



The Soldiers' Newspaper

Army



Sgt Victor Lucas

Edition 1245

September 30, 2010

P4



C-RAM READY

P10

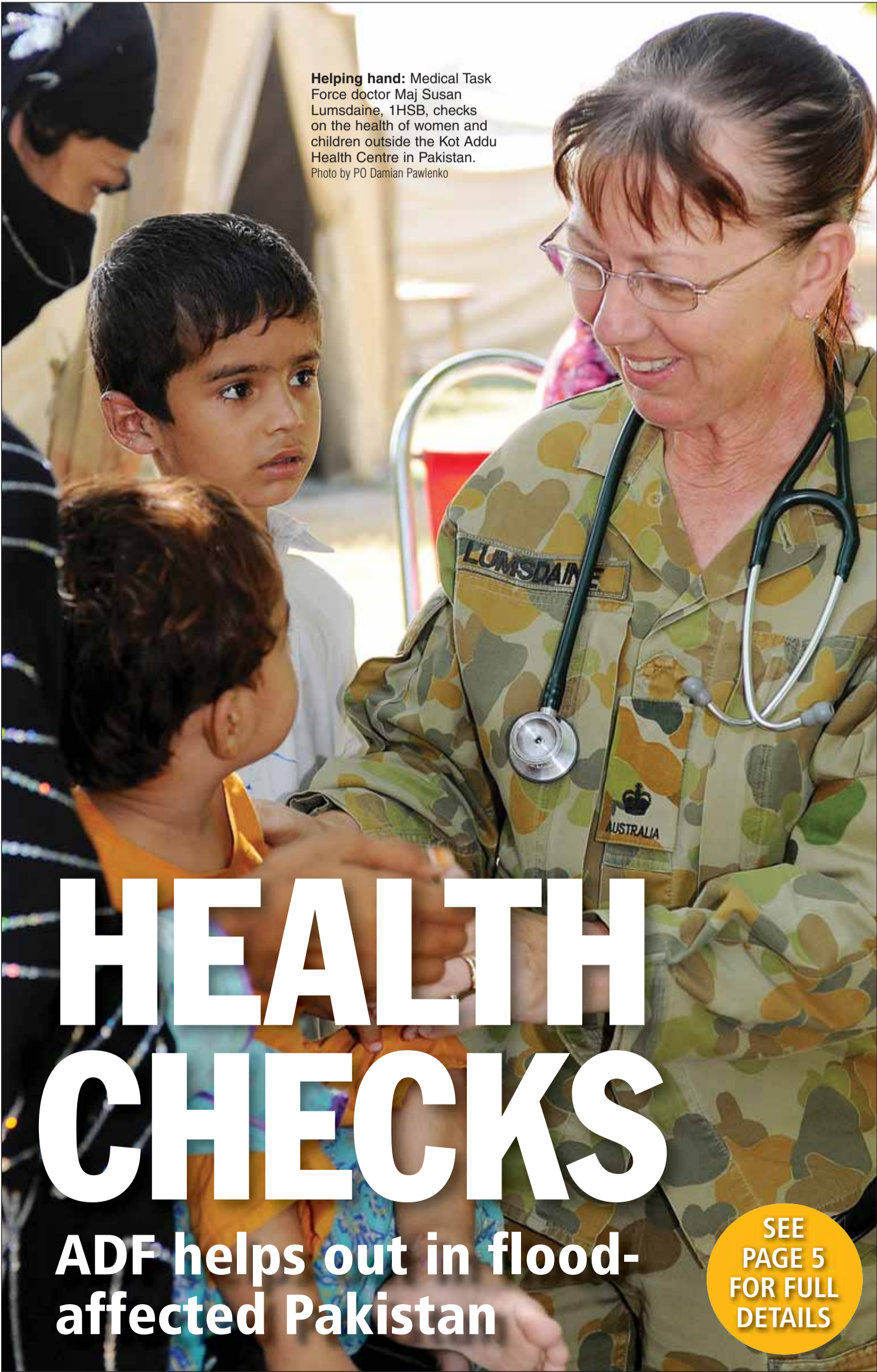


KEEPING PEACE

P18-19



QUEST FOR BEST



Helping hand: Medical Task Force doctor Maj Susan Lumsdaine, 1HSB, checks on the health of women and children outside the Kot Addu Health Centre in Pakistan.
Photo by PO Damian Pawlenko

HEALTH CHECKS

ADF helps out in flood-affected Pakistan

SEE PAGE 5 FOR FULL DETAILS



The Soldiers' Newspaper

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Face of Army



On alert: Sgt Victor Lucas on patrol with Secdet XVI in Baghdad.

Photo by LAC Aaron Curran



Well done: CJOPS Lt-Gen Mark Evans says Australians remain focused on mentoring the ANA 4 Bde.

Photo by LS Paul Berry

CJOPS "proud" of Aust contribution

By Lt-Col Mike Harris

CHIEF of Joint Ops (CJOPS) Lt-Gen Mark Evans said he was proud of the contribution ADF personnel were making to build the capability of the Afghan National Army in Uruzgan province, following a short visit to Tarin Kot.

Lt-Gen Evans said the troops were coping with the recent tragic spate of fatalities and remained focused on the important task of mentoring and training 4 Bde, Afghan National Army and interdicting insurgent networks.

"I was able to see how the Afghan National Security Forces managed local incidents over the election period and I was pleased to see the level of independence and control that they were taking with dealing with the situation."

Lt-Gen Evans said he was also

in a position to review the operational circumstances regarding the contact in which LCpl Jared MacKinney was killed in action.

"My thoughts, and those of the Defence community, remain with Mrs MacKinney during this difficult time," Lt-Gen Evans said.

"It will bring no solace but the fighting patrol on August 24 did everything it had planned to do – namely to find and engage the insurgents, inflict damage on them and then withdraw on its own terms. Both the Afghan National Army and our soldiers fought well during this contact with insurgents."

Afghan soldiers fought side by side with their Australian counterparts and conducted their own battlefield ammunition resupply to remain in the fight.

Australian soldiers described their Afghan colleagues as fearless throughout the engagement.

After approximately three hours the Australian and Afghan patrol broke contact from the insurgents and moved back to their vehicle drop-off location.

"The objective of the mission was never to fight and finish the insurgent element in the Tangi Valley and hence the patrol was not structured for such a mission," he said.

The fighting patrol comprised 20 Afghan and 20 Australian soldiers that were tasked to move into an area not having an ISAF or Afghan security force presence for some time, in order to develop a better understanding of the security situation in the area.

"The patrol achieved this objective and the insurgents paid a high price for their actions in engaging the partnered patrol."

Lt-Gen Evans said the soldiers were well supported by



Proud: Lt-Gen Mark Evans

the Australian Light Armoured Vehicles, close air support from ISAF AH 64 Apache attack helicopters and 155mm artillery. 120mm mortars were on standby and a reserve force was available but not required.

Serious health message behind 'silliness': CA

ARMY's senior leadership paused briefly on September 17 to take part in the Blue September cancer awareness initiative for men.

CA Lt-Gen Ken Gillespie and his major-generals painted their faces blue to highlight the need for men to take their health seriously – particularly cancer.

Lt-Gen Gillespie has had his own battle with prostate cancer.

He and his senior staff paused before the monthly CA's senior advisory group meeting to speak up about men seeking timely preventative health measures.

CA said it was a "bit of silliness"

but highlighted an important message.

"The colour blue represents men – and it's men that need to face up to taking their health seriously and change how they approach illness," Lt-Gen Gillespie said.

"The Australian community deeply feels the death of a soldier in combat but cancer kills many more men each year."

Campaign director Blue September Mike Chapman said using 'manly' professions like the military and professional sportsmen like footballers helped get the message across to Australian males.



Advocate: CA Lt-Gen Ken Gillespie has his face painted for Blue September.

Photo by Stephen Dent

Political changing of guard

By Hugh McKenzie

CDF ACM Angus Houston is looking forward to working with new Defence Minister Stephen Smith.

ACM Houston said Mr Smith, the former foreign minister, was a capable and experienced minister who knew all about Afghanistan.

"He's a hell of a nice guy," he said.

Mr Smith is a barrister and solicitor by profession. He completed his Bachelor of Arts and Bachelor of Laws at the University of Western Australia.

He practised in Perth, then completed a Master of Laws at London University, and subsequently lectured and tutored in law in London.

Mr Smith has been the Federal Member for Perth since March 1993 and has served on numerous parliamentary committees.

Warren Snowdon returns as the Minister for Defence Science and Personnel, as well as being the Minister for Veterans' Affairs and retaining responsibility for indigenous health.

Mr Snowdon graduated from the ANU with a Bachelor of Arts in 1973 and then completed a Diploma in

Education at Murdoch University in 1975, moving to the Northern Territory to work as a teacher in Darwin.

Between 1978 and 1981, he worked as a researcher at the ANU's Centre for Resource and Environmental Studies.

He was elected to parliament in 1987 and has served as parliamentary secretary for various portfolios.

New Defence Materiel Minister Jason Clare was elected to parliament in 2007.

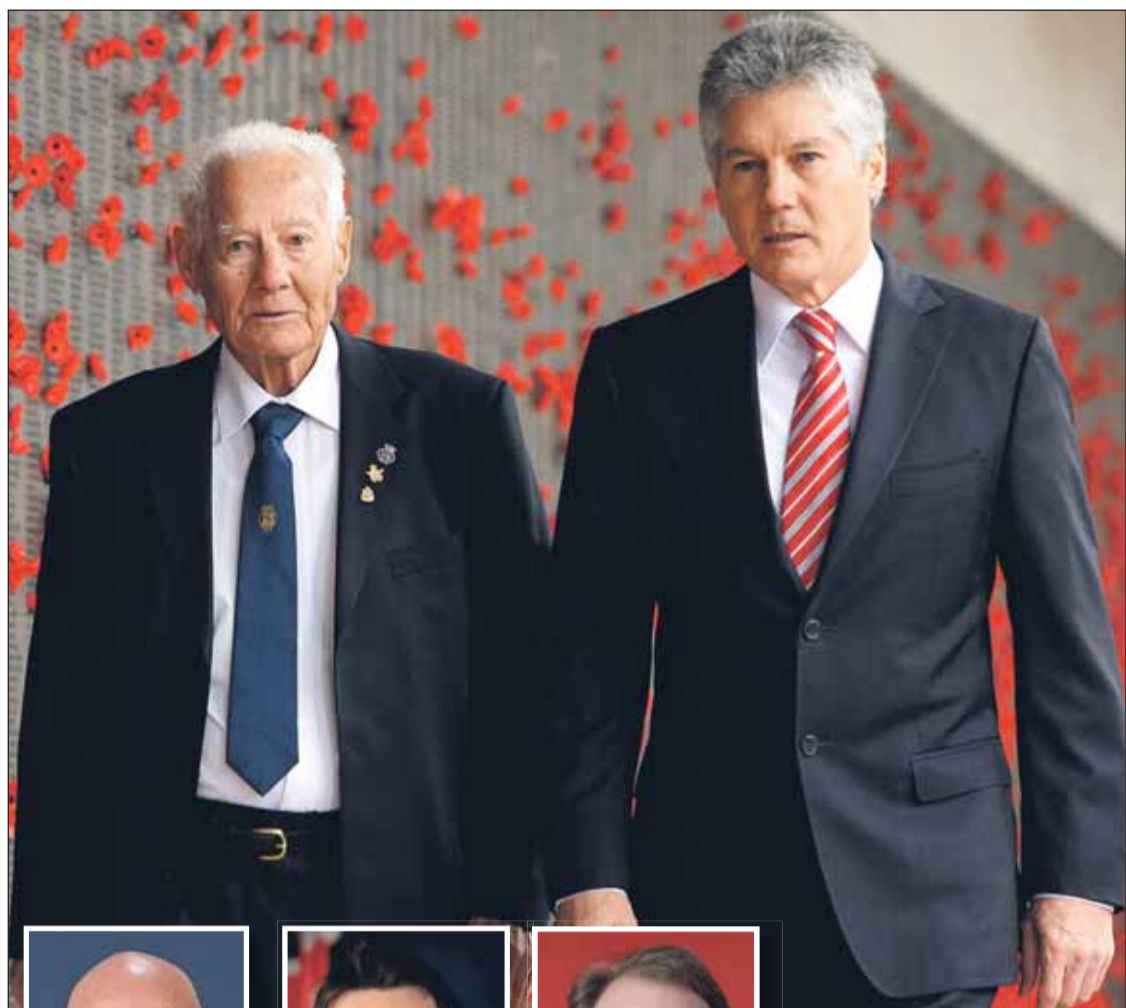
In 2009, he was appointed Parliamentary Secretary for Employment.

Mr Clare holds an Arts Law degree with Honours from the University of NSW. He was a senior adviser to former NSW premier Bob Carr and an executive at Transurban, one of Australia's top 100 companies.

The new Parliamentary Secretary for Defence, David Feeney, was elected to the Senate for Victoria in 2007.

Senator Feeney has served on a number of committees, including the Joint Statutory Committee for Public Accounts and Audit.

He held a number of party positions and secretariats for the ALP in Victoria before entering parliament.



New team: Defence Minister Stephen Smith with his father at the Australian War Memorial (above). At left are Warren Snowdon, Jason Clare and David Feeney.

Main photo by Mark Brennan



Departing: Former Defence Minister John Faulkner is farewelled in Canberra. Photo by Mark Brennan

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PLATYPUS OUTDOORS THE GEAR

New antirocket kit anticipated

By Lt-Col Christopher Holcroft

THE Afghanistan battlefield will see a change from the end of 2010 when Australia introduces a new form of protection for troops.

Australian soldiers will start deploying counter-rocket artillery and mortar (C-RAM) capabilities from as early as December 2010.

The systems are capable of providing advance warning to troops on the ground in order for them to take protective measures and determine points of impact for enemy indirect fire attacks.

Colonel Joint Fires with HQ 6 Bde Col Brian Bailey said the \$300-million project would start rolling out by end of this year.

"The CDF has directed 6 Bde to be part of an Air-Land Integration system that will give the ADF new technology to assist the troops on the ground in Afghanistan," Col Bailey said.

"We will be deploying state-of-the-art technology that will give our soldiers early warning of incoming mortar and missile threats down to point of impact.

"This will allow the troops in those affected areas to take cover

and help lessen the chance of death or injury from such attacks."

Col Bailey said soldiers from the Woodside-based 16 AD Regt would travel to the USA to receive initial C-RAM training later this year.

They will then deploy shortly after to Afghanistan.

He said that in addition to operating newly procured radar systems, the soldiers would operate a series of special mobile warning towers that will form part of a network of early warning defence for Australian bases in Afghanistan.

Col Bailey said C-RAM was one step in an exciting series of modernisation initiatives for 16 AD Regt being pursued under Adaptive Army.

