 413,000 by 2028  
(Source: Mortgage Business 17 March 2009)
- Incentives from developers
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# Action as Air Force revs up for the F1 and Clipsal 500 races

# Need for speed



**BIG PONIES:** ACs Stephen Domagalski and Russell Peters inspect Armygeddon's engine bay at the Clipsal 500.  
Photo: TPR Michael Franchi

By SBLT Andrew Ragless

AT FIRST glance, you might think three new Air Force recruits took a wrong turn on their way to basic training. Wearing desert camouflage pants and a Team Army polo shirt and ball cap, you couldn't pick them from the diggers at the recent Clipsal 500 Adelaide motor sports festival.

In fact, for ACs Stephen Domagalski, Damien Hassan and Russell Peters, they were right where they belonged – and loving every minute of it. All three aircraftmen are currently learning their trades as Ground Support Equipment (GSE) Fitters along side their Army counterparts at the Army School of Electrical and Mechanical Engineering (ASEME), at the Army Logistic Training Centre (ALTC) near Albury, NSW.

What sets these trainees apart is that they give up an evening once a week to maintain and improve the ADF's recruiting

vehicle, Armygeddon. To the delight of thousands of motor sport enthusiasts, the aircraftmen and their Army team mates unleashed the high performance street machine on the Clipsal circuit each day of the four-day carnival.

LTCOL Tom Regener, the project manager for Team Army, said that it was an outstanding chance for the aircraftmen to showcase the capabilities of their technical trades and raise some awareness of the many and varied career pathways available to new recruits in the Air Force.

AC Peters joined the Air Force in April 2008 and attended the motor sport carnival last year just before joining. "Armygeddon affirmed my decision to enlist, and talking to Team Army gave me a better understanding of the training ahead," he said.

A contingent of Air Force members also attended the Clipsal event, providing assistance in the Air Force display tent. Some



**HI KIDS:** Above, CPL Paul Whitton meets two young fans in the Air Force tent. Photo: AC David Cotton  
**GRUNT:** Right, Armygeddon. Photo: WO2 Graham McBean



of the units represented were Aerospace Operational Support Group, 92WG, Central Flying School and 23 (City of Brisbane) Squadron.



**THE TELLING:** Captain Starlight interviews the 77SQN pilots during their visit to the Royal Children's Hospital in Melbourne.

## 77SQN's star performers

ELEVEN pilots from 77SQN recently took time out from a busy schedule at the Melbourne Formula 1 Grand Prix to bring some light and fun to a group of very sick children.

They visited them at Melbourne's Royal Children's Hospital on March 27.

During the two-hour visit, the pilots handed out Air Force gifts such as teddy bears and caps. They also appeared on stage on the hospital's closed television and visited the children in the wards.

"We met about 30 kids," 77SQN's

FLGOFF Aidan Scarfe said. "It was quite an eye-opener for us [and] we enjoyed the visit."

The team had a busy schedule at the Grand Prix. Two Hornets had deployed while other members of the team carried out a range of PR activities, including providing the commentary and meeting the crowds.

"The guys did an excellent job of raising public awareness of Air Force as an employer and its role within the community," FLGOFF Scarfe said.

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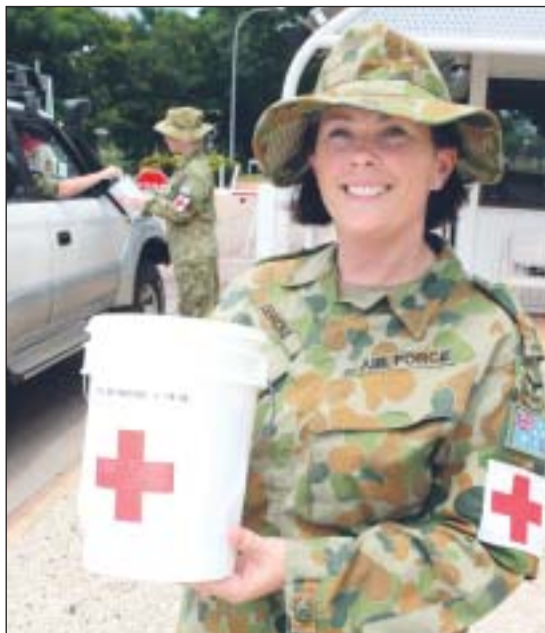
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Applications close 30 April 2009



