



Army

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The soldiers' newspaper

CAPABILITY BOOST

First batch of next generation trucks and trailers delivered in Brisbane

- P2

Cpl Grant Solomon, of the Land 121 Driver Training Team, stands in front of a new Rheinmetall MAN truck after the vehicle's acceptance at Gallipoli Barracks, Enoggera.
Photo by Cpl Max Bree

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INVICTUS SPIRIT SPECIAL LIFT-OUT

17 CSS BDE IN ACTION CENTRE

New MAN in town

Land 121 provides mobility boost to Army

Cpl Max Bree

THE first batch of next generation Army trucks and trailers were received by Assistant Defence Minister Michael McCormack during a ceremony at 7 Bde in Brisbane on April 7.

Army also received the first trays and support modules to equip the trucks, procured by the Capability Acquisition and Sustainment Group.

Mr McCormack said the deliveries were on time and on budget.

"They will provide a significant enhancement to Defence's logistics capability by offering increased protection, larger payloads and enhanced off-road mobility," Mr McCormack said.

Delivered by Rheinmetall MAN Military Vehicles Australia, the trucks come in protected and unprotected variants.

They range from the medium 4x4 trucks through to the heavy 8x8 and 10x10 trucks.

The 8x8 Mack replacements also feature an integrated load-handling system allowing cargo to be loaded by the driver from inside the truck cabin.

"About 40 per cent of these trucks will be supplied with enhanced ballistic and blast protection for our deployed soldiers," Mr McCormack said.

The protected vehicles are intended for high-threat environments while the unprotected vehicles are suited to low-threat areas and humanitarian assistance operations.

The trucks will gradually replace Army's old Unimogs, Macks and S-Liners with the eventual delivery of about 2700 vehicles, along with about 3800 modules and 1700 trailers at a cost of \$3.4 billion under Land 121 Phase 3B.

The trucks will tow a range of purpose-built trailers made by Haulmark Trailers Australia and can be fitted with Australian-made modules for transporting stores, fuel and water.

"As part of the Army's digitisation program, all of the trucks will be fitted to accommodate the ADF's Battle Management System as well as a suite of military radios," Mr McCormack said.

The first trucks will be used for driver training at RAAF Base Amberley while the first operational unit to receive them will be 7CSSB in early 2017.

Soldiers from 7CSSB were on hand to check out the new vehicles and assist with the acceptance ceremony.



A Rheinmetall MAN truck demonstrates its integrated load-handling system by unloading a tray with a G-Wagon.



Cpl Grant Solomon, of the Land 121 Driver Training Team, sits in a new Rheinmetall MAN truck following the vehicle's acceptance under Land 121 Phase 3B at Gallipoli Barracks, Enoggera. Inset: Assistant Defence Minister Michael McCormack (left) signs to accept the first vehicles, modules and trailers as Head Land Systems Division Maj-Gen David Coghlan looks on. Photos by Cpl Max Bree

Cpl Max Bree

THEY boast armour protection and integrated load handling but it's the aesthetics of Army's new MAN trucks that first struck Cpl Grant Solomon, of the Land 121 Driver Training Team.

"They look awesome and they're pretty mean compared to a Mog," he said. "We'll probably look a bit intimidating to other drivers until they get used to us."

Cpl Solomon was one of the first Australian soldiers to drive the new trucks during a training course with the New Zealand Army.

Once inside, Cpl Solomon said the integrated load-handling system made life easier before he got on the road.

"It's easy to control and manoeuvre with the little joystick inside the cabin and it has two cameras so you can look rearwards," he said.

"I reckon it will do away with manual handling equipment support to an extent."

Cpl Solomon said the protected version offered a good mix of safety and comfort.

"Once those doors close you're pretty much isolated so you do feel pretty safe," he said.

"With the four-point harness, you're not going anywhere and you're quite comfortable sitting in there."

The trucks also feature dual transmission modes to suit various driving conditions.

"They are automatic and manual transmissions," Cpl Solomon said.

"But you mostly drive in auto on roads and manual cross-country."

He said the HX77 (8x8) had a wider turning circle than other variants because of its dual front-axle steering, but there were enough similarities between the models.

"Between the HX77 and 40M variants, the cabin controls and seating are effectively the same so that will make training a lot easier," he said.

Though Cpl Solomon hadn't taken any Australian MAN trucks for a long drive, he had plenty of highway time during the course in New Zealand.

"On long drives in New Zealand they were relatively comfortable but they were a lot slower than the vehicles we are getting," he said.

"They were governed to 90km/h where as ours are governed to 100km/h."



Army

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Soldier lethality game changer

The Mk 47 lightweight automatic grenade launcher system.



DESIGN FEATURES

THE modularity of the Mk 47 is rooted in the following key design features:

- Compact size and short recoil.
- Locked breech that fires from a closed bolt for improved first round hit probability.
- Air-cooled and belt-fed, using standard disintegrating belts supplied in 32 or 48 round boxes. The projectiles are fed via a hardened case.
- A robust receiver containing the working parts of the weapon.
- The barrel is contained within a short tube.
- The lightweight video sight (LVS) is fixed to the right side of the weapon and is operated by a series of buttons. There is also a back-up sight. The LVS display is a heads-up display on a flat screen. It is adjustable and can be detached.
- Battery power is rated for eight hours.
- A manual trigger mechanism with unique safe and fire positions. The weapon will not fire if the barrel or buffer are not correctly installed. The firing pin does not release unless the bolt is in the closed position and the design prevents short recoils or a runaway gun.
- Empty cartridges are ejected downwards and when the top cover is opened the belt stays in place.
- Total charge pull is 55 per cent of the Mk 19.

Mk 47 grenade launcher will be issued to units this year

By Lt-Col Ben McLennan

FROM late 2016, the Mk 47 lightweight automatic grenade launcher (LWAGL) will be delivered to the direct fire support weapons platoons of standard infantry battalions, artillery gun lines, Socomd and Air Force security force elements.

The first 10 systems are scheduled for delivery in mid-2016 to conduct acceptance testing.

Six systems are scheduled for delivery to 1RAR from late 2016 with the balance of around 200 systems being provided to relevant units in Forces Command and Special Operations Command from early 2017.

Director General Modernisation – Army Brig Chris Mills said the Mk 47 LWAGL was “lethal, accurate, reliable, lightweight, versatile and modular”.

The LWAGL’s enhanced lethality is enabled by its ability to effectively engage point and area targets to 2000m at a rate of fire exceeding 225 rounds a minute.

Its potency will likely be enhanced by the emerging availability of advanced air-bursting ammunition.

The LWAGL’s accuracy is underpinned by its evolutionary lightweight video sight (LVS).

The LVS offers an eye-safe laser range-finding capability with a range of 40 to 2000m and margin of error of 1m.

It also provides cutting-edge image intensification for day and night firing, a thermal imaging camera and a ballistic computer to facilitate detection, recognition and first round engagement of targets.

The Mk 47 with the LVS2 and tripod is the most lightweight and modular LWAGL currently available. It is significantly lighter than the Mk 19 – the weight

saving equates to around 36 per cent against that of the Mk 19.

This weight saving has been gained through investment in lighter and composite materials. It is far more compact than the Mk 19. [The comparison in weight and dimensions is summarised in the table to the right.]

Versatility and modularity are also key features of the Mk 47 LWAGL.

It can be readily mounted on a tripod or vehicle mount. It can also be broken down into constituent parts to enable dismantled portability.

Director Major Systems Development – Army Col Scotty Palmer said the Mk 47 would be a game changer for the lethality of its recipient force elements.

“This is one of those platforms that will give Army a competitive edge over potential adversaries for many years to come,” he said.

	Mk 19	Mk 47
Calibre	40x53mm high velocity	
Type	Short recoil operated, belt-fed automatic grenade launcher	
Weight	Gun: 35.2kg Total system weight: 63kg	Gun: 17.7kg Total system weight, including LVS: 40.3kg
Effective range	Point targets: 1500m Area targets: 2000m No organic day/night/low light capability	Point targets: 2000m Day/night/low light capability Area targets: 2000m Indirect capability: yes
Rate of fire	325-375 rounds a minute	225-300 rounds a minute
Length	1090mm Barrel: 413mm	930mm Barrel: 520mm
Width	355mm	280mm
Height	223mm	210mm
Mountings		Turret, pedestal or tripod
Total charge pull		25kg
% Recoiling mass		55 per cent of Mk 19

Military police mark

MPs gathered in Canberra in April to celebrate 100 years of military policing in the Australian Army, Cpl Sebastian Beurich reports

MILITARY police from across Australia converged on Canberra from March 31 to April 3 to celebrate the centenary of the Royal Australian Corps of Military Police (RACMP).