In the near future this unit would transition to a new entity titled the Air Land Regiment and take on enhanced missions in the air-land and ground-based air-defence space.

"Our troops have used the American AN/TPQ Firefinder weapon-locating radar system, which locates the point of origin for incoming rocket and artillery fire.

"But the system has some limitations and operation is primarily designed for counter-battery

fire rather than for use as a C-RAM radar," Col Bailey said.

"The bulk of the C-RAM systems will be procured from the United States and European contractors.

"Initially we will lease a Swedish radar system that is mounted on a tracked light armoured vehicle. The system is the Giraffe Agile Multi Beam (G-AMB) 740 radar system.

"This device has an extendable mast with a radar sensor mounted on the top that can operate 360 degrees up to 24 hours a day."

Col Bailey said the G-AMB 740 was developed and manufactured by Saab.

In addition to the Swedish lease system, Australia will have units manufactured in a wheeled truck configuration for delivery in 2012 to be owned by the ADF.

"This will mean we will have early warning of low-flying aircraft, artillery and mortars and have time to warn the soldiers who are located near the impact," he said.

Col Bailey said 6 Bde expected to have Australian bases in Afghanistan covered with a C-RAM capability by the end of 2011.



Impressive: The giraffe agile multi beam 740 radar system in extended mode. New counter-rocket and mortar capabilities are bound for Afghanistan.

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Needy get vital care

By Cpl Zenith King

IT HAS been more than a month since the ADF deployed to the Punjab region of Pakistan and, with the support of AusAID, it has provided assistance to more than 5000 people affected by floods.

Camp Cockatoo, the Australian base 80km north-west of Multan, is home to more than 170 Defence and AusAID personnel.

Doctors, nurses and medics have worked tirelessly to provide aid to the constant flow of patients coming through the doors of the field health centre in Kot Addu, the worst affected area of the nation.

Joanne Wilson, a registered nurse deployed to Pakistan as part of AusAID's medical team, said her job was quite different to her role in the emergency department of the Royal Perth Hospital and as an Army reserve nursing officer at 13CSSB.

"Here we have been dealing with primary health care complaints and looking at the types of diseases that are specifically related to humanitarian crises," she said.

"The majority of patients are presenting with symptoms associated with malaria and diarrhea diseases, all of which are closely associated with these types of disaster."

Miss Wilson said she thought they were doing extraordinary things. "It's been amazing. We have seen a lot of patients and have been able to make a difference to the local population," she said.

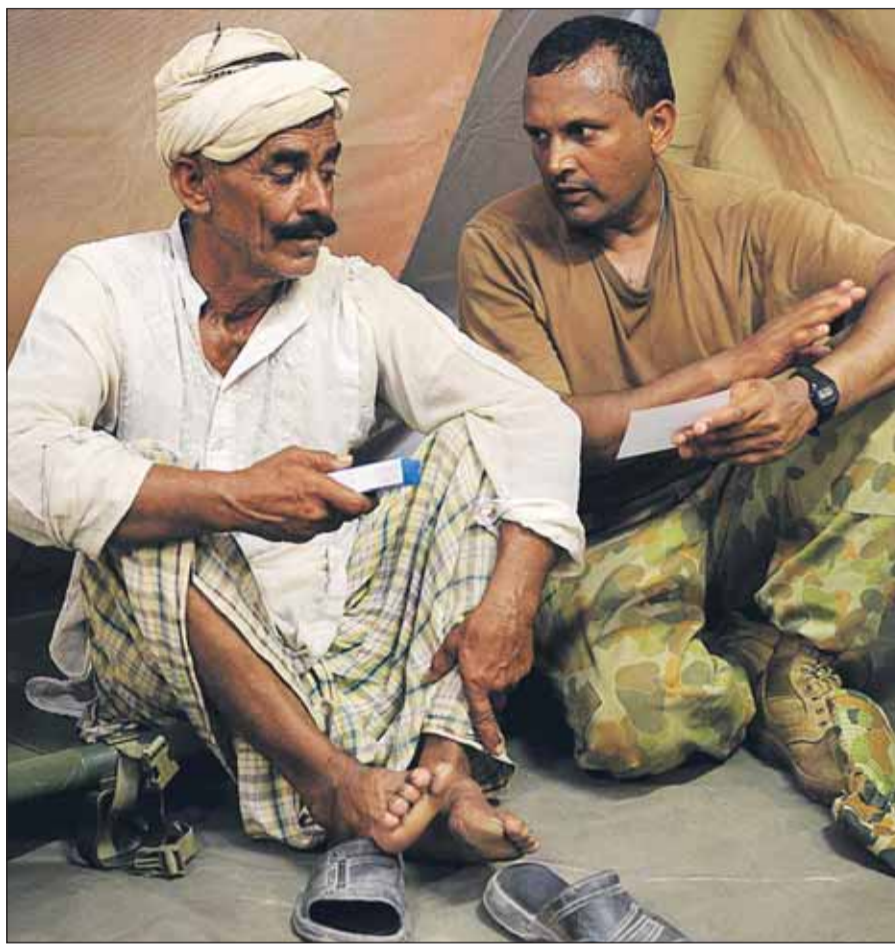
"In the beginning we were seeing a lot of people from this local area but now we have got people walking up to 30km to get to us. The word is out that we are here."

Medical Assistant Cpl Shane Milich, 2EHS, said the medical facility had dealt with everyone from infants through to 80-year-olds.

"We have had children who have walked 5 or 6km on their own to get to the facility."

Cpl Milich said the local nationals were very appreciative of what was being done by the Australians.

"They don't say a lot but you can see it in their faces as they walk out."



Translation: Linguist WO2 Mohinder Singh explains medicine requirements to a Pakistani elder at the Camp Cockatoo Health Centre. Photo by Cpl Chris Moore

Policy aims for inclusivity

DEFENCE has conducted a review of DI(G) Personnel 16-16 Transgender Personnel in the ADF to ensure it remains an inclusive organisation.

The instruction, last reviewed in April 2000, was found to be significantly out of date and has been cancelled while a more inclusive policy is developed.

This takes into account, with compassion and consideration, the needs of transgender individuals within the organisation.

Army also strives to be a professional fighting force; a team of people who look after their mates.

The core Army values of courage, initiative and teamwork are all-inclusive and as a team, labels that make its members feel undervalued, excluded or marginalised will not be tolerated.

In consideration of this, Defence joined an employer program called Pride in Diversity.

This program aims to assist Australian employers with the inclusion of lesbian, gay, bisexual and transgender employees in the workplace, encouraging understanding.

It is a reflection of Defence's commitment to being an employer of choice, and is one that embraces and accepts a diverse workforce.

Members are reminded that, regardless of any specific management policy, all personnel are obliged to treat others with respect and dignity and to do otherwise is not consistent with our core values.

Diversity in the workplace is more than just understanding – it is about acceptance.

Aid course helps with disasters

REPRESENTATIVES from international aid agencies, non-government organisations, government agencies and the ADF got together in Canberra this month to improve communication and cooperation in disaster relief and peacekeeping operations.

The Asia Pacific Civil-Military Centre of Excellence conducted the

Civil-Military Coordination Course on behalf of the United Nations Office.

Executive Director of the centre Maj-Gen Michael Smith (ret'd) said recent events, such as the floods in Pakistan, demonstrated the importance of better coordination in disaster management.



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MESSAGE FROM THE CA

IN EARLY early 2010, the CA issued a challenge to all of Army's people to find waste in their unit's work and reduce it.

To support soldiers to develop and progress their good ideas, the Directorate of Strategic Reform Program in Army HQ has launched the CA's Challenge intranet site.

The site, which can be found at: http://intranet.defence.gov.au/armyweb/sites/SRP_A, features the following information:

- ▶ Latest news and developments on SRP in Army good ideas: how to submit your good ideas;
- ▶ Stream information: How they affect Army;
- ▶ Frequently asked questions;
- ▶ Mythbusters;
- ▶ Army lean;
- ▶ Change facilitation;
- ▶ Adaptive Army and SRP;
- ▶ Commanders' toolbox;

resource materials to support commanders with the implementation of CA's Challenge in their units;

- ▶ Multimedia: Listen to what CA, DCA and RSM-A have to say about CA's Challenge;
- ▶ Social media: Discuss what's happening in your unit;
- ▶ Army news articles: Have a look at what's been published; and
- ▶ Other people's good ideas: see what other people are coming up with.

The CA's Challenge is your chance to fix the problems and frustrations that many of us experience in our daily work.

Look out for our CA's Challenge website that will be launched in the coming weeks: www.defence.gov.au/Army/SRP_A

'I don't consider experiments that don't work to be failures. They're learning experiences. So have a go, put your hand up if it's not working and recalibrate.'

'This is your opportunity to work out what doesn't fit anymore and work out a better way of doing things that suits our structures and most importantly suits the people we have working in Army in the 21st century.'

— CA Lt-Gen Ken Gillespie



Faithful service: Cpl Philip Quilliam, Maj John Wright, Maj Peter Hind, Cpl Gordon Sellar, CA Lt-Gen Ken Gillespie, Maj Barry Skinner, Cfn Anthony Woodfield, WO2 Grant Kuchel and Capt Tony Donovan at the Federation Star presentations.

Photo by Sgt Andrew Hetherington

Stars of service

By Sgt Andrew Hetherington

THE latest eight recipients of Army's Federation Star received their awards at Army HQ on September 17.

The eight men have served at least 40 years each and 341 years collectively, with two of them clocking up 46 years.

CA Lt-Gen Ken Gillespie said serving for more than 40 years was a major achievement for a soldier. "Anyone who commits 40 years of their life to serve their nation, which is an awesome period of time, is significant," Lt-Gen Gillespie said.

"Most of them are married too and it [a 40-year career] doesn't happen unless their partner and family supports them."

He encouraged other soldiers to follow in the footsteps of the Federation Star recipients.

"If anyone else wants to stay for 40 years we are happy to take you," Lt-Gen Gillespie said.

"It doesn't really matter how long you serve, it's the value of the contribution made when you are in that matters."

Cfn Anthony Woodfield, a reservist at 5CSSB, has served for 41 years.

He has worked as a driver, an air dispatcher and is now a vehicle mechanic.

"I joined to do something for Australia, as I moved here from England when I was 21," Pte Woodfield said.

"I had no idea I would serve this long and I've achieved my goal of serving in RAEME.

"The only other thing I'd like to do is be deployed overseas."

Cfn Woodfield's advice for other soldiers contemplating a long-term career is simple.

"Just keep serving and you get back what you put in."

RECIPIENTS

Maj Peter Hind, APA-Hobart, 40 years service; Maj Barry Skinner, 5 Avn Regt, 46 years service; Maj John Wright, Army History Unit, 42 years service; Capt Tony Donovan, 11CSSB, 46 years service; WO2 Grant Kuchel — 9CSSB, 41 years service; Cpl Philip Quilliam, 11CSSB, 40 years service; Cpl Gordon Sellar, 4/19PWLH, 45 years service; Cfn Anthony Woodfield, 5CSSB, 41 years service.



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Cycle-thon: Maj Martin Lark, left, and Malcolm Mann hit the bikes as Flt-Sgt Laurie O'Reilly with foster dog Bear and Hartley Lifecare client Tanya Boulton provide encouragement. Photo by LAC Aaron Curran

Cycle for life

By **LS Paul McCallum**

CANCER. It's a word that evokes strong emotions in people. When diagnosed, some people give up while others fight back.

Sgt Ken Leggett of the Defence Force School of Signals – Electronic Warfare Wing (DFSS-EWW) is a fighter.

Diagnosed with testicular cancer last year, Sgt Leggett fought back with the support of his family and some special medical units and decided his personal victory was not enough. He wanted to say thank you to those who helped him.

"At the beginning of the year I had only just completed chemotherapy and my health and fitness was really low," Sgt Leggett said.

"Two of my mates, Sgt Andrew Gillies and Sgt Mark Harvey, decided they needed to get me fit again so we all started cycling together."

In January, Sgt Leggett and his friends began organising an activity to help enhance awareness throughout the ADF and raise money for the two organisations that supported him through his treatment – St Andrews Hospital and the Flinders Medical Centre Foundation.

"While sitting around over a coffee I mentioned to them I would like to put something back into the fight against cancer and the idea evolved from there," he said

After months of planning, sail-



On track: A team of 11 riders from DFSS-EWW makes its way from Cabarlah to Canberra on Exercise Round for Life.

ors, soldiers and airmen set off on Exercise Round for Life, a 1200km cycle from Cabarlah to Canberra, raising money along the way.

From August 29 to September 11, the riding team of one RAAF and 10 Army personnel ticked off the distance, covering about 100km a day down the New England Highway, culminating in the final leg from the Australian War Memorial to Parliament House on September 11.

Round for Life would have been an impossible task without the support of all members of the DFSS-EWW. The support staff were made up of three Navy, four Army, one RAAF and one Defence civilian.

Ex Round for Life has raised more than \$30,000 for St Andrews

Hospital and the Flinders Medical Centre Foundation.

Sgt Leggett isn't the only member of DFSS-EWW who has been touched by cancer, with two members losing parents to the disease and one of the riders lost his mother as he was arriving in Canberra.

"There were many memorable moments but what really brought it home to us was the blog written by our OIC, Lt Zach Baur," Sgt Leggett said. "Lt Baur shared his personal story dealing with his mother's struggle. This really brought us all together and made us determined to successfully complete the ride."

Anyone wishing to contribute to Round for Life can do so at www.roundforlife.org.au

Riding for charities

By **Cpl Zenith King**

ADF Investigative Services (ADFIS) rode more than 2808km from August 30-September 3 to raise money for disability support group Hartley Lifecare and dog-rescue organisation ACT Rescue and Foster.

ADF Deputy Provost Marshal Wg-Commander Andrew Roberts said triservice and APS staff took turns in the simulated cycling relay from Canberra to Wellington in New Zealand.

"Both charities rely heavily on donations to be able to continue their good work" Wg-Commander Roberts said.

"ADFIS is a family and community-focused organisation so it is fantastic to have an opportunity to become involved with the Canberra community."

Commander Bryan Parker said the unit wanted to raise money for charity and identified organisations to support.

"We have a number of members in the unit who have a personnel connection with ACT Rescue and Foster as they have adopted dogs through the program," he said.

Unit members took turns cycling on stationary bikes each day to ensure they met their target.

Maj Martin Lark said he rode for an hour a day while others were doing two or even three hours.

He said everyone wanted to have a go so sessions were rationed.

"Aside from raising money for charity the ride helped those who might otherwise find it difficult to get away from the computer and do something on the fitness front," Maj Lark said.

He said everyone was motivated and pleased with the outcome.