**JOINED IN FAITH:** Chaplains SQNLDRs Garry Hooper and Ian Whitley join for a photo at the AP-3C Detachment in the Middle East Area of Operations. Photo: SGT Brent Tero



**CASH IN HAND:** Above, LACW Terri-Anne Dehncke (foreground) and ACW Shenelle Douch collect donations from RAAF Base Tindal staff for the Red Cross. Photo: SGT Pete Gammie



**A-OK:** 1AOSS electrician CPL Rod Craigie checks his instruments. Photo: AB James Whittle



**WELL DONE, BEN:** 87SQN photographer LAC Ben Evans receives his new rank slides from WOFF Gerard Hallinan and ACAUST AVM Mark Skidmore at RAAF Base Amberley after his reclassification from AC. Photo: CPL Andrew Eddie



**UNDER THE RADAR:** Below, 3CRU Air Surveillance Operator CPL Robert Copus helps man the TPS-77 Radar at the Australian International Air Show at Avalon. Photo: AB Evan Murphy



**IT'S MINE:** 36SQN pilot FLTLT Samantha Webster shows off her C-17 at the Australian International Air Show at Avalon. Photo: AB James Whittle



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# Money explained

THE ability to organise and handle Non-Public Monies (NPM) in the Air Force has taken a giant leap forward with the release of a training DVD.

Launched in Canberra at the Directorate of Military Administration – Air Force (DMA-AF) on March 19 by Director of Military Administration – Air Force GPCAPT Wayne Knight, it is the product of cooperation between Army and Air Force.

Administration Officers and Clerks have always had the responsibility of providing commanders with knowledge on NPMs.

As a result of the Defence Reform Program in the late 1990s and the cessation of formal Air Force training courses, the knowledge on NPM in the category and mustering has been diluted over time.

Although the emphasis on finance has been re-invigorated, the NPM side has not been provided with the appropriate training course until now.

DMA-AF, in collaboration with the Army's Technology-Based Learning Wing at Wodonga, has developed an interactive training package, which covers both single and double entry bookkeeping.

"The training package has been designed to give Air Force members practical experience in the intricacies of running a NPM entity, such as messes and welfare clubs," Deputy Director Governance – Air Force WGCDR Bruce Perry said.

"It is a self-paced tutorial allowing students to gain knowledge of the subject material and check their knowl-



**MONEY MATTERS:** CAPT Daniel Judd (left) and GPCAPT Wayne Knight sign for the transfer of content ownership of the new NPM DVD from Army to Air Force at DMA-AF. Witnessing the event are CPL Rhianna Mulqueen from the Training Technology Centre (left) and WGCDR Bruce Perry. Photo: LAC Aaron Curran

edge by completing online activities and exercises."

Topics such as cash book, bank reconciliations, stock records, bar trading reconciliations, stocktaking and statements of financial position are all covered in the DVD.

"WOFF Lex Roberts identified that Army had a NPM training package and SQNLDR Peter Alomes was then instrumental in the development of

the Air Force version," WGCDR Perry said.

"SQNLDR Alomes, with CAPTs Ryan Hendy, Daniel Judd and their staff at Wodonga, ensured that personnel have a comprehensive training tool to consolidate their knowledge on NPM.

"While the focus is to train Adminos and clerks, the package will benefit all Air Force personnel who are

actively involved in messes and welfare clubs," he said.

To consolidate learning outcomes from the package, members can access a hardcopy exercise that covers the double entry bookkeeping used by Air Force.

