



Army

Edition 1363

November 5, 2015

The soldiers' newspaper

BATTLE TEST

7RAR soldiers dismount
an M113 APC during
Exercise Predator's Run
at Cultana Training Area,
South Australia.
Photo by Cpl Nanu Campos

**Soldiers of 1 Bde
display their collective
might on Exercise
Predator's Run**

SPECIAL LIFTOUT



BOOST TO KANDAHAR SCHOOL P5

INNOVATIVE ARMY CENTRE

Taking the fight to the enemy

▲ Aussie and Kiwi trainers help Iraqi Army combat Daesh threat

Capt Bradley Richardson

AUSTRALIAN and New Zealand forces have begun training another 2000 Iraqi soldiers, adding to the 2100 already trained by the combined task group.

Personnel of 1 Bn, 71 Iraqi Army Bde, who completed two weeks of training in June, returned with the remainder of their brigade in late September to start training.

CO Training Task Unit Lt-Col Ash Collingburn said the trainers were looking forward to the challenges and opportunities.

“Training this brigade represents a significant contribution to combating Daesh,” Lt-Col Collingburn said.

“Overall, the progress made in a short period of time has been pleasing and was enabled by the trust we have quickly built with our Iraqi counterparts.

“They have looked towards us to instil confidence in themselves, their tactics and their equipment.”

71 Iraqi Army Bde comprises about 800 soldiers and is expected to receive

reinforcements in the coming weeks.

Lt-Col Collingburn said the training package would be similar to what was previously delivered.

“We are anticipating being able to achieve a higher standard of training because of the experience already held within the brigade,” he said.

Training support has also continued with the Iraqi Army NCO Academy following a further request from the Iraqi Security Forces.

“We are also pleased to continue our relationship with the Iraqi NCO Academy, which began a new course in early October,” Lt-Col Collingburn said.

“This course will train another 240 squad leaders drawn from across five divisions of the Iraqi Army.

“On return to their battalions, these NCOs will pass on their experience and knowledge gained from the course on to their fellow soldiers, ultimately contributing to the fight against Daesh.”

Further training will be provided to other Iraqi Army battalions in the near future in accordance with Iraqi Ministry of Defence priorities and concurrent operations against Daesh.

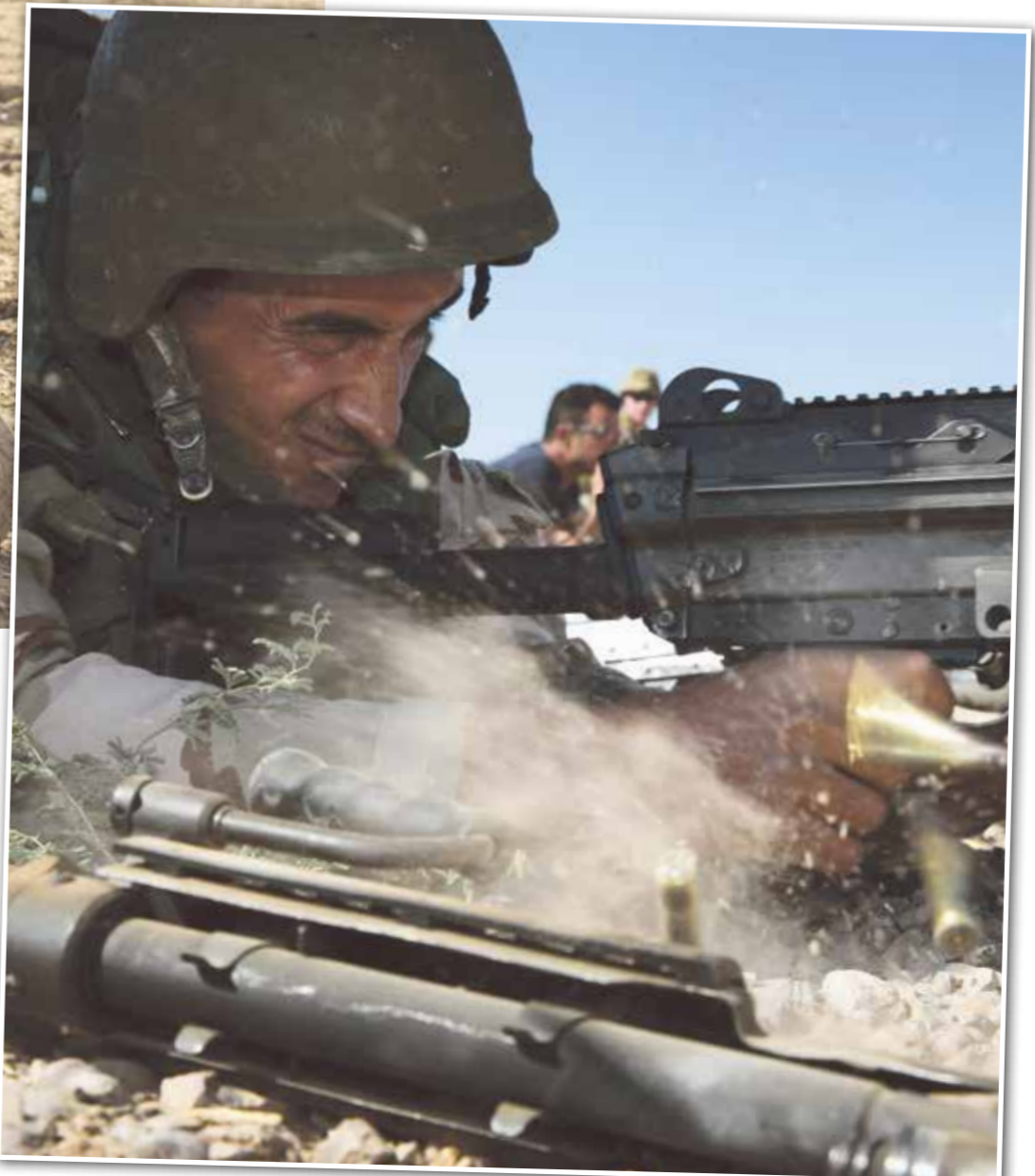
Right, Sgt Gus O'Neill teaches Iraqi soldiers about group formations during a lesson at the NCO Academy at the Taji Military Complex. Below, an Australian trainer counts the cadence as Iraqi soldiers perform push-ups during their PT test.

Photos by Cpl Matthew Bickerton



Above, Iraqi soldiers pick up expended shells and link at the end of their machine gun live-fire practice at the Taji Military Complex.

Below, an Iraqi soldier fires a machine gun during the live-fire practice.



Repair parts storeman Sgt Jason Cameron starts a Unimog at the Taji Military Complex in Iraq.

Keeping ops moving forward

Cpl Max Bree

IF YOU need to ship it, fix it or move it at the Taji Military Complex in Iraq, you'll need to see the logisticians and tradespeople of the Combat Service Support Task Unit.

The combined Australian and New Zealand unit of about 50 personnel handles logistics and maintenance for Task Group Taji.

To help with this, the unit has tentacles reaching into numerous supply chains, including those back to Australia, New Zealand, the Middle East Region and through the coalition.

Task Unit OC Maj Darren McLeod said their preparations in Australia when they were part of the Ready Battle Group meant they were ready for a rapid deployment to Iraq.

“Our readiness processes back home ensured we were good to go in about three weeks,” he said.

Maj McLeod said there was a buzz in the air at 7 Bde in Brisbane during the preparations.

“It was an exciting time because it happened so quickly,” he said.

“Most people weren't aware of the probability of deploying until after the government made the announcement.

“Personnel were hand-picked and that was a good feeling for them.”

Maj McLeod said his unit “fed” the task group, meaning trainers and force protection personnel could operate at their best.

“We need to feed into all those missions so they can do their jobs,” he said.

“That means our job never stops. You deploy with a certain amount of supplies and the longer you're here the greater your logistics burden. That's where we come in. If we're not supporting tasks, we're running maintenance programs or reaching back through our supply chain.”

At the same time the unit was making sure things were ready for their successors.

“Morale is high, they've taken ownership of their work areas and are looking forward to handing them over to the next element,” Maj McLeod said.



Army

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Protecting our protection

Our PMVs could be rotated into theatre at any time ...

— Capt Tegan Musumeci,
2IC Force Support Element

New Bushmaster shelter prevents damage to important assets



Cpl Mark Doran

HEAT and sun damage can be brutal on vehicles in a desert environment, but a new shelter is now in use in the Middle East Region (MER) to protect Defence's substantial investment in protected mobility vehicles (PMVs).

The facility was built by local contractors to Force Support Element (FSE) specifications under a tender overseen by the Chief Engineer at JTF633.

2IC FSE Capt Tegan Musumeci said the climate in the MER was the biggest factor in the design of the shelter.

"The Bushmasters at the support base are the theatre pool vehicles, so we try to keep them as serviceable as possible," she said.

"Our PMVs could be rotated into theatre at any time and the vehicles in Iraq or Afghanistan are rotated through this base before being sent back to Australia.

"The shelter helps keep them in a cleaner environment, which also makes it easier for us to send them home within quarantine procedures."

The Bushmaster shelter was also designed to include a wash-point and a petrol, oil and lubricants storage area.

Transport Supervisor LCpl Peter Roache said the shelter provided extra room for maintenance activities, as well as protection for the workers.

"Previous rotations would have to go to the workshops at the other end of the base to do their work, but now we have a facility right in the precinct at FSE," he said.



Left, Force Support Element (FSE) Transport Supervisor LCpl Peter Roache watches as Bushmasters are parked at their new vehicle shelter in the Middle East Region. Above, 2IC FSE Capt Tegan Musumeci stands near the new wash-point and petrol, oil and lubricants storage area.

Photos by Cpl Mark Doran

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Call for vets to apply for forfeited awards

VETERANS or the families of deceased veterans who forfeited their medals have been urged to contact Defence.

Assistant Defence Minister Darren Chester made the call on October 7 as he announced the government had received the Report of the Inquiry into the Refusal to Issue Entitlements to, Withholding and Forfeiture of Defence Honours and Awards.

The Defence Honours and Awards Appeals Tribunal was directed to inquire into Defence decisions to withhold medals from serving personnel as far back as 1939.

"The vast majority of veterans who forfeited their medals served during WWII," Mr Chester said.

"The government is considering the report and will later respond formally

to the chair of the Defence Honours and Awards Appeals Tribunal and the community."

Meantime, Mr Chester called for veterans, or the families of deceased veterans, who forfeited their medals to contact Defence.

"There is no register of withheld or forfeited medals, so it is not known how many veterans forfeited their awards," he said.

He said veterans and their families greatly valued service medals and this was evident from the submissions made to the enquiry.

Veterans or their families can contact Defence on 1800 333 362.

Further information is available at www.defence.gov.au/medals and the full report is available at <https://defence-honours-tribunal.gov.au/inquiries/completed-inquiries>



Children enjoy playground equipment as it is repaired by Australian soldiers at Sayed Pacha School, near Kandahar Air Field, Afghanistan.

Photo by Cpl Oliver Carter

Leaving a legacy

➤ Aussie troops brighten Afghan students’ future by helping local school

Leut Andrew Ragless

CHILDREN at a Kandahar school are enjoying improved surroundings and facilities thanks in part to the generosity of Australian troops.

The soldiers gifted sports equipment, clothing and supplies to the Sayed Pacha School, located on the outskirts of Kandahar Air Field (KAF), which was home to the Australia-led 205 Corps Advisory Team (205 CAT) in Camp Baker until the end of its mission on October 1.

About 1500 students attend the school, ranging in age from five to 18, and more than two-thirds are female.

The items were delivered by mem-

bers of 205 CAT supported by its force protection element on the eve of their departure from southern Afghanistan.

205 CAT Operations Adviser Lt-Col Glenn Mackenzie said he first noticed the school during a transit from KAF to the Afghan National Army’s (ANA) nearby Camp Hero as part of daily advising to the ANA’s 2 Mobile Strike Force.

“The school looked very run down,” he said.

“I asked the Strike Force Unit commander Brig-Gen Emmam Nazzar to arrange a meeting with the principal so I could offer 205 CAT’s assistance.

“I also viewed the meeting as an opportunity to get the Afghan soldiers

in 205 Corps involved in a community project.”

As a result of this meeting, ADF and ANA troops visited the school more than half a dozen times in the past year.

Projects included planting trees, repairing fencing and playground equipment, and delivering second-hand furniture.

Additionally, members of 205 CAT organised a \$200,000 ongoing maintenance and repair package for the school.

Lt-Col Mackenzie said the relationship also provided the opportunity to introduce female personnel from Camp Baker to the female students.

“The aim was to show the students that women can be successful and highly valued in their respective country’s defence forces and contribute in non-traditional ways to their society,” he said.

The projects initiated positive discussion among ANA personnel, many of whom have children who attend the school, and increased community awareness and respect for their own military and its capacity to contribute in community development.

Principal Mohammad Eissa Khankhil said the Australian efforts would be an important part of the school’s history.

“The Australian name will be in

this school’s history forever because they were the ones who gave life to this school,” he said.

Lt-Col Mackenzie said as 205 CAT left Afghanistan, their legacy would not only be an improved 205 Corps.

“It will also include a small contribution to the education of the children in the region and the cementing of an ongoing friendship between our two nations,” he said.

Six Australian personnel remain embedded in the NATO Resolute Support, Train Advise Assist Command – South (TAAC-S) in Kandahar and will continue to provide assistance to 205 Corps until the end of the TAAC-S mission.



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Stars for super service

▲ Aussie soldiers awarded US medals in Afghanistan

Leut Andrew Ragless

AUSTRALIAN Army members of the 205 Corps Advisory Team (205 CAT) have been recognised by the US for their meritorious service in a combat zone.

The US Bronze Star Medal was awarded to seven senior advisers in the 205 CAT, as well as one Meritorious Service Medal and nine Army Commendation Medals.

The Australian-led 205 CAT provided advice, training and assistance to the Afghan National Army's 205 Corps personnel based at Camp Hero in Kandahar province, Afghanistan. It completed its mission on October 1.

Commander of the US-led Train, Advise and Assist Command-South (TAAC-S) Brig-Gen Paul Bontrager said the medal presentation was an important acknowledgement for a job well done.

"The Australians provide input in a manner that I don't think any other nation can do," he said.

"They have frankness, candour and an ability to operate at the correct level and put the needs of others ahead of their own.

"It is a significant thing the Australians bring to the fore."

Commander of the seventh and final 205 CAT rotation Col Mitchell Kent said the Australian advisers were honoured to receive the awards.

"It's been a pleasure to work with TAAC-S personnel," he said.

The Australians provide input in a manner that I don't think any other nation can do.

– Brig-Gen Paul Bontrager, Commander TAAC-S

"We've appreciated the freedom of action as well as the cooperation and support from the leadership team.

"This is a significant honour they have chosen to bestow upon us, and I thank them for their friendship and camaraderie."

Under Australian guidance, the 205 Corps has grown to a divisional-sized formation with four manoeuvre brigades and about 19,000 troops.

The corps is responsible for the southern provinces of Kandahar, Uruzgan, Daykundi and Zabul, comprising 42 districts covering an area of 98,800sq/km and a population of about 12.51 million.

In its five-year history, the 205 CAT grew to about 20 Australian advisers and a force protection element of about 60 Australian personnel, joined by a smaller contingent of US and Bulgarian advisers and interpreters.



Commander 205 CAT Col Mitchell Kent, left, is awarded the Bronze Star Medal by Commander of the US-led Train, Advise and Assist Command-South Brig-Gen Paul Bontrager during a medal ceremony at Kandahar Air Field, Afghanistan. Photo by Cpl Oliver Carter



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Comedians and identical twins Chris and Justin Nelson entertain troops during a Forces Entertainment Tour in the MER. Below, Lonesome Train's front man Christian Power, left, presents a guitar signed by the performers to Deputy Commander JTF633 Brig Nagy Sorial for use by deployed troops. Below right, CO Forces Entertainment Lt-Col Ian Robinson, centre, presents Brig Sorial, third from right, and deployed troops with instruments and equipment on behalf of the RSL Australian Forces Overseas Fund.

Photos by Cpl Mark Doran



Morale boost

▲ Aussie comedians and musicians entertain troops in the Middle East

Cpl Mark Doran

A DUAL-duty Forces Entertainment Tour has reported for action in the Middle East Region (MER), providing home-grown Australian laughs and music.

One team headed for Afghanistan via a C-130J Hercules. Led by street-wise comedian Luke Heggie and Australian-Egyptian comedian Khaled Khalafalla, the music was provided by Queensland's soulful duo Megan Samardin and Chris Graham, followed by the country-rock-rockabilly sound of Lonesome Train, featuring Christian Power, Doug Dekroo and Rob Laurie. It was topped off by Sydney band the Potbelleez – Jonny Sonic and Dave Goode.