Dean Hemana from Hartley Lifecare said funds raised would go toward their respite care program.

Wendy Parsons from ACT Rescue and Foster said she was impressed by the commitment.

"We are very pleased to have ADFIS cycling to Wellington to raise money for charity. The money raised will go directly to looking after the dogs," Mrs Parsons said.

ADFIS rode 2808km over the five days and raised \$2364.

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Plans in place for transition to G-Wagon

PLANS for the conversion training on the new G-Wagon are underway with the raising of an Introduction into Service Training Team (IISTT).

The team will train more than 3600 G-Wagon drivers and maintenance staff.

Training will commence in April next year – about six weeks ahead of the first deliveries. AHQ and DMO will brief units in the lead up to roll out.

Driver training will be conducted at RAAF Base Amberley between April 2010 and December 2013.

Conversion training for maintenance staff will be conducted at Bandiana.

OC IISTT Maj Tim Keeffe said the vehicle represented a significant leap in capability.

“Driving and maintaining the G-Wagon is a very different experience to the current legacy Land Rover fleet of vehicles,” Maj Keeffe said.

“The increased payload and capability means all G-Wagon variants are now classified as Light Rigid (LR) trucks, the same as the Land Rover six-by-six.”

A new licence code – LR2J – reflects the vehicle type such as Light Rigid (LR) General Service (2) automatic (J) vehicle.

Existing C2 coded drivers will receive conversion training including new competencies relating to the loading of military vehicles.

Drivers holding MR2, LR2 and HR2 codes will receive a familiarisation package delivered by the IIS team or by Driver Training Officers

(DTOs) in units. “These drivers will be assessed in the operation of the vehicle, highlighting the capability differences between the Land Rover and G-Wagon.”

Drivers who cannot attend the IIS facility will receive the same training in their units from DTOs. It will be essential all units send DTOs to the IIS facility when their unit is panelled.

“The biggest impact will be felt by VMs but they will already have much of the base knowledge needed to maintain the G-Wagon,” Maj Keeffe said.

“They will need to be taught specific skill sets, including the use of the Mercedes-Benz diagnostic computer, maintenance of ABS brakes and electronic automatic transmissions.

Vehicle mechanics between the ranks of craftsman and sergeant in units receiving the vehicles will receive training.

Technicians electrical and ground support equipment technicians (Air Force) will undergo a three-day IIS course on the vehicle electronics system and the Mercedes-Benz diagnostic system.

Training for recovery mechanics will be delivered in units during a two-day course by the IIS training team.

Further information is available from WO2 Roger Nixon on (03) 9282 3425 roger.nixon@defence.gov.au for drivers and operators and WO2 Neil Taylor on (02) 6055 4352 neil.taylor@defence.gov.au for maintainers.

Upgrade: Plans are well advanced for the transition to the G-Wagon.

Photo by Graham Davey

LICENCE TO THRILL		
If I hold a ...	What training do I need?	How will I receive it?
LR2 (LR 110 6x6), MR2, HR2 etc...	Familiarisation	IIS trg team/in unit gap training
C2	Conversion	IIS trg team/in unit gap training
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Need to be smarter in sun

By Rebecca Constance

WE'RE Aussies. We live in the sun – the bronzed Aussie is a cultural icon, part identity, part lifestyle.

Anyone who's been to Bondi can spot the tourist; they're the ones most closely resembling a lobster.

They've come from colder climates, a not-so-sunburnt country, and haven't yet learnt the valuable lessons of a beach-centric childhood: sunscreen, hats and shade.

Turns out, however, we're not as 'sunsmart' as we should be and people are still falling victim to skin cancers.

Skin cancers form when skin cells are damaged by UV radiation.

Each cell carries DNA that 'tells' each cell what it is, as well as when to develop and when to die.

UV damages the skin cells' DNA and this can cause them to mutate and grow abnormally. If these mutant cells are not destroyed by the body's natural defence systems, they will continue to develop and can turn into skin cancers.

Thankfully, the last decade or two has resulted in greater education and awareness with respect to the risks associated in getting too much sun.

We're much more proactive when it comes to protection. We've heard the slip, slop, slap message since 1981 and, since 2007, seek and slide (seek the shade, slide on some sunnies).

It's now common to see primary school-children wearing hats in the playground and play equipment under shade cloth, or outdoor workers in full sleeves and trousers – no more Bonds singlets and stubbies.

Sunscreen, sunglasses and hats are tax-deductible items and employers have a duty of care to provide rest breaks, water and facilities with sun protection.

The frightening thing about skin cancer is it doesn't discriminate.

Anyone who has spent time in the sun without appropriate headgear or without sunscreen is at risk.

The more time spent outdoors, the greater the risk.

Skin cancer is a sneaky disease – there can often be a long lag time, of up to 10 years, between exposure and presentation

CANCER FACTS

Know the dangers

- ▶ Two in every three Australians are diagnosed with skin cancer before the age of 70.
- ▶ Australia has the highest rate of skin cancer in the world.
- ▶ Melanoma can occur at a young age and is the most diagnosed cancer in Australians 15-44 years of age.
- ▶ Skin cancers are the most frequent type of cancer in both sexes, and account for 30 per cent of all cancers in females and 25 per cent in males.
- ▶ 95 per cent of melanoma is caused by exposure to UV radiation in sunlight.

of symptoms. There is also an increased risk whenever ultraviolet (UV) radiation levels reach three and above; and in a climate like ours this level or higher is usually between 10am and 3pm and common up to 6pm in the summer months.

Coming into summer, it's timely to revisit the risks associated with sun exposure.

It's not a long reach to find someone who has been affected by skin cancer.

RSM-A WO Stephen Ward has spoken candidly of his experience with melanoma.

"I am a victim of melanoma. I had it removed and was given a survival rate of approx 84 per cent for five years and approximately 75 per cent for 10 years," he said.

"Having to assess your survival chances when you are 41 years of age is not a nice position to be in."

It's important to remember we now have two generations that have grown up with the slip, slop, slap message, and even though we've added seek and slide, skin cancer still accounts for around 80 per cent of all new cancers diagnosed each year in Australia.

Considering sun damage to the skin is largely preventable with appropriate precautions, it seems to be our behaviour in the sun that continues to permit the risk.

.....
 Information provided by Cancer Council of Australia.



Danger: Whether it's on operations (above) or as part of a catafalque party (inset), it is not always possible for soldiers to escape the sun. The slip, slop, slap message becomes vital to warding off skin cancer.

Photos by Cpl Neil Ruskin and Cpl Guy Young

Military police assist in community

ARMY's Domestic Policing Unit has made a difference in Townsville assisting the Queensland Police Service at Townsville's Flinders Street, East.

An off-duty soldier detained by the Queensland Police Service in Townsville was released without charge into the hands of the Unit

and returned to barracks. As part of Army's Domestic Policing Unit, the Townsville section supports 3 Bde by providing a 24-hour policing response and a minor criminal-investigation capability to the Townsville Defence community.

The unit employs contemporary policing practices ranging from pre-

ventative measures through to crime response and criminal-intelligence gathering. This has proven to have a calming effect, defusing potential trouble.

This comes during a week where police all over the nation initiated a crackdown on alcohol-fuelled, anti-social behaviour.

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A day of peace and memories

By Sgt Andrew Hetherington

SIXTY-three years after Australia's first peacekeepers deployed with the UN to Indonesia, more than 50 ADF and Australian Federal Police peacekeepers gathered to mark Australian Peacekeepers Day in Canberra.

The anniversary memorial service was held on September 14 at the future site of the Australian Peacekeeping Memorial on Anzac Parade.

Principal guest speaker at the service was Maj-Gen Ian Gordon (ret), who commanded soldiers on peacekeeping missions in the Western Sahara, East Timor and Jerusalem.

He said the Australian Government had deployed more than 90,000 military, police and civilian personnel to more than 60 UN and other peacekeeping missions since 1947.

"Australians are universally admired within peacekeeping missions," Maj-Gen Gordon said.

"Peacekeeping is not easy and usually takes place at the intersection of the interests of host nations and nations in conflict.

"Their [peacekeepers] work takes place in difficult, frequently very dangerous and sometimes traumatic circumstances, isolated from the support normally found on overseas operations."

Ambassador to the Australian Peacekeepers and Peacemakers Veterans' Association and former peacekeeper Maj Martina Jewell (ret) said her service as an

observer in 2006 with UNTSO in Syria and Lebanon was a memorable experience.

"I was the only woman in my team in Syria and Lebanon and I served with officers from 23 other countries," Maj Jewell said.

"I was interacting with the community and it was a difficult role, much different to my other deployments on Operation Slipper and to Solomon Islands."

During the service attendees were encouraged to donate to the peacekeeping memorial fund.

Chairman of the Australian Peacekeeping Memorial Project Maj-Gen Tim Ford (ret) said before construction of the memorial could start the project needed more donations.

"We have raised nearly \$800,000 so far and need another \$2.7 million to ensure the memorial opens on September 14, 2012," Maj-Gen Ford said.

Maj Jewell said the new memorial would be fantastic for peacekeeping veterans.

"There is a need to have a monument for peacekeepers and current serving members as it will be their monument in the future."

"It will represent them by acknowledging their service and sacrifice... and hopefully the community will get behind the fundraising so it can happen."

To make a donation to the peacekeeping memorial fund visit <http://www.peacekeepingmemorial.org.au/index.php>

Tribute: A catafalque party (right) and wreathlaying (below) feature at the Australian Peacekeepers Day in Canberra. Photos by David McClenaghan



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Job hazards under fire

By AB Melanie Schinkel

A COMBINED project team of ADF and civilian personnel has begun implementing a plan to better manage hazardous chemicals in Defence workplaces and adhere to current and future OHS regulations.

The Defence Hazardous Chemicals Projects' (DHCP) board of 14 met to discuss the progress of phase one at Russell Offices in Canberra on July 21.

Director-General Occupational Health, Safety and Compensation Lindsay Kranz said the two-phased DHCP was developed to provide safer workplaces for Defence personnel and to respond to Comcare's 2009 investigation into Defence's management of hazardous chemicals.

"The DHCP is about developing procedures to protect personnel from exposure to, and effects of, hazardous chemicals," Mr Kranz said.

The current levels of compliance with hazardous chemicals regulations are targeted at enabling improvement in the systems and methods adopted for managing hazardous substances.

They are not in response to any particular incident or health issue.

Mr Kranz said Comcare investigated 16 randomly selected Defence sites, which were indicative of about 1045 sites that used hazardous chemicals.

"Comcare found that Defence was not compliant with the regulations and

hadn't been for some time," he said.

In response to Comcare's findings, CDF and the Secretary signed a legally binding enforceable undertaking, which requires Defence to develop and implement a consistent, comprehensive and inclusive system for the management of hazardous chemicals across all Defence workplaces.

CA Lt-Gen Ken Gillespie supported the plan and said Army personnel faced many risks on operations and in training.

"It is my responsibility, and that of commanders at all levels, to eliminate those risks and hazards or to reduce them to an acceptable level," Lt-Gen Gillespie said.

Defence must comply with the terms of the enforceable undertaking within two years or Comcare will enforce it through legal action in the courts.

Mr Kranz said the improved Defence hazardous chemicals management system was being developed based on the Defence business model.

"This system will involve the adoption of consistent procedures across all Defence workplaces and throughout the life cycle of hazardous chemicals," he said.

"This will include engagement with Defence contractors to ensure they support the effective adoption of the hazardous chemicals management system across Defence.

"The DHCP's schedule is in line



Take care: A project team has started implementing a hazardous chemicals management plan.
Photo by LAC Jessica Smith

with the enforceable undertaking's deadline and Defence groups and services have been allocated certain responsibilities to achieve this under a joint directive issued on June 18.

"For example, all Defence workplaces are required to implement ChemAlert as the system for registering hazardous chemicals in the workplace."

Mr Kranz said improved training and the increased access and usage of standardised systems such as ChemAlert would assist the safe handling of hazardous chemicals in the workplace.

ChemAlert provides members with access to information about hazardous chemicals and is the register for material safety data sheets (MSDS) for all

the substances Defence purchases and produces.

"It is to be used as the Defence register for the chemicals used in individual workplaces and provides personnel with information on how to use chemicals, such as storage and disposal methods, and what PPE to wear during use," he said.

"Some personnel will need to be retrained on handling hazardous chemicals and safety practitioners will need demonstrations and instructions on maintaining ChemAlert's registers."

As part of the DHCP's roll-out, workplace support teams will train, mentor, provide advice and assure workplace remediation efforts.

The first phase of remediation will require workplaces to identify all the hazardous chemicals present in the workplace, register these hazardous chemicals in ChemAlert, check to ensure that labels meet compliance requirements and then flag for disposal any surplus or obsolete hazardous chemicals.

Teams of five will support units Defence-wide to achieve compliance within Comcare's two-year timeframe and prepare for updated OHS laws expected to come into force early next year.

To find out more on the DHCP, visit <http://ohsc.defence.gov.au/Programs/HazardousSubstances/hazchemproject.htm>

DHCP REMEDIATION PHASE 1

In phase one of remediation (expected to be completed by December 2010) the DHCP will:

- ▶ Establish and mandate remediation plan;
- ▶ Implement ChemAlert;
- ▶ Conduct workplace 'upfront' training;
- ▶ Complete review of hazardous chemicals;
- ▶ Mark surplus and obsolete chemicals;
- ▶ Mark unknown chemicals;
- ▶ Register all workplace hazardous chemicals;
- ▶ Ensure MSDs are available for all workplace chemicals;
- ▶ Address incorrect labelling, storage or signage;
- ▶ Record initial corrective actions; and
- ▶ Conduct compliance checks against regulations 6.12 Use of MSDS, 6.13 Use of labels and 6.14 Register of hazardous substances.

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Watch out for techno trap

By Brooke Audsley

DEFENCE Chief Security Officer Frank Roberts has warned people against dropping their security guard when using modern technology for the transfer and carriage of classified information.

Mr Roberts said while many Defence members were aware of their security responsibilities when handling and storing documents, they might not apply the same vigilance to technological devices.

"There is a real risk if we believe that the techno gadgets we use every day are designed to protect the information we place on them," Mr Roberts said.

In reality, these gadgets provide very little protection, as shown by numerous incidents worldwide involving the loss or compromise of information, including information stored on portable electronic devices.

Inappropriate use of electronic devices such as USB thumb drives also heightens the risk of serious viruses being introduced into Defence's ICT network, which can compromise the security of classified information.

"The implications resulting from lost information can be severe," Mr Roberts said. "It can place at risk the lives of our colleagues and the success of Defence operations. Insecure transfer of sensitive information could also mean severe repercussions for the individual responsible."

While there are risks involved in the transfer of classified information in Australia, the risks can be far



Travel caution: There is a serious risk classified information on devices such as thumb drives could be compromised when Defence members travel overseas.

greater when the information is transferred outside Australia, which means that increased protective measures are required.