■ It is located on the DMA-AF website at <http://intranet.defence.gov.au/raafweb/sites/DMA-AF>

## Report all defective clothing

THE Clothing Systems Program Office (CLOSPO) has received a number of Reports of Deficient or Unsatisfactory Materiel (RODUM) and requests via the CLOSPO Hotline for the replacement of patent leather footwear as a result of the sole separating from the upper.

The issue is stock that has not been rotated, causing the glue to degrade, or that has been exposed to environmental conditions that cause the glue to breakdown.

CLOSPO has raised this issue with the manufacturer and action is underway to eliminate future failures, while faulty items are removed from ADF clothing stores. For enquiries regarding this matter, contact Frans Buissink on (03) 9282 6511 or email [Frans.Buissink@defence.gov.au](mailto:Frans.Buissink@defence.gov.au)

RODUM action is required where a defect in clothing is identified. The RODUM system can be accessed at <http://vbmweb.sor.defence.gov.au/rodum/index.asp/>

■ For specific questions relating to clothing or requests for Made To Measure Forms, contact FSGT Steve Waddle on (03) 9282 7215 or email [steve.waddle@defence.gov.au](mailto:steve.waddle@defence.gov.au) or for general information on Air Force clothing, visit <http://intranet.defence.gov.au/raafweb/sites/afcerp/>

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FINANCE

# Read the fine print

Imagine you get burgled and you're not covered by insurance. What's worse, it may be your fault. ASIC Chairman **Tony D'Aloisio** shares some tips when considering home insurance.

WORKING away from home is part of life in the ADF. While you're away, the last thing you want to worry about is whether your home and possessions are protected.

Taking out insurance is the best way to protect yourself against financial loss caused by damage to your home or possessions.

We have recently seen the devastation caused by bushfire and flood disasters, which highlight the importance of insurance and checking what your policy covers.

**How insurance works**

Insurance policies involve the transfer of risk. The insurer agrees to compensate you for a loss rather than you having to pay for that loss yourself. To achieve this transfer of risk, you pay a regular fee or 'premium'.

The insurer decides whether to accept the risk from the information you provide them, and you decide whether the terms the insurer is offering meet your needs. It's always wise to shop around for insurance by going to websites, ringing the insurers and reading their product disclosure statements.

Home contents insurance is not the same as insuring a house itself. Home contents insurance can help protect against the cost of damage to, or loss of, contents such as your clothes, furniture, appliances and computer equipment.

Home contents insurance is important whether you own your home, are renting or living on base.

**Exclusions**

Most insurance policies have a set of defined events for which you are covered. It's important to know what these are, as well as anything that's not covered, known as 'exclusions'.

Some typical exclusions for both home contents and home building insurance are:

- ▶ if you partake in any illegal activity in your home;
- ▶ if you make any non-certified home renovations;
- ▶ if you fail to maintain/repair your home or possessions;
- ▶ flood damage; and
- ▶ war or terrorist damage.

Under your duty of disclosure you must fully and honestly answer all questions your insurer asks, giving all the facts.

Be sure to always 'tell it like it is' on your application and any claim forms. If you give the wrong information or leave things out, you may not be covered at all, even though you paid your premium. This is because the insurer can't properly assess the risks if they don't have all the information.

**A horror story**

Two years ago, a young airman and



**COVERAGE:** If you aren't locking your windows you may not be covered. Be sure, check your policy. Photo: LSPH Paul McCallum

his wife purchased their first apartment just off-base.

They decided to get home contents insurance because they wanted to be covered for their laptop, TV, gym equipment, DVD, jewellery and other items of value.

Unfortunately for them, their apartment was broken into while they were out. The thief wedged open their front window and stole some electronics, DVDs and jewellery.

It was a distressing time but it only got worse when they went to claim on their insurance policy.

When the insurance company's assessor came out to help them make their claim, he noticed there weren't any deadlocks on the windows and that was a condition of the policy.

It was just one of those tasks they never got around to doing. The insurance company wouldn't pay out the claim and they were left with bills to pay and a worthless policy.