The celebrations kicked off on a solemn note when members of the corps and the public gathered at the Australian War Memorial (AWM) to commemorate Cpl Alfred Harston, of the Anzac Provost Corps, who was killed in action during WWI, at a Last Post ceremony.

During the ceremony RACMP RSM WO1 Ken Bullman read about Cpl Harston's life.

"It was an honour to be involved in the Last Post ceremony and to highlight the service and sacrifice of one of our founding members," he said.

"As a result of ab-initio recruiting, our soldiers are generally much younger now compared to when I joined, but even though some have only been in the corps for a short time, they all understood they were part of a bigger, respected, long-serving organisation."

WO1 Bullman said many things had changed over his career with RACMP, but the role had stayed the same.

"Military policing command and reporting chains have changed significantly over the past 25 years. We used to have independent companies under the military district arrangement in each state," he said.

"While we have been built on tradition, we have restructured for the future with improvements in training, equipment and structure to meet operational and domestic challenges."

As part of the centenary celebrations committee, WO1 Bullman had been involved with the planning and preparation of the weekend's events for more than three years.

"While the only activity I had an active part in was the reading at the Last Post ceremony, I had oversight of the numerous activities to ensure they represented the corps in an appropriate way," he said.

On the morning of April 2, members of the corps gathered at the AWM and were joined by the Governor-General Gen Sir Peter Cosgrove, VCDF VAdm Ray Griggs, CA Lt-Gen Angus Campbell and dignitaries from state and territory police forces.

OC D Coy, 1 MP Bn, Maj Ben

Williams was the parade commander for the event.

"The significance and importance of the event wasn't lost on me, however, I only focused on it after the parade was completed," he said.

"I deliberately didn't spend much time thinking about who was attending the parade – but the comments from unique and enjoyable experience."

Maj Williams offered a view on the significance of the weekend's celebrations for the members who attended, both serving and former.

"The centenary activities had an impact on many people – they left a lot of us feeling a renewed sense of pride and respect for those who have served in the RACMP over the last 100 years," he said.

"While the focus and training of the corps has evolved over time, our fundamental tasks have been a constant since the corps was raised at Gallipoli.

"I believe as RACMP continues to modernise, we will also maintain these traditions through our links to the past."

The Governor-General said a century ago the soldiers of the AIF at Gallipoli were revered for their bravery and courage, but were not always respectful of authority.

"It was in this environment that more than 100 mounted military police served – albeit without their horses," he said.

"They maintained order as best they could. They ultimately played a critical role in facilitating the evacuation of 20,000 troops from that ill-fated peninsula."

He said the work of MPs was difficult and not always popular.

"But it is essential," he said. "You are universally respected. And your value and importance is quickly recognised by those you help and serve."

"Here today we have the largest gathering of current and former military police in living memory."

"This is a day for reflection and camaraderie. For those who have served, and those who currently serve, it is also a day for great pride and honour."

The Governor-General said the centenary parade was a tribute to military police and the contribution they had made for 100 years.

"You do your forebears proud," he said, "and I know you will continue to serve our ADF and our great nation with distinction."



RICH HERITAGE

THE modern military police have a rich history that dates back 100 years.

Their origins can be traced back to the Provost of Old England and is now an inherent part of our military heritage.

In May 1511, Henry VIII sent an Army to Spain and Henry Guylford of Leeds Castle in Kent was commissioned as his Provost Marshal – the first use of the office in today's terms.

For the next two centuries the Provost Marshal and provost staff evolved as an essential part of the British military.

The first modern assembly of military police in Australia formed in 1916 as the Anzac Provost Corps.

It was later renamed the Australian Army Provost Corps in 1918 before disbanding in 1920.

During WWII the corps re-formed and in 1948 was granted the "Royal" prefix, before adopting its current name on September 4, 1974.

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Defence Intranet

<http://intranet.defence.gov.au/people/sites/WHs/ComWeb.asp?page=112016>

100 years of service

Commemorations in Kabul

MPs attend a centenary parade at the Australian War Memorial on April 2. Inset: Governor-General Gen Sir Peter Cosgrove talks with Sgt Craig Malone, of 1 MP Bn, at the AWM. Photos by Sgt Janine Fabre

WO2 Andrew Hetherington

MEMBERS of RACMP deployed to the Middle East gathered to celebrate the centenary of their corps on April 3 at the Hamid Karzai International Airport.

The 15 MPs participated in a parade and later attended a barbecue.

Commander Task Group Afghanistan and RACMP Head of Corps Brig Cheryl Pearce organised the event and said it was a great opportunity to bring together all deployed MPs.

"It was an honour to be the parade commander," she said.

"From a Head of Corps perspective I've certainly looked for ways to bring together the 14 other MPs working in different roles in the AO to celebrate our centenary."

She said all members of the corps should feel proud to be a part of an organisation that is 100.

"All of you on parade are a representation of our corps today and why our capability remains operationally focused," she said.

Pte James Buggy was on parade and said it was a bonus being on his first operational deployment when his corps turned 100.

"It's a bit surreal being here during our centenary. I just wanted to deploy as an MP on operations," Pte Buggy said.

"When I got here I was told that we would miss the centenary celebrations in Canberra. I didn't mind, though, as I'd rather be conducting my MP duties in support of the force in Afghanistan."

Pte Jessica Pollard is an MP with the International Military Police at Hamid Karzai International Airport and was also on parade.

"It's an honour to celebrate the corps' 100th birthday on operations," she said.



Members of RACMP pose for a photo with Head of Corps and Commander Task Group Afghanistan Brig Cheryl Pearce after the MP centenary parade in Kabul.

Photo by WO2 Andrew Hetherington

WO2 Andrew Hetherington

MILITARY policemen Cpls Rohan Watson and Joel Robertson, of 1 MP Bn, are close personal protection operators (CPPOs) deployed to the Middle East.

Their role is to protect Commander Task Group Afghanistan and Commander JTF633.

They work long hours in their CPPO body guard role to ensure the safety of the commanders they protect.

Cpl Watson is the CPPO for

Commander JTF633 AVM Tim Innes.

"The 10-week CPPO course was physically and mentally demanding," Cpl Watson said.

"In the early stages of the course we did a lot of weapons and physical training.

"Later we plan and do full profile personal protection missions."

This is his second deployment in this role, previously working in Kandahar in 2014.

"I love the job," he said. "I enjoy the responsibility that goes with the role."

Cpl Joel Robertson's job is to protect Commander Task Group Afghanistan and MP Head of Corps Brig Cheryl Pearce.

"I like the responsibility while I'm deployed of providing specialised security to one person," Cpl Robertson said.

"Part of this job involves the challenge of planning for the unanticipated events.

"I always have to be prepared for the worst case scenario while I'm working and then know what I am going to do prevent these events."



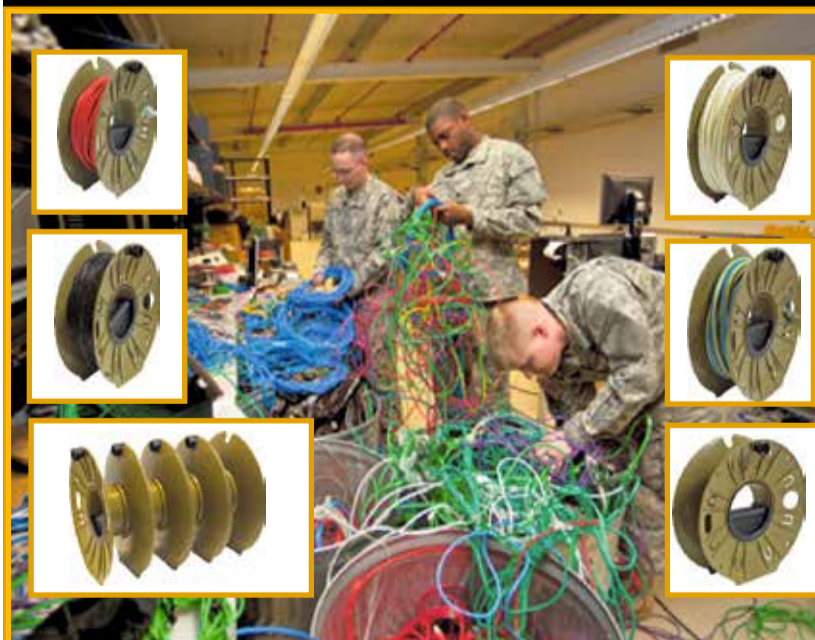
Close personal protection operators Cpls Joel Robertson and Rohan Watson at Hamid Karzai International Airport, Kabul.

Photo by WO2 Andrew Hetherington

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Integrating capability

Reserve troops play key role in 1 Bde's readiness exercise at Cultana

Capt Sharon Mascall-Dare and Capt Lucy Saaroni

FOR Combat Team Bravo, the pressure was on during Exercise Predators Gallop, 1 Bde's major exercise last month.