Meanwhile, comedians Adam Rozenbachs and the Nelson Brothers joined the high-energy Melbourne rock band Tequila Mockingbyrd, with Estelle Artois, Jess Riley and Josie O'Toole, for concerts at Camp Baird and other southern Afghanistan support bases.

At the end of the final show, Lonesome Train's front-man Power presented a guitar signed by the entertainers on behalf of Fender Musical Instruments Australia to Deputy Commander JTF633 Brig Nagy Sorial for use by deployed troops.

Rozenbachs, with his razor-sharp banter, managed to find more comedy material during his trip to the MER.

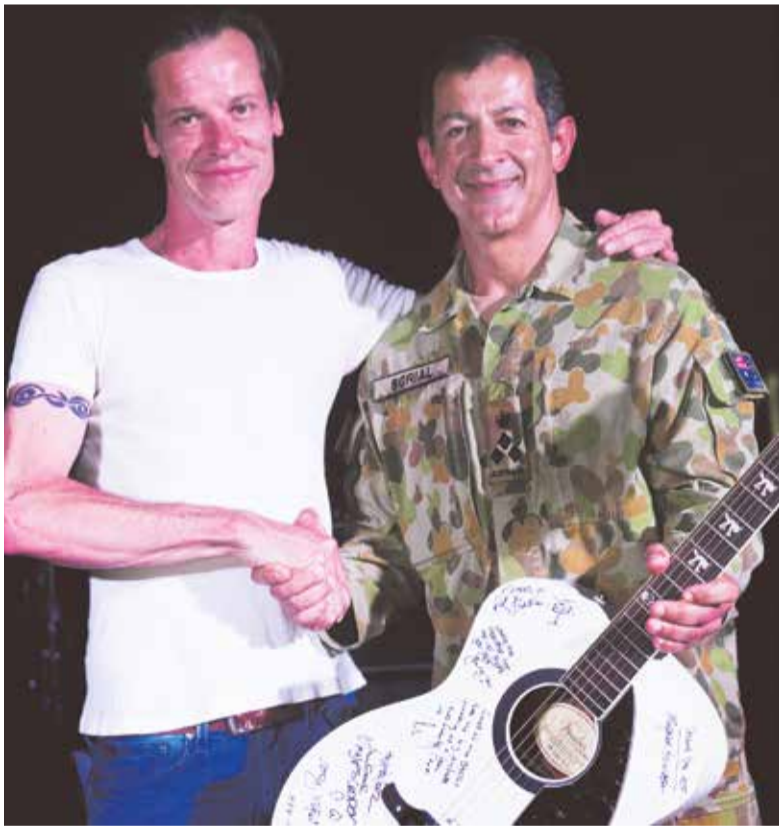
"I was wandering around the base and found clothes dryers in the laundry when it is 500 degrees outside," he said.

"I also liked the colour charts for urine in the toilets. My joke is I took one of the charts home and took it to Bunnings so I could paint my house 'severely dehydrated'.

"I pick up on things that people who are living here take as the norm, but coming here from a civilian background, I just say 'that's not normal'."

On the serious side, Rozenbachs said his first experience with Forces Entertainment was when he toured Afghanistan in 2014.

"During my first tour I had a picture in my head from growing up



watching *M*A*S*H*, so to have that debunked was cool, but to see the processes and adapt to the lifestyle of the soldiers was a new experience," he said.

"This tour was a bit more relaxed and I was able to help out the other entertainers with what to expect here, like not treating the mess as a hotel and the little things they would not expect."

Rozenbachs found the troops were happy to share their military experiences and talk about their role.

"They are also happy to answer our stupid questions and are extremely sharing about where they have been and what they have done," he said.

"I guess that someone who does their job every day during their deployment may not get to share it with anyone – no one asks questions about it because they are all doing their job.

"It's probably a good chance for them to realise they do something cool."

Forces Entertainment Tours have been a major factor in maintaining the morale of the men and women who accept considerable hardship and danger in their service to the nation.

Tequila Mockingbyrd singer and guitarist Artois said the band was excited to be extended an invitation and intrigued by the concept of Forces Entertainment.

"We love to play gigs, but we had never before seen playing music as a way to provide a service to people as we did for our fellow countrymen who are protecting our freedom," she said.

"As an Australian I thought this tour was an excellent opportunity for music to give back to our troops.

"It was also impressive to have an audience who still wanted to get up and dance while drinking only water."

INSTRUMENTAL DONATION

Cpl Mark Doran

THE RSL Australian Forces Overseas Fund (AFOF) has donated more than \$9000 worth of instruments and equipment for lovers of music deployed to the Middle East Region (MER).

Guitars, cymbals, microphones and a new mixer were just some of the items flown to the main MER support base and delivered to ecstatic musicians on October 1.

CO Forces Entertainment Lt-Col Ian Robinson said when he visited the base last year he found a group of soldiers with basic instruments and band equipment.

"They asked if they could get some more and I was given a list that I took to the RSL, who were happy to help," he said.

Lt-Col Robinson said music was a powerful tool for the sustainment of morale among deployed troops.

"The entertainment we deliver with Australian musicians and comedians is well received and is part of a force enabler through morale and welfare," he said.

"However, the donated equip-

ment allows soldiers, sailors, air-men and airwomen who have an interest in music to unwind and briefly escape the hardships of their deployment by playing with good equipment in a dedicated band rehearsal room.

"It's even allowed the troops to form their own bands and play gigs for Australian, British, New Zealand and US troops."

Deputy Commander JTF633 Brig Nagy Sorial said the impact of the equipment for the troops on the base was significant.

"Not only does it allow for bands to be formed, we also have some very talented individuals who come through here on a regular basis," he said.

"The donation is a magnificent display of generosity from the RSL AFOF and adds to the more than \$400,000 worth of equipment that has been donated over the last few years by the organisation and their supporters."

If you would like to support the RSL AFOF, phone (02) 6280 4079 or for more information visit <http://rsl.org.au/Our-Services/Supporting-ADF-Personnel/AFOF>



Creating a legacy

Win-win for deployed troops and Legacy thanks to NRL's generosity

Cpl Mark Doran

GRAND final fever among troops in the Middle East Region (MER) exploded into a win for Legacy thanks to the generosity of the National Rugby League (NRL).

Watching the grand final at Camp Baird, deployed troops raised about \$2500 for Legacy through raffles and an auction of NRL-donated merchandise.

WO1 Michelle Crouch had the highest bid of nearly \$900 for a Bulldogs' jersey.

"My husband is a massive Bulldogs' fan and this will help console him for them not making the final," she said.

"It will also remind him that I am constantly thinking of him while I am deployed."

Welfare officer and event organiser Flt-Sgt Steve Weaver said the event meant a lot for NRL fans so far from home.

"The soldiers, sailors, airmen and airwomen work seven days a week in the MER, so when they are allowed a short amount of time off to watch the footy it is great for their morale," he said.

"Everyone loves the game and watching it here brings a little bit of home to us."

"The NRL's continued support for the troops deployed overseas sends us a positive message and we were thrilled to raise some extra funds for Legacy."



WO1 Michelle Crouch, of HQ JTF633, shows off the signed Bulldogs jersey she won at an auction for Legacy while watching the NRL grand final at Camp Baird in the Middle East Region. Inset, LAC Jamie Oakley, left, and Capt Nick Oeding show off their prizes.

Photos by Cpl Mark Doran

Intelligence school opens its doors

THE Defence Force School of Intelligence (DFSI) opened its doors to family and friends of staff and trainees during an open day on September 17.

More than 100 guests accepted the invitation to tour the training facility at Kokoda Barracks, Canungra.

Guests had a unique insight into the use of 3D imagery, which supports military targeting, as well as an opportunity to try out the "Radio In A Box", which psychological operations soldiers use to share information with target audiences.

Other activities included an extensive display of weapons, an NVG scavenger hunt and a mock combat intelligence cell.

As well as opening the doors to friends and family, the school is opening its doors to an increasing number of trainees.

DFSI has scheduled additional courses from 2016 to ensure that new recruits and trade transfers get the training they need in the minimum time necessary.

The corps is also working to simplify the application process to transfer to AUSTINT in a bid to fast-track trade and lateral transfers.

Personnel interested in transferring to AUSTINT are encouraged to get in contact with the Employment Category Management Cell on (03) 8481 7140 or email HOCCellAUSTINT@defence.gov.au

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BG fires up for Hamel



Pte Paul Barby, of 8/7RVR, takes part in a fire and movement scenario during Exercise Pozieres at Puckapunyal. Right, platoon commander Lt Matthew Laxton, of 8/7RVR (second from left), briefs his charges during the exercise. Photos by Cpl Steve Duncan and Sgt Hamish Paterson



Reserve brigades join forces

Capt Sharon Mascall-Dare

SOLDIERS from 4 and 9 Bdes made the most of a rare opportunity to engage in live-fire attack scenarios during Exercise Pozieres at Puckapunyal in October.

The nine-day exercise brought together more than 500 soldiers, who travelled from South Australia, Tasmania and other parts of Victoria.

CO 5/6RVR Lt-Col Paul Middleton said Pozieres was a combined training activity for both brigades on the “road to ready”.

“It’s an important exercise for developing capability in the reinforcing Battle Group (BG) Jacka as we head for the culminating activity, Exercise Hamel in 2016.”

Under Plan Beersheba, 4 and 9 Bdes have joined forces to form BG Jacka in support of 1 Bde.

During Pozieres, the command and control elements of the BG worked with 1 Bde at RAAF Base

Edinburgh as part of Exercise Predator’s Run. The force elements of the BG attended the activity at Puckapunyal.

Commander 4 Bde Brig David Westphalen said both activities provided opportunities for the development of capability at a number of levels.

“The brigades are working together well to develop highly effective command and control processes in a BG setting,” he said.

“Having our soldiers out field at Puckapunyal has also been important, providing a rare opportunity for live-firing in a range of attack scenarios.

“We’re seeing further development of tactical thinking among our section and platoon commanders as part of the exercise.”

For Cpl Mark Blondell, of 10/27RSAR, the exercise was a chance to command a section in a combined arms setting. He found working with other corps challenging and valuable.

“Generally, we have limited opportunities to work alongside other corps – this exercise has also been a great opportunity to practice our tactical skills,” he said.

“We worked towards platoon live-fire attacks which gave us more experience in live-firing.”

The live-fire platoon attack was the highlight for Pte Daniel Adams, of 12/40RTR.

“Throughout the nine days, we were able to consolidate our weapons handling and training,” he said.

“We don’t often get these hands-on opportunities. It makes a big difference to be able to rehearse and train in a consolidated block.

“By attending Pozieres, we’re getting battle-ready for next year.”

Exercise Bullecourt in March will be the next milestone on the road to Hamel for 4 and 9 Bdes, building on the skills acquired during Pozieres.

Commander 9 Bde Brig Mick Burgess said the Pozieres training had been well received by the soldiers.

“We’re continuing to build and maintain our capability across the BG, providing fully trained soldiers in preparation for Hamel in 2016.”

See the special liftout for more on Exercise Predator’s Run.

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Smashing the stigma

■ Mental health and wellbeing a key priority for ADF

SENIOR Defence leaders joined troops in Canberra to mark ADF Mental Health Day on October 16.

VCDF VAdm Ray Griggs was joined by Commander Joint Health RAdm Robyn Walker and representatives of the three services and Defence APS to mark the day over a morning tea at Russell Offices.

World Mental Health day falls on October 10 each year and since 2012 the ADF has conducted activities to coincide with the day, highlighting a particular aspect of mental health. The theme for 2015 was "Take Action".

In a video message to Defence personnel, the senior leadership focused on three goals:

- encouraging open and honest discussion about mental health issues;
- promoting awareness of the range of support services available to members and their families; and
- encouraging people to seek help early.

Speaking at the morning tea, VAdm Griggs said taking action would require physical and moral courage, resilience and compassion.

"It's an individual responsibility and our collective duty, no matter our rank, our role, our position, or where we are," he said.

"Defence is at the forefront of what is a national issue, but we can do more. We need to actively work to break down the stigma associated with mental health issues and foster

PROMISE WALL

A MENTAL health promise wall was erected at Russell Offices to mark ADF Mental Health Day.

CA Lt-Gen Angus Campbell posted his promise to the wall. "I pledge to walk my two rescue dogs everyday. They have seven legs between them and remind me that happiness resides in the simple things."

a culture where people are not afraid to ask for assistance or support when they need it."

Service in the ADF can pose significant pressures on its members and their physical and mental health. Frequent relocations, long separations from friends and family, demanding and sometimes dangerous working conditions, can all place significant demands on ADF members and their families.

Defence continues to make significant investments in resilience training, early intervention, treatment and rehabilitation programs, and building on its understanding through research programs to ensure people are prepared and supported throughout their careers.

For more information about Defence's mental health programs and where to get help, visit www.defence.gov.au/health/healthportal



GETTING SUPPORT

SOLDIERS with mental health issues have a range of options available to help:

- speak to your chain of command
- All-hours support line –

1800 628 036

- Defence family helpline – 1800 624 608

- Veterans and Veterans' Families Counselling Service – 1800 011 046

- Lifeline – 13 11 14.

CA Lt-Gen Angus Campbell places his mental health promise on the promise wall at Russell Offices in support of ADF Mental Health Day.
Photo by Lauren Larking

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70 years and counting

1RAR welcomes former members to Townsville



Pte Duke Randall, of 1RAR, and unit mascot Septimus Quintus on parade with former soldiers during the battalion's 70th birthday celebrations at Lavarack Barracks. Photo by LCpl Kyle Genner

LCpl Kyle Genner

CORAL Lines was a flurry of activity on October 12 as the "Big Blue One" celebrated its 70th birthday.

1RAR's ranks were bolstered by more than 200 former members who came from as far as Perth, Thailand and Africa to join the fun. For some members it had been nearly 30 years since they had seen their old 1RAR mates.

The old hands of the battalion were delighted to kick-start the day with a set of orders around a mud model. All men then formed up and marched onto the parade ground in step with current members of the battalion.

Former 1RAR section commander Steve Wyatt said it was an amazing experience having "the '80s old boys" together with today's young diggers.

"We all have a legacy at the unit," Mr Wyatt said.

"Some of my soldiers went on to become RSMs and although we all have connections to wider Army, you always have the strongest connection to your first unit."

Throughout the day 1RAR showcased its capabilities with equipment displays and demonstrations, which culminated in a simulated urban assault with pyrotechnics.

LCpl Shane Murray, of 1RAR, said he was keen to show the soldiers from previous generations just how far the Army had come.

"We conducted an urban assault with

a flanking manoeuvre, occupied a compound and destroyed the enemy," LCpl Murray said.

"It was a great demonstration of a section commander being given a mission and executing it with good use of distraction devices and coordinated movement.

"Having the old hands of the battalion here today is fantastic because it really drives home the importance of traditions and keeps the history alive."

Somalia veteran Greg Seymour was impressed with the current generation of equipment.

"It's great to see that some beasts like the 84mm Carl Gustav are still here, but now there are .50 calibre machine guns, too," Mr Seymour said.

"Now it's the 21st century and the Army has improved – the soldiers are safer and that's the main thing."

The strong sense of community was strengthened later that day at the Patrick Bugden VC Club, where old and new soldiers shared stories and a laugh over a barbecue.

Former 1RAR CO Lt-Col John Salter (retd) said everyone felt welcomed and it was just like coming home.

"I started my career as a platoon commander here at 1RAR and served in Vietnam – I finished my career some 20 years later as the CO.

"It means a lot to us oldies – it means the battalion still cares and it lets the young soldiers know that their legacy will continue."

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139 342

Commander 3 Bde Brig Roger Noble and Prof Sandra Harding, of James Cook University, sign an articulation agreement. Photo by LCpl Kyle Genner

Smart soldiers



Setting soldiers and officers on the path to educational success

LCpl Kyle Genner

ARMY joined forces with Townsville's James Cook University (JCU) in October with a new agreement that will advance the education of personnel.

Comd 3 Bde Brig Roger Noble signed an articulation agreement on behalf of Forcomd with JCU's Vice Chancellor Prof Sandra Harding to recognise the efforts of personnel

who have graduated from RMC.

After completing a Diploma of Military Leadership, junior officers will receive substantial credits towards a Bachelor of Business degree at JCU.

The Deputy Vice Chancellor of JCU's division of Global Strategy and Engagement, Prof Robyn McGuigan, said the agreement was fantastic news.

"JCU will be able to provide its expertise and teach a new generation of Army officers," she said.

Brig Noble said it was a win-win for JCU and Army, noting the skill requirements of Army and business were well-matched.

"The skills you learn in a business degree are transferable to Army," he said.

"Although the Army fights, it still runs like a big business.

"This is a smart place to start because JCU is right next door, but that's not the end as officers can con-

tinue to study online if they post away from Townsville.

"It's just the beginning and there's scope to expand. JCU teaches a broad range of disciplines and all we need to do is build the models for other degrees as we identify needs."