It's a good idea to check how much cover you need every year. The best time to do this is when your policy needs to be renewed.

**Got enough cover?**

Most home contents insurance policies ask you to declare special items, for example any collections or expensive jewellery. You may have to pay a slightly higher premium by declaring these contents, but it could save you a lot of heartache.

Many home owners don't have enough cover under their home build-

ing insurance. This can be extremely costly in the unfortunate event of losing your home.

Increasing your insurance cover may not cost very much. You might consider getting a total replacement policy. This type of policy covers the total cost of rebuilding your home to its current standard and quality, and there is no agreed sum insured.

Extended replacement policies can offer up to 30 per cent of cover in addition to the sum insured. Total replacement and extended replacement policies are not offered by all insurers, so it pays to shop around.

**Shop around**

You can use online calculators to compare different providers and see how much you're covered for. Generally, the more questions the calculator asks, the better. Keep in mind that you want as many of your circumstances as possible to be considered. You may also be able to reduce your premium by agreeing to pay a higher excess in the event of a claim. Many insurers allow you to do this online.

If you don't understand something, ask questions. If you don't investigate you could end up in no man's land, thinking you're covered when you're not.

**Ask FIDO**

For more information, including how to obtain financial advice, visit ASIC's consumer website, FIDO at [www.fido.gov.au](http://www.fido.gov.au) or call 1300 300 630. Email ASIC with topics that interest you to [ADFcolumn@asic.gov.au](mailto:ADFcolumn@asic.gov.au)

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HEALTH

# Managing your rest



Trying to work when you are sleep deprived can be dangerous for you and your mates. **CPL Corinne Boer** discovers how sleep patterns work.

IT'S 2am, and you are shaken awake; a distant voice says, 'you're on the early shift, mate'. You are bleary-eyed and groggy after only three or four hours of sleep. If only you could get just 10 more minutes.

Air Force recognises that fatigue is an aviation risk factor that must always be considered when planning and executing flying operations.

"We are a highly responsive organisation with a reputation for getting the mission completed," Chief of Staff at Air Command, AIRCDRE Ian Scott, said.

"We seldom have the luxury of operating in an ideal context and we are often asked to push ourselves in order to meet the demands of the mission. Even so, we must always be aware of the effects of working long and irregular hours and doing difficult jobs. We need to recognise the signs of fatigue in ourselves and others, so that we can put measures in place to reduce it."

There are a variety of techniques to manage fatigue, and understanding circadian rhythms is important. Circadian rhythms are biological cycles that occur at around 24-hour intervals. The body has a natural clock that is attuned to the earth's 24-hour rotation of day and night.

SO2 Psychology in the Directorate of Mental Health, MAJ John McGrogan, said one way to deal with fatigue is to try and take advantage of their natural rhythms.

"Physical energy and mental alertness

peak between 8am and midday," MAJ McGrogan said. "These levels decay slightly between 1pm and 4pm (circadian lull) and then increase through to 9pm before winding down to meet the body's expectation of sleep. During the period from 2am to 6am, body temperature and alertness is at its lowest – this period is known as the circadian trough."

Where it is not possible to obtain a full night's sleep, power naps (short sleeps of 20 minutes or more) can be beneficial, but MAJ McGrogan warned they are a short-term solution.

He said that if personnel need to nap during the day, they should try and take advantage of the afternoon circadian lull (when energy levels are at their lowest). "In some countries it's culturally acceptable for people to have an afternoon nap, for instance, the siestas in Spain," he said.

Shift work often requires Air Force personnel to work through the circadian trough that occurs early in the pre-dawn hours.

When woken during the night, they can feel groggy and dazed.

COL Peter Murphy, author of *Fatigue Management during Operations: A Commander's Guide*, described this drowsy feeling as 'sleep inertia'.

"Sleep inertia and working through the circadian trough can significantly lower mental alertness, and alertness is critical to safety and effectiveness in all military duties," COL Murphy said. "During a period

of significant sleep inertia, personnel may forget instructions, be liable to panic at false alarms and involuntarily fall back to sleep."