Its role, as part of Battle Group Jacka, was to undertake security operations to support 1 Bde's manoeuvre plan. Enemy contact was expected at any time.

"We're sending patrols out, we've established observation posts and we're clearing routes," said Maj Jared Hill, OC Combat Team Bravo.

"Our company has adopted a defensive position here to secure the brigade maintenance area (BMA).

"But we're also supporting other 1 Bde assets. One of our platoons is out with ICER providing security while the engineers complete a water purification task."

Combat Team Bravo was not alone in fulfilling multiple roles during Predators Gallop.

Various elements from BG Jacka were called upon to reinforce 1 Bde as the exercise successfully demonstrated force integration and capability generation.

At the BG Jacka command post (CP), the extent of that integration was clear, as staff coordinated multiple requests for support across the battle group.

A platoon from Combat Team Alpha was working with 5RAR on a bridging task, while other force elements provided security to the BMA.

An infantry platoon mounted in Bushmasters was providing a battle group reserve for 5RAR, while a light cavalry scout troop was attached to 1 Arm'd Regt.

In the BMA, 9CSSB and 4CSSB were working closely with 1CSSB providing a range of skills, including specialist expertise from RAEME and health units.

"We've received a number of requests for support, while also providing security for vulnerable force elements," said Capt Lachlan Joseph, Battle Captain at the CP.

"For example, Combat Team Charlie is providing security for 1 Bde's retransmission facility – a high-value asset for Commander 1 Bde.

"The fact that 1 Bde have given us the responsibility to secure it shows the level of confidence

they have in our capability."

BG Jacka infantry patrols in the AO were supported by a combined battery, including elements from 9 Bde's 6/13 Lt Bty based in South Australia and Tasmania, and 4 Bde's 2/10 Lt Bty based in Victoria.

Activity on the mortar line was intense, as members of both batteries tested their individual SOPs, working together to merge into a single fighting unit.

"This training is vital in the lead-up to Exercise Hamel," said Gnr David Henry, of 6/13 Lt Bty.

"We're working with 1 Bde to provide capabilities Army relies on during operations. This is an important part of the lead-up to that."

For Bdr Stephen Mitchell, also of 6/13 Lt Bty, Predators Gallop offered more experience in working with multiple CPs and joint task forces.

"It's an opportunity to get more experience as a CP officer on the mortar line," he said.

"Over the last two years in the lead-up to Hamel, I've seen my skills develop and improve. We're performing at a higher level."

Hamel was a focus and a motiva-

tor across the battle group, with all members using Predators Gallop as an opportunity to improve their skills.

CO BG Jacka Lt-Col Tom Biedermann said they had built effective capability bricks in 4 and 9 Bdes through unit-level training, which were now being deployed in the battle group.

"We've generated capability in infantry, armour, combat service support, engineers, signals and artillery among others – we're becoming complete as a battle group," he said.

"Our command and control is using the battle management system and our use of digital radios is more complete than before.

"Our engineer and Bushmaster capabilities are now mature and our combat service support admin company is the most complete we've had to date."

Lt-Col Biedermann said it took time to develop capabilities during the force generation cycle.

"Now, just a few weeks from Hamel, we're ready to support 1 Bde with reinforcements and on security tasks," he said.

"We're doing our job."

Soldiers from 10/27RSAR conduct a fire mission drill on the mortar line during Exercise Predators Gallop.
Photos by Cpl Nunu Campos



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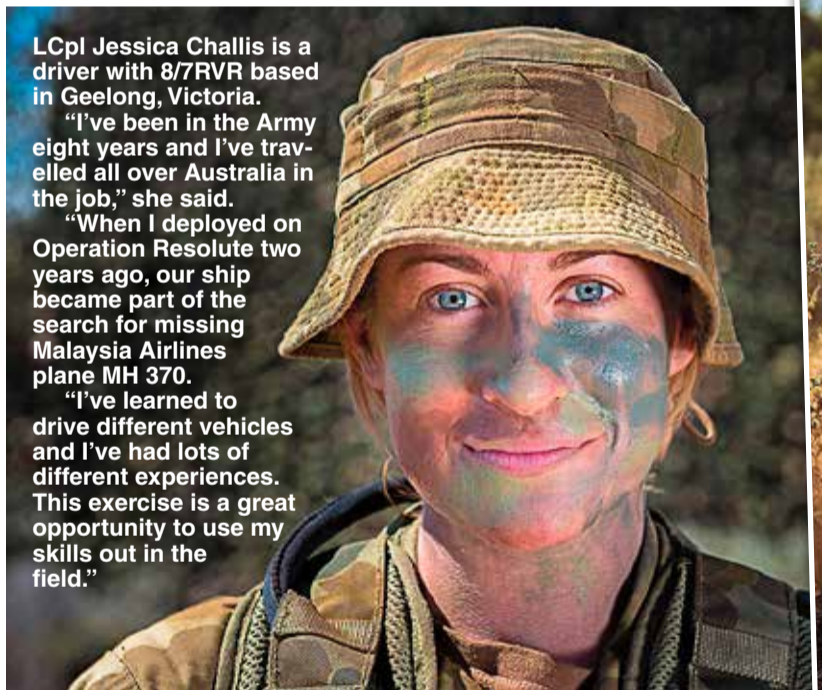
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LCpl Jessica Challis is a driver with 8/7RVR based in Geelong, Victoria.

"I've been in the Army eight years and I've travelled all over Australia in the job," she said.

"When I deployed on Operation Resolute two years ago, our ship became part of the search for missing Malaysia Airlines plane MH 370.

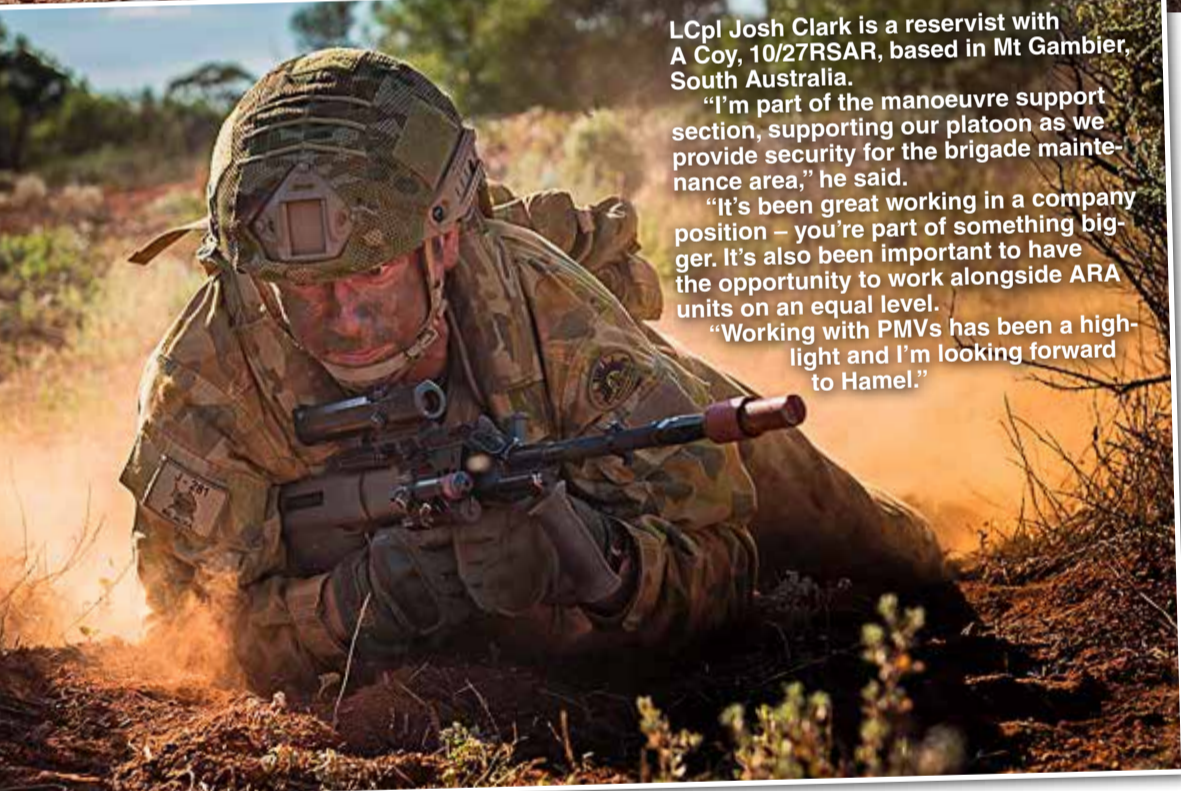
"I've learned to drive different vehicles and I've had lots of different experiences. This exercise is a great opportunity to use my skills out in the field."