Brig Noble said this agreement wasn't the first or only agreement of its kind with universities in Australia.

"I encourage soldiers to approach their regional educational detachments

and get started with study," he said.

He said good soldiers were clever, educated and well-informed.

"Army values education and dedicates significant resources to support the further education of soldiers," he said.

For more information on the Defence Assisted Study Scheme, visit <http://dmet.defence.gov.au/vcdf/LearningDelivery/EducationAssistanceSchemes/ADF/DASS>

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Developing capabilities

Reserves from 13 Bde head to Malaysia for ‘once-in-a-lifetime’ deployment

Maj John Liston

AFTER months of preparation 40 Western Australian-based reservists have deployed to Butterworth in Malaysia for a three-month tour of duty that includes the Christmas and New Year period.

The soldiers from 13 Bde in Perth prepared for the challenging work with training in infantry skills, marksmanship and fitness.

Many described the prospect of deploying to Malaysia with Rifle Coy Butterworth (RCB) as a great opportunity.

Pte Yannick Magyar, a geology student, said it would be a great training experience.

“It is very rare for reservists to be called upon to deploy to Butterworth,” he said.

“It is a once-in-a-career opportunity and I didn’t want to pass it up.”

The three-month rotational deployment supports Australia’s commitment to the Five Power Defence Arrangement between Singapore, Malaysia, UK, New Zealand and Australia.

OPSO Capt Andrew Jackson, of 16RWAR, said the deployment was as much about developing the character and capabilities of the soldiers as it was about contributing to Australia’s security in the region.

“The RCB deployment is 13 Bde’s most significant international engagement activity in many years,” he said.

“We will return to Australia better soldiers who are more skilled in tactics and

more confident at operating complicated equipment.”

During their deployment to Malaysia the soldiers will operate in unique and challenging environments.

“We will have to think quickly and adapt our tactics and procedures to an unfamiliar jungle environment,” Capt Jackson said.

“We will also learn survival skills from experts in the Malaysian Army.

“In Singapore the emphasis will be on urban operations at the Singapore Army’s state-of-the art urban training facility.”

He said reserve soldiers could be required to contribute to stabilisation missions or regional domestic security tasks anywhere in Australia and the region, so they must be able to perform all types of operations – not just in jungle terrain, but also in urban environments.

During the deployment troops will also have an opportunity to honour their military heritage and learn about the battles of Malaya and Singapore.

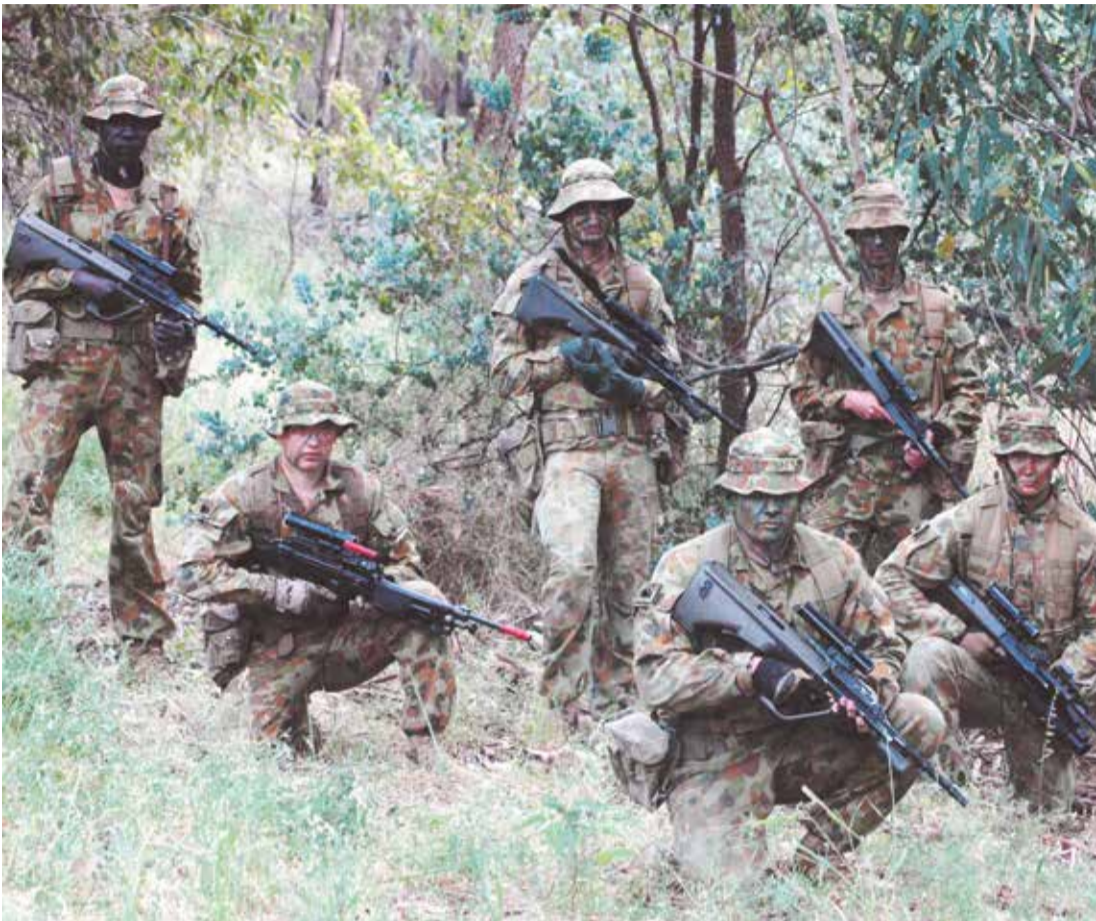
This is of particular interest to Pte Jeremy Cullen, of 11/28RWAR.

“I am really interested in the history of Vietnam and WWII and want to see the battlefields, so when I heard about this trip I grabbed it,” he said.

“I am also looking forward to the training, teamwork and mateship.”

The soldiers will join 70 of their compatriots from Queensland to make up the 110-strong contingent. They arrived in Malaysia on November 1 and will return to Australian in February.

13 Bde last deployed soldiers to RCB in 2009.



13 Bde troops prepare for their deployment to Rifle Coy Butterworth. Front row from left, Pte Wade Beasley, Pte Anthony Jerkovic and Pte Dylan Bennett-Surtees. Back row from left, Pte Isaac Cagai, LCpl Zac Muscat and Spr Christopher Beeson.

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Lavarack opens gates

North Queensland students get a taste of soldiering in Townsville

LCpl Kyle Genner

HIGH school students from across north Queensland gained hands-on experience during an Army careers visit at Lavarack Barracks.

More than 30 students from as far north as Tully visited 3 Bde units on October 14.

The students started the day with a rigorous work-out at 3 Bde's main gym and then watched capability displays at 4 Regt RAA, 3RAR, 2 Cav Regt and conducted a shoot at the WTSS.

Joseph Wigness, of St Theresa's College in Ingham, said although the PT was tough he really enjoyed it.

"We worked up a sweat with the push-ups, sit-ups and the beep test, but it was fun," Joseph said.

"The whole day was great, seeing all the equipment and how it works was really interesting."

The visit had an emphasis on Indigenous youth and Defence Work Experience Program Liaison Officer Joanne Heenan said it gave students the opportunity to see what Army had to offer.

"In line with the ADF's commitment to increase Indigenous recruiting, the day's visit was very much about engaging with those students," Ms Heenan said.

"The kids loved it and they didn't know what to expect, but once we put them in a Unimog the excitement

By the end of 2015 we will have put about 600 students through work experience in north Queensland alone.

— Joanne Heenan, Defence Work Experience Program Liaison Officer

started. They all got involved, had a go and were very receptive.

"Generally the students see something during the day that triggers their interest and they often return to participate in a week-long work experience placement with a unit at a later date."

She said the Defence Work Experience Program was successful.

"By the end of 2015 we will have put about 600 students through work experience in north Queensland alone," she said.

Joseph has already started the application process to enlist in the Army.

"Last year I tried the work experience program and really enjoyed it," he said.

"So now I plan to become a driver."



Gnr Matthew Pal, of 4 Regt RAA, shows Defence Work Experience Program student Joseph Wigness, of St Theresa's College, how an M777 howitzer is fired at Lavarack Barracks. Photo by LCpl Kyle Genner

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Combating violence

Units encouraged to donate money to charities supporting victims of domestic violence



Photos by Cpl Guy Young

AS NOVEMBER 25 approaches, white ribbons are pinned to cams, cakes are ordered and units around Australia prepare for morning tea.

Speeches will be made, soldiers encouraged to never excuse or commit violence against women and many may sign written promises to that effect.

Those men prone to domestic violence are unlikely to suddenly realise the error of their ways, but others may be encouraged to step-in and apply some form of social pressure to the perpetrator.

Unfortunately, it may take some time for friends to realise the abuse is happening and longer for the risk of the offender losing their friends to prompt a change in behaviour.

I've often wondered how women in violent relationships feel on White Ribbon Day.

Perhaps they hope their partner will hear the message and change their ways.

Maybe they wonder if their abusive partner's mates understand her situation and how long it will be before he bears the brunt of a friend's disgust.

As we hope to remedy the cause, many women can't wait for cultural change and something to help the symptoms needs to be done in the meantime.

In conjunction with holding a morning tea this White Ribbon Day, units should take the opportunity to raise money that can help women in immediate need.

This could mean collecting donations for a local women's refuge or organisations that provide crisis accommodation and domestic violence counselling services.

Suitable refuges and organisations are easy to contact in cities and regional centres.

Many will accept donations from the public, but a sizeable contribution from an Army unit or brigade is a great way to show our desire to truly help abused women.

It's great working towards a cul-

ture that never accepts violence against women, but at the same time we need to help victims leave abusive situations.

Men telling men violence against women is unacceptable is one way to send a message.

A woman leaving an abusive man sends an even stronger message, but it often can't happen without vital support services in place.

For every woman who escapes her abuser, there is potentially another victim inspired and a perpetrator given cause for reflection.

But that can't happen without support, and that's why we need to raise money for those vital services at this year's White Ribbon Day morning teas.

Cpl Max Bree
Defence News and Multimedia

Brig Peter Daniel, DG Pers-Army, responds:

Thanks for your support. If I can add to your comments, White Ribbon Day is an important event on the Army calendar as it assists in generating discussion about gender violence and raises funding critical to the White Ribbon campaign.

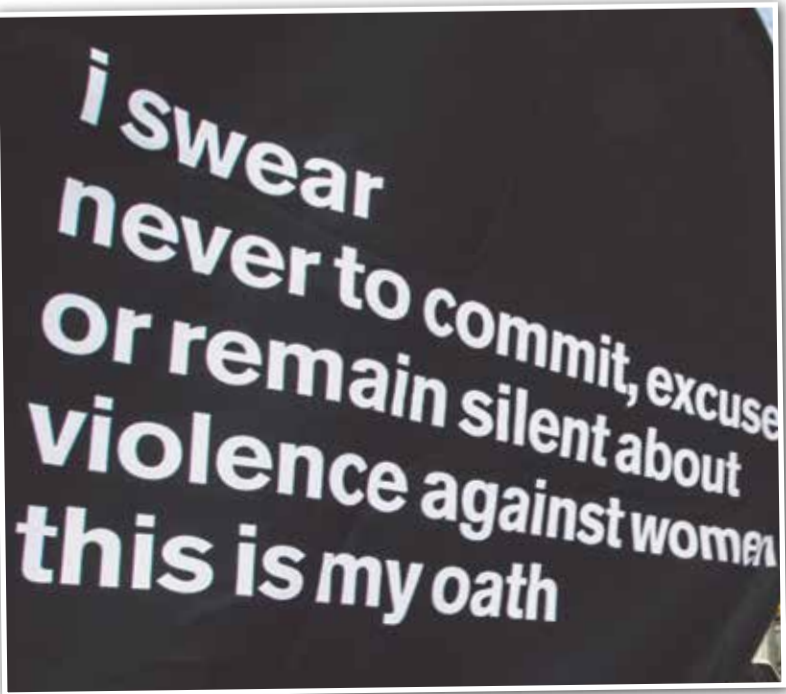
That said, Army's commitment to preventing violence against women extends well beyond our support for White Ribbon Day. Army is participating in the White Ribbon Workplace Accreditation Program to ensure our workplace policies and procedures enable commanders to better support and manage victims and perpetrators.

Further to this, awareness training is being conducted for all Army personnel around the issue of domestic and intimate-partner violence. Our Mentors in Violence Prevention program also aims to highlight bystander responsibilities and prevent the escalation of violence.

And, most importantly, Army is committed to ensuring gender equality is realised. Gender inequality is recognised as the leading contributing factor to gender-based violence globally.

In conjunction with holding a morning tea this White Ribbon Day, units should take the opportunity to raise money that can help women in immediate need.

— Cpl Max Bree,
Military Reporter



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ARMY OF THE FUTURE

With robots and simulation making training more realistic and equipment reducing the load on soldiers' bodies, the future of Army looks bright, Cpl Max Bree reports.

THE latest ideas on weapons carriage, target shooting and performance monitoring were on display at the Army Innovation Day in Canberra on October 19.

Industry representatives from 23 companies showed off their equipment and programs on the theme of enhancing human performance, with Army aiming to trial some within a year.

...we want to try to bring something from this year's Innovation Day into service within 12 months.

Director General Modernisation Brig Ben James said small surveillance drones displayed in 2014 were now in service with Forcmd and Socomd.

"Last year we got two unmanned aerial systems into service and we want to try to bring something from this year's Innovation Day into service within 12 months," he said.

"Soldiers can see things at Innovation Day, which Army will aim to trial by Exercise Hamel next year. "If the trials reveal they are what we need, we may seek to bring it into service."

The day was an opportunity to get industry representatives in touch with soldiers and promote thinking about what they can do for Army, according to Brig James.

Defence staff and ADF personnel are shown new equipment on offer during the Army Innovation Day.



"Army has said for a long time that soldiers are our most important capability," he said.

"We have to make sure we involve industry so we can get new technology into soldiers' hands.

"We don't go to industry and say 'give us this'; we say 'this is our problem, how can you help us?'"

Brig James was excited to get around and check out the ideas on display.

"Some of the immersive technology stood out for me," he said.

"It can emulate the look and feel of a deployed environment.

"I've seen some great load carriage systems to get weight off soldiers and there's some technology to better train soldiers for combat shooting."

Though not everything will be adopted by Army, Brig James said many of the ideas on show could influence Army's long-term outlook.

"We'll look at some technology to help inform our thinking over the next five to 10 years," he said.

"I think you'll find this day will grow from year to year.

"Our preference would be to run more of these than less."

ARMY'S HUMAN PERFORMANCE VISION:

Ensure that soldiers, as individuals or teams, outsmart, outperform and outlast a lethal, agile, adaptable and well-connected adversary in an increasingly challenging and complex operational environment.

Capt Charlie De-Zilva talks with Jason Semple, director of Advanced Accuracy Solutions, about the "Reaper" weapon carrying system as part of Army Innovation Day 2015 at ADFA.

Photos by Lauren Larking



ROBOTS ARE PUTTING THE 'LIVE' IN LIVE-FIRE TRAINING SCENARIOS

Cpl Max Bree

AUTONOMOUS robots attacking soldiers with flanking manoeuvres and from behind cover could emerge as a recurring enemy.

But they're not from a dystopian future where androids battle mankind for control of Earth.

Instead they're man-shaped robot targets for use in live-fire training scenarios.

But Marathon Targets director Alex Brooks said, "It's not a

terminator, it's not actually going to fight battles".

"These are meant for training." The four-wheel targets travel up to 18km/h, manoeuvre around objects and use them for cover.

"There's a laser sensor so it can see its environment," Dr Brooks said. "Once it understands the environment, it relays its position back to the user interface."

Though the robots can move autonomously inside buildings or urban terrain, the operator still needed to give some direction.

"We have to tell them where the soldiers are, so there's a little bit of theatre involved," Dr Brooks said.

"At the moment there are a lot of soldiers shooting static or predictable targets and then they're expected to go into combat to hit unpredictable moving targets. This technology gives them the opportunity to train for the reality of combat."

Tubes inside the robots detect lethal or non-lethal hits around 360 degrees and they can be configured

to "drop" after a single hit or multiple strikes.

Stu Norman, also of Marathon Targets, said this feature became useful when soldiers became too effective at taking out the robots.

"During a trial with the US Marine Corps, they found about a 104 per cent increase in marksmanship skill in a 24-hour period," he said.

A single charge will power the robots for about 16km of movement, while a WiFi network and repeater stations control them.

"When you shoot it, they can slow down to signify a non-lethal injury," Mr Norman said.

"They can be set up so when you shoot one the rest are going to flank you or when you cross a phase line and they're going to attack you."

The robots are being used by SASR and 2 Cdo Regt. They have also seen service with the US Army and Marine Corps.

"They can also be loaded with audio files," Mr Norman said.