"Any Defence member travelling overseas must receive a briefing from their security officer before they go, which includes advice and arrangements for the safe transfer or carriage of information during business travel," Mr Roberts said.

"The risk that foreign intelligence services may be able to acquire information that could be used against us militarily, financially, strategically – for example, in government-to-government negotiations – or to gain an advantage over individuals within Defence is very serious."

Border protection authorities in most countries have the right to inspect the contents of electronic media carried

across their borders. Using an encrypted laptop, CD, DVD or thumb drive, even where DSD-approved encryption technologies are used, will not prevent such inspections.

If you need to transfer classified information – whether in hard copy or electronic form – overseas, first talk to your security officer or DSA regional office to find out the correct procedures. For more information, refer to the Defence Security Manual at <http://intranet.defence.gov.au/dsa/dsm>

SECURITY POINTERS

- ▶ Your commander or manager must give authorisation for you to remove classified information from Defence or Defence industry premises.
- ▶ The Defence Safehand Service provides a secure method for the carriage of highly classified material between bases and installations.
- ▶ SCEC-approved briefcases, satchels, seals, pouches or transit bags, or special enveloping procedures must be used for classified information outside Defence premises.
- ▶ Classified electronic media, including laptops and other portable electronic devices, must be protected to the same degree as paper-based classified information.
- ▶ If you need to take classified information home you must have the correct protective security arrangements at your residence as per the Defence Security Manual.
- ▶ There are several options available for transferring classified information overseas including the DFAT courier service and the Defence Safehand Service. It is important that you talk to your DSA regional office, who will help tailor a workable solution for your specific needs.



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5RAR mascot earns stripes

By AB Melanie Schinkel

BENGAL tiger Sabre enjoys the luxuries that many exotic animals in captivity share – guaranteed meals and a clean, dry and spacious enclosure maintained by humans.

But Sabre is not just any tiger – he's Darwin-based 5RAR's prized mascot and a corporal in the Australian Army.

Shortly after he was relocated to Darwin's Crocodylus Park in 2000, Sabre was officially 'enlisted' as 5RAR's mascot in 2003.

Pte Joshua De Backer said that because Sabre was born in captivity, 5RAR soldiers regularly got to interact with their mascot.

"Sabre was born in November 1992 and was trained to perform in the circus," Pte De Backer said.

"The circus closed, so he was moved to a wildlife park in Barcaldine, Queensland, before he was relocated to Crocodylus Park.

"Because he was hand-raised in a nurtured environment, it's possible to pat him freely.

"His keepers, Ella and Petra, are constantly amazed at how placid Sabre is with humans."

He said personnel from 5RAR had the opportunity to visit Sabre whenever they liked

and the battalion had a daily cleaning roster for his den, which was operated from the battalion quarter guard.

"After conducting minor housekeeping on Sabre's den, the soldiers are allowed to relax and spend time with Sabre," he said.

"Sabre regularly visits Robertson Barracks for special parades and occasions that require his attendance as 5RAR's mascot."

Smaller than the average Bengal tiger, Sabre is 110kg, gets restless when his dinner is late and makes a howling noise until he receives an affectionate scratch on the head.

When it comes to moving ahead in his Army career, Sabre is required to follow similar promotion requirements to that of any other soldier.

RSM 5RAR WO1 Craig Howe said Sabre's promotion to sergeant would be based on his attitude, performance and seniority as a corporal.

"We are hoping to promote Sabre to the rank of sergeant when the battalion returns from operations in Afghanistan, however this is yet to be determined by the CO," WO1 Howe said.

"Promotions for our mascots are conducted with a formal parade."



Not your normal mascot: Cpl Sabre still needs to meet the standard requirements to be promoted to sergeant – attitude, performance and seniority as a corporal.



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Pursuit uncovers rare sights

By Capt Kris Gardiner

AFGHAN gunners in Tarin Kot are the recipients of a special gift from a Dutch officer with a heart of gold.

Capt Kees van Toor from the Royal Netherlands Army donated three new sights for the D30 artillery guns being used to train the gunners with the Afghan National Army's (ANA) 4 Bde.

Capt van Toor deployed as a member of the Dutch-led Operational Mentoring Liaison Team (OMLT) in Uruzgan province in the first half of 2010 and noticed the D30 guns operated by the Afghan gunners had one sight between them.

This made any concurrent training on all their guns difficult, slowing instruction and frustrating everyone involved.

Inspired, Capt van Toor made it his goal to find more sights. However, efforts to locate more sights on the internet while in Tarin Kot were unsuccessful.

After returning home to his civilian job, Capt van Toor didn't give up and continued his search for the elusive prize.

He finally found an Army disposal store in Holland advertising non-specific sights.

Visiting the store and expecting to find anything but his quarry, he was shocked when he discovered three D30 gun sights including their original cases, accessories, and instructions in German, giving the equipment an East German point of origin.

Capt van Toor was also able to find a manual plotting board.

Striking the 'mother lode', he now faced a new challenge – how to get them to Tarin Kot.

Knowing the Australians had taken over leadership of the OMLT from August 1, he contacted the Australian embassy in The Hague.

Through the embassy, Capt van Toor was able to contact the Australian liaison officer to the Netherlands Directorate of Operations (DOPS), Maj Michael Leichsenring.

"I contacted Kees and he explained to me the situation," Maj Leichsenring said.

"It just so happened that I was about to go to Afghanistan on a Netherlands DOPS staff visit, which presented a means by which the sights could be ferried to theatre."

Taking delivery of the instruments, Maj Leichsenring carried them to the Multinational Base at Tarin Kot where they were received by Australian OMLT commander Maj Paul Manoel.

"He was amazed and delighted and gratefully accepted the much-needed equipment," Maj Leichsenring said. "While they were only a few pieces, they represent a quantum leap in capability."

Now 4 Bde's gunners have enough equipment to train on, the Australian OMLT can train the men faster and more efficiently and the ANA gets a skilled artillery.



Fired up: Afghan artillery soldiers fire a D30 Howitzer (above) as Australian Liaison Officer to the Netherlands Directorate of Operations Maj Michael Leichsenring offers his thanks to Capt Kees van Toor (Inset) for his generous gift of three new D30 gunsights to ANA gunners.

Photo (above) by LS Paul Berry

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VIPs visit Pakistan troops



Meet and greet: Commander Joint Task Force 633 Maj-Gen John Cantwell visits Camp Cockatoo.

Photo by Cpl Chris Moore

ADF personnel deployed to Pakistan have received high-profile visits from Foreign Affairs Minister Kevin Rudd and Chief of Joint Operations Lt-Gen Mark Evans.

Mr Rudd and Lt-Gen Evans witnessed the flood-ravaged regions of Pakistan firsthand and met the Australian Defence members.

During his visit, Mr Rudd announced a \$40m increase in aid relief to Pakistan.

The extra \$40m in relief aid now increases the total offered by Australia to \$75m.

Mr Rudd was joined by Commander JTF 633 Maj-Gen John Cantwell and AusAID Director General Peter Baxter.

He said he was troubled at the extent of the disaster but impressed by the vital assistance provided by Australia at the Camp Cockatoo medical facility in Kot Addu.

"The new assistance will more than double Australia's overall contribution to the Pakistan flood relief effort," Mr Rudd said.

"This includes \$11 million to help address urgent humanitarian needs in food, health, water and

sanitation through the World Food Program, UNICEF and the World Health Organisation."

The visitors talked to ADF personnel and civilian members of the Australian Medical Assistance Team, AusAID and Emergency Management Australia, getting accounts of the work being conducted by the Task Force.

They then had an opportunity to meet some of the more than 4000 victims of the flooding who have received medical treatment at the camp.

Lt-Gen Evans also addressed personnel, offering his thanks and praise for their efforts.

"I am impressed with what you have already achieved in the short period of time you have been on the ground," Lt-Gen Evans said.

"And I am particularly pleased to see the branches of Army, Navy, Air Force, Australian Medical Assistance Team, AusAID and Emergency Management Australia working in such an integrated manner.

"You have the support of everyone at home and I thank you for your continued efforts on such an important operation."

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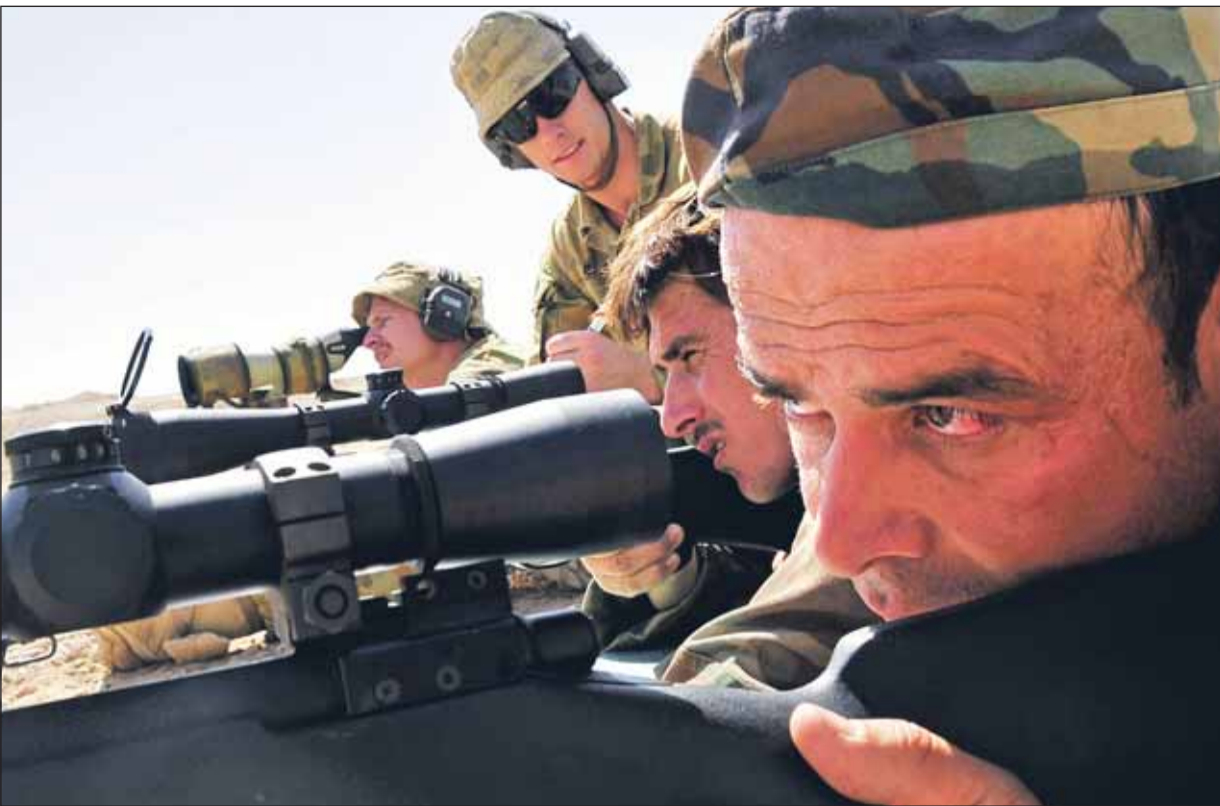


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Sharp eyes: Afghan National Army soldiers take aim under the watchful eye of Australian mentor LCpl Simon Ison. Photo by LS Paul Berry

Lead role for ANA

AUSTRALIAN forces in Afghanistan took a back seat in the historic lower house or 'wolesi jirga' elections on September 18, the first parliamentary elections run by the Afghans.

In Uruzgan province, security arrangements for the elections were provided by the Afghan National Security Forces (ANSF).

Defence Minister Stephen Smith said it was the first time the ANSF had taken lead responsibility for security arrangements for an election.

"The planning and the management was led by Afghan security services, in particular the Afghan Police and the Afghan National Army," Mr Smith said.

"So in addition to complimenting the Afghan people who took part in a poll in very difficult circumstances, we welcome the fact that while the election was not incident free, the Afghan National Security Forces took lead responsibility for security arrangements.

"In Uruzgan province in particular, Australian and other ISAF forces were not required nor called upon to assist in the security arrangements, so we welcomed that very much.

"It is another important step along the way to turning

Afghanistan into a country where it is able to take care of and manage its own security arrangements."

Mr Smith said more than 2500 candidates took part, about 85,000 officials helped to conduct the election and about 40 per cent of the Afghan people voted.

The election is seen as a crucial step towards building democracy after nine years of war.

CO Mentoring Task Force 1 Lt-Col Mark Jennings said a lot of behind-the-scenes work was done to prepare for the elections.

"All arrangements had been worked through the new Operational Coordination Centre-Provincial (OCC-P) run by Afghans at Tarin Kot," he said.

"The Afghan Independent Electoral Commission worked closely with the ANSF, through the OCC-P, to implement a sound overall strategy for the security and the conduct of the elections in Uruzgan province.

"So the Australian and ISAF involvement in the Afghan-led election process was in a supporting role to the ANSF.

"The need for Australian soldiers to become involved would only have eventuated in the case of a threat or incident exceeding the capacity of the local authorities."

Mentors hit the right mark

MENTORING Task Force 1 (MTF 1) soldiers have taught Afghan National Army (ANA) troops the art of marksmanship in a 16-day course.

The members of Mentoring Team Charlie (MTC) delivered the training at a patrol base in the Baluchi region of Uruzgan province.

The course was part of MTF 1's ongoing efforts to assist the ANA's 4th

Bde to attain the soldiering skills to take over responsibility for security in the province.

Executive officer MTC Capt Dean Schmidt said the Australians conducted training with the ANA on marksmanship techniques with new sniper rifles.

"The ANA have a number of these rifles throughout their units and MTF 1 has taken the opportunity to help the ANA master the techniques required

to employ this weapon system," Capt Schmidt said.

"The marksmen instructed them every day, helping them to learn how to operate the weapon and engage targets of varying sizes over varying distances.

"The ANA will be able to employ this capability when they send out patrols so they'll have the ability to provide over-watch for the patrols and engage targets at extended ranges."

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Time for talk: An instructor addresses SAS selection course candidates after a midnight PT session in the rain.



All downhill: SAS selection course participants run down the face of a deceptively steep hill during a PT session.



Exhausted: A dejected and disappointed candidate reaches for some water after failing to complete the course.



Working together: Course candidates take part in a team-building exercise.

QUEST TO BE BEST



Showing the strain: A candidate's face says it all as he takes on one of many physically punishing training activities.

Earning the sandy beret takes as much mental toughness as physical stamina. **Capt Simone Heyer** and **Lt Jess Platz** report on the gruelling SAS selection course.