Pte Jacob Elliott, of 8/7RVR, provides security during the exercise.



on Predators Gallop



LCpl Josh Clark is a reservist with A Coy, 10/27RSAR, based in Mt Gambier, South Australia.

"I'm part of the manoeuvre support section, supporting our platoon as we provide security for the brigade maintenance area," he said.

"It's been great working in a company position – you're part of something bigger. It's also been important to have the opportunity to work alongside ARA units on an equal level.

"Working with PMVs has been a highlight and I'm looking forward to Hamel."

Morlancourt takes to bush

Capt Sharon Mascall-Dare

INTERNATIONAL elements were integrated into Exercise Predators Gallop, with a UK Army Reserve rifle platoon and additional infantry elements on exchange from the New Zealand Defence Force.

Members of 4 Bn, Yorkshire Regt (4 Yorks), were embedded in 10/27RSAR as part of an exchange program called Exercise Morlancourt, supporting capability generation and cooperation between Army Reserve units in the UK and Australia.

SM 4 Yorks WO1 Paul Kitching said Morlancourt was a once-in-a-lifetime opportunity.

"You never know who you're going to be attached to in theatre, so it's vital that our UK reserves have a deep understanding of how our Australian counterparts operate," he said.

During Predators Gallop, the British soldiers were embedded in Combat Team Bravo, along with members of 10/27RSAR.

They undertook a number of patrols and engaged with enemy forces as they contributed to the combat team's defensive operations to secure 1 Bde's maintenance area.

Pte Simon Sunderland, of 4 Yorks, said it was great working with other nations to see what they did.

"I've done a tour of Iraq and two in Afghanistan where I worked with Danish and US troops," he said.

"This is an opportunity to test our skills in a new landscape."

Before they deployed to Cultana, the 4 Yorks soldiers received training on

HISTORY LIVES ON

Exercise Morlancourt is named after the Battles of Morlancourt during WWI, when Australian troops fought to take back territory in the Somme. Eventually, the Germans were driven back from the town of Morlancourt by the British in August 1918. The battles were an important precursor to the 100 Days Offensive, which led to the end of the war.

Australian weapons systems and quickly put their new skills to work in the field.

For section commander Cpl David Myhowycz, a highlight was being sent out on overwatch duties as a mechanised infantry patrol in Australian Bushmasters.

"Working in vehicle packets has been a great experience for us, as it's useful to learn Australia's SOPs and TTPs," he said.

Like 10/27RSAR, the 4 Yorks element included members of the UK regular Army and reserve, with a number having served on operations overseas.

LCpl Jonathan Cummings, of 4 Yorks, said he had worked overseas before, but this was the first time he'd worked this closely with a foreign defence force.

"It sets you up better for operations if you've been embedded in a foreign defence force," he said.

"During this exercise it's struck me that the way we operate is quite similar. It's useful to give our reservists hands-on experience in a different environment, in a different country."

BG JACKA AT A GLANCE

- By Exercise Hamel, BG Jacka will be at full strength – manning reached more than 600 soldiers during Predators Gallop.
- The battle group includes members of the regular Army and reserve from 4 and 9 Bde units in South Australia, Tasmania and Victoria.
- The patches worn by BG Jacka members are individually numbered, adopting the same system used on operations in Afghanistan.
- The battle group is named after Albert Jacka, a forestry worker from Victoria who landed at Anzac Cove on April 25, 1915. He served with 14 Bn and was awarded Australia's first Victoria Cross of WWI.





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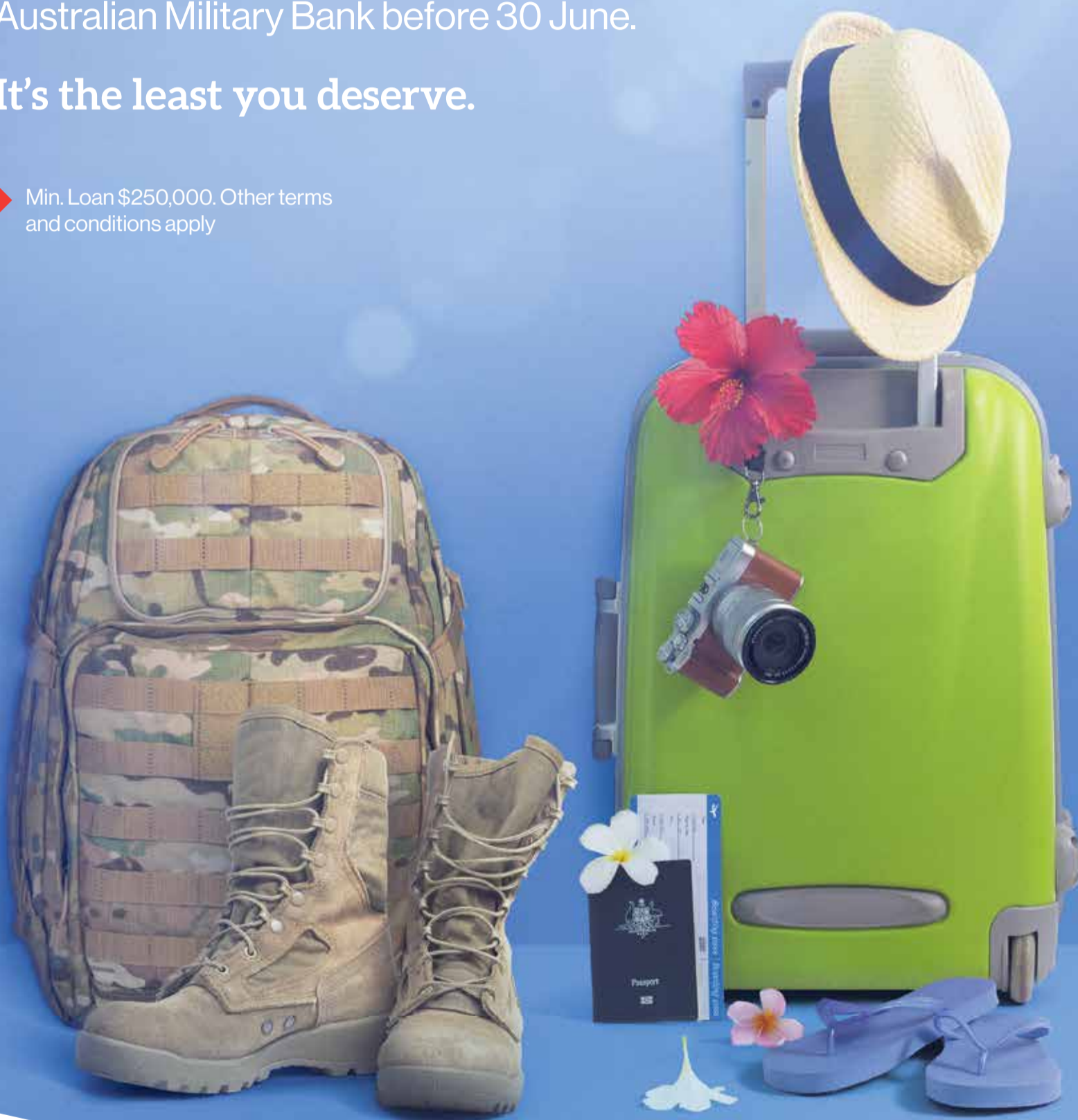
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AnywhereTravel



Testing readiness



Above: Pte Joshua Molloy, of 176 AD Sqn, builds a support structure for loads.

Below: 176 AD Sqn personnel load compact delivery system (CDS) pallets.

Left: A C-130J drops a CDS payload over the Londonderry drop zone.

Photos by Cpl David Gibbs



Army and Air Force take part in massive airdrop during Exercise Elephant Trail

Eamon Hamilton

FOR the first time in five years, 176 Air Dispatch Squadron took part in a large-scale airdrop of more than 30 tonnes during Exercise Elephant Trail, held in Sydney's north-west.

176 AD Sqn tested its ability to respond to short-notice contingency scenarios from a deployed environment within RAAF Base Richmond from March 3-11.

Elephant Trail involved 115 personnel, both full-time and reserve, who prepared more than 30 tonnes of cargo for airdrop, which included the construction of 60 container delivery systems.

CO 9FSB Lt-Col Chris Clapton said the exercise was the first time in five years that 176 AD Sqn had practised deployment on such a large scale.

"The exercise was designed to test the readiness of 176 AD Sqn and quantify deployment requirements across a range of possible scenarios," Lt-Col Clapton said.

"By simulating the deployment to an austere environment, the squadron was able to effectively quantify stores, personnel and administration requirements to ensure they are able to meet capability expectations."