"When they're shot you can hear them scream from 50m away."

When they're shot you can hear the robot scream from 50m away.

— Stu Norman, Marathon Targets



Maj Stephen Markham is fitted with sensors by Scott Bradford from IBM to demonstrate the new Edge Data System.



Cpl Max Bree tests out the Zero Latency technology as part of Army Innovation Day 2015.

Going into battle from your room

Cpl Max Bree

AUTOMATIC fire hammers my position from the left. I drop to a knee behind sandbags and return fire with bursts of full auto.

But the enemy's in a well-covered position and I struggle to get an effective hit as another opens up at me from the right.

I'm suddenly pinned behind sandbags at a checkpoint somewhere in the desert with enemy closing in.

Thanks to software from the company Zero Latency, I'm transported from the Army Innovation Day in Canberra to an airfield overrun by terrorists in the Middle East.

Zero Latency director Kyel Smith said you get immersed in a world that looks like a high-end video game, but the headset and weapon respond instantly to movements.

"You know you're playing a game, but it's easy to forget you're in a room in Canberra," he said.

Despite what the company's name suggests, Mr Smith said it took time for the computer to process movement, but it was too quick to notice.

"It's a 3D motion capture system that works so fast it tricks the brain," he said.

After putting on the headset, I'm standing at an airfield checkpoint surrounded by a small sandbag wall. I see a C-17 through a gap between two guard towers to my right.

I look down at my hands holding a futuristic assault rifle and see part of my body armour. After taking a few steps around, a truck rounds a corner and stops at the checkpoint boom gate before I start taking fire.

The demonstration lets me walk

around the environment in a 20sqm set-up, but the company mainly runs the program at a 400sqm facility in Melbourne

"If you can build a hangar big enough we can put anything into it," Mr Smith said.

The artificial intelligence (AI) was on-par with that from the popular *Battlefield* video game series, but could be programmed for particular scenarios.

"The AI generally only knows objects as obstacles," Mr Smith said.

"Though if you have a scenario and want to design AI to suit, you can have them do things like use sandbags as cover, crawl over them or use them as a position."

The system supports a number of players and Mr Smith said it could be used to review a fire team or section's performance during a scenario and improve its performance.

"A commander can review the map, see what people were doing, where they went, how they were standing and what they were looking at," he said.

There is also an option to use "stun belts" that give a small electric shock to a player who's been shot.

I manage to take out the two enemy from the truck as I realise I'm taking fire from behind. After spinning around, I neutralise the enemy as two more emerge from behind shipping containers.

One lays down covering fire as another runs at my position. I crouch behind the sandbags and struggle to get another magazine onto my weapon.

A quick auto-burst takes out the closest enemy before his mate and I enter a protracted shooting match exchanging automatic fire before he eventually drops and the scenario ends.

An exciting future

Army speaks with the CO of 1 Cdo Regt, Lt-Col M, about why people should strive to serve in the regiment.

Are enough soldiers and officers who pass commando selection choosing to serve in 1 Cdo Regt?

The short answer is no. We need to see more candidates undertake the Commando Selection and Training Course (selection) with the Special Forces Training Centre (SFTC) and go on to do reserve service in 1 Cdo Regt. The selection standards are the same for regular or reserve service and that will not change.

We want to see more men and women of all services, corps and ranks putting their hands up for reserve commando service.

Where do the current recruits for 1 Cdo Regt come from?

At present we have seen the majority of candidates come from other parts of the Army Reserve – primarily from 2 Div.

However, lately we are also seeing an increase in recruiting from qualified soldiers and officers leaving ARA Socomd units.

In the past, the regiment was highly successful at recruiting personnel from the wider civilian population and this is certainly a group we are actively working to attract to the unit again.

Why is 1 Cdo Regt having problems attracting personnel?

There are two reasons. The first is that the standards for selection are very high. And so they should be.

There is now only one standard for service as a commando, irrespective of whether an individual is considering a reserve or a regular career.

Not everyone who attempts selection will pass, but this should not discourage people from attempting and challenging themselves.

The second reason is more specific to 1 Cdo Regt.

Lately we have seen many candidates pass and at the end of their reinforcement (training) cycle choose full-time service with 2 Cdo Regt.

That is ultimately a win for Socomd, but we need to target candidates who not only have what it takes to pass selection and training, but have the desire and the drive to serve with 1 Cdo Regt as a reservist.

So what are you proposing in the short-term to fix this problem?

We are re-raising training platoons in each of the commando companies (Sydney and Melbourne). Our aim is not to replicate the first-class role provided by SFTC, but rather to help bridge the gap we have identified in giving reserve members the best opportunity to prepare for day one of selection.

Accordingly, our campaign is aimed at reserve members who have aspirations to attend and pass the October 2016 selection.

After a competitive screening process in early 2016, we will host a limited number of aspirants as visitors in Sydney and Melbourne.

The commitment will involve training on Tuesday nights, some weekends, as well as a course and a major exercise.

Training for selection is ultimately an individual responsibility. Our program will merely pool like-minded aspirants, providing a vehicle to encourage their training and preparation.

Upon successful selection, we offer a three-year term to complete the commando reinforcement training to attain the base-level commando qualification (ECN 079-1).

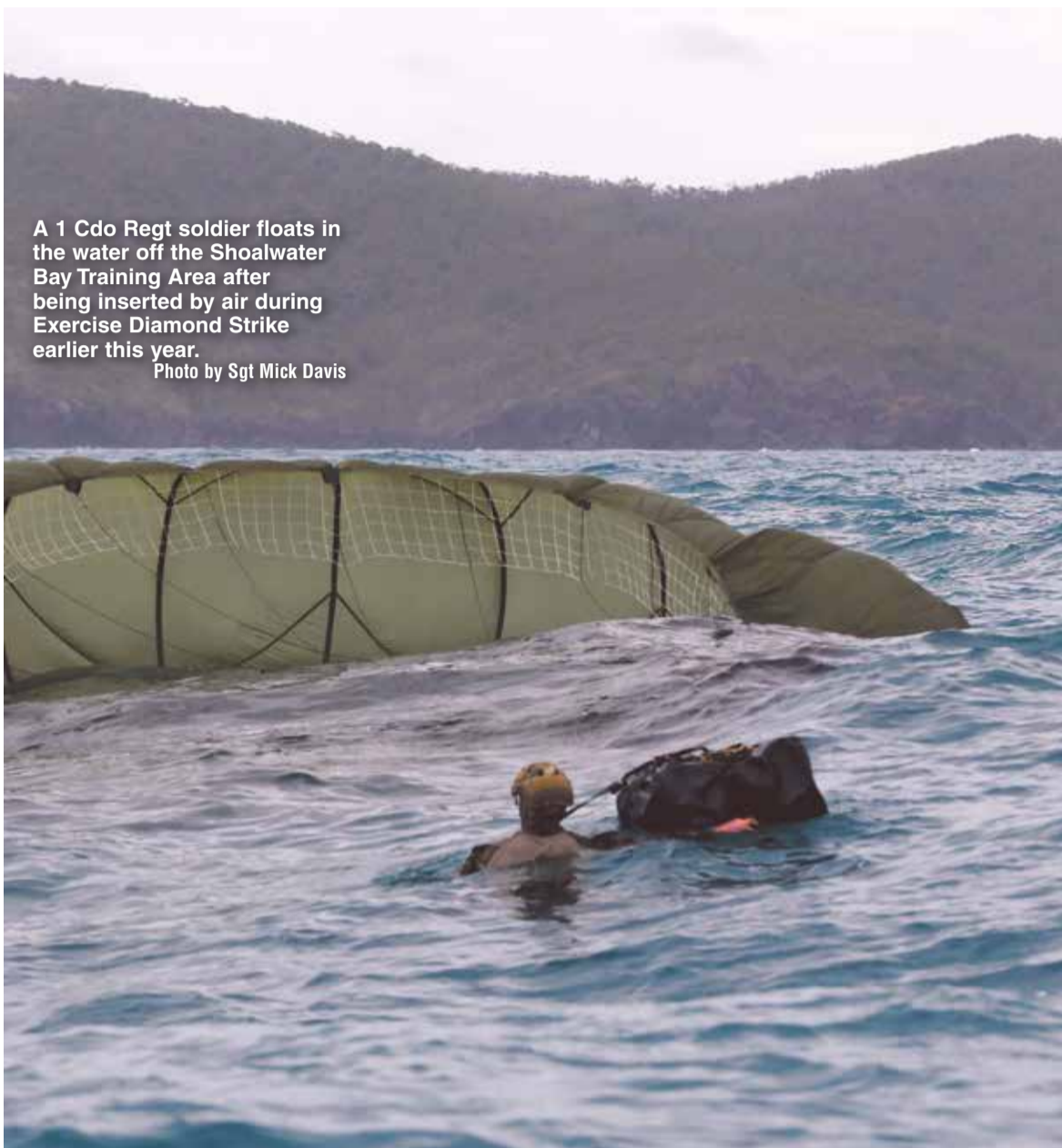
This provides a realistic timeframe in which to become qualified (vice 332 days continuous training). Very few reservists can commit to 12 months of full-time service while maintaining civilian employment, family commitments and other life challenges.

Are there ways to serve in 1 Cdo Regt other than as a qualified commando?

Definitely. The diversity of positions would surprise many. In addition to the commando-qualified officers and soldiers in the companies, 1 Cdo Regt has a range of support staff opportunities.

The regiment has a highly capable signals squadron and we are not only looking for high-calibre and self-motivated members of signals corps, but individuals with a particular flair for information systems and social networking.

We are also particularly interested



in those seeking service in support roles, including clerical, logistics, transport, medical and intelligence.

We want to provide a core group of subject matter experts within Socomd, including individuals with specialist linguistic and cultural skills.

Finally, we have managed to attract a pool of highly capable medical professionals – doctors, nurses and paramedics. We would like to see that critical capability expand even further.”

Long term, where do you see the future candidates coming from?

The regiment is actively working to attract more civilian recruits. We believe there is a largely untapped pool of candidates who may want to serve in 1 Cdo Regt, but are unaware of the opportunities available.

We have the capacity to start tapping that pool of candidates in Sydney and Melbourne.

Our ideal candidates will be physically and mentally capable and able to provide longevity in their service.

Ideally these individuals are about to embark on a rewarding civilian career – whether they be in first year at university, TAFE, the start of a career

in emergency services, a trade or any variety of backgrounds.

These are the kind of motivated people capable of excelling in both a civilian and military career.

Ideally, we’re aiming to reach them in that time of their lives before their civilian careers take off. That is the time when they are most capable of devoting the significant effort required to pass commando selection.

We believe the rewards are immense.

For more information, register for an information session near you at 1cdo.recruiting@defence.gov.au

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It doesn't matter if you're male or female, clerical or combat trained, if you're highly motivated and capable of performing outside your role and rank, then you already have some of the characteristics of members of the 1st Commando Regiment. We are looking for motivated ARes individuals, from all corps, who are interested in being posted in one of the following supporting roles:

- Signals, Communications & IT (including social media)
- Logistics
- Medical
- Intelligence, linguists & individuals with cultural expertise
- Transport
- Clerical

We are recruiting in Sydney, Melbourne, Canberra and now Brisbane.

Please register for an information session near you: 1cdo.recruiting@defence.gov.au



Mutual benefits

A commando team specialising in image capture and transfer techniques joins with Norforce for a patrol rotation.

Commandos join with Norforce for training in Western Australia.

A COMMANDO team specialising in image capture and transfer techniques recently deployed to the north of Western Australia in support of Operation Resolute. The activity was part of the latest patrol rotation conducted by

Norforce. CO 1 Cdo Regt Lt-Col M said the team comprised members from 2 Coy, 1 Cdo Regt, supported by signallers from 301 Cdo Sig Sqn and a special operations liaison element. “The team was inserted into a remote area of northern Western Australia via G-Wagons and conducted clandestine surveillance

tasks to target illegal fishing, irregular maritime arrivals and other criminal activities,” Lt-Col M said. “The operation was a good opportunity for elements of Socomd to operate with the Norforce patrolmen and share surveillance techniques and procedures.” The soldiers operated in

combined patrols and conducted cross-training. They also taught each other advanced image capture techniques, intelligence exploitation of imagery products and local bushcraft and survival skills. During the patrol period the squadron reported on a number of vessels and aircraft of interest

and had the opportunity to conduct response training with vessels from the Australian Border Force. “Overall the operation was a success and an example of the mutual benefits that can be achieved through cooperation between units across the Army,” Lt-Col M said.





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VALE MAJ-GEN "DIGGER" JAMES 1930–2015

DISTINGUISHED Army officer Maj-Gen William Brian "Digger" James, AC, AO (MIL), MBE, MC, died in Brisbane on October 16 aged 85.

A private funeral was held at the Pinnaroo Lawn Cemetery in Bridgeman Downs on October 22, while a public memorial service was conducted at the Albert Street Uniting Church in Brisbane on October 30.

Maj-Gen James was born in May 1930 in Shepparton, Victoria, where he spent his formative years.

After graduating from RMC in 1951, he served as a junior officer with 1RAR in Korea.

He was awarded the Military Cross for his actions while leading a patrol on the night of November 7-8, 1952.

One soldier was killed after stepping on a mine and four others, including then-Lt James, were wounded.

Although severely wounded, with the loss of his left foot and damage to his right leg, he remained conscious and in command of the patrol, organising the evacuation of casualties back to the battalion, and insisting that he was moved last, more than three hours later.

The citation for his award of the Military Cross read: *The example set*

by Lt James and his leadership, devotion to duty, self-sacrifice and extreme fortitude when in great personal distress was an inspiration to members of his battalion.

He was evacuated to Australia and spent 14 months in rehabilitation in hospital.

He transferred to the RAAC and served as adjutant at the Armoured School and 12/16 Hunter River Lancers at Muswellbrook before resigning in 1957 to undertake medical studies at the University of Sydney.

After graduating in December 1963 and serving his hospital residency, he rejoined the Army as a medical officer in the RAAMC.

He commanded 8 Field Ambulance in South Vietnam and was the senior medical officer of 1 Australian Task Force at Nui Dat for 12 months from January 1968 to January 1969.

For his outstanding service in Vietnam he was appointed a Member of the Order of the British Empire (MBE) in 1969.

In 1971 he served with a British St John's Ambulance medical relief team at the end of the Biafran War in Nigeria, for which he was awarded the Order of St John.

He was appointed Director Army Medical Services in Queensland

between 1971 and 1975, and Director Army Medical Services from 1975 to 1981.

Promoted to Maj-Gen, he served as Director-General Army Health Services between 1981 and 1985 before retiring.

As well as serving as the national president of the RSL from 1993 to 1997, Maj-Gen James served on the council of the Australian War Memorial from 1993 and was appointed chairman in 1999. He served in that capacity until 2000.

He was a tireless advocate for veterans' issues and a patron to countless other medical and military causes.

The rehabilitation platoon at IRTB Kapooka was also named in his honour.

Maj-Gen James leaves behind his wife Barbara, whom he married in 1954, four children and nine grandchildren.