He advised personnel to allow at least 20 minutes to properly wake up before commencing duty. They should be given a hot drink, possibly a snack or a meal, and supervised until they are properly awake.

Some shift schedules do not allow a sufficient rest period for restorative sleep to occur. There are a number of rules of thumb about shift design that, if followed, will reduce the likelihood of fatigue due to clashes with circadian rhythms.

"Allow at least eight hours for rest periods if operational contingencies allow. Allow time, generally 48-72 hours, for personnel to adapt to a shift change," COL Murphy said.

Director of Defence Aviation and Air Force Safety, GPCAPT Craig White, said recognising and addressing fatigue is essential to keep our flying operations safe.

"A fatigued ground crew, or even a single member of a flightline with impaired performance due to fatigue, can be as dangerous to our flying operations as a fatigued aircrew," he said.

"When thinking about safety – on the ground or in the air – managing the effects of fatigue must be part of the mix."

For more information, visit <http://www.defence.gov.au/health/about/i-dfpo.htm> or <http://ohsc.defence.gov.au/Programs/Fatigue/default.htm>.

**FATIGUED:** At work and at sport, it is vital that you manage your sleep and rest cycles to ensure you can operate at maximum efficiency. Photo: LAC Aaron Curran

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**ALLEY TOP CAT:** CPL Randal Brown sends one down at the ACT/Southern New South Wales Inter-Service Tenpin Bowling Championships 2009 at Tuggeranong where he earned a berth in the ACT-SNSW Combined Services team. Photo: LAC Aaron Curran

## Eight to vie for triathlon

AIR FORCE has eight representatives in the Australian Defence Services Triathlon Association's 2009 Arafura Games team which will compete in the Olympic distance race in Darwin in May.

The triathletes are: SQNLDR Lee Guthrie, FLTLTs Steven Edwards and Nicola Hoey, FSGT Craig Hardwicke, SGTs John Caples and Rolf Just, and CPLs Marc Guilfoyle and Peter Hughes.

## Take aim for clay titles

THE inaugural ADF Clay Target Championships will be held at the Shoalhaven Clay Target Club in Nowra from April 28 to 30.

For more information, contact CPO Michael Bryan on (02) 4424 1902 or 0419 546 818; or email [michael.bryan@defence.gov.au](mailto:michael.bryan@defence.gov.au)

# Chosen for strikeforce

AIR Force had two players selected in the representative team when the competitive atmosphere of the ACT-SNSW Inter-Service Tenpin Bowling championships brought out the best in competitors in Canberra on March 20.

Entrants competed at Canberra International Bowl in Tuggeranong for berths in the ACT-SNSW Combined Services team, which will compete at the ADO National Tenpin Bowling Championships from June 22 to 26 in Werribee.

The team comprises 12 members, with the top two Air Force, Army, Navy and APS bowlers gaining automatic selection.

Air Force will be represented by SGT Keiran Wyllie and CPL Randal Brown.

With a maximum of 300 achievable during one game, a number of high games over 200 were bowled. These included a 224 from Maria Haw; 207, 209, and 200 from Mark Jordan; 216, 205, and 201 from Elaine Wdowik; 211, 221, and 203

from Richard Wdowik; 233 from WO2 Steve Ritchie; 216, and 232 from SMN Brad Carter; 211, and 202 from SMN John Viney, 210 from CPL Brown; and 247, 211, 224, and 204 from SGT Wyllie.

SGT Wyllie (Engineering and Maintenance Management Systems Office) finished top qualifier with an average of 196 over the nine games. Top bowlers for the respective services were: Army, WO2 Ritchie; Navy, SMN Carter; and APS, Richard Wdowik.



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# ADF runners take on ultra-marathon

By LEUT Jeff Rayner

CPL Glenn Dickson from RAAF Base Williamstown gained valuable experience when a composite ADF team endured mountainous terrain to turn on the 26th anniversary running of the Six Foot Track Ultra-Marathon on March 14.