The compact delivery system (CDS) loads were delivered by an Air Force C-130J Hercules and C-27J Spartan to the nearby Londonderry drop zone, which was under 176 AD Sqn control.

Personnel also carried out construction of other loads including marine craft and quad bikes, although not all of these were airdropped as part of the exercise.

Concurrent operations to sustain the deployed force included a simulated range of activities that soldiers would be expected to conduct if a contingency scenario arose.

OC 176 AD Sqn Maj Francisca Molnar said the exercise also allowed the unit to demonstrate its deployed working environment to Air Force personnel who they work so closely with.

"We worked with a number of Air Force elements and demonstrated that a close working relationship between Air Force and Army can provide capable, agile and potent joint effects," Maj Molnar said.

"Working together, we can respond to any contingency by projecting personnel, equipment and stores wherever it's required."

Sgt Matthew David, of 176 AD Sqn, said the exercise scenarios reflected the range of operations that the squadron could support.

"We are very dynamic – from

a humanitarian aid standpoint, we could deliver food, water, shelters and blankets," Sgt David said.

"For combat operations, we're able to prepare rations or ammunition, right up to vehicles and combat engineering equipment – whatever the frontline soldiers require."

Flight Commander No. 37 Sqn Sqn-Ldr Scott Harris said the exercise was a unique chance for C-130J aircrew to practise mass CDS airdrop.

"We rarely have an opportunity to exercise to its limits," Sqn-Ldr Harris said.

"On two occasions during the exercise, we airdropped 20 CDS loads in a single pass of the Londonderry drop zone, with each pass delivering 16 tonnes of cargo."

Critical to mission success is the interaction between 37 Sqn operations and aircrew, along with its ground liaison officer and 176 AD Sqn personnel.

"For the C-130J workforce, aerial delivery is a core capability, and relies heavily on interoperability with 176 AD Sqn and the customer we support in the field," Sqn-Ldr Harris said.

176 AD Sqn serves as Defence's only dedicated aerial delivery unit and relies completely on Air Force assets during airdrops. Aerial delivery allows payloads and personnel

to be swiftly delivered over long ranges and can sustain new capabilities.

Sgt Kyle Beattie, supervisor of aerial delivery at 176 AD Sqn, said the exercise tested the unit's ability to respond at short notice.

"We're constantly checking our stores, making sure we have all of this equipment at a fully functional level so that we can go out into the field," Sgt Beattie said.

The exercise proved a welcome introduction for new soldiers at the unit and for those like Sgt Beattie, who returned to the unit this year, it was a welcome reintroduction.

"Compared to living in a hangar with lots of facilities, this gets us out of our normal routine and getting used to what they might be put under in operational circumstances," Sgt Beattie said.

The exercise was designed to test the readiness of 176 AD Sqn.

– Lt-Col Chris Clapton, CO 9FSB



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MRH-90 crew comes

Soldiers save lives on Operation Fiji Assist

Capt Megan McDermott

AN ARMY MRH-90 crew has evacuated two patients, including a seriously injured Fijian local, off the coast of cyclone-devastated Vanuabalavu Island, about 290km north-east of Suva, Fiji.

The crew were responding to a separate aeromedical evacuation (AME) request from the island when the injured local, Temo Olita, came to their attention.

Pilot Maj Andrew Lean, of 5 Avn Regt, said the additional casualty was unexpected.

"We dispatched to the island expecting to evacuate one casualty," he said.

"Shortly after landing, local villagers approached the helicopter carrying a second injured man on a blanket."

Maj Lean said medics were quick to assess Mr Olita's condition after receiving reports that he'd been suffering symptoms consistent with decompression illness.

"Our AME doctor quickly assessed that he required urgent medical attention and requested a casualty evacuation back to Suva," Maj Lean said.

"With the doctor's assessment, it was easy to make the call to bring the diver on board along with our other AME patient."

During the flight the medical team continuously worked on Mr Olita, assisting his oxygen intake.

Medic Sgt Bernadette Serong said if the patient hadn't been evacuated he likely wouldn't have survived.

"We knew we had to evacuate him, and evacuation by air was probably his only chance of survival at that time," she said.

"He was unconscious and experiencing severe muscle twitches conducive with the bends."

"If we hadn't taken him at that point, getting him to definitive care wouldn't have been achieved within the timeframe required."

The MRH-90 crew and AME team (medics and emergency responders) transferred the patients to the mainland where they were received by a team of New Zealand Defence Force medics and taken by ambulance to Suva's Colonial War Memorial Hospital.

Coordinating with hospital staff, the Australian medical team ensured the hospital was ready to receive Mr Olita where he was treated for decompression illness.

Mr Olita, who is recovering well, said he was extremely thankful to the AME team who helped him, but also to the ADF who had been providing disaster relief assistance to his village.

"I am so thankful to the ADF for



all the assistance they have given to me and the people from my village," he said.

"Our home was totally damaged and my parents are now living with another relative on the island."

"I want to go home and help my parents pick up the pieces from my damaged home and see what we can put together as shelter."

5 Avn Regt's MRH-90 helicopters have been facilitating personnel movement to and from Vanuabalavu Island, as well as delivering seeds and other initial disaster relief stores as part of Operation Fiji Assist 2016.



Operation Fiji Assist formally ended on April 19. See the next edition for more.

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Defence Health



to the rescue

From left, Maj Andrew Lean, Cpl Josh Byrnes, Cpl Ben Burrows and Lt Clarke Melia made up the MRH-90 crew that conducted an aeromedical evacuation during Operation Fiji Assist. Inset: Medics Sgt Bernadette Serong and Sgt Warren Douglas talk with Temo Olita after helping transport him to Suva. Photos by AB Chris Beerens



6ESR digs deep for one of their own

SOLDIERS from 6ESR assisted people in the village of Bau Bau, Viti Levu, after the Tropical Cyclone Winston tore through Fiji on February 20.

The mission to assist in a time of need took on great significance when shortly into the event it became apparent that the immediate and extended family of Spr Anish Narayan, a member of 6ESR, had been significantly affected.

Spr Narayan said his village suffered significant damage.

"My house flooded and lost its roof," he said.

The entire village had lost power and it was estimated that it would take between three-to-six months to restore. The closest source of power was a two-hour walk away.

Members of the regiment, keen to help one of their own, used the Regimental Trust Fund and passed a motion to donate funds in support of the village.

"It is times like this the Aussie slouch hat takes on an even greater meaning," Spr Narayan said.

The slouch hat was passed around the regiment to amass a total of \$1378 to purchase a diesel 5kVa generator to be shipped to the village.

"I am very grateful to belong to a regiment like 6ESR," Spr Narayan said.

The generator has allowed Spr Narayan's family and people of the village to recover and quickly restore some normal routine without needing to walk the two hours to the nearest town for power.



The family of Spr Anish Narayan, of 6ESR, thank regiment members for their generosity in raising money to buy a generator for the village of Bau Bau, Fiji.

Loadmaster loving first deployment

FRESH out of training, newly qualified loadmaster Cpl Betty Latumahina is getting accustomed to steamy tropical rainstorms surrounding Nasouri airport while deployed on Operation Fiji Assist.

Posted to 5 Avn Regt, Cpl Latumahina is part of the ADF contingent helping people affected by Tropical Cyclone Winston, which smashed into Fiji on February 20.

Despite very basic living conditions, long hours and extremely challenging weather, Cpl Latumahina is loving the experience of her first deployment.

"People can tell you all about the job, but you learn best first hand," she said.

Cpl Latumahina joined the Army in 2009 after attending a recruiting presentation at her school.

"I'm a physical person and really take pride in being up to the physical demands required by the job and the potential for travel," she said.

Cpl Latumahina was born in Papua New Guinea – one of seven children – and came to Australia in 2006 when she was 16.

Op Fiji Assist has given Cpl Latumahina the opportunity to consolidate her basic course, with a team she is happy working with.

"The crew all get on really well and enjoy doing the job," she said.

"The local people here are very friendly. It is wonderful seeing the gratitude in their eyes for the help being provided, it's a great experience."



Photo by Cpl Dan Pinhorn

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Morale boost

Charter offers new direction for Forces Entertainment

LS Jayson Tufrey

THE RSL and Defence have agreed to a new more effective means of managing Forces Entertainment, enhancing the long-standing tradition for a morale-boosting service that extends as far back as WWII.

The charter was signed by chairman of the Forces Entertainment board and RSL national president RAdm Ken Doolan (Retd) and CDF ACM Mark Binskin at Russell Offices in Canberra on March 30.

ACM Binskin said the change of authority was great for the ADF.

"Wherever we are deployed on operations, or large exercises, the morale of our people is important," he said.

"Being able to get top-notch entertainers for the soldiers, sailors and airmen and women is fantastic."