In lieu of flowers at the memorial service, Maj-Gen James' family requested personnel make a donation to Mates4Mates. You can do so at www.mates4mates.org



A bearer party carries the coffin of Maj-Gen "Digger" James during a funeral service at Pinnaroo Cemetery in Brisbane. Inset, Maj-Gen James at a Light Horse statue unveiling in 2008. Photos by Cpl Shannon McCarthy and Cpl Corrine Boer

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Cairns, Qld

Sat, 7th November, 10am-4pm
Double Tree

Darwin, NT

Sun, 8th November, 10am-4pm
Double Tree

Canberra, Act

Thurs, 12th November, 6pm-9pm
Canberra Crowne Plaze

Nerang, Qld

Sat, 14th November, 10am-4pm
Nerang RSL

Manly, Nsw

Sat, 14th November, 10am-4pm
Manly Novotel

Brisbane, Qld

Sun, 15th November, 10am-4pm
Lord Stanley Hotel

Castle Hill, Nsw

Sun, 15th November, 10am-4pm
Castle Hill RSL

Sydney, Nsw

Thurs, 19th November, 6pm-9pm
Sydney Boulevard Hotel

Chatswood, Nsw

Sat, 21st November, 10am-4pm
Chatswood Mantra

Wollongong, Nsw

Sun, 22nd November, 10am-4pm
Wollongong Mantra

What attendees are saying

"The training was very informative, very educative and was wealthy. I loved it."
- Kenny, Brisbane (September 2015)

"Very informative, learnt a lot, so impressed with the information presented."
- Kylie, Wagga Wagga (September 2015)

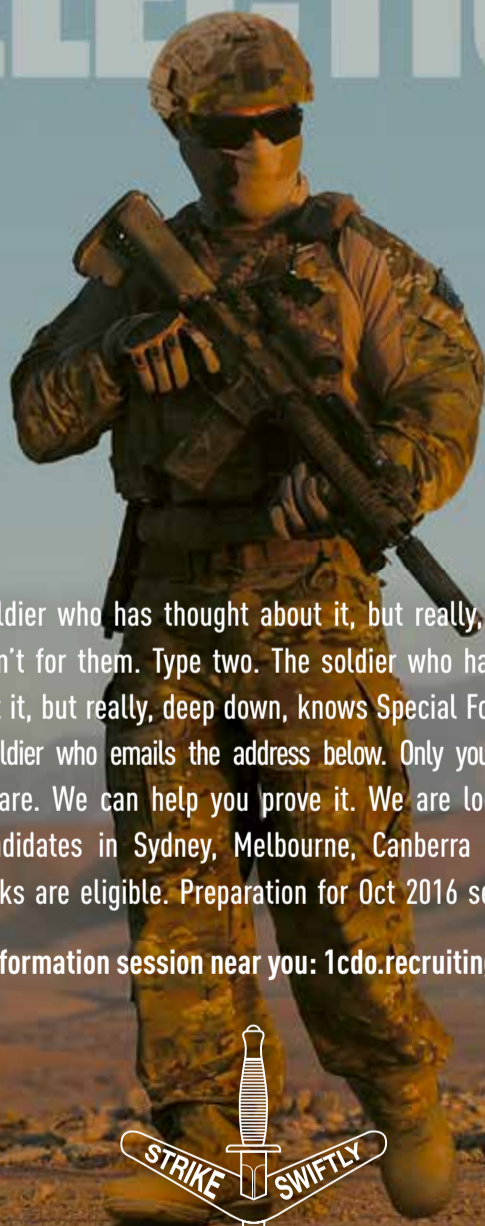
"Well presented covered many aspects of property investing in short period of time."
- William, Wagga Wagga (September 2015)

"It was very informative for one who is new to the property market and will purchase soon."
- Geoffrey, Perth (October 2015)



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Register for an information session near you: 1cdo.recruiting@defence.gov.au



Follow your dreams

One armoured corps officer does not regret leaving university for a minute, Leut Andrew Ragless reports.

CAPT Trev Williams had almost completed his physiotherapy degree when he decided it wasn't for him. But the 27-year-old said after three-and-a-half years of laboured study, leaving uni was the best thing he ever did.

"Study seemed like a good idea at the time, but after three years I found I was getting more and more disillusioned," he said.

Instead, he joined the Army in 2008 and hasn't looked back.

The catalyst for joining the Army occurred one evening when Capt Williams' father Nicholas – formerly an avionics technician in the Air Force – suggested he consider a job in the ADF.

"Dad's characteristics have really shaped me," Capt Williams said. "I walked into Defence Force

Recruiting a short time later."

Capt Williams recently returned from a deployment to Afghanistan as a member of the Australian-led 205 Corps Advisory Team (CAT).

The team ended its mission in Kandahar on October 1 after seven rotations of troops since 2010.

Capt Williams was the team's Information Operations (IO) Adviser, providing expert advice in the dynamic field of information effects.

"I met with my Afghan counterparts five days a week," he said.

"We discussed strategies to counter the Taliban's propaganda videos and messages.

"Information is a crucial element in the fight and it can save lives."

In the five-year history of 205 CAT, the Afghan National Army's (ANA) 205 Corps grew from two brigades of predominately infantry troops, to



Capt Trevor Williams, right, talks with ANA officer Maj Qudrat Ullah at Camp Hero, Kandahar. Photo by Cpl Oliver Carter

a divisional size formation including four manoeuvre brigades, 19,000 troops and specialist artillery, engineering, intelligence and signalling capabilities.

In its first fighting season without coalition combat force assistance, the 205 Corps had successfully held its territory against the Taliban and conducted deliberate operations, defeating insurgent forces in the field.

"The ANA have learnt that through IO they can capitalise on their achieve-

ments, gain confidence, boost their credibility and gain widespread public support," Capt Williams said.

Back home, Capt Williams is the OPSO at 1 Armd Regt in Darwin.

An accomplished troop leader of both the ASLAV and APC, he has fulfilled the role of 2IC of an APC and M1A1 main battle tank squadron.

With 14 tanks at his disposal it's a big responsibility – and Capt Williams thinks it's the best job in the Army.

"When I was at RMC we did a

combined arms exercise with a cavalry troop," he said. "I met the troop leader who was living in the same vehicle with the soldiers, eating the same food, and working in a tight-knit group.

"They were moving so fast and everything around them was changing rapidly.

"I remember saying to myself, 'I want to do that!'

"I sometimes look back on that moment at university and then I think about what I've accomplished since."



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Committing to progress

Gender diversity a top priority

Holly Brambley

THE Women in Defence – Our People and Capability conference on October 13-14 reinforced Defence’s commitment to improve gender diversity across the organisation.

CDF ACM Mark Binskin and VCDF VAdm Ray Griggs opened the two-day event declaring a more diverse workforce would improve our capability, pushing for more women in key leadership roles.

About 250 guests from across Defence, government agencies, allied militaries and industry attended day one of the two-day conference in Canberra.

Erica Gold, who works with the New Zealand Defence Force, presented on the effects of female military personnel improving capability, demonstrating the vital role women play on deployment.

Lt-Col Dave Benson, of Workforce Strategy – Army, said Ms Gold’s research presented some great ideas.

“She questioned the roles women can have that men can’t, in terms of capability,” he said.

“This is an important lens, which can be used to review how gender diversity can enhance our capability.

“Long-held paradigms within the ADF need to be revisited, reviewed and potentially discarded.”

Lt-Col Benson said the ADF had come a long way since he joined.

“Policy changes and, more importantly, cultural changes, have led to a

Cultural changes have led to a more positive environment.

– Lt-Col Dave Benson, Workforce Strategy–Army

more positive environment,” he said.

Day one also shed light on the future of our ADF with the Service Chiefs participating in a frank and informative panel discussion pushing for a workforce that was representative of the 51 per cent female Australian population.

The second day was an intimate forum, with leaders and diversity experts from across Defence given the opportunity to delve deeper into some of the ideas and conversations explored on day one, while brainstorming ways in which these ideas could be become a reality.

It was the second time Thomas Hoffman, of Defence People Group, had organised the conference.

“Working on a high-profile event, with strong support from the Defence senior leadership, has been very rewarding,” he said.

“Feedback has been extremely positive. This is an important topic for Defence and I think the event really showcased the commitment to progressing these issues.”



CA Lt-Gen Angus Campbell, centre, addresses the audience during a panel discussion at the 2015 Women in Defence Conference in Canberra.

Photo by Lauren Larking



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Cpl RMJ Couchman APSC
Pte SM Andrews APSC
Cpl FL Jenkins APSC
Pte TLJ Carloff APSC

Non-Army Group

Sig RJ Morris ASD
Sig MF Brick ASD
Cpl JS Sims 1JPAU
Cpl AV Horder ADFA

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Cpl KT SASR
Sig AT SASR
Cpl AM SASR
Pte GW PTS
Pte AM SFTC
LCpl TH SOLS
Spr JD SOER
Sig MS SOHQ
Pte WH SOER
LCpl BP SOER
Cpl PG SOHQ
Pte MD 1 Cdo Regt
Pte TS 1 Cdo Regt
Pte DW 1 Cdo Regt
LCpl HK 1 Cdo Regt
Pte CT 2 Cdo Regt
Cpl SH 2 Cdo Regt
Cpl JH 2 Cdo Regt
LCpl GA 2 Cdo Regt
Pte DL 2 Cdo Regt
Pte MB 2 Cdo Regt
Cpl HA 2 Cdo Regt
Cfn MR 2 Cdo Regt
Cpl BH 2 Cdo Regt

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Spr D Schier HQJOC
Pte JC Hill JMCC-MER

1 Div

Cfn WG Field CTC
Cpl CJ Bourke 1 Sig Regt
Sig RA Ziegler 1 Sig Regt
Cpl WT Tournoff 1 Sig Regt

Forces Command

Cpl RM Minton HQ 1 Bde
Cpl ET Scott 1 Armd Regt
Cfn DC Southwood

Cpl AJ Dowling 1 Armd Regt
Pte SJ Rudken 1 Armd Regt
Spr TR Murphy 1CER
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Cpl BA Butler 1CSR
Pte JJ Pinter 1CSSB
Cpl TJ Borton 1CSSB
Pte DK Warrenner 1CSSB
LCpl CW Tippet 1CSSB
Pte RA Lee 5RAR
Cpl LD Rogers 5RAR
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LCpl JG Border Norforce
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Pte LG Sykes 31/42RQR
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Cpl MP Vega 9RQR
LCpl A Page QUR
Pte TW Claridge 11/28RWAR
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Pte LJ Hodson 16RWAR
LCpl CR Garnant 16RWAR
Pte NK Chua 10LH
Pte SM Porter HQ 4 Bde
Cpl CD Way 22ER
Spr JC Jackson 22ER
Cpl KA Barnett 4CSSB
Pte JT Wilson 4CSSB
Tpr AG Sutherland
Pte CP Ellwood 4/19PWLH
Pte RMP Vicary 5/6RVR
Pte TL Maine 5/6RVR
Cpl JP Johnson 8/7RVR
Pte MK Yorston 8/7RVR
LCpl CL Rice HQ 5 Bde
Tpr CJ Sanders 1/15RNSWL
LCpl NJ Carroll 1/19RNSWR

Cpl MF Hirsch 4/3RNSWR
LCpl B Razov 4/3 RNSWR
LCpl JM Rotondo 4/3RNSWR
Cpl TM Carr 5CSSB
Pte PF Burns 5ER
LCpl MR Henry SUR
Cpl DM Richardson 12/16HRL
Pte AJ Simpson 2/17RNSWR
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Cpl BW Harris 41RNSWR
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Cpl IA Garnham 8CSSB
Cpl SM Williams UNSWR
Cpl MA Blondell 10/27RSAR
LCpl AK McInnes 10/27RSAR
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LCpl AB Emmett 12/40RTR
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Sig CS Niutta 7CSR
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Pte CJ Joyce-Brandon 8/9RAR
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Cpl JH Wilholt 8/9RAR
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Spr RP Armstrong AKG
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their colleagues and find out what's being done to resolve them. Letters should be kept below 250 words when possible and include the letter writer's full name, unit and contact details.

To get your letter in print, write to the Editor at armynews@defence.gov.au

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Last chance to participate

IT IS your last chance to participate in the surveys and nominate your family members for the Transition and Wellbeing Research Programme as they close on November 30.

The programme is the most comprehensive study undertaken in Australia to examine the impact of military service on the mental, physical and social health of serving and ex-serving ADF personnel and their families.

Data collection is via surveys and some individuals have or will be invited to participate in telephone interviews and physical tests, including neurocognitive assessments. Participation in all components of the programme is voluntary.

Commander Joint Health RAdm Robyn Walker said if you had been invited to participate, but had not yet completed the survey, now was your last chance to do so.

“The higher the participation rates, the stronger the findings,” RAdm Walker said.

“It does not matter if you are full-time or a reservist, we want you to help us understand your needs, so please get involved.”

Participants are also reminded to nominate their family members for the Family Wellbeing Study, as only family members nominated by serving or former ADF members will be invited to participate.

The Centre for Traumatic Stress Studies (CTSS) is one of many organisations collaborating with Defence and Department of Veterans’ Affairs on this programme.

If you have not yet been contacted by CTSS and wish to volunteer as a participant, register your interest at <https://transitionwellbeing.adelaide.edu.au/registration.html>

Help is at hand

Website provides assistance tools

A NEW website developed by the Department of Veterans’ Affairs in collaboration with Defence has been released to help serving and former members of the ADF and their families manage stress and improve resilience.

The High Res website is a Self-Management and Resilience Training (SMART) toolbox that offers a range of interactive tools, self-help resources and videos that teach users to manage physical reactions, thoughts, emotions and behaviours when stressed or under pressure.

It complements the High Res smart phone app and contains the following features:

- **Learn about resilience** reinforces SMART principles and shows users how to test and adjust their

reactions to achieve optimal performance.

- **Understand service challenges** highlights possible challenges of service life across training, deployment, transition and re-adjustment post service. It also explores the realities of being a military family member.
- **Tools to manage my stress** expand on those provided in the High Res smart phone app. They comprise evidence-based cognitive behaviour therapy tools that prompt users to test their response to stress and adjust their response in real time.
- **Plan to improve my resilience** helps users develop a plan to improve mental fitness.

The website is available www.at-ease.dva.gov.au/highres and www.defence.gov.au/health/healthportal

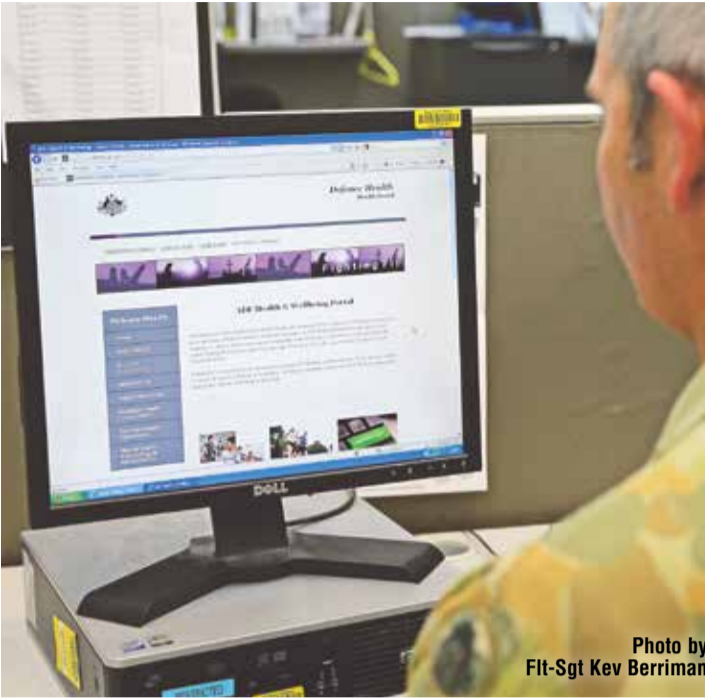


Photo by
Flt-Sgt Kev Berriman

New shoulder patches help shape unit identity

THE Warrant Officer and Non-Commissioned Officer Academy (WONCO-A) was recently granted approval to wear a Unit Shoulder Patch (USP) and a Field Shoulder Patch.

To formally mark the transition from wearing the Land Warfare

Centre (LWC) USP to wearing the WONCO-A USP, a patching parade was held on October 16 at HQ WONCO-A at Kokoda Barracks with staff from HQ WONCO-A and Canungra Wing.

CO/CI Lt-Col Troy Francis said the intent of the USP was threefold. “Firstly, to reinforce WONCO-A

unit identity within LWC; secondly, to embolden unit esprit de corps; and thirdly, to enable trainees to rapidly identify WONCO-A instructors and staff in both barracks and field environments,” he said.

“The USP will recognise the role provided by WONCO-A as the only organisation responsible for the

all-corps training of Army’s future enlisted leaders.”

WONCO-A is responsible for delivering promotion training from the all-corps soldier training continuum. This involves training soldiers for Subject 1 Cpl to the RSM course.

WONCO-A trains and mentors more than 2500 trainees every year.

Have you received a posting order but are yet to submit your AFR?

In order for Toll Transitions to commence making arrangements for your relocation, you need to submit your Application for Relocation (AFR).

When completing your AFR you will be requested to enter a nominated uplift date. You need to understand that your uplift may occur within the week of that date. Toll determines the best value for money uplift day within the week of your nominated date and confirms the date with you.

It is necessary to answer all relevant questions in your AFR, and to provide essential documents where requested to do so. You can save the information you have entered online at any time by clicking save at the bottom of each page. If you don’t yet have a preferred uplift date or the required documentation, save your partially completed AFR and submit it when you do have this information.

If you have operational or extenuating personal circumstances that require you to move on a particular date, you will need unit approval prior to submitting your AFR online. The form is available at www.tolltransitions.com/defence under the WORC subheading or contact Toll Transitions on **1800 819 167**.

Once your AFR is submitted you will be assigned a Toll Transitions Case Manager who will be in contact with you to discuss your relocation and commence booking the specific services required.

Remember

- Determine an uplift date you can commit to
- Your move may take place within the week of your nominated date
- If you must move on a particular date you need unit sign-off prior to submitting your AFR
- Complete your AFR, attaching required documentation, as soon as possible
- The earlier you submit your AFR to Toll the more likely you are to move on the date nominated
- You will be assigned a Toll Transitions Case Manager once your AFR has been submitted
- Difficulty completing your AFR? Contact Toll’s Customer Service Centre on 1800 819 167



For more information
Freecall: 1800 819 167
www.tolltransitions.com.au/defence



DIKKO

By SSgt Bob Dikkenberg



Promising read

Book describes spirit of mateship

The Promise
By Jamie Zimmermann
368 pages
Pam MacMillan Australia, \$40.00
Reviewer: Sgt Dave Morley

A BULLIED schoolboy from Sydney's north-west who went on to become an elite Special Forces soldier, launched his first book at the Australian War Memorial on October 27.