Photos: LAC Leigh Cameron

THERE'S something haunting about 131 soldiers – lit by flood lights – singing *Lili Marlene* at 0130 hrs while a gentle rain seeps through their dishevelled DPCUs. A handful of SAS operators, sandy berets folded tightly over their scalps, stroll around the men, their eyes keenly watching for anyone falling asleep on their feet or those just mouthing the words to the song.

It is night two of the SAS Selection Course (SAS-SC) in Bindoon Training Area. The course candidates have been up since 0500 hrs, pushed through a gruelling double-PT circuit and a 20km navigation exercise.

They've barely had time to get their gear together for the next day's activities, shower and get their heads down. But here they are on parade, being disciplined for disobeying orders, woken after 30 minutes of sleep by blaring alternative rock music. The directing staff have the men do push-ups to a cadence, work as a group to carry heavy objects around the ring-road and sing the SAS collection – *Advance Australia Fair* (both verses), *Lili Marlene* and the *Happy Wanderer*.

The men are a mix of the three services across all trades – commandos and infantry join PTIs, signallers and mechanics. They are united in their quest to become one of the few to earn the sandy beret, to become an SAS operator.

The 19-day course which finished last month, allows SAS instructors to closely scrutinise each candidate's performance before hand-picking a small percentage for service in the nation's elite Special Forces group.

Twenty-nine officers and 102 soldiers' mental and physical fortitude were tested through stressful situations involving weapon handling, PT, obstacle courses, navigation and problem-solving. Only six officers and 20 soldiers were selected.

Senior Instructor WO1 Gary Murphy says the candidates are quickly whittled down, either through medical reasons or withdrawal requests.

"Earlier in the course, it's usually people that doubt themselves – they have the skills and the ability but it's just that trigger in the back of the mind that says – 'this isn't for me'," WO1 Murphy said.

"A week in, the remaining soldiers have more resolve, more determination, their fitness is probably better and by the last phase, it's a matter of just fighting to finish, it's basically the strongest man wins at the end and stands, and they know there are good rewards at the end."

Potential recruits are assessed on their effectiveness on individual and team tasks with limited rest.

"We want to break them all down physically and mentally, so they are at the same level, and then we see the essence of the man, that's how we pick the ones we want," SAS instructor Sgt T said.

Physical preparation for the course is crucial, exhausting and long, but conquering the mind is an even tougher battle.

"It's pretty hard to work on some of the mental aspects of the course because you can't replicate it at all, not even in normal military training. It is difficult for soldiers, you either have it or you don't," WO1 Murphy said.

Capt M, who got through selection but did not make the

final cut, believes preparation is the key to conquering the course but over-training can take its toll also.

"The hardest part for me was not the three weeks of the course but the 10 months of training leading up to the course," he said.

"I did some training with other people that were going for selection which was good for motivation and gauging my progress, but at the same time, I did most of my training by myself, especially the long pack marches.

"But don't overdo it. Some people didn't even make the start line due to injury and if you're carrying an injury at the start of selection, it'll be difficult to finish."

The selection course is broken into four phases. The first two are predominantly PT and navigation-based, held at Bindoon Training Centre.

Candidates are then escorted to the Stirling Ranges where they are required to pack march remarkable distances in just a few days. The fourth phase explores the candidate's ability to carry out tasks as part of a small group, with little or no sleep and food.

Training and recruiting cell Sgt George Taulalei says the course requires impressive amounts of resolve.

"The attributes we are looking for are courage, boldness and perseverance," Sgt Taulalei said.

"Virtually any person in the ADF can complete this course – all they need is the mindset, and to have prepared themselves to do it," he said.

For the deserved few, 16 months of training awaits before they are qualified to join an SAS Sabre squadron.

"That percentage are those that will never give up, they will keep pushing on despite lack of food, lack of sleep and physical discomfort, they will keep pushing on through arduous circumstances and that at the end of that, he will be still capable of fighting and winning, that's what we want," Sgt Taulalei said.

"We want to maintain our standards, so they never drop. We know the sort of people we want to fight with and the people that will cover our backs.

"All of the instructors on this course have been in combat situations. They know the sort of man they want to fight with and they know [they] will never give up on them. That's the sort of man we are looking for."

Around 10 to 30 per cent of candidates will complete the course, but only a handful of an already impressive group will be chosen to wear the sandy beret.

"I think a number of candidates withdraw because they start to question their ability or why they were subjecting themselves to the course or whether it really was what they wanted," Capt M said.

"It has been a course with quite a high standard, I am looking forward to having a lot more to do with those that are successful and participating in the training and the running of the training as they progress on to the SAS," SAS instructor Sgt V said.

"It was challenging but not impossible and I'd expect it is not the hardest thing you'd ever do in a career in special forces. Selection is just the entry test, the training starts two days after selection finishes," Capt M said.



Getting a grip: An SAS candidate conducts high ropes training up to 10 storeys above the ground.



Long road: A candidate marches on a dirt path on his way to conquering another mountain in the Stirling Ranges.

Photo by Sgt Neil Ruskin

Last word on policy to

THE explanation provided by the RSM-A is poor justification for the beret ban (Army, September 2).

It is stated the HKFF provides protection compliant with the Army Sunsmart policy.

In observing 22 years of military activities, the key "sun risk" timings are in the field/deployment, during PT or sport, and in a yard/compound for some ECNs.

In analysing these "risk" environments, the September 2 edition of Army provides some evidence of current practices. In the field almost everyone wears a bush hat (or a helmet in some roles) – see pages 3, 18 and 26. During PT or sport, most wear no hat or wear informal headwear such as baseball caps – see pages 22, 33 and 35. And during normal daily tasking within unit boundaries most do not wear a hat at all or wear a hard hat – see pages 14, 25 and 29.

In none of these risk environments is the beret routinely worn, thus the ban provides no benefit.

The key times when members do wear the beret are walking from their vehicle to their unit and on parade; a low-risk environment as the duration is usually short.

In looking at images on pages 4, 7 and 9, all the members on parade in HKFF gain about 2.5cm of shade that just covers their eyes but provides little protection to their noses and no protection to their ears, lower face or neck. Numerous medical websites indicate the most common locations for skin cancers are the face, neck, ears and the V of the neckline, none of which are adequately protected by the HKFF.

If we really want to get serious about Sunsmart then we should enforce the use of hats with neck protection; the buttoning up of shirts (with T-shirts worn underneath); and the liberal use of sun cream in risk environments.

Banning the beret for low-risk environments will not achieve the policy intent, and pictorial evidence demonstrates its benefit on parade is questionable.

Maj Deb Miller
HQ 16 Avn Bde
Enoggera, QLD

RSM-A WO Stephen Ward responds:

YOU are not on your own when demonstrating a lack of knowledge about the effects of the sun on the human body.

I was ignorant until I had cause to increase my knowledge at a point too late in my life. Before I answer your question, here are some facts from the Cancer Council of Australia.

- ▶ *Australians have the highest rate of skin cancer in the world.*
- ▶ *Two in three Australians will be diagnosed with skin cancer by the time they are 70.*
- ▶ *Small amounts of exposure continue to combine over time to harm your skin.*
- ▶ *GPs in Australia have more than 1 million patient consultations a year for skin cancer.*
- ▶ *About 434,000 people are treated for one or more non-melanoma skin cancers, with 450 people dying each year.*
- ▶ *More than 10,300 people are treated for melanoma, with 1250 people dying each year. Two thirds are men.*
- ▶ *Melanoma is the most common cancer in people aged 15-44 years.*
- ▶ *Melanoma is the third most common diagnosed cancer in Australian women and men.*
- ▶ *Most skin cancer deaths can be prevented through the use of sun protection and early detection.*

In regards to "sun risk" timings, the hours of 10am to 3pm are the most dangerous. PT is normally done early. I hope there is enough education out there now for all soldiers participating in sport to be wearing sun protection.

My observations of those who wore berets included a WO2 giving a drill lesson at RMC in January for two consecutive periods in the middle of the day; his headdress was a beret. I have regularly observed officers and soldiers working in the open for long periods at all times of the day wearing berets. The amount of shade offered by the slouch hat is far greater than that of a beret.

It is important to remember that the Cancer Council of Australia recommends all five forms of protection be used to get the maximum protection from skin



Controversy: Removal of berets attracts letters of criticism but RSM-A stands by the decision that the 'old days' above are over.

damage. It is a responsibility of our leadership to enforce the requirements of a safe work environment.

On a personal note, I am a victim of melanoma. I had it removed and it was graded as a Clark Level 2 melanoma. This gave me a survival rate of 84 per cent for five years and 75 per cent for 10 years.

Having to assess your survival chances when you are aged 41 is not a nice position to be in. I have a lovely wife, a daughter, a 16-year-old granddaughter and a 7-year-old grandson. I would like to spend my old age enjoying their company. Having a possible recurrence continues to play on my mind.

I have been subjected to biannual checks for the five years since the operation, have not been able to give blood to Red Cross and have a lifetime of annual checks. Additionally, if there are any unknowns in my body make up, I have to get MRI scans done at great expense on both my time and the medical system. I am now much more aware of what damage the sun can do over time.

Keep in mind that we used to wear the sleeves of our uniforms rolled up and we now wear them down to offer protection from the elements.

Finally, I am a proud Australian soldier. To me the slouch hat is our heritage before any other adopted headwear. I was alarmed at the December 2008 RMC graduation parade to see more berets being worn than slouch hats.

Our Army must never separate itself from the legacy of those soldiers who served this country in World Wars I and II; they wore their

slouch hat proudly and I will continue to do the same.

If you want more information on cancers, a suggested site is the Cancer Council of Australia and the following site – http://www.surgeons.org/AM/presentations/qld/TORourke_040914.pdf

THIS recent period has seen an unprecedented assault on the customs and traditions of the Australian Army, many of which originate from before Federation.

The RSM-A's attack, in his letter on September 2 on our Army customs and traditions is reprehensible.

The two longest-standing traditions in the Australian Army are, first, to stand in the sun and, second, for soldiers to speak their mind – I suggest one likely led to the other.

If we have a choice I will gladly drop the grand old tradition of standing in the sun – I'm pretty sure that except in a few isolated enclaves, our force already has.

I do know that if I had ever suggested such a thing to my soldiers they would have, quite rightly, invoked the other tradition and informed me of their views on my decision. That's how we work.

The practice has been essential in refining leaders and in finding better solutions to the problems at hand, on and off the battlefield. It is a responsibility of a soldier to speak up when he sees something wrong.

I agree with the RSM-A that this is a moral issue; not as he suggests, but for the soldiers voicing their objection.

Maj John Cottis
Capability Development Group
Canberra, ACT

RSM-A responds:

I MUST challenge your statement that there has been "an unprecedented assault on the customs and traditions of the Australian Army".

I have observed the gradual replacement of the slouch hat with the beret over my 30-plus years in the Army. If there is one icon clearly identifiable with the Australian soldier it is the slouch hat. If there has been any assault, it has been by the gradual spread of forms of dress introduced more for convenience than serving a purpose. Such has been the case with our headwear. The baseball cap is an example.

Your allegation that I have made an attack on our customs and traditions is ill-informed. In the past three years the barracks shoulder patches have been reintroduced. This expands on the concept of unit colour patches, something we can link directly to our heritage. Corps shoulder flashes have been replaced with the 'Australia' shoulder titles. I am proud to wear the shoulder flash. I hope you are too when you consider that our Anzacs wore this shoulder title and the rising sun badge on their uniforms into battle. This is our direct legacy from this fine group of Australians and we should never have let it go.

If you believe that "to stand in the sun" is an Australian Army tradition, there is indeed a lot of work to do in changing awareness about the dangers of such behaviour.

Many of our soldiers and NCOs are required to spend long periods of time outdoors, particularly in our training establishments. Providing education and awareness about the effects of the sun is a leadership responsibility. When I see NCOs wearing berets in summer and spending the whole day on the drill square teaching officer cadets, I cringe because I know what the sun is doing to them.

You should also be aware that there is a comprehensive clothing review of our polyester and mess dress uniforms. This is being done to rationalise the number of uniforms that we have and the amount of embellishments worn with them. A lot of changes have already been done in this area.

Finally, I would be the last person to want to quash the voice of soldiers. I do know though that our soldiers display common sense and when a situation is explained to them, they know when to get on with their business.

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ban wearing of berets

AFTER wearing the black beret for the last time after 26 years, I feel a need to express the dismay of the serving RAAC members and vets about this order.

The RAAC has a long tradition of wearing the black beret, from the battlefields of the Middle East, jungles of Papua New Guinea, through to Vietnam and the current campaigns in Iraq and Afghanistan. Many members of the RAAC and the WWII cavalry/commando units have served and died for this country with the black beret on their head.

The RAAC has more of a tradition of wearing the beret as dress of the day than Socomd. We introduced the beret into the Army around 1941, before the SASR were even thought of.

During initial employment training, members work hard, sometimes in extreme conditions, to pass and earn the right to wear the black beret, just as Socomd personnel do. Why are they allowed to keep it and not us?

Why are we getting rid of one of the Army's biggest traditions in regards to uniform, just to be Sunsmart?

The beret was acquired from the Royal Tank Corps. It was useful for armoured vehicle crews since it does

not show oil stains picked up inside a vehicle or while servicing the vehicle. It can be stowed easily – this is one of the reasons the Australian Tank Corps asked for the black beret as headdress, as well as it standing out and identifying Armoured Corps members.

We actually purchase our own berets so, in line with the Strategic Reform Program, we are saving the Army money.

Since the order has come out, morale has dropped. We feel our history, traditions and customs are slowly being taken away.

On behalf of the soldiers, NCOs, officers and vets of RAAC, I ask the CA to please take another look at this dress order and its implications.

Cpl David Sterck
2 Cav Regt
Palmerston, NT

RSM-A responds:

I UNDERSTAND your passion about the RAAC beret. However, there are other considerations that must be taken into account.

I have mentioned the slouch hat and its link to the legacy of those who fought in WWI and WWII. I have mentioned the need to educate all of us, me included, on the perils of accumulated sun exposure.

I have taken issue with the fact that if a soldier is enlisted into RAAC, he has no choice but to wear a beret regardless of his susceptibility to skin damage. Tradition and custom cannot be put in front of soldier safety.

Letters such as yours have forced me to look deeper at the potential impact of sun damage on our soldiers and I do not like what I have found.

Please go to the Cancer Council of Australia web site to get more information. I am sure you would not expose your family to the dangers of skin damage mentioned at the site.

ON THE first day our unit was required to wear slouch hats as dress of the day, rain fell from a cold sky.

The Army's Sunsmart policy brought the death of the beret and our morning parade was held indoors.

The pretext for the beret's demise is the chronic danger of the Australian sun and the need for protection. But as for other sun-exposing, Army-issued garments – PT gear, short-sleeved polyesters and protective dress – no word yet on their future.