RAdm Doolan said Forces Entertainment was another way in which the RSL supported the ADF.

"The RSL also contributes by organising care packages, sporting equipment for deployed troops and has even appeared in front of the Defence Force Remuneration Tribunal," he said.

"Sustaining morale on operations rounds out the breadth and scope of what the RSL can provide our men and women in uniform."

CDF said nothing would change for deployed troops.



CDF ACM Mark Binskin and Forces Entertainment board chair RAdm Ken Doolan (Retd) sign a new Forces Entertainment charter.
Photo by LS Jayson Tufrey

"This charter ensures business will continue as normal," he said.

"Forces Entertainment will continue to attract quality Australian acts to be able to deploy into Afghanistan, Iraq or wherever our forces are deployed."

THE CHARTER

- Advise CDF of opportunities to entertain the ADF and act as his point of contact for civilian artists, entertainers and musicians interested in performing to Australian forces.
- Foster relationships with the entertainment and arts industries, media and defence-related industries with the aim of identifying, promoting and securing civilian entertainment for Australian forces.
- Recommend to the ADF opportunities to entertain personnel deployed on operations and exercises.



Pte Clint Lambden, of 10/27RSAR, chats with Michael Townsin at the Spirit of Anzac Centenary Experience in Adelaide.
Photo by Cpl Craig Barrett

Connect with the Anzacs

Lt-Col Matt Vertzonis and Claudia Harrison

ALMOST 120,000 people have visited the Spirit of Anzac Centenary Experience (SACE) since the travelling roadshow of artefacts from the Australian War Memorial (AWM) kicked off in Albury, NSW, late last year.

The exhibition is the flagship event during Australia's Centenary of Anzac commemorations and will visit 23 regional, rural and capital city locations over a two-year period.

SACE provides an immersive and interactive way for Australians to commemorate WWI and the ensuing century of service.

Visitors can walk through recreated WWI environments and view an extensive collection of genuine

military artefacts, donated by the AWM. The exhibition also features a 'community zone' for local stories.

The exhibition in Adelaide in March set new records for the tour – more than 29,300 visitors, the six busiest visitor days to date, and the oldest attendee so far at 106.

The next SACE events will be in Tamworth, NSW, from April 26 to May 1, followed by Toowoomba in May and Brisbane in June.

Entry is free, but bookings are essential as places are limited. For more information, visit www.spiritofanzac.gov.au

In addition to clips on YouTube, a 360 degree virtual reality app for iPhone and Android has just been released. Visit www.spiritofanzac.gov.au/media/teach-learn/googlecardboardUserGuide_v4.pdf

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Sharing medical skills



Members of the Army School of Health showcase their medical pack to Satoshi Maruyama and Col Kei Kato, of the Japanese Self-Defense Force's Health and Medical Division, during a visit to Latchford Barracks, Victoria.

Japanese medics visit Latchford Bks

Sgt Dave Morley

MEMBERS of the Japanese Self-Defense Force (JSDF) visited the Army School of Health (ASH) at Latchford Barracks on March 8 to investigate how ADF medics do business.

Col Kei Kato and Satoshi Maruyama, of the JSDF's Health and Medical Division, and Japanese Defence Attaché Col Hiroaki Murakami were provided with a brief and demonstrations on the many courses the school delivers.

ASH professional development coordinator Lt Brendon Russell said the visit was to gain an appreciation of military medical systems in emergency situations and the training of ADF medical personnel.

"They were particularly interested in the health training capabilities and resources ASH provides," he said.

"They also showed a keen interest in the environment simulation training facility (ESTF) and the conduct of scenario-based activities.

"The visitors were impressed with practical scenarios and had many questions about the protocols the medics used for the treatment of casualties."

Lt Russell said Col Kato, who is a medical officer, was in the process of

They also showed a keen interest in the environment simulation training facility.

– Lt Brendon Russell, Army School of Health

designing a care of the battle casualty component for the JSDF.

"He was pleased to receive advice on how the JSDF could train their personnel in battlefield trauma," he said.

"During the display at the ESTF, the visitors took time to speak directly with our medical trainees about their experience as a trainee on the ADF medic course.

"A number of trainees showed the delegates a self/buddy aid med pack attached to webbing, a combat first aider's medical kit and a medic's pack."

Col Kato thanked CO ASH Lt-Col Alison Kaine for the staff and trainees' professionalism and hospitality.

PIMS pilot under way

THE ADF is well on its way to modernising clothing and personal equipment management with good progress being made in the implementation of the new Personal Inventory Management System (PIMS).

A pilot of the PIMS project was launched in Townsville and at Fleet Base East on February 1, with all services putting the system through its paces.

The next destinations for the rollout are NT and WA units in April and May, followed by the Sydney region and Adelaide in late May.

The national rollout is due for completion by the end of 2016.

The project is nearing the end of its pilot phase and members have successfully tested ordering functions, unit-based deliveries, home address deliveries, click-and-collect orders, routine clothing store walk-in purchases and reporting.

Logistic Adviser North Queensland WO1 Brett Bracewell said PIMS allowed unit logistic staff to review holdings and shortfalls of clothing and field equipment issued to individuals.

"This information can be drawn from all levels within the unit structure, whether by section, troop, platoon, sub-unit or the entire unit, and then produced into Excel spreadsheets," he said.

PIMS combines a Personal Electronic Clothing Card (PECC) with an online ordering system for both combat and non-combat items. PIMS will give members the flexibility to request exchange of entitlement-managed clothing and equipment such as DPCU, AMCU, DP1 and boots.

Members can also purchase non-combat clothing items such as shirts, skirts, trousers, shoes and headdress.

When ordering these items, PIMS will enable members to enter basic



By the end of the year, soldiers will be able to order clothing online across the country.

Photo by Cpl David Gibbs

tailoring instructions at the point of purchase. These tailored uniforms will then be delivered to members through the standard delivery methods. Detailed fittings such as mess dress will still need to be conducted through an in-person tailoring service.

PIMS will deliver clothing direct to units, allow pick up from a local clothing store through a click-and-collect function or, for a small fee, allow standard or express post to your home address. Security managed items will be excluded from the postal delivery system.

To gain access to PIMS, members need a valid Defence email address listed on the Corporate Directory. Members will need to validate their PECC to ensure accountable item holdings are correct – validation will happen incrementally across Army as PIMS rolls out nationally.

For more information, visit the PIMS website at <http://drnet.defence.gov.au/vcdf/DSCBIP/Organisation/LogisticsSystemsProjects/Pages/PIMS.aspx>

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Out of their comfort zone

ARTC soldiers show cadets the ropes

Capt Aaron Oldaker

SOLDIERS from the Army Recruit Training Centre (ARTC) helped a group of Australian Army Cadets from Leeton face fear, stress and anxiety during Exercise Black Hole, a challenging caving activity at Wee Jasper, NSW, earlier this month.

During the exercise, Adventurous Training Wing soldiers led 39 cadets from 223 Army Cadet Unit in a series of activities through the Wee Jasper caves system.

OC Adventurous Training Wing Maj Jeremy Barraclough said the exercise was a great opportunity for the cadets to develop and for Army to get involved with the local community in southern NSW.

“At ARTC we like to reach out and engage with the community, and what better way than engaging with the local cadet unit,” Maj Barraclough said.

Speaking just before entering the cave systems, Maj Barraclough said the cadets would face a number of challenges, including a 30m abseiling descent into darkness and a 40m Tyrolean traverse across a 30m abyss.

“We’re taking these children



through some novel experiences in the caves so they can deal with fear, stress and anxiety,” he said.

“Most of them have never been on ropes before. They’re going to go through abseiling underground – quite a bit of a drop into blackness – all safe of course, but their perception of that might not be so.

“We’ll also set up some other exciting activities, including some in-the-dark squeeze-throughs in the caves, some tight caverns for them to go through, and an underground Tyrolean – think of a zip line – where they’re going to cross an obstacle underground on rope.”

Before entering the caves,

Cdt Jordan Booth said she was excited but “a little nervous”.

“I don’t want things to fall off – I don’t want to end up plummeting down,” she said.

Afterwards she was all smiles.

“It was really good, really exciting, and I hope to do it again,” she said.



Left: Army cadets from 223 ACU at Leeton, NSW, wait in a cave system for their turn to abseil at Wee Jasper. Above: WO2 Aaron Haining, of ARTC, guides a cadet. Photos by Capt Aaron Oldaker

EMULATING THE BATTLEFIELD

THE Adventurous Training Wing, part of ARTC at Kapooka, is responsible for delivering realistic and challenging adventure training to Army. Adventure training aims to target certain individual and group qualities that both leaders and soldiers require on the battlefield. The training should emulate the characteristics of the battlefield and place both junior leaders and soldiers in difficult, uncertain situations, often out of their comfort zones where they must react.