The book, *The Promise*, by former 2 Cdo Regt digger Jamie Zimmerman, describes his early life, Army career and friendship with Medal of Gallantry recipient Sgt Brett Wood.

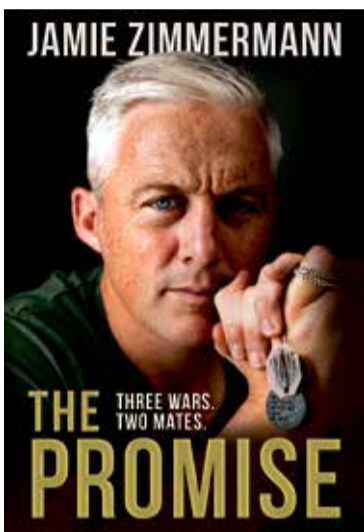
The title refers to a promise made by Zimmermann in early 2011 to care for Sgt Wood's wife and her

financial affairs should the worst unfold. The worst did unfold when Sgt Wood was killed two months into his third Afghanistan deployment in May 2011, and Zimmermann found himself closely involved in keeping his promise to his mate.

As well as recounting many of the battles fought by commandos in Afghanistan, Zimmermann portrays in intricate detail the Army's "actions on" when a soldier is killed in action.

Writing this book to honour Sgt Wood's memory allowed Zimmermann to complete his promise to his mate.

The book is a great read and, with Christmas fast approaching, would make the ideal gift for those with an interest in recent military events.



Stolen cannon returned to Hobart mess

Sgt Dave Morley

A SMALL model cannon "stolen" from Hobart's Anglesea Barracks Sergeants Mess (ABSM) in October last year was returned to the mess on September 25, resulting in a sizeable donation to Legacy.

RSM 12/40RTR and outgoing ABSM PMC WO1 Sean Ransome said the cannon was donated to the mess by senior sailors from the corvette HMAS Wagga when the ship visited Hobart in 1956.

"The tradition is the Navy steals the cannon whenever they're in port and, on stealing it, they're required to donate \$50 to Legacy and then 20 cents a day while it's gone," he said.

"The cannon was 'stolen' last year by HMAS Arunta crew members and later transferred to HMAS Anzac so it would be at Gallipoli on Anzac Day this year."

According to WO1 Ransome, the cannon has circumnavigated the globe.

"It was on USS Missouri during the first Gulf War when the ship was fired on and the enemy rockets were destroyed by an Australian warship's Phalanx gun," he said.

"It was in the Tower of London for five years and it has a US silver dollar in it."

"The ABSM kept track of the cannon's movements by a combination of email and good faith in those who took it."

Legend has it the cannon was aboard the nuclear submarine USS Aspro on a voyage under the North Pole in 1985.

When Aspro carried out a historic under-ice rendezvous with the nuclear submarine USS Queenfish, the cannon was transferred to the sub.

After each "liberation" has taken place, small plaques have been added to the base, with additional wooden bases being added as more space was needed, with the current bottom base being made from part of the decking of Missouri.

WO1 Ransome said Legacy received donations amounting to \$1500 from the cannon's 11 months away.

"The Kiwis donated \$550, Arunta \$500 and Anzac \$450," he said.

Incoming PMC ABSM WO1 Anthony McKindley welcomed the cannon back after its eight-month tour, noting it may only be a short time before it's off again, when the Navy next visits Hobart.

"The cannon has a long history and I hope the current and future members of the ABSM, along with the Navy, keep this tradition going for many years to come," he said.



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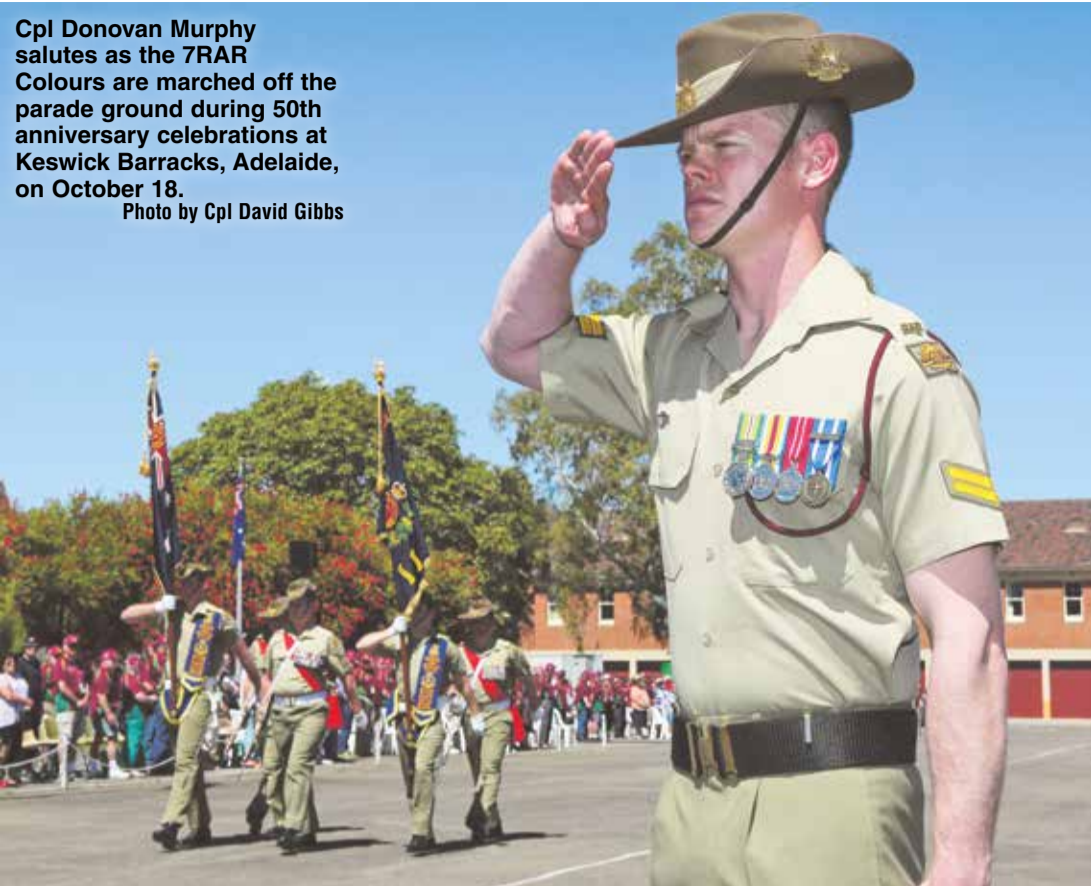
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Cpl Donovan Murphy salutes as the 7RAR Colours are marched off the parade ground during 50th anniversary celebrations at Keswick Barracks, Adelaide, on October 18.
Photo by Cpl David Gibbs



Pte Hayden Huizenga, of 11/28RWAR, takes part in Exercise Retimo, 13 Bde's annual military skills competition.
Photo by AB Chris Beerens

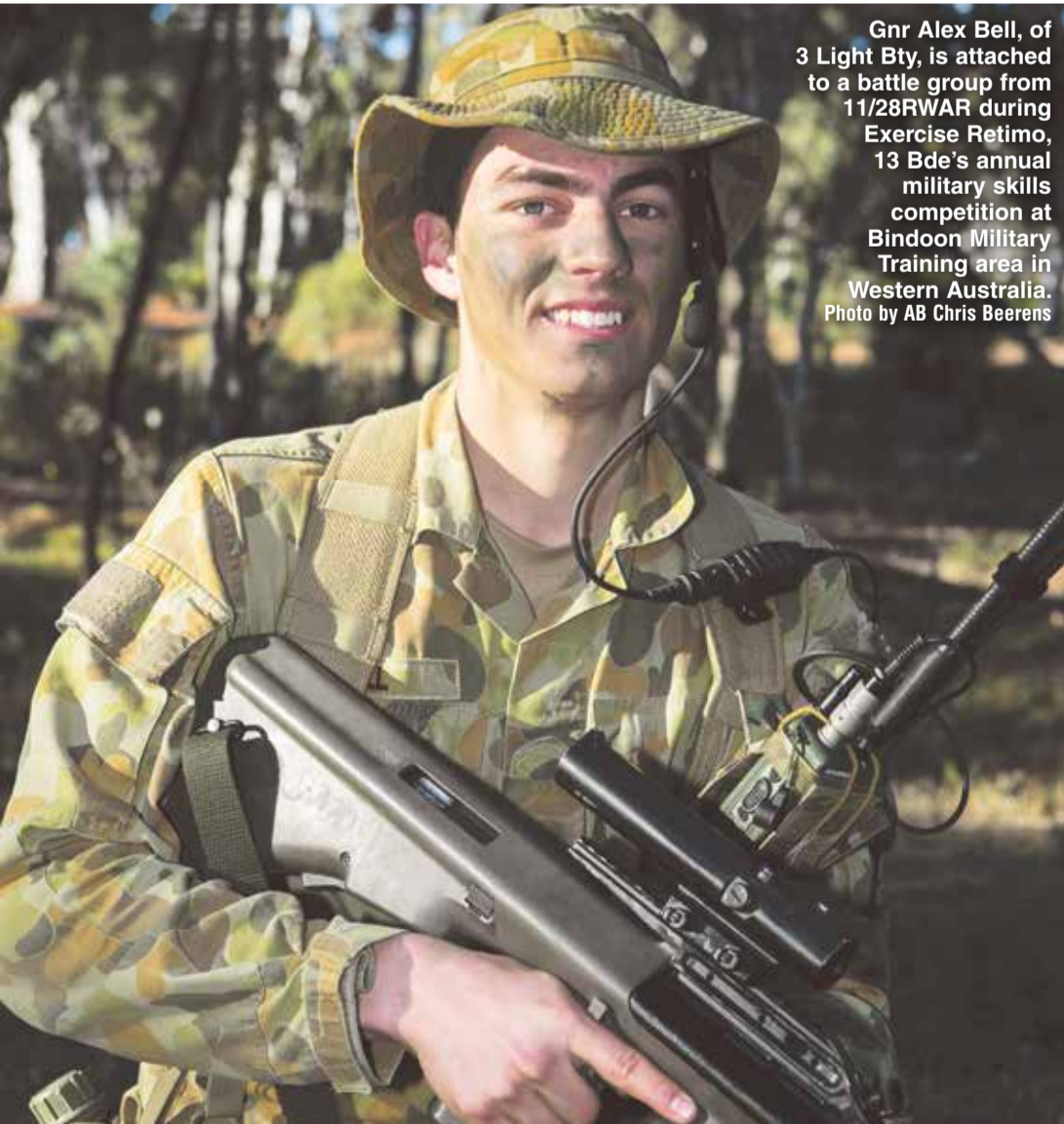


Gnr Matthew Leigh, of 4 Regt RAA, with Defence Work Experience Program student Emmy-Lou, of William Ross State High School, at Lavarack Barracks.
Photo by LCpl Kyle Genner



Sgt Nicki Morgan processes an "evacuee" at an assembly area in Atherton, North Queensland, during Exercise Sea Raider.
Photo by Cpl David Cotton

Gnr Alex Bell, of 3 Light Bty, is attached to a battle group from 11/28RWAR during Exercise Retimo, 13 Bde's annual military skills competition at Bindoon Military Training area in Western Australia.
Photo by AB Chris Beerens



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New military super legislation offers more options to secure your retirement.

JUST over six months, a new era of consumer choice starts in military superannuation.

On July 1, 2016, the days of ADF members joining one compulsory superannuation fund (MSBS) will be over. MSBS will continue unchanged for existing members who choose to continue in it, but will be closed to new entrants from that date.

Chairman of the ADF Financial Services Consumer Centre Air-Cdre Robert Brown said the current compulsory fund would be replaced by a new military superannuation scheme in which all MSBS members – not DFRDB members – would be offered the opportunity to direct all new employer contributions, at the rate of 16.4 per cent per annum, to any legally approved superannuation fund of their choice.

“Choices will include industry, retail, self-managed superannuation funds and a new default fund called ‘ADF Super Fund’, the trustee of which will be the Commonwealth Superannuation Corporation – the current trustee of MSBS and DFRDB,” he said.

“In addition, there will be a new death and invalidity scheme called ‘ADF Cover’ for eligible members who choose to transfer to the new superannuation scheme.”

The level of death and invalidity cover in ADF Cover will be consistent with that provided by MSBS.

“Of course, there’s more to it

than this brief summary of key facts. Therefore, whatever you decide, you should do so in an informed manner, not by guess work or based on what well-intentioned, but ill-informed colleagues might tell you,” Air-Cdre Brown said.

To assist ADF members in making an informed decision, educational material is available in the ‘Guides’ section at www.adfconsumer.gov.au. This website also contains a film about choosing a financial adviser, which is recommend to all ADF members thinking about seeking financial advice before deciding on a preferred superannuation option.

The film is called *Financial Advisers – The Facts and the Fiction* and outlines key issues to consider and questions to ask before appointing an adviser.

The ADF Financial Services Consumer Centre has also established a list of licensed financial advisers who have undertaken to provide professional advice, including superannuation advice, on a genuine fee-for-service basis.

These advisers are members of the ADF Financial Advice Referral Program, developed as a result of members wanting access to trusted financial advice, but not knowing how to source it.

The advisers listed in the program have given a written undertaking to Defence that they do not receive any form of conflicted remuneration, such



Seek financial advice to find out what super option is best for your retirement plan.
Photo by Cpl Matthew Bickerton

as commissions, product bonuses and asset fees, that may cause their advice to be biased against ADF members’ best interests.

The list of advisers is at www.adfconsumer.gov.au.

“Before you settle on an adviser, make sure you understand the scope of the services on offer – limited or comprehensive – and the fees you are likely to be paying for that advice.

“Consider talking with a number of

advisers before appointing one.

“The important point is that excellent resources, both educational and professional, are available to assist you in your superannuation choices.”

He said these resources would be expanded as July 1 approached.

“ADF members are strongly encouraged, before making a decision, to read about and understand the new superannuation arrangements and to consider seeking professional advice,” he said.

“Having gone through that process, you should feel satisfied you’ve performed a comprehensive due diligence and have made a choice that is in your and your family’s best interests.”

Air-Cdre Brown is a chartered accountant, chairman of the ADF Financial Services Consumer Centre, and a member of the Financial Literacy Board and Australian Securities and Investments Commission’s Consumer Advisory Panel.



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The Australian Services Rugby Union men's team during a training session at Bulford Camp, Salisbury, UK. Photo by Cpl Janine Fabre

Peak condition

You too can train to be the best, **LS Jayson Tufrey** reports.

THE Australian Services Rugby Union (ASRU) men's team adopted the latest rugby-specific strength and conditioning (S&C) approach employed by the ACT Brumbies rugby team, to prepare for the International Defence Rugby Competition (IDRC) held last month in the UK (see pages 34-36).

ASRU's experience with the 2011 IDRC identified the importance of an S&C program. This year, Brumbies S&C coach Ben Norcott came on board to assist ASRU coaching staff with implementing and monitoring a 14-week program.

ASRU S&C coach Sgt Chris Wilkinson, of 1CHSB in Townsville, said the program was an ongoing development over the past four years.

"We changed the program when we came together back in June for a long weekend camp so we would be in peak condition for the IDRC," he said.

"Physical training is complex and related to the individual – you can't give someone a generic program and expect the results to flow across the board. You need to tweak things to suit their style, playing position and psychological state."

Sgt Wilkinson advised the ASRU players how to start the program at the beginning and work up to higher intensity training to avoid injury.

"It's better to underestimate strength, aerobic and anaerobic endurance – it will assist in developing the quality of fitness and, more importantly, reduce the risk of sustaining an injury," he said.

"It is also important to listen to your body. If you feel tired or unmotivated, address why and don't train through it."

Sgt Wilkinson said good quality sleep, nutrition and hydration were key to performing well.

"Do your best to get at least 10-12 hours of quality sleep each night and fuel your body appropriately by eating roughly five to six meals a day and by drinking plenty of water," he said.

"Do not get sucked into the habit of missing meals and replacing them with supplements – you need to eat food, not drink protein powder.

"Supplements should not replace food – if you eat right you will get all you need from real food. The same goes for pre-workouts – if you are not mentally fired up to train don't rely on or waste your money on that stuff. Eat more, sleep more, train right. It's quality not quantity."

Sgt Wilkinson said the program was a success.

"The performance standard of the guys has really improved since baseline measurements were taken at the beginning of the program," he said.

ASRU coach Navy WO Doc Doherty said player commitment and accountability was fundamental to the team's performance during the IDRC.

"Based on experience, coaching staff knew all players needed to step up to the next level of S&C in order to successfully execute the game plan required to challenge and, ideally, beat the best defence rugby teams in the world," he said.