My hunch is we will be doing PT in a T-shirt and shorts for years to come. And your next parade will feature many short-sleeved shirts.

The official response to the pro-beret letters in the September 2 edition held all the corporate hallmarks I've come to expect.

Make no mistake: Socomd's exemption is thanks to their (rightly deserved) influence within the Army. Not some superhuman powers of sun resistance.

I'm all for OHS and sun protection but it's easy to see the beret ban for what it is: cost cutting and protection from possible future litigation.

Cfn Max Bree
6 Avn Regt
Holsworthy, NSW

RSM-A responds:

GREAT to see common sense being applied and the parade being held indoors instead of toughening you up by having you stand in the rain in your slouch hat.

The chronic danger from the sun in Australia is well documented and we need to act on it. Imagine if we had ignored the asbestos in our buildings!

PT is generally conducted during the reduced UV periods of the day, before 9am or after 3pm. If you are attending sport then adequate sun protection is to be worn: sunnies, hat, sun screen etc. Use your common dog.

Polyesters are being included in the dress review. More to follow on this over the next 12 months. Perhaps we will listen to your suggestion and go to a long-sleeved shirt! Protective dress can be fixed so thanks for the idea. I will look at this and consult the CA.

The corporate hallmarks that you refer to in your letter are very simple – the CA holds your safety paramount.

In regards to Socomd, they have had a mature Sunsmart policy well before the big Army. No parades outside, sleeves down with all forms of dress, kepi-style hats, copious sun-screen positioned in every building to name just a few of the measures that SASR have had for years.

Cost cutting is no longer relevant to the beret. The move to a user-pays system for the beret has been in place a couple of years.

Litigation payments come from our budget. Recent rulings on alcohol and tobacco based on the Army culture have required us to pay significant sums of money to individuals. The more we pay the less that is left to spend on items such as short-sleeved shirts, special uniforms for crafties, and equipment needed to do your trade job. Besides that, if the workplace is safe, there will be no litigation.

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Changing drivers

DETECTING and avoiding IEDs is part of the training on the new-look IET course for RACT drivers.

The increased level of training is aimed at providing Army's drivers with a greater awareness of the challenges faced on the modern battlefield.

Maj John Howlett, OC Road Transport Wing (RTW), Army School of Tpt, said the school had increased the operational focus of its IET drivers course, and now incorporates blended learning techniques and simulation technology to provide trainees with more relevant, challenging training.

"IET driver training is undergoing significant change in order to better meet the needs of today's Army," Maj Howlett said.

"RACT members are experiencing unique challenges these days. We're trying to set up our trainees for success on the battlefield by using a variety of techniques to develop their skills and expose them to different challenges."

He said drivers were still taught, trained and tested in the more traditional methods of operating in an environment of threat, such as vehicle camouflage and concealment, dispersal techniques, air-sentry duties and ambush drills.

"However, the training is now bolstered with IED detection, avoidance and reaction techniques, obstacle identification and reaction techniques, choke-point drills and dedicated convoy protection training.

"The IED and obstacle training is conducted throughout the Puckapunyal Military Area and culminates in a field exercise where trainees are required to put their training to the test over a series of scenarios in a range of environments.

"RTW's in-house Virtual Battle Space 2 simulation room is used to practise and prepare trainees in complex IED and ambush scenarios before deploying to the field, and has proven to be of great benefit."

Instructor Sgt Shannon Coss said there was a noticeable improvement in the standard of drills as a result of the simulation training.

"The sim room allows the guys to practise their tactics, techniques and procedures over and over again until everyone is comfortable with their respective roles and responsibilities within the section," he said.

The convoy protection training culminates with the trainees firing their personal weapon from the cupola of a moving Unimog at a series of targets on a vehicle sneaker range.



Learning: Simulation (above) helps meet early training needs on the revamped RACT IET course, while practical training (right) confirms the lessons learnt in the real-world environment where soldiers will operate.

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Sky's the limit with C-17s

3RAR hits ground running

By LCpl Mark Doran

THE Airborne Combat Team from 3RAR made a spectacular parachute insertion into the Combined Arms Training Activity (CATA 10) near Charters Towers on September 6.

Two 36 Sqn RAAF Base Amberley Globemasters and two Hercules from 37 Sqn at RAAF Richmond flew in formation to deliver the troops and their equipment.

More than 200 paratroopers did the 1000-foot jump at dawn and then took part in a realistic non-combatant evacuation scenario conducted by 3 Bde at Lakeview Station.

CO 3RAR Lt-Col Trent Scott said it was the first time the Globemaster had been involved in a mass parachute drop.

"It was a successful exercise – the parachute insertion was only the means of getting here and it allowed us to get here rapidly in number," Lt-Col Scott said.

"The value of this is that anywhere in Australia's region of interest we can deploy 250 paratroopers there in the time it takes to fly there, in good order, able to do any job."

The airborne operation included the

insertion of a 20-man ISR element of reconnaissance platoon and snipers.

A Land Rover and trailer plus thousands of kilograms of ammunition and stores were also dropped from the aircraft.

Three soldiers suffered minor injuries during the jump and were attended by the medical staff immediately.

Lt-Col Scott said the paratroopers from 3RAR and the supporting units were all highly professional soldiers with high standards of fitness and a high level of competency.

"These soldiers display initiative, courage and teamwork at every opportunity," he said.

"The jump was extraordinarily intense on the body and it was very physical in the aircraft when we were preparing because of the turbulence as the aircraft was flying tactically.

"We came down very quickly, we're carrying a lot of equipment and we landed hard, so we need to be robust, fit, well drilled and well practised."

The aim of CATA 10 was to practise the planning and execution of Joint Task Force Land Combat in order to prepare for contingency operations and certification on Exercise Hamel.



Airborne: A Globemaster helps more than 200 3RAR paratroopers drop in to Lakeview Station (above) while paratroopers set up after making a jump (left).
Photos by LCpl Mark Doran

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Art provides perspective

Commissioned artists Jon Cattapan and eX de Medici take a colourful look at life on deployment, **Leonie Gall** reports.

AUSSIÉS have been given a rare chance to catch a peek at daily life on deployment thanks to a new Australian War Memorial (AWM) art exhibition.

Perspectives, launched on September 2, features unique observations and impressions of two modern-day Australian peacekeeping missions by commissioned artists Jon Cattapan and eX de Medici.

Ms de Medici visited Solomon Islands in March 2009 and focused on the daily routine of Op Anode in support of RAMSI.

She said she developed good relationships and lasting friendships with the soldiers featured in her series.

"You'll probably note there aren't a lot of officers in this work, because I actually wanted to really pay some due to the young men who do all the hard 'yak'," Ms de Medici said.

"I think they're great boys and they were very generous. I wanted to depict those who were generous with me."

Pte Brett Machielsen, 16/RWAR, was one of the diggers followed around by Ms de Medici and her photographer in Honiara and eventually developed a lasting friendship with the artist.

He said it was a privilege to be part of Ms de Medici's art and to be featured at the AWM was not some-



Daily routine: Tetanus, 2009 by eX de Medici, watercolour on paper on display at the Australian War Memorial.

thing that happened every day. "The best thing about the painting experience has been being able to show the public the comradeship between the boys," Pte Machielsen said.

Mr Cattapan travelled to East Timor in July 2008 and said it was one of the great experiences of his life.

He captured a very different series of work including Australian diggers, the Timorese people, topographical and night-time landscapes and daily activities.

He said he avoided "big heroic moments", choosing instead to

focus on the more normal moments.

"Soldiers at rest, people talking to each other, trying to set up a communication tower in the middle of nowhere – they're just things that are part and parcel of their daily activities," Mr Cattapan said.

"But also this idea of how human beings interact with each other, how they occupy space or a territory, that's definitely there as well."

Perspectives will be on display until March 2, 2011.

The exhibition will travel throughout Australia for two years from July 2011.



Real life: Pte Elliott Snowdon, 16RWAR, left, Cpl Matt Palmer, 10LHR, and Pte Brett Machielsen, 16RWAR, stand in front of paintings in which they are featured (above).

Artist's impression: Night vision studies xvi, 2009, oil on Belgian linen (left) by Jon Cattapan.

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Diggers take to the water

Reservists from 8 Bde have joined Navy personnel to carry out border protection duties, **Capt Adrian Dolahenty** writes.

THE eyes of 2 Div HQ are on NSW reservists involved in border protection in north-west Australian waters.

8 Bde soldiers and officers have staffed Transit Security Element 58 (TSE 58) as part of Operation Resolute on Armidale-class patrol boats.

The reservists are supplementing Navy crews in carrying out security duties on suspected illegal entry vessels (SIEV), illegal fishing vessels and the Navy patrol boats themselves until early November.

It is understood 2 Div wants to mount ongoing TSE rotations and will closely monitor the performance of the 8 Bde soldiers.

Comd 2 Div Maj-Gen Craig Williams wants ARes brigades ready should they be required.

TSE 58 soldiers were primed for their role of securing potential illegal immigrants during vessel boardings, successfully integrating with boat crews ahead of being force assigned in late July.

Final training was conducted in boarding and security drills on Darwin Harbour by Navy trainers using a tug boat and a rigid hulled inflatable boat.

They reinforced that the key requirement for the security teams was

to keep those aboard the SIEVs calm so that humanitarian assistance could be provided.

The reservists could encounter people who could have been at sea for weeks and could potentially behave irrationally and aggressively if they did not think they would be getting asylum in Australia.

PO Clint Lee said the key to being a good TSE member was maturity and experience.

"When providing security on a ship you need to look after yourself and your partner, protect your weapon and decide quickly what action to take in a situation and be sure to carry that out," PO Lee said.

Pte Carlo Labra, D Coy 2/17RNSWR, said he felt confident with the Navy training as well as the military self-defence and the 9mm pistol qualification he gained.

"This seems all pretty relaxed with a change of pace which is very different to the infantry," Pte Labra said.

Tpr John Ellis, a qualified Bushmaster driver from 12/16HRL, said "the boat training had been great".

Commander 8 Bde Brig Phillip Bridie commended his reservists for volunteering four months of valuable service.



Life at sea: LCpl Andrew Harrington, right, and some of his TSE 58 team in a RHIB about to board a training ship for final preparations before deploying on Op Resolute (above), while Pte Jennifer Cousemacker provides instructions during the training (left).

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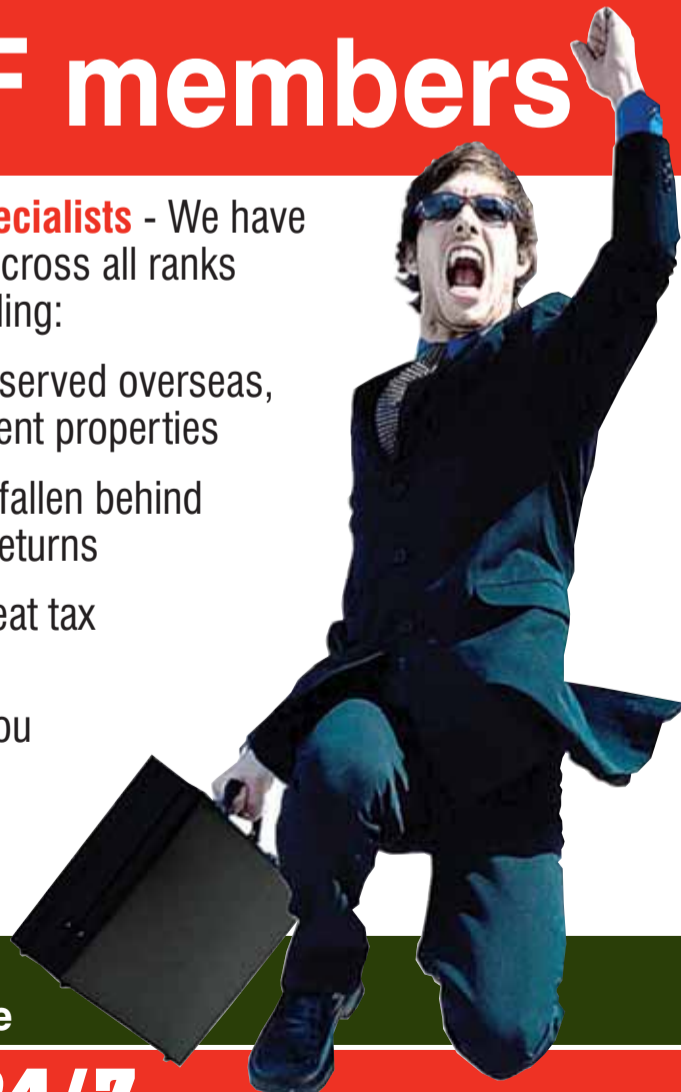
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Exec enjoys private life

Qantas executive Kurt Warren has proved a high-flier as a reservist private working in the area of safety, **Leonie Gall** reports.

ON A typical Tuesday evening Pte Kurt Warren steps out for parade night with mates from "The Shire's own Rifles" at 4/3RNSWR.

The 30-year-old reserve digger has "enjoyed every minute" of getting down and dirty with a rifle for six years, though he is himself anything but typical.

You see, Pte Warren moonlights as high-flying executive Kurt Warren, Qantas OH&S and Plant Risk Manager.

Jet-setting around the world and consulting to the Safety Institute of Australia are the order of the day in his "other life".

Thanks to the innovative Active and Standby Staff Group initiative Project Nexus, Pte Warren has had the unique opportunity to merge his two worlds through a reserve secondment to AHQ working at a level far beyond his military rank.

For about a year the highly educated digger has been part of the ArmySAFE staff, attending training and exchanging ideas on safety and risk management in industry and the military.

"I did the military risk-management course in Canberra with a whole bunch of officers," he says.

"It was quite intimidating to a certain degree, as a private soldier walking into a room that had nothing less than a captain. When I

explained to them who I was, why I was here and what we were trying to achieve, it was very well received."

Pte Warren laughs when he describes the "eye-opener" that was his first meeting with Assurance & Safety Director Col Phil Langworthy, who he credits for his entry into the world of ArmySAFE.

"I got changed into my cams, out of my suit, and went down to Victoria Barracks in Sydney to meet Col Langworthy," he recalls.

"He made arrangements for us to meet in the officers mess. I thought, geez, in my six years in the Army I've never seen anything like this – is this how the other half live?"

It's not surprising that Pte Warren has had such a positive response from officers sharing his chosen field. He holds a Masters Degree in Science (OH&S and Environment) and is completing a Doctorate in Business Administration focusing on OH&S behavioural change.

When you hear him speak about safety, it's clear he knows what he's on about and has years of experience to back it up.

"Applying safety in a Defence setting can be challenging as the nature of our undertakings can be inherently dangerous," Pte Warren says. "However, understanding relevant risks and timings is key to the application of safety and leads to its suitable control. Simplistically, it's risk management."