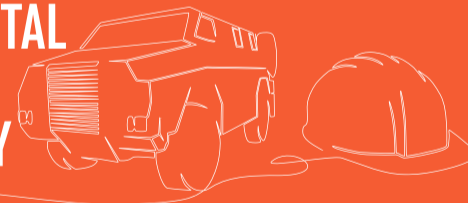


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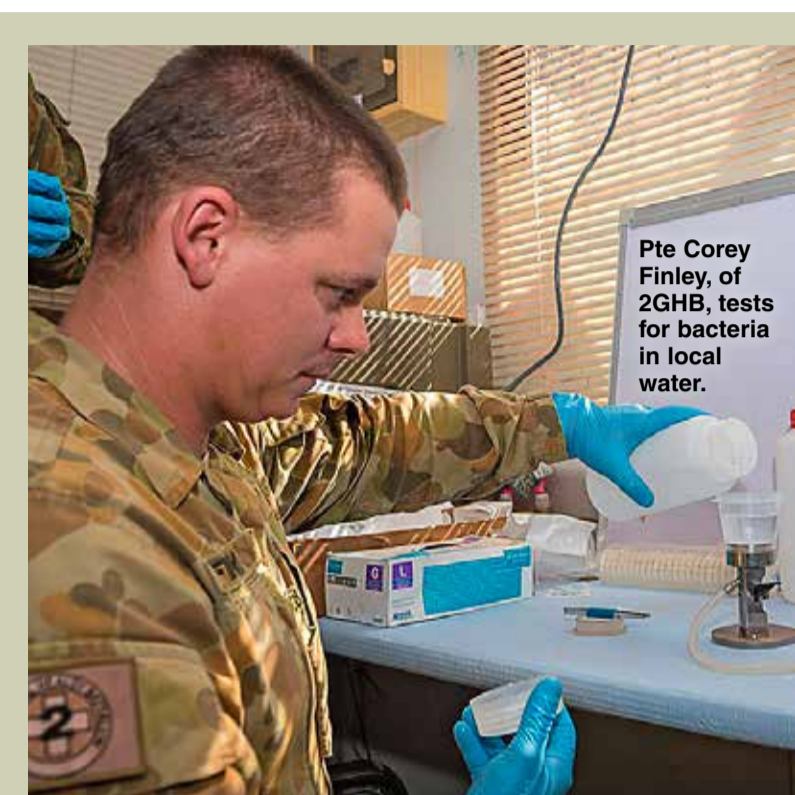
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NAILING CRITICAL SUPPORT



Pte Corey Finley, of 2GHB, tests for bacteria in local water.

Keeping a finger on the pulse

Cpl Sebastian Beurich

WITH more than 800 presentations, the medics from 1CHB's 8CHC were kept on their toes during Exercise Predators Gallop.

Added into the mix were a few specialities that are rarely seen on combat brigade-level exercises these days – an environmental health team from 2GHB and 1CHB's integral physio.

Lt Kelsey Hamsey, of 8CHC, said the exercise was a learning experience for everyone involved.

"Coordination of our health teams over such a large exercise area presented some interesting challenges," she said.

"With all of the different forms of communication, from the battle management system to mobile phones, it's been quite a challenge to speak to and manoeuvre people throughout the exercise.

"We had great feedback from all our integral teams who were on the ground with the 1 Bde units. They were used to the best of their abilities and they all had a great time."

One of the medics attached to a battle group was Pte Jess Edwards, who was operating in the integral role for the first time.

"I was nervous at first, being a new-ish medic with a bit of experience, but I enjoyed the opportunity and it helped me build confidence in my skills," she said.

"I was working out of an ASLAV and had my own hatch in the rear, so I got to see some of the cool things 1 Arm'd Regt were doing up close.

Lt Hamsey said communications were very important during the exercise.

"Because our doctor was centralised and can't see the patient, whoever is on the ground needs to be very accurate with what they are reporting. The doctor is making a decision based on what they

hear over the radio," she said.

"The doctor has to really trust the medic's ability so they can make the best clinical decision for the patient."

Senior health officer 1 Bde, Lt-Col Dianne Elson said she was very happy with the health services 8CHC provided during the exercise.

"We've learnt some great lessons about health-care delivery in the Cultana environment, which will stand everyone in good stead for Exercise Hamel.

"The young clinicians and their leaders from 8CHC worked really well over the course of the exercise.

"As 8CHC can confirm, we cannot under estimate the importance of regular free-from-infection inspections and soldiers packing their own first-aid kit for their personal requirements.

"The environmental health team attached to us was also a great asset.

"From a combat brigade perspective, they are a critical enabler as part of our disease and illness planning and prevention."

Predators Gallop was Pte Corey Finley's first opportunity to lead an environmental health team deployed into the field.

"It was a bit daunting being a digger and having to advise the brigade headquarters staff, including the brigade commander, but I had a good crew down there to help," he said.

"We're usually used in tropical environments, such as Shoalwater Bay and High Range, which are completely different settings to Cultana.

"We focused more on advising on and minimising communicable diseases and acting in a risk-advisory role, rather than fogging for pests like up north."

The support capability 17 CSS Bde provided during Exercise Predators Gallop was fully tested, Cpl Sebastian Beurich writes

SOLDIERS of 17 Combat Service Support (CSS) Bde tested their mettle during 1 Bde's Exercise Predators Gallop by providing support to more than 2500 people over the course of five weeks.

As an enabling brigade, 17 CSS Bde provides specialist CSS, medical, catering and military policing support to major exercises around Australia every year.

Commander 17 CSS Bde Brig Paul Nothard said his brigade did not have a force generation cycle like other brigades.

"Many of the capabilities that exist in 17 CSS Bde are unique to this brigade. Unfortunately, we don't have three of everything, so there are elements of the brigade that are constantly ready and on short-notice to move," he said.

"We certainly don't get the opportunity to have a reset period, because of the nature of what we do. It creates unique challenges, but that's just the nature of the business."

17 CSS Bde faces the challenge of having the entire brigade spread out across Australia. Brig Nothard said this created additional complexities when it came to command and control.

"We have outstanding sub-unit command teams who have more responsibility and less top-cover than a regular sub-unit," he said.

"It really goes to show the quality of the people we have in those sub-units,

which are dislocated from their higher headquarters."

The elements of 17 CSS Bde have long-standing relationships with the brigades they support, which shows with the feedback they receive.

"In the last few weeks, I've had formal letters to recognise the great work my soldiers have done supporting a number of exercises and operations," Brig Nothard said.

"I get quite a bit of feedback from the supported brigade commanders about the great work my officers and soldiers are providing to them as they go about their training."

Much of that feedback is because of the message Brig Nothard is pushing throughout his brigade – readiness, professional mastery and ensuring they can integrate into the formations and units they are supporting.

"The support the 17 CSS Bde elements provided on Predators Gallop is indicative of the support the brigade provides to the whole of Forcomd throughout the whole force generation cycle," he said.

"We focus very heavily on readiness, not just in accordance with our operational requirements, but for unexpected, short-notice contingencies such as Operation Fiji Assist.

"It's a great role, one that we enjoy and relish. I'm extremely proud of the work the brigade does. I know the formation is well represented by its officers and soldiers when they head out to conduct training or support tasks."

The support the 17 CSS Bde elements provided on Exercise Predators Gallop is indicative of the support the brigade provides to the whole of Forcomd.

– Brig Paul Nothard, Commander 17 CSS Bde



1 MP Bn members provide battlefield circulation and control support during Exercise Predators Gallop. Right: MP Pte Evan Burnett.



PREDATORS GALLOP

1 Bde's Exercise Predators Gallop was the fourth exercise in the brigade's preparation for Hamel plan, conducted at the Cultana Training Area in South Australia in March.

Medic Cpl Kelly Squires, of 1CHB, takes part in Exercise Predators Gallop at Cultana, South Australia.

Photos by Cpl Nunu Campos



Pte Samantha Bradbury, of 1CHB, conducts a medical test.



Pte Pradeep Singh, of 10FSB, helps with the catering.

Military police keep wheels in motion

Cpl Sebastian Beurich

SOLDIERS of B Coy, 1 MP Bn, played a critical role at the Cultana Training Area during Exercise Predators Gallop.

2IC B Coy, 1 MP Bn, Capt Will Taylor said the company had a strong habitual relationship with 1 Bde, particularly the new commander.

"Brig Ben James has worked hard to integrate us into the team," he said. Usually employed as a dog handler, Cpl Reg Ramage said getting back into the core business of being an MP for both himself, and the new members of his section, was the best part of Predators Gallop.

"We've gone back to the fundamentals of military policing in support of the combat brigade, which we haven't done in a very long time," he said.