"We needed to ensure players were capable of giving 100 per cent for up to 80 minutes. Near enough would not be good enough.

"We engaged the Brumbies because they have a solid reputation of delivering superior results through a rugby-tailored S&C program. We used Facebook as our forum to disseminate the training plan and instructional video clips, and to answer questions and share tips. We conducted baseline testing in early June, then follow-up testing at four-week intervals across the 14-week program, concluding with final testing on the first day of the tour.

"To compete alongside the best defence rugby teams in the world, tailored and robust S&C is critical."

For more information on ASRU's S&C program, contact Sgt Chris Wilkinson at christopher.wilkinson1@defence.gov.au

TRAINING DAY REGIME

Warm up:

- 10 x lunge and side bend
- 10 x scorpions
- 10 x dislocates
- 10 x mountain climbers
- 4min skipping

Session:

Between each exercise complete 250m row or 200m run @ ~95%

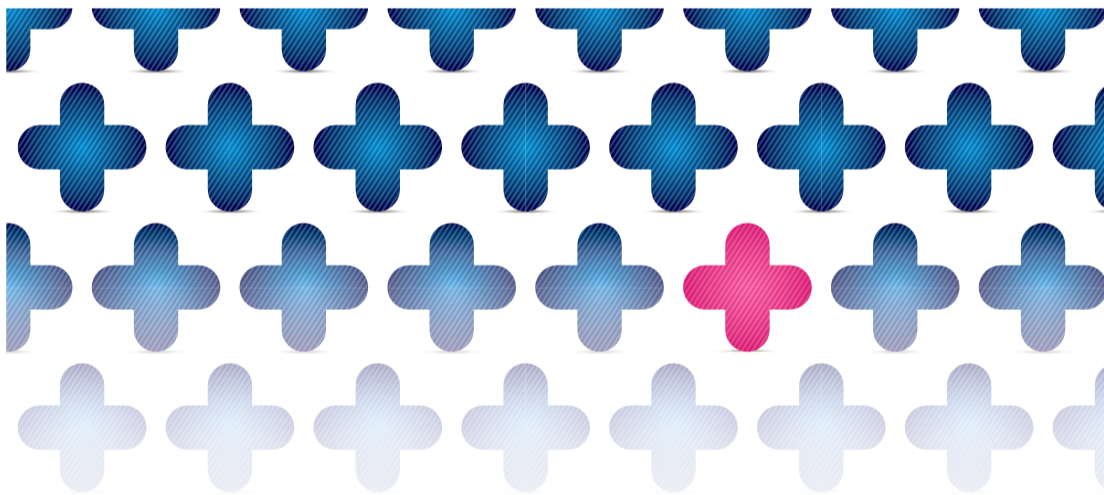
2 rounds:

- 20 x deadlift (M: 60kg, F: 40kg)
- 20 x jump lunge left leg forward
- 20 x push-ups

- 20 x jump lunge right leg forward
- 20 x kettle bell swing (M: 24kg, F: 16kg)
- 20 x toes to bar
- 20 x dumbbell push press (M: 15kg, F: 10kg)
- 20 x burpee 10 x pull-ups
- 20 x air squat

Cool down:

- thoracic roller
- wall groin stretch
- wall glute stretch
- anterior chain stretch



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Setting sail in Townsville

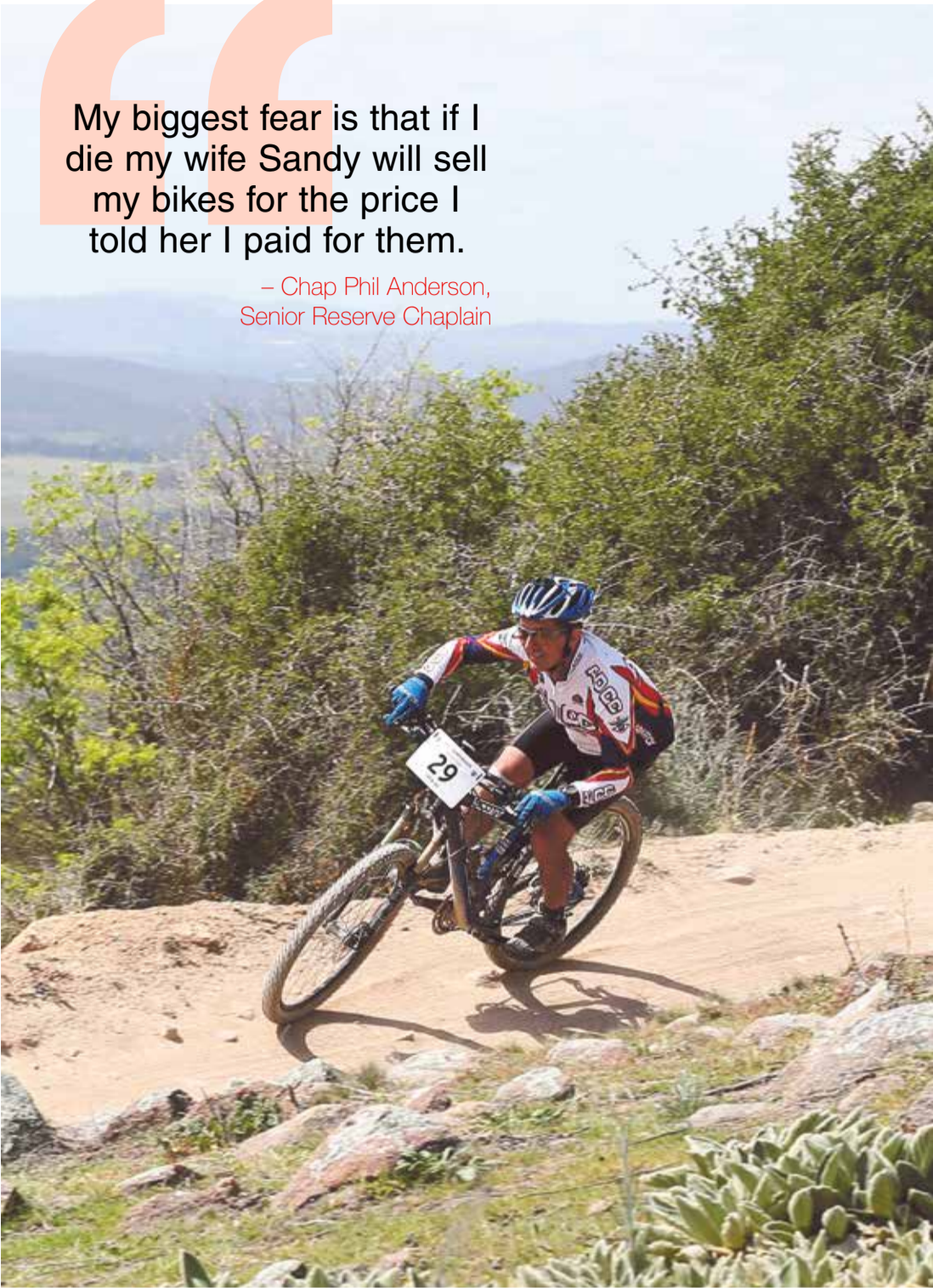
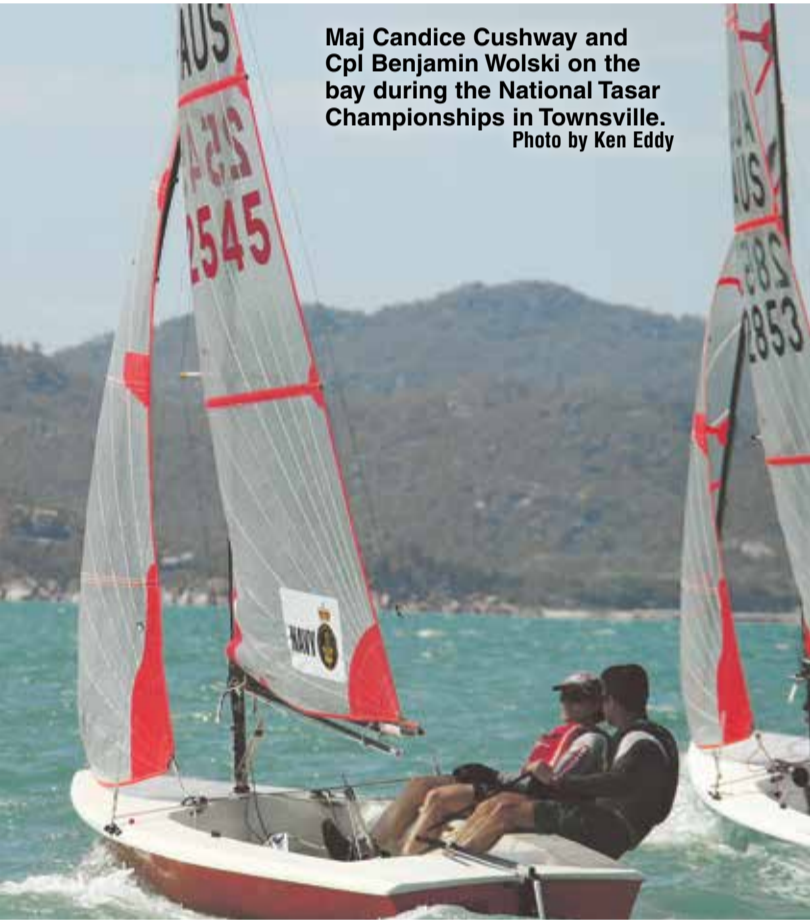
Sqn-Ldr John Force

CPL Benjamin Wolski and Maj Candice Cushway represented Army in the 43rd National Tasar Championships held off Townsville from September 28 to October 3. Seven Defence boats competed in a fleet of 61 over 10 heats. Cpl Wolski, of 6 Avn Regt, spent three days training with other Defence members before the event. “I’ve raced in dinghy and skiff classes since before joining the Army, but this was my first time in the tasar class,” he said. Strong winds on Cleveland Bay’s shallow waters created choppy seas, which required competitors to depower their sails to prevent capsize on upwind legs, while holding their body weight out horizontally to generate sufficient power to avoid being swamped by larger waves. On the downwind legs the team used the full power of the sails to balance the boat while surfing waves and overtaking competitors. During the last two days of racing, strong winds of more than 25 knots

provided physically demanding sailing that saw nearly one-third of the fleet retire. Maj Cushway said the best part of the event was the reaching – the fastest point of sail – during the high-wind races. “We improved every day as the wind strength increased,” she said. The team placed 35th overall in the championship, a handful of points behind three other Defence boats, which was an impressive result for a pairing formed three days before the regatta. Service members who sail regularly are invited to represent Army in coming heats of the Interservice Dinghy Championships, which include the ACT Dinghy Championship on November 14-15; Sail Melbourne (an Olympic qualifying event) on December 7-13; and Sail Sydney on December 17-20. Pre-race training can be arranged for sailors converting from one racing class to another for these events.

Details of ADF Sailing Association keel boat and dinghy racing events are available at <http://drnet.defence.gov.au/VCDF/Sports-Sailing/Pages/Welcome.aspx>

Maj Candice Cushway and Cpl Benjamin Wolski on the bay during the National Tasar Championships in Townsville. Photo by Ken Eddy



Chap Phil Anderson rides his mountain bike during the Super D event at the 2015 Australian Defence Cycling Club championships at Stromlo in Canberra. Photo by WO2 Andrew Hetherington

A holy hill

Feeling ‘invigorated’ on the bike

WO2 Andrew Hetherington

THE most senior rider in the 2015 Australian Defence Cycling Club (ADCC) championships at Stromlo in Canberra was Army’s senior reserve chaplain, Chap Phil Anderson. At the age of 63, he competed in all of the road and nearly all of the mountain biking events during the championships from October 5-11. It was the third time he had competed. “I competed in all of the off-road events except the downhill, as I didn’t have a full-face helmet,” Chap Anderson said. “I won two firsts in my age group, with medals in the cross-country Olympic and the Super D and also got two second place medals for the road race and the time trial.” Chap Anderson started riding when he was 10 and used bikes for commuting for more than 40 years after buying a 10-speed road bike when he was in his early 20s. “During a posting to Canberra

from 2000-2007, I had a crash on a bike path with another cyclist that left my 1970s 10-speed bent and buckled,” he said. “My sister talked me into buying a decent road bike, which I thought was a bit expensive, but I discovered it was so much better than my previous bikes. “I joined the ACT veteran’s cycling club in 2003.” Chap Anderson hasn’t looked back since and competes in a variety of events. “I ride track, road races, criterium, social, charity, touring and mountain bike events,” he said. “I train by riding to work when I can, which is a 35-40km round trip. “I go out once a day on the weekends for a training ride, race on Tuesday and Wednesday nights and enter a road race on the weekends.” He has so many bikes in his shed he’s nearly lost count. “Hanging in the shed, I probably have 11, seven of which belong to me,” he said. “I have at least two road bikes, a track bike, a touring bike, a tandem,

a folding bike, one mountain bike, and an old shopping bike. “The rest belong to my wife, Sandy. “My biggest fear is that if I die Sandy will sell them for the price I told her I paid for them.” By attending ADCC events, he also gets to continue the spiritual duties of his reserve job. “During this year’s event, one of the blokes went down and I visited him in hospital, performing my chaplaincy role,” he said. “People also come up to me and have a chat and I encourage them the best way I can.” Cycling provides Chap Anderson with a significant amount of satisfaction. “I feel invigorated when I ride a bike,” he said. “When I go for a training ride I feel as though I’ve gotten in touch with my maker. “I’ll be back next year to compete in the championships because I enjoy it. “Stromlo’s a great venue and Canberra is the cycling mecca of Australia.”

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New spin on cricket

ADF women to make their mark in international competition



ADF WOMEN will be competing for the first time in the six-nation International Defence Cricket Challenge 2015 (IDCC15) to be held in Canberra from November 16-29.

IDCC15 presents an opportunity for the six service level teams of the Australian Services Cricket Association (ASCA) to compete against the defence forces of Malaysia, New Zealand, Great Britain, Fiji and Pakistan to both renew and enhance their partnerships through cricket.

IDCC15 will have all men's teams compete in Twenty20 and one-day limited overs matches in an attempt to be crowned IDCC 2015 champions.

The women's teams will compete in T20 matches to achieve the same prize.

ASCA head coach WO Gary Fuss said he was looking forward to seeing the women compete.

"I have been an advocate of women's cricket for a long time," he said.

"After trying to get it into Defence for many years, and working with ASCA Manager of Cricket Operations Maj Darren Mattison, we achieved this. To see it feature in IDCC15 is fantastic and great that we are aligning with modern times.

"Having so many countries coming here to embrace the spirit of the game is also great. It is important to mix in this setting as we work with these countries on a professional level as well. It's great to see the Fijian Army field a side for the first time, too."

During the past decade, the ASCA has conceived, developed and grown the IDCC concept to become the pre-eminent global defence cricket tournament it has become today.

ASCA aims to foster a spirit of goodwill and healthy competition within the international defence environment.

"A competition like this is not held anywhere else in the world so we are fortunate to be able to host it here," WO Fuss said.

"Incorporating women into the competition is also sending a message to the rest of the world. To have nearly 400 participants converge on Canberra to represent their country and defence force is also significant."

As in previous years, the tour-



From left, PO Luke Grimmond, LS Natasha Wilson, Sgt Corey Baker, Tpr Rachel Martin, Sgt Dan Amiet, Cpl Ingrid Svilans, Lt-Col Bob Moody and WO Angela Hockenhull lay wreaths at the Australian War Memorial during a Last Post ceremony to honour Tpr Albert "Tibby" Cotter, the only Australian international cricketer to be killed during WWI. Inset, Tpr Martin in action on the cricket pitch last year.

Photos by Steve Burton and Cpl Mark Doran



nament will culminate in a selected World Defence XI playing an Australian Cricketers' Association (ACA) team, comprising former big-name test cricketers whose identity at this stage is under wraps, but will, no doubt, be a drawcard for spectators on the day.

For the first time ever an ACA women's team will be formed to compete against the inaugural women's World Defence XI team.

IDCC15 will also provide an

opportunity for members of the visiting teams to experience Australian culture and gain an understanding of the ADF.

ASCA personnel had the opportunity to rub shoulders with the captain of the Prime Minister's XI Mike Hussey and New Zealand team captain Tim Southee on the eve of the PM's XI match at a special Last Post ceremony at the Australian War Memorial on October 22.

It recognised the strong links

between cricket and the defence forces of both Australia and New Zealand in the 100th year since the landings at Gallipoli.

The ceremony featured the life and sacrifice of Tpr Albert "Tibby" Cotter, the only Australian international cricketer to be killed during WWI.

Vice President ASCA and IDCC Tournament Director Lt-Col James Brownlie said the ceremony recognised all cricketers who had died in the service of Australia and New Zealand.

"Aside from the numerous first-class cricketers, and tens of thousands of club players who fought, and died, there have been three test players make the supreme sacrifice – one Australian in WWI and one from both Australia and NZ in WWII," he said.