The international popularity of this prestigious 45km mountain trail event from Katoomba to Jenolan Caves resulted in the limited entry being closed a month early with more than 850 registrations.

The ADF male team finished 13th in the 'Mob Run' team event, where the first six team runners' times are counted.

Australian Defence Running and Athletics Association and the Navy

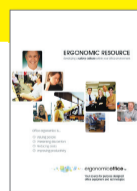


**HITTING THE TRACK:** CPL Glenn Dickson.

Running Association are open to both uniformed and non-uniformed Defence members with specialist training clinics, national and international competitions.

For more information, visit [www.adf.cool-running.com.au](http://www.adf.cool-running.com.au) and [www.NavyRunning.com](http://www.NavyRunning.com) or contact Jeff Rayner on email [Jeff.Rayner2@defence.gov.au](mailto:Jeff.Rayner2@defence.gov.au)

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# SPORT



April 16, 2009

Inside: Ultra-marathon and tenpin



**CONTEMPLATING HER ACHIEVEMENT:** CPL Jessica Robson was elated when she realised that she was within reach of finishing the 160km Mind Alpine Skyrun in Victoria's Bogong National Park. She was one of only two people to finish the gruelling event. Photos: LAC Aaron Curran

# AMAZING RACE

By Andrew Stackpool

A CLERK at the Directorate of Personnel – Air Force (DP-AF) spent her 26th birthday running 160km through Victoria's rugged mountain region to raise money for charity, and came second.

CPL Jessica Robson participated in the Mind Alpine Skyrun, which was held in Victoria's Bogong National Park over the weekend of March 28 to 30. She was only one of two to complete the ultra-marathon, and the only female.

"I am really very happy," CPL Robson said. "It was an amazing experience and I am pleased with how it all went."

The run was intended to raise awareness and funds for Mind, one of Australia's leading non-government providers of mental health services.

"I love helping others and making them happy. I love the outdoors and I love a laugh."



**MEMENTO:** CPL Jessica Robson with her medal for finishing.

## RUNNING 160km FOR CHARITY

Mind is one of Australia's largest non-government providers of mental health services, and also helps people break the cycle of homelessness.

The runners raised approximately \$10,000 for the charity. Donations are still being accepted and Air Force mem-

bers can contribute donations direct to the Mind website at <https://secure.donman.net.au/client/mind/mind.asp>.

Fill in your details and at the bottom select Alpine Skyrun 100 and Jessica Robson.

More information on Mind is at <http://www.mindaustralia.org.au/about-us.htm>

The event attracted five individual runners – three men and two women – and two relay teams, one of six people and the other eight.

They were required to complete the course within 48 hours, including enforced overnight stops. They were also required to take rest stops at six check-points every 25 to 30km and had

to carry camping gear and food for the overnight stops as well as snacks for the days. "I did a lot of fast walking," CPL Robson said.

Support teams were permitted and her mother and sister came up from Melbourne to lend a hand.

CPL Robson aimed at running about 80km a day. Apart from one

wrong turn when she ran an unnecessary few kilometres, she said the event and the scenery were awesome.

She felt great when she realised that she would complete the event. "I was running towards the end with a very experienced guy and he was very supportive."

CPL Robson joined the Air Force

in 2004 and has done most of her running since then. She is a member of the Defence Athletics Club.

Her goal at first was to comfortably run 2.4km, and it grew from there.

Her times came down, distances increased, and last year she completed in her first marathon and two 100km runs.

Then, she finished in second place in the women's Great North Walk 100km between Newcastle and Sydney. "That was something I never would have dreamed of four years ago," she said.

She would recommend the event to anyone who was keen on the outdoors, running, and up for a challenge.

However, while she may return in the future, it was not a priority.

"I'd like to see what else is out there first," she said.

DP-AF GPCAPT Bob Rodgers said the directorate was incredibly proud of CPL Robson's achievements.

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