Good call: Happy to serve.

Leaving school at 15, he became a toolmaker tradie, completing a four-year trade in engineering at a local factory, then moving on to work at the Lucas Heights Commonwealth nuclear reactor.

He became the engineering department's safety coordinator before moving on to the organisation's corporate safety adviser's position. Around the same time, in 2004, Pte Warren did what he'd always wanted to do and became a reservist.

"I think to a certain degree, I've now done as much as a reserve infantry soldier can do, without going on deployment," he says.

"My ability to contribute to the ArmySAFE mission from a civilian perspective, applying my military knowledge, now outweighs what I can provide as an infantry soldier."

Pte Warren is applying to become a special-service officer with ArmySAFE.

"I've got no intention of leaving Army," he says. "In 10 years I'd like to see myself as a staff officer with ArmySAFE."



Out of office: Pte Kurt Warren enjoys getting down and dirty as a reserve infantryman but it's his work with ArmySAFE that has him flying high.

Mutual benefits

PROJECT Nexus offers part-time soldiers such as ArmySAFE secondees Pte Kurt Warren the opportunity to use civilian skills while gaining broader Defence experience.

Through the project, Defence is getting the benefit of specialist skills that have been developed through civilian employment, according to Active and Standby Staff Group (ASSG) Director Col Bernadette Boss.

"In return, the member is exposed to experiences of wider Defence – they gain 'big Army' knowledge," Col Boss says.

Under Project Nexus, soldiers can undertake approved full-time blocks of work anywhere in Defence, in any corps

or service, under reserve terms and conditions.

Administered by the ASSG, staff facilitate introductions between members and project areas, including flexible working conditions to suit all parties.

The ASSG is currently focused on securing interested active and standby reserve members who can work from their home or location base.

Project Nexus is looking for a lieutenant colonel reservist to work about 150 days in the Career Management Agency – Army for a Strategic Reform Program initiative in Canberra.

For more information, contact the ASSG at <http://intranet.defence.gov.au/armyweb/sites/ASSG>



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PEOPLE



Congratulations: Cpl Ben Turner, 13CSSB, left, receives his promotion certificate to corporal from Commander Forcomd Maj-Gen David Morrison (left).

Cheerful: Maj Patrick Bridge and his Aircraft Research and Development Unit Black Hawk crew share an uplifting moment with Ardrossan primary school students in South Australia, after completing an exercise in the area (right).
Photo by LAC Shannon McCarthy



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Sky soldier: Pte Adrian Faranda, 3RAR, prepares for his next task after jumping into the Combined Arms Training Activity near Charters Towers.
Photo by LCpl Mark Doran



Cut above: Pte Leigh Williamson, 9CSSB, is awarded her certificate and 9CSSB cook's knife by CO Lt-Col Michael Burgess for winning the unit catering platoon mystery box cooking competition.



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MOTORING



Poised performance: Subaru worked hard to produce a better handling and satisfying car. Photo by Sgt Andrew Hetherington

New rex delivers wilder ride

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WIDER, fatter, meaner looking and better handling would best describe the new 2010-2011 WRX sedan.

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After finding your comfort zone, you can cut loose and be as daring as the speed limit will allow. To call it a road-registered rally car would not be far off the mark.

The only negative from the drive was during travel through potholes and sharp bumps, occasionally suspension thumps and vibration could be heard sometimes loudly in the cabin, being transferred to the dash.

In other vehicles you often experience a hands-off wheel experience or a possible off, but the WRX stayed straight and true and very little interference could be felt through the steering wheel.

Flared wheel arches, an STI four-pipe exhaust system, wider front and rear track, wider tyres and upgraded rear suspension have produced a refreshed and more desirable WRX.

The feature of the car, which hasn't changed since the first WRX was released in 1994; the price \$39,990 (before on road costs), will be welcome to all buyers, making it in my opinion one of the fastest, best value, best looking and handling vehicles on the market.

- Sgt Andrew Hetherington

By Bob Dikkenberg

DIKKO



Say again, over ...



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FINANCE

Look before you leap

ASIC Chairman **Tony D'Aloisio** examines the risks associated with online day trading.

KEEPING up with the latest technology can give you a strategic advantage over your competitors.

At first sight, day trading software can appear a great way to beat the market.

If you are thinking of buying a day trading software system or attending a seminar on day trading, there are some risks to consider. Don't rush to sign up. Invest *with* your head, not *over* it.

What is day trading?

Day traders try to make money from making lots of trades within a short time frame. They do this by taking advantage of small price movements in shares and other investments.

Day trading systems are trading strategies, systems or computer programs that direct when traders should buy or sell shares and other investments.

Trading is a tough game. Millions of shares and investments are traded in Australia daily by corporations and private individuals, and there is a high failure rate among new traders.

In this respect, share trading operates like other businesses, like trading cars or antiques. It demands skill and ability.

A day trading strategy is not 'long-term investing'. Long-term investors buy shares and other investments with the goal of building wealth over time.

Spending lots of money on software does not guarantee success, regardless of what glossy sales brochures might suggest.

The rules

1. Be cautious of promoters who encourage day trading or sell systems that advertise easy profits with minimal risk. Do your research and make sure you completely understand what it involves.
2. Watch out for 'churning'. Churning happens when the provider encourages you to make lots of trades. With every trade you pay a commission – so churning generates more commissions for the provider or broker. Be sure to understand how the provider makes money from your trades and how the trading system works generally.
3. Only commit if you have lots of time to devote to trading. Professional day traders spend many hours every day studying the

Knowledge is power: Day trading is touted as a way to make big money fast, but you can get badly burned along the way if you're not adequately prepared.

Photo by LAC Aaron Curran

market, and even then they find it difficult to consistently make profits. Ask yourself if you have the knowledge and time to compete with them.

4. Always keep track of the cost of trading. Day trading fees add up quickly.
5. Only use day trading systems if you can afford to lose the money you put in. These systems can cost thousands of dollars – can you really make that back?
6. Check the promises made to you by promoters. The advertised performance of day trading systems may be based on simulated or hypothetical trading, not actual trading results. Impressive looking graphs and projections may not factor in

costs such as commissions, spreads and real (actual) pricing, or the cost of buying the system or training.

Investing between the flags

Before investing time and money in risky day trading software, it pays to remember the essential principles of smart investing.

Whether you're looking at day trading or any other type of investing, you'll be on the right track towards wiser investing if you:

- ▶ Identify your individual goals and time frame;
- ▶ Understand your investing style and tolerance for risk;
- ▶ Be aware of the trade-off between risk and return;

- ▶ Only invest in products you understand; and
 - ▶ Know the importance of diversification and asset allocation.
- You can download a copy of 'Investing between the flags' at www.fido.gov.au/publications

More information

See ASIC's consumer and investor website, FIDO, at www.fido.gov.au, or call 1300 300 630 for warnings on scams and frauds, and for tips on what to consider before buying share trading software.

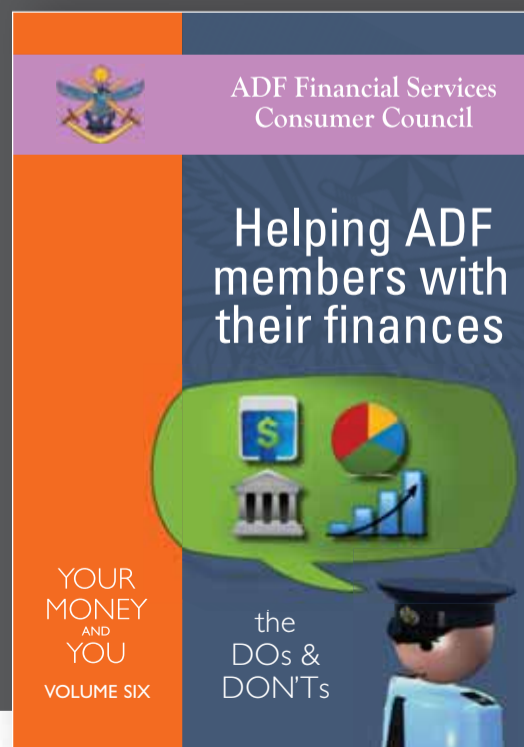
The Australian Securities Exchange website www.asx.com.au also has useful guides explaining various investments.

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HEALTH

Have a ball, safely

Training at home has its rewards but **Lt Rob Orr** says safety must come first, especially where equipment is concerned.

WHEN training with home exercise equipment, knowing the exercises as well as the equipment is important. Home gymnasiums have led to serious injuries and consideration is needed when training at home.

Treadmills

While a treadmill may seem innocuous, children have suffered horrific burns and worse due to inattention around the treadmill. To protect yourself and your family:

- ▶ Ensure children do not have access to treadmills. Even unplugged, belts still move and cords still dangle. Also ensure you have sufficient clearance behind the treadmill (check user guidelines);
- ▶ Clean your treadmill properly and regularly with the right products (like warm soapy water). Remember to clean underneath your treadmill as well. Belt movement can cause dust and dirt to collect under your machine engine and if the engine gets hot, a potential fire risk is created;
- ▶ Ensure the treadmill is the right one for you. Check weight restrictions) and power requirements (it should meet Australian standards).

- ▶ Familiarise yourself with all the functions, especially the safety stop, prior to use.

Kettlebells

Kettlebells have become a popular way of performing explosive movements with weight. With the centre of the weight away from the hand, momentum can be difficult to control compared to a dumbbell. With this in mind, some safety guidelines include:

- ▶ Start light, much lighter than you can lift with a dumbbell. The momentum can easily cause a loss of control and lead to serious muscle and joint injuries;
- ▶ Make sure your training area is clear of people and obstacles;
- ▶ Make sure you have a secure grip at all times and stop when fatigue or sweat causes a loss of grip. Towelling the hands and kettlebell between sets or using chalk can minimise loss of grip from sweat.
- ▶ Take the time to learn correct exercise techniques (like the 'punch up' during the 'snatch') to prevent serious wrist injuries.

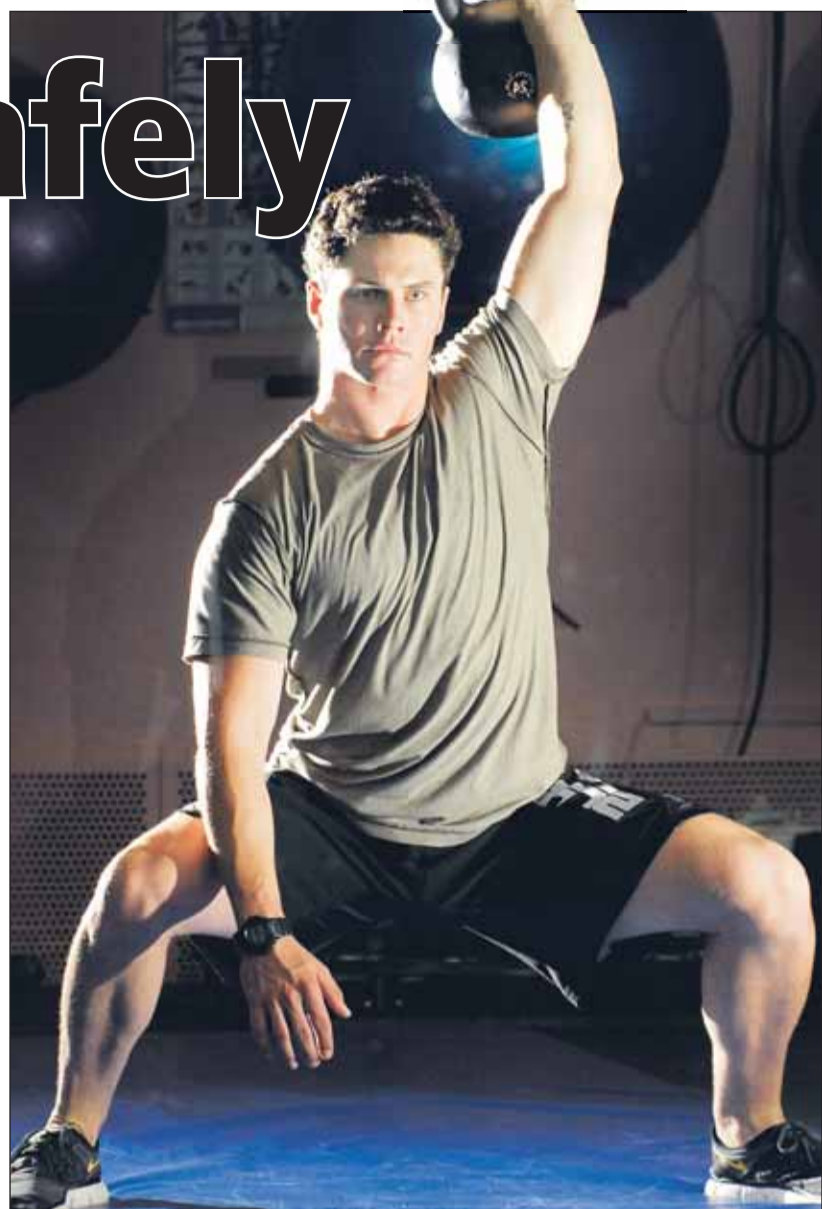
Balls

Fitballs, Swissballs, stability balls, mediballs, (and the nomenclatures continue) and half balls, like the Bosu

ball, are still popular in home gyms. Unfortunately, many home trainers put themselves at risk by not treating them as training tools but more like toys. To train safely with these devices:

- ▶ Ensure you have the right ball and right size. Most importantly, ensure your ball is anti-burst. This means air will escape slowly rather than burst suddenly.
- ▶ Treat the ball with respect. The balls are used for exercise, not kicking, punching or volleyball.
- ▶ Do not store near heat or in direct sunlight as this can deform the ball and create weak points.
- ▶ Ensure the ball is inflated correctly to maximise training gains. Also remember to continually reinflate the ball as pressure is lost over time.
- ▶ Clear a space. Ensure you have sufficient space to move and to 'catch' yourself during a potential fall without hitting objects.
- ▶ Inspect your ball before every session. Look for wear points, poor inflation and signs of ill repair and replace when needed.

Finally, remember exercise safety does not hinder, but enhances, exercise performance.



Easy does it: PTI Cpl Luke Hamilton, ADFA, shows how kettlebells can be used as a great training tool. Photo by LAC Leigh Cameron



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ASRU set to take on best in PacMil

THE Australian Services Rugby Union (ASRU) team will have to hit the ground running in the Pacific Nations Military Cup (PacMil) in Canberra in October.

Its first game will be against defending champion New Zealand – and Australian coach Capt Damien Cahill rates the Kiwis as the ones to beat.

“They could put a 54th XV on the field and it would still be strong,” he said. Four teams – ASRU, NZ Defence Force, Tonga Defence Services and Papua New Guinea Defence Force – will contest the PacMil Cup at Viking Park from October 14-23.