"Defence sport, particularly cricket, strongly aligns with the 'Spirit of Cricket', which promotes fairness, moral courage and personal excellence within teams."

Battle of the greens as Army takes second

Flt-Sgt Darryn Lethlean

ARMY's lawn bowlers battled it out with their Navy and Air Force counterparts during the Australian Service Bowls Association's (ASBA) National Interservice Carnival at the Swifts Bowls Club at Ipswich from September 21-25.

Army came a close second to Navy in the nationals, losing the final game 76-83 in a hard-fought battle.

In their first round against Air Force, Army won convincingly 90-54.

The theme of this year's competition was "bring a buddy" and across all three services 14 debutante bowlers competed.

Two of them were Tpr Sam Pryor and Lt Damien Coates. They've both played lawn bowls since the age of 13.

At the age of 17, Tpr Pryor made the semi-finals of the men's Australian open.

He joined the Army at 19 and two years later in South Australia he played in the semi-finals of the men's state singles championships.

At the ASBA nationals, Tpr Pryor played the position of team captain or skip and won all of his games.

"The team played really well all week and the highlight of the nationals was my last bowl against Navy," Tpr Pryor said.

"I drove a bowl out to put Army back in the game."

Tpr Pryor's performance also earned him Army's most valuable player award.

Lt Coates said Army put together a strong team for the competition.

"We played some good bowls, but we weren't able to take the title from Navy," Lt Coates said.

"What I loved about the championships was playing with people my own age. Everyone had a positive team attitude."

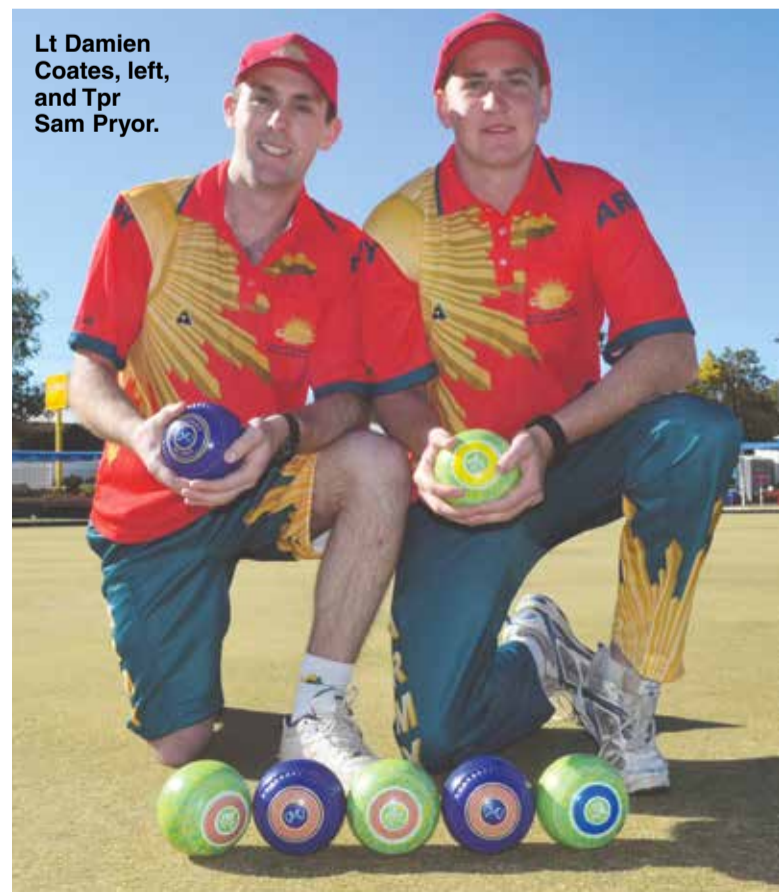
GET ON THE GREEN

FIVE Army representatives were selected for the ASBA national side. They were: **WO1 Mick Carley; Cpl Lucas Baker; WO1 Ian Groves; WO1 Stephen Sobolewski; and Cpl Chris Brown.**

For more information on ADF bowls, contact Army's service representative, WO1 Stephen Sobolewski, via email at stephen.sobolewski@defence.gov.au or call (02) 9349 0480.

To view the ADF lawns bowls website for past and future events, visit <http://drnet.defence.gov.au/VCDF/Sports-Lawnbowls/Pages/Welcome.aspx>

Lt Damien Coates, left, and Tpr Sam Pryor.



Nothin' but net in SA

9 Bde defends its title

Sgt Dave Morley

AN ARMY reserve basketball team proved its mettle when it defeated Navy, Air Force and ARA teams at the 2015 South Australian Interservice Basketball Tournament held at RAAF Base Edinburgh on October 1-2.

Sharp-shooting defending champions HQ 9 Bde won the tournament, defeating 7RAR 63-48 in the grand final.

South Australian Defence Basketball (SADB) acting state representative Sgt Tim Muehlberg said the 7RAR versus 16ALR semifinal ran into two overtime periods as scores were locked.

"After double-overtime, a weary 7RAR gained their grand final match against HQ 9 Bde," he said.

"In the grand final Sig Daniel Aitchison, of 144 Sig Sqn, had the hot hand, hitting six three-pointers before the end of the third quarter while Pte Jason Morton, who was named finals most valuable player, pounded the rebounds dominating the interior.

"The fresh legs, relentless inside play and outside sharpshooting of HQ 9 Bde won the day."

In other games HQ 9 Bde defeated Air Force 60-43 and Navy 56-39; 7RAR defeated Navy 67-22 and Air Force 47-38; and 16ALR defeated Air Force 54-32 and 7RAR 36-33.

OIC SADB Lt Jesse Voyer said the tournament aimed to provide a forum for the services in South Australia to meet and engage in friendly rivalry, while promoting physical fitness and a healthy competitive spirit.

"It also provided a chance for networking for Defence members, between the services and units around South Australia," he said.

"The tournament is an opportunity to select members for the SADBA team to compete in the combined services tournament from November 30 to December 5 at RAAF Base Laverton.



Players from the 16ALR and 7RAR teams attack the ball during the South Australian Interservice Basketball Tournament. Inset, Cpl Nicholas Haley, of 16ALR, attempts to block Sgt Matthew Muller, of 7RAR.

Photos by Sgt Rodney Welch

"A highlight was the inclusive nature of the tournament, which ensured all players were given a chance to play, despite the limited numbers in some cases."

The ADFBA Combined Services National Championships will be held

from November 28 to December 5 at Laverton.

For more information, contact SA State Representative Sgt Andrew Jaunutus on (08) 738 35044 or go to www.adbba.basketball.net.au



Pte Siaka King dodges the opposition during a friendly match against the South African National Defence Force rugby team at RAF Halton in the UK. Photo by Cpl Janine Fabre

THE COACH REFLECTS

ON THE back of the International Defence Rugby Competition in the UK, ASRU head coach Navy WO Tony Doherty said with a bit more time together the team would have performed better. "We only came together nine days before leaving for the UK, so I would have liked to have had more exposure to the players and longer together as a squad to further gel that team harmony," WO Doherty said.

"Unfortunately, it is a short period of time to achieve a massive outcome and the teams that gelled better and were more successful in the competition have had longer periods of time together."

WO Doherty said it was not just about developing individual fitness, but also about gaining an understanding of each other's games.

"The team had people from totally different backgrounds with different levels of skill and exposure," he said.

"With geographical distances in Australia, it is hard to bring the team together on a regular basis."

"We hadn't even finalised our starting 15 when we arrived in the UK, whereas other teams had already played a number of games with their starting 15."

He said during the game against France the team dug deep and the win buoyed them, giving them self-belief.

"With four wins and two losses, and with the only two teams to have beaten us being the two in the grand final, the boys can walk away with their heads pretty high," he said.



ASRU looks to the future

ADF rugby players heading home after satisfying tournament

Lt-Col Adam Boyd and Cpl Janine Fabre

THE Australian Services Rugby Union's (ASRU) International Defence Rugby Competition (IDRC) campaign came to an abrupt but gallant end in the quarter final at Portsmouth on October 19, when the team faced the number one ranked Republic of Fiji Military Forces side.

Fiji's speed, agility and ball handling was impressive from start to finish. They were relentless in the tight contest in the forwards and their outside backs attacked with flair.

Their 62-8 victory reinforced their favouritism to go all the way in this year's IDRC, which they did, beating British Army 30-10 in the grand final on October 29. (France picked up bronze.)

The quarter final scoreline might suggest a one-sided contest with the fleet-footed Fijians running in a decent bagful of tries, but there were numerous occasions when ASRU had Fiji on the back foot, deep into the attacking zone.

Unfortunately, ASRU's ball retention was not at its best and they were only able to cross the line for one try, scored by lock, Sub-Leut Josh Friend, who had another solid game.

ASRU's best player was flanker Pte Siaka King, who was constantly in the thick of action and matched the Fijians for pace out wide, defending and attacking. Pte King is the type of player who thrives on big, brutal, fast-paced contests and he kept the ASRU doctor busy, adding another eight stitches to his IDRC "war wound" tally.

Before this match, ASRU and Fiji had only played three times in ASRU's 52-year history – in 1984, 1996 and 2006. The ledger was 2-1 in favour of Fiji.

ASRU's only win was in 1984 at the Sydney Cricket Ground, with a score of 18-14.

Pte Aiden Kwast said the game against Fiji was very physical.



Left, Cpl Jackson Pearson is tackled during the friendly against His Majesty's Armed Forces Tonga.

Above left, LCpl Blake Hart is tackled during the friendly against the South African National Defence Force side.

Photos by Cpl Janine Fabre

Golf championships

THE 31st Annual ADF National Golf Championship will be played at the Federal Golf Club in Canberra from December 7-11. A full field of 128 is expected. LCdr Darryl Whitehead will be back to defend his 2014 title as ADF Champion, while Cmdr Andrei Ezergailis and Pte Josh Evers are both keen to make it three in a row as their respective service champions. Entry packages are available through local regional reps, on the DRN Golf Folder and the ADFGA website at www.adfga.com.au. Entries close on November 9.

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Army

The soldiers' newspaper

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SPORT

November 5, 2015

Pte Matthew Nixon goes in for a tackle during the quarter final against the Republic of Fiji Military Force rugby team at Portsmouth, UK.

Photo by Cpl Janine Fabre

ASRU bows out of IDRC finals after losing to Fiji
P34-35

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Army

Edition 1363

November 5, 2015

The soldiers' newspaper

BATTLE TEST

7RAR soldiers dismount
an M113 APC during
Exercise Predator's Run
at Cultana Training Area,
South Australia.
Photo by Cpl Nanu Campos

**Soldiers of 1 Bde
display their collective
might on Exercise
Predator's Run**

SPECIAL LIFTOUT



BOOST TO KANDAHAR SCHOOL P5

INNOVATIVE ARMY CENTRE

FIREPOWER ON SHOW

Soldiers were tested as 1 Bde units displayed their collective might at Cultana, Maj Felicity Hamblin reports.

UNITS from 1 Bde pushed their skills and equipment to the limits during Exercise Predator's Run, held at the Cultana Training Area from October 5 to November 2.

Commander 1 Bde Brig Mick Ryan said the exercise provided soldiers with experience in a combined arms environment, where infantry, armour, artillery, engineers and close-air support were integrated into a single fighting unit.

"It is important that we train from the lowest level all the way up to brigade level in a range of complex combined arms activities," Brig Ryan said.

"The success of the exercise demonstrates our high training standards, as well as the excellent equipment the Army currently has on offer."

Brig Ryan said Predator's Run was an important step in the journey to becoming the Army's "ready" brigade in July 2016.

"When we are the ready brigade we

will be available at very short notice to undertake a range of different missions, depending on the requirements of the government," he said.

Around 2500 personnel took part in the exercise, including members of the Air Force and visitors from the Indonesian Army.

"We have a common professional ethic and we have common values between our societies, and that makes it much, much easier to work together," Brig Ryan said.

The soldiers enjoyed great support from the nearby towns of Port Augusta and Whyalla, even managing a "meet and greet" to say g'day and show off some of the brigade's equipment.

"We were very lucky to work in a community such as these," Brig Ryan said.

1 Bde soldiers will head back to Cultana in February and March, as the next iteration of the "Predator" series, Exercise Predator's Gallop, takes place.

Commander 1 Bde Brig Mick Ryan observes training from an M1A1 Abrams during Exercise Predator's Run.



A 7RAR section commander gives orders to his section during a dismounted attack.



Forward observers from 8/12 Regt RAA take part in a fire training scenario.



Left, members of 10FSB clean their weapons after being hit by a sandstorm overnight during Exercise Predator's Run.



Right, M1A1 Abrams Crew Commander Cpl Jeremy McBride, of A Sqn, 1 Armd Regt, takes a break during the exercise.



Members of C Sqn, 1 Armd Regt, scan for enemy during Exercise Predator's Run. Photos by Cpl Nanu Campos



Operating as one is the key to success

Maj Felicity Hamblin

COMBINED arms training was the key focus during Exercise Predator's Run, as armour, infantry, artillery, engineers, combat signallers and logisticians, along with close-air support from the Air Force, worked side by side to seize objectives in the attack lane at Cultana Training Area.

CO 1 Armd Regt Lt-Col Mick Murdoch said the exercise offered an excellent opportunity to train using a wide variety of equipment and skills.

"What we've witnessed during this exercise is coordination of combined arms training assets on a live-fire range," Lt-Col Murdoch said.

"It's about bringing together all of our assets – infantry, armour, artillery, engineers, the guns for offensive support and support from Air Force with F/A-18s."

Lt Daniel Kennedy, of 7RAR, said it was important for each call sign to work together to ensure a successful result.

"We used the tanks at a greater distance in order to suppress the enemy and allow us to close without risking our personnel," he said.

"From about 300m out the uniform call signs, APCs, will start calling the distance that we have to the objective – this is to give the infantry call signs in the back situational awareness of what is occurring."

While those watching were impressed by the firepower on display, Lt-Col Murdoch said each element of the attack was important.

"The role of the M1A1 was really about supporting the infantry on to the objective," he said.

"The role of combined arms training is making sure the strengths of one force element is offset against the weaknesses of another, therefore the tanks were about protecting the infantry as they crossed the open ground to get on to the objective."

"Then the infantry will protect the tanks when they're in the close terrain on the objective itself."

900 meals in 90 minutes

A warning order was received at 6.51am, stating that the BMA kitchen had collapsed due to the storm.

— Cpl Nathan Judd,
10FSB

█ Cooks' commitment ensures troops are fed on time

Capt Lucy Saaroni

COOKS from 17 Bde's 1 Catering Coy, 10FSB, worked tirelessly throughout vicious windstorms at Cultana Training Area to ensure that soldiers and air-men received hot meals during Exercise Predator's Run.

Cpl Nathan Judd, of 3 Pl, said at 11.45pm one evening, his sergeant called to let him know that the main field kitchen had suffered damage under a severe windstorm.

"Within 15 minutes, the platoon had assembled at the Brigade Maintenance Area (BMA) kitchen to relocate essentials back to Camp Baxter so that hot meals could be prepared in time for breakfast," he said.

"Despite everything, breakfast was still served at the usual time of 5am."

But the culinary conundrums did not end there.

"A warning order was received at 6.51am, stating that the BMA kitchen had collapsed due to the storm and that the entire kitchen facility needed to be relocated to Camp Baxter," Cpl Judd said.

The 39 cooks ploughed through and with support from 1CSSB, managed to move the kitchen, prepare, cook and serve hot lunches for 900 people in 90 minutes.

The 10FSB members catered for around 1400 personnel during the exercise. Also supporting the exercise were the medics of 8CHC in Darwin.



Pte Renee Torlic, of 10FSB, grills steaks during Exercise Predator's Run. Inset, Pte Pradeep Singh, also of 10FSB, provides catering support to soldiers during the exercise.

Photos by Cpl Nanu Campos



Shake, rattle and roll

LCpl Sebastian Beurich

THE ground shook in the Cultana Training Area as M777 Howitzers from 8/12 Regt RAA and Air Force F/A-18s pounded simulated enemy targets during Exercise Predator's Run.

2IC 8/12 Regt Maj Jonathon Ronayne said the joint fires day tested how well different types of fire support worked with each other.

"The day involved the gunline from 8/12 Regt, four sorties of F/A-18s and the mortar lines from both 5RAR and 7RAR," he said.

Flt-Lt Sam Castner, of No. 44 Wing but detached to 1 Bde, said the Army and Air Force didn't often get the opportunity to operate jointly.

"I'm hoping that 1 Bde comes away with some good lessons on the employment of close-air support," he said.

"This is a great training opportunity."

An M777A2 155mm howitzer from 103 Bty, 8/12 Reg RAA, is fired during a mission. Inset, Gnr Andrew Smart carries a Howitzer round to the gun.

Photos by Cpl Nanu Campos