As always, the make-up of the ASRU team will be complicated by players being released from work commitments.

“I think we’ll perform pretty well, but a lot of it will come down to the availability of our top-line players,” Capt Cahill said.

“It’s rare for us to get the same core of players, but what we have done through the last couple of years is develop our player pool.”

That might be tested this time as of the initial squad of 26, at least 11 will be unavailable (due largely to Exercise Hamel), and a further seven are doubtful.

Capt Cahill said they would have to rely on a mixture of experience and exuberance if they were to be successful.

“The on field leadership and game management of Sgt Ben Jones, SME, will play a big role as will the physical

PROGRAM

October 14: 1.15pm – Tonga Defence Services v Papua New Guinea Defence Force. 3pm – Australian Services Rugby Union v New Zealand Defence Force.

October 17: 1.15pm: Australian Services Rugby Union v Papua New Guinea Defence Force. 3pm – New Zealand Defence Force v Tonga Defence Services.

October 20: 1.15pm – New Zealand Defence Force v Papua New Guinea Defence Force. 3pm – Australian Services Rugby Union v Tonga Defence Services.

October 23: 12.40pm – 3 v 4 playoff. 3pm – 1 v 2 final.

impact of guys like LCpl Adrian Sutter and LCpl Ryan Reader, IRAR.”

ASRU goes into this tournament with some reasonable form behind it.

In July an emerging ASRU team beat United States Combined Services 2-0 in a series in Australia and that gave Capt Cahill a good chance to see some of the players in action.

This will be the third PacMil Cup.

The first one in 2006 was won by Fiji which beat ASRU in the final.

In 2008, it was an all New Zealand final. The more experienced NZ Defence Force team toppled a younger NZ Defence Force Academy team.

Next year the International Defence Rugby Championships (IDRC) will be held in Canberra in October.

Conquering the tough terrain

By Leut Lauren Rago

GRUELLING climbs, smooth seaside rides and heartbreaking distances were all in a day’s work for two brave teams from the International Stabilisation Force (ISF) during the second annual Tour de Timor mountain bike race held from September 13-17.

Dubbed the toughest mountain bike course in the world, eight ISF members joined more than 300 participants from more than 20 countries to compete in the five-day multi-stage 400km race on a track that reached an altitude of 2000m.

The winner was an Australian professional rider and the first East Timorese national to cross the line was a 15-year-old boy, whose excitement at finishing in the top 20 was infectious and a pleasure to see.

Sig Jess Wootton was a podium player for the women’s junior category and came third for race stage 5 and overall. She also placed in the top 200 each day of the race and proudly represented the ADF in her DPCUs when she collected her medal.

She said the last time she rode a bike properly was when she was 10. “It all started with morning PT rides with Sig Nadine Kozakowski in Dili – then I ended up in Tour de Timor – it’s pretty surreal,” Sig Wootton said.

All ISF members performed well with Pte Pan-Tau Jiricek-Scott and Maj James Anderson finishing in the top 100.

Capt Andrew Thornton, from the NZDF, placed in the top 30 each day of the race and 29th overall.

He said he didn’t expect the result and as the locals looked on, they waved and shouted, “Australia,



Game over: ISF teammates Maj James Anderson and Pte Pan-Tau Jiricek-Scott cross the finish line in the top 150 competitors in the Tour de Timor.

Photo by Cpl Scott Smedley

Australia”.

“I made sure I corrected them by saying, ‘No New Zealand, New Zealand,’” Capt Thornton said.

“It was a hard race and in some places pretty dangerous, so I’m glad it’s finished – my legs won’t know what to do tomorrow – I’ll be cycling in my sleep tonight.”

ISF Commander Col Simon Stuart said he was proud of his personnel’s achievements.

“The ISF teams surpassed everyone’s expectations and did an absolutely sterling job of competing in the toughest mountain bike race in the world,” Col Stuart said.

The ISF support crew from Forward Operating Base HPOD and HQ Camp Phoenix had the busy job of travelling ahead of the riders

to set up ‘Taj-ma-hootchies’ that housed the exhausted riders at the end of each day.

They also set up communications back to ISF headquarters and provided night security.

ISF support crew leader Capt Ben Smith said it was interesting to watch the race from his vantage point.

“It was great to be there for the competitors and provide them with a sense of relief that everything was done for them after a tough stage,” Capt Smith said.

The ISF also supported the event through the provision of transport, first aid, medical and aero-medical evacuation support, and setting up field equipment.

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Day 3: Suai to Ainaro – 67km – largely flat with rocky river crossings and a tough final climb on dirt and bitumen roads.

Day 4: Ainaro to Aileu – 68km – significant climbing to a peak of 1835m followed by an undulating descent.

Day 5: Aileu to Presidential Palace Dili – 56km – initial 13km climb and then mostly downhill with three climbs and a flat sprint to finish.

ISF team included:
 Maj James Anderson
 Capt Andrew Thornton
 Pte Pan-Tau Jiricek-Scott
 Maj Leigh Partridge
 Cpl Glen Vey-Johnson
 Sig Jess Wootton
 Sig Nadine Kozakowski
 Lt Dave Hornigod



Close calls in netball champs

NETBALLERS from all over the country and from across the Tasman descended on Sydney for the ADF netball national titles held from September 12-18.

After a sizzling week of competition at Randwick Barracks, the NSW and ACT women's teams provided the closest contest of the competition with NSW scoring in the final minute of the match to win by one goal, 35-34.

With the addition of a New Zealand Navy women's team, the competition was strong throughout the week with the ACT and NSW playing the semi-final and meeting again in the grand final.

Both teams were keen for the win and an ankle injury to NSW shooter Cindy O'Mahoney in the first quarter gave the ACT a slight edge and saw it lead by two goals at quarter time.

An even second quarter saw NSW close the gap by one with the ACT taking a two-pointer buffer into the final quarter through some excellent defence and great rebounding by AC Christine Vandewerken and Flg-Off Belinda Riddle.

A couple of late crucial turnovers in the centre court for NSW brought the game back to a tie before NSW scored and took the match in a one-goal nail biter.

ACT women's coach Sqn-Ldr Paul Fournier said his team performed well with limited preparation.

"The girls only started playing together at the competition, learning from every game and impressing everyone by being competitive against a well-drilled NSW team," Sqn-Ldr Fournier said.

The men also dished up some fast and furious netball throughout the week.

NSW was looking good throughout the tournament with its closest rival being SA.

The two teams clashed in a grand final match that could have been mistaken for football or basketball at times.

SA looked strong in the first half with shooters Cpl Craig Taylor (RAAF) and Sgt Tim Muehlburg (RAAF) working hard to keep SA in the game.

NSW dominated in the second half after making some changes, and with good control down the court particularly by Cfn Michael Fairhurst at centre and LCpl Brychan Hawker at wing attack, NSW ran away to win 54-33.

SA captain Cpl Craig Taylor said despite the loss his team performed well.

"We worked hard all week to get another shot at the NSW team and we were hopeful of putting up a fight.

"The NSW boys had quality all over the court and really showed us how good they were."

NSW men's coach Sgt Wade Phillips said the strength of his team was evident throughout the tournament.

"SA had a lot of support coming into the final as underdogs, however, we flexed our muscles from the start with a close first quarter and proceeded to outplay them

"Our solid defence was the platform for the win."

The mixed competition this year was also close. It was a three-way fight between NSW, ACT and Victoria before ACT and Victoria played it out in the grand final.

The teams had clearly brought height and determination to the competition which was displayed in

some tight defence and close scoring games.

In the final match, Victorian shooter Sig Matthew Gillet was almost unstoppable with his height and in defence Maj Lynne Oldfield and Sig Andrew Nathan were a tough combination to get past. ACT's defensive end was equally impressive with goal defence LS James Lee getting some crucial turnovers.

Victoria got off to a flying start and the game seemed all but over by half-time with Victoria leading 18-9. Victoria extended that lead to 11 goals at three-quarter time but the ACT was not done yet.

The ACT narrowed the lead to just two points at one stage but Victoria regained its composure in the final minutes and powered home to win 35-29.

Captain-coach for Victoria Sgt Kristen Pickering said it was a great week.

"The lead-up to the final was nerve-racking," she said.

"We lost to ACT by one goal in our last round game so we knew we were in for a hard final.

"All in all it was a great competition."

Captain of the ACT mixed team WO2 Kylie Reynolds said it was one of the strongest competitions she has played in.

"NSW, ACT and Vic all won and lost against each other in the round games and the finals draw came down to a percentage goal count-back.

"The Victorian team came out fighting in the finals and this showed in the scoring but the ACT team fought till the end and came out with their heads held high."

On target: Sig Andrew Nathan scores a goal in the mixed grand final.
Photo by AB Hayley Clarke

ADF too strong for Kiwis

By Sub-Leut Jude Power

The Royal New Zealand Navy (RNZN) competed in the Australian Defence Netball Association tournament held in Sydney from September 13-17.

The tour was a first for a RNZN netball squad overseas.

Despite trailing for a majority of the match, the ADF was victorious 40-36.

Capt Danielle Kearns, 10FSB, barely missed a shot, while Lt Sally Williamson, 10FSB, and Cpl Joann Morgan-French, 10FSB, harassed the NZ attackers, helping set up the ADF win.

New Zealand team manager Debbie Wareham noted the Australian style of play was very different.

"The defence is a lot more in your face, with less zone play. Offence relies on short, fast drives by the attackers."

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Teamwork on show



By Lt Carrie Miner

BRISBANE-based soldiers showed what teamwork was all about at the 7 Bde winter sports grand finals held at Gallipoli Barracks on September 9.

With most units low on numbers due to overseas deployments, traditional rivalries were put aside in the name of sportsmanship.

8/9RAR and 2/14LHR combined for the basketball competition and easily accounted for a valiant 1 Fd Regt, winning by 22 points, 59-27.

Overall, 2/14LHR were impressively strong all season, contesting all finals and also took out the soccer, netball and touch competitions.

Rugby union was the closest final of the afternoon – a fitting end to a tough competition for the season.

The match was even, with the formidable backline of 8/9RAR up against the imposing forward pack of 2/14LHR. At 17-all at full-time, the match went into 20 minutes of extra time.

Tries went one-for-one, with Lt Adon Cadona, 8/9RAR, Tpr Daniel Blewitt, 2/14LHR, Pte Jordan Summers, 8/9RAR, and Lt David Hodge, 2/14LHR, getting over the line.

The final score was decided by conversions, with Pte Joshua Gray, 8/9RAR, kicking four out of five conversions to seal the 31-29 win.

Man of the match honours went to Cpl Chade Knight, 8/9RAR.

The combined infantry team of 8/9RAR and 6RAR made it a 'threepeat' in the AFL, taking out the title for the third time in a row. Coming in to the final, the ledger was even

with the Infantry team and Light Horse teams standing at one win and one loss for the season.

The 8/9RAR and 6RAR team was strong from the start and led by 56 points at half-time.

Spurred on by the loud and effective heckling from supporters, 6RAR and 8/9RAR easily won the game 14.11.95 to 4.5.29.

Best on ground went to player and coach LCpl Adam Stevenson, 8/9RAR, who was happy to come away with the win.

"Thanks go to 2/14LHR for a great game," he said.

"Sgt Chris Sharp provided rock solid defence, with Cpl Scott Withers and Cpl Daniel Nelson providing support to ensure a hard-fought win."



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On the run: Pte Oliver Brooker, 8/9RAR, chases down Tpr Craig Hunter, 2/14LHR, in the 7 Bde AFL grand final (above left).

Stop right there: Lt David Murgatroyd, 2/14LHR, takes defensive action (above) in the soccer grand final against favourites 6RAR. 2/14LHR won 5-1.

Photos: Cpl Kim Allen

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1 Fd Regt contested the touch final against 2/14LHR. The game was fast paced, with a number of tries scored early in the match.

2/14LHR proved too good with superior organisation in attack and defence allowing them to keep the lead throughout the match and win 7-5. Best and fairest went to WO2 Brad Hawkins, 2/14LHR.

Touch coordinator WO2 David Vidler was pleased with the high level of sportsmanship demonstrated during the match and through the season.

"The management of both sides are to be commended for their strong show of support and participation throughout the season," WO2 Vidler said.

2/14LHR were impressive on the soccer field easily beating 6RAR

in a landside 5-1. 6RAR finished on top of the competition table and entered the grand final as favourites.

Light Horse took a 2-0 lead into half-time and despite 6RAR scoring in the second half, 2/14LHR added another three goals to its total to easily win the game.

A match highlight was Lt Tom Johnson's three goals. Best player went to Sgt Anthony Preston, 2/14LHR.

The netball was played a week before the main competition and was taken out by a mixed 2/14LHR team which beat 7CSSB by seven goals.

7CSSB contested their only final, and played a strong game, but ultimately went down 20-13.

The best player was Cfn Bradley Teale, 7CSSB.



Fast break: Lt Benjamin Johanson, 8/9RAR, makes a break as LCpl Timothy Bromet, 2/14LHR, tries to catch him in the rugby union grand final.



Front position: Gnr Nicholas Varcoe, 1 Fd Regt, tries to defend Pte Mitchell Foster, 8/9RAR, in the basketball grand final.

Put it there: Gnr Sean McKellar, 1 Fd Regt, looks to initiate the touch against Cpl Timothy Cooper, 2/14LHR, in the touch final.

FINAL RESULTS

BASKETBALL: Combined 8/9RAR and 2/14LHR beat 1 Fd Regt 59-27. Best player: Gnr John Carroll, 1 Fd Regt.

SOCCER: 2/14LHR beat 6RAR 5-1. Best player: Sgt Preston 2/14LHR.

NETBALL: 2/14LHR beat 7CSSB 20-13. Best player: Cfn Teale 7CSSB.

TOUCH: 2/14LHR beat 1 Fd Regt 7-5. Best player: WO2 Hawkins 2/14LHR

AFL: 6RAR and 8/9RAR beat 2/14LHR, 95-29. Best player: LCpl Stevenson 8/9RAR.

RUGBY: 8/9RAR beat 2/14LHR, 24-22. Best player Cpl Knight 8/9RAR.

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The Soldiers' Newspaper

Sport

September 30, 2010

NETBALL CHAMPS

Close contest in sizzling competition

Page 33



Ready to roll: International Stabilisation Force team members pose for a photo on the beach in Dili before the start of the Tour de Timor.



TRIUMPH IN TIMOR

The Tour de Timor is not for the faint-hearted. Killer climbs reaching altitudes of 2000m, long distances and humid conditions were just some of the hazards that faced International Stabilisation Force members who took it on this year. More than 300 participants from over 20 countries competed in the five-day 400km event.

Story – Page 32

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