"This exercise has really assisted us with redeveloping those skills. My section took up all of the challenges presented to them and they ran with it.

"Errors were made along the way, but we corrected them on the fly and between the start of the exercise and the end, they improved dramatically.

"The exercise really helped the senior members demonstrate the correct way of doing things to the new soldiers."

One of the new MPs deployed to Predators Gallop was Pte Jacqueline Brown, who said the learning curve was both consistent and good.

"We've put all of our skills to practice out here," she said. "It was a great opportunity to get up close with the units and understand how everyone worked together.

"I never realised how much impact certain units had on other units."

Pte Brown was attached to ICER for the duration of the exercise and said she didn't realise just how much work they actually did.

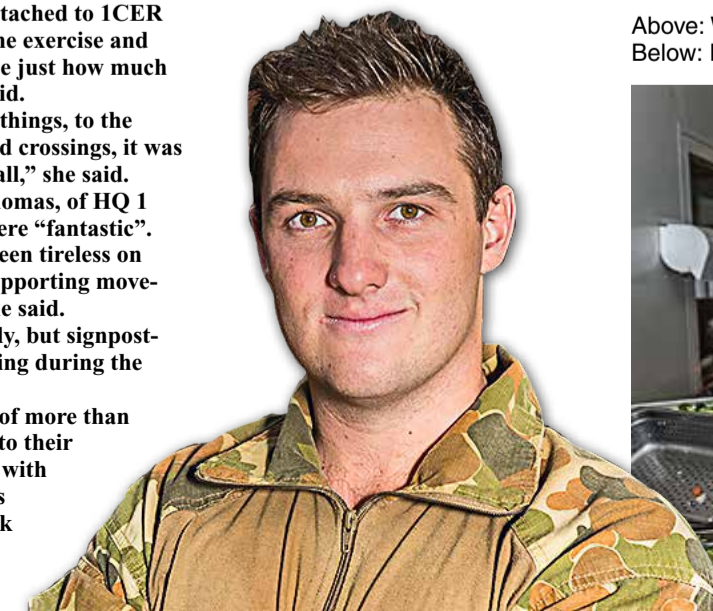
"From minuscule things, to the giant bridge and road crossings, it was pretty cool seeing it all," she said.

Capt Brendan Thomas, of HQ 1 Bde, said the MPs were "fantastic".

"The MPs have been tireless on Predators Gallop, supporting movement and control," he said.

"It may sound silly, but signposting was a massive thing during the exercise.

"Having a group of more than 2000 people moving to their individual locations, with no-one getting lost, is testament to the work they have done for us."



Secrets to feeding troops on exercise

Cpl Sebastian Beurich

CAN you imagine cooking more than 6000 meals a day, with yourself and only a small team?

10FSB's cooks did just that over the course of Exercise Predators Gallop, and at one point they even worked out of a collapsible field kitchen based out of the brigade maintenance area.

Adelaide-based caterer WO2 Paul Carne has been working with 1 Bde through his whole career – spending most of his early years with 2 Cav Regt before catering elements consolidated into 17 CSS Bde under Plan Bersheeba.

"1 Bde is a fast-moving brigade. We've fed anywhere up to 2500 people during this exercise, but the number fluctuates, sometimes it's 900, sometimes it's 2000," he said.

"That's per meal, not per day." WO2 Carne said his new soldiers had taken working in an austere environment in their stride.

"It's both an experience and a challenge for them, but we have the right people to take them under their wing and train them," he said.

"It's not often you get a large team and everyone gets on well together. No matter what the task or challenge is, I always hear 'let's go, let's go, we've got to get this done'."

"When we are working in a difficult environment, we can take our time doing things. It's a lot easier with things like electric ovens and air-conditioning.

"Even simple things most people take

for granted – hot water for example. In a kitchen, water is on tap. In the field, water is in 1000lt pods and we use gas burners to heat it."

Cpl Jessica Moore said working in the field was one of the most challenging parts of the exercise.

"It was dusty, windy and the set-up and pack-down was pretty hectic. We were cooking non-stop," she said.

"It was pretty tough. We had both good and bad days, but I think we've done pretty well throughout the exercise. "It was definitely a good experience for the new cooks who haven't worked in a field kitchen before."

As the 1 Bde catering manager, WO2 Carlton is responsible for liaising with the brigade's units and then developing a feeding plan to be delivered to the 10FSB caterers.

"My biggest challenge is getting our units to provide correct numbers. With sub-units converging into battle groups and then back into their parent unit, people are moving around so much it can be difficult to track," he said.

"WO2 Carne has been excellent in command and control of the kitchen on the exercise, and the whole team is excellent.

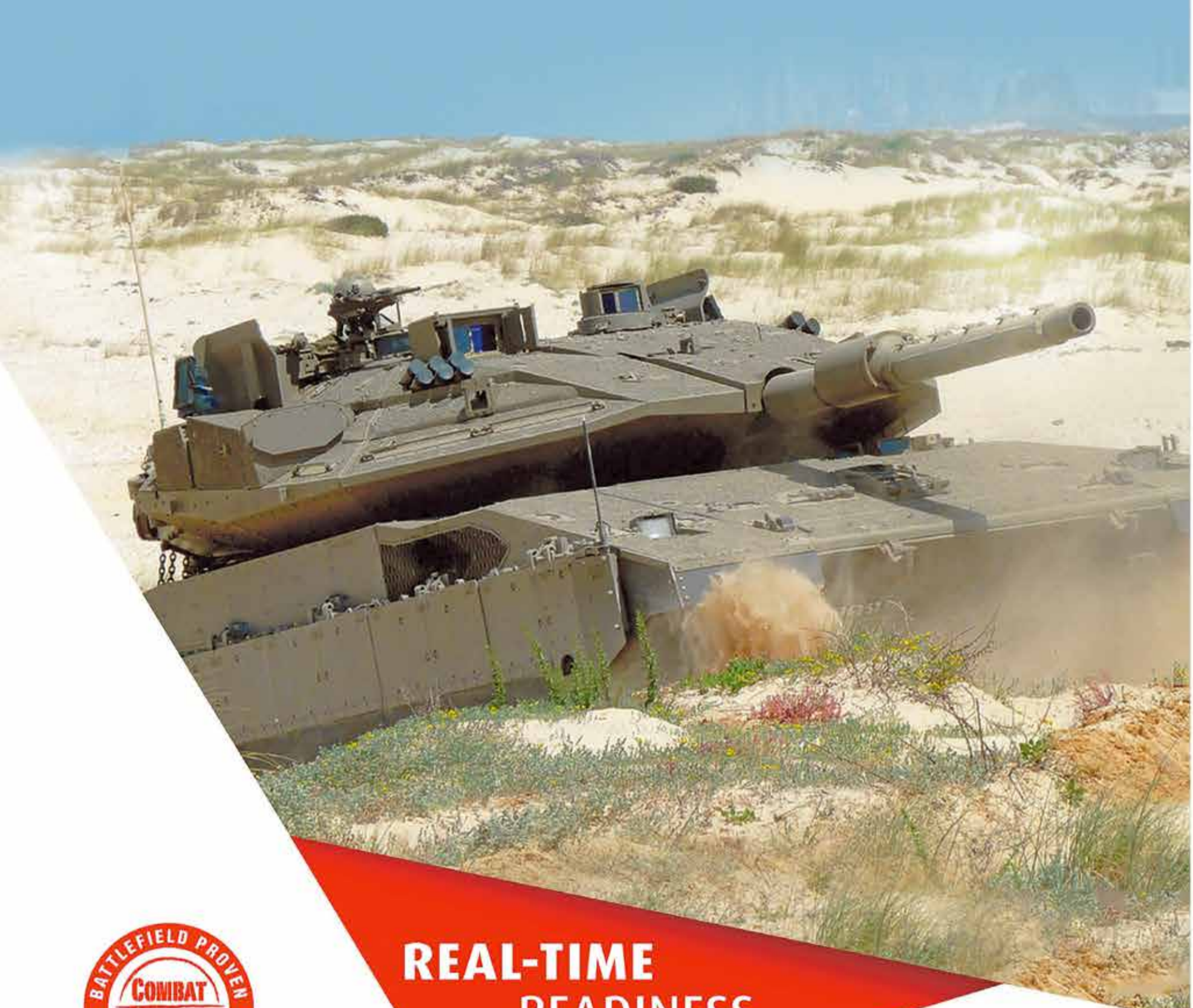
"They've been working very professionally throughout the exercise.

"They gave me the opportunity to get on the tools again and work with them in the kitchen. It was great to work with the soldiers and earn their respect with a bit of camaraderie."



Above: WO2 John Carlton, of HQ 1 Bde, at the catering operation. Below: Pte Samantha Berkley, of 10FSB.





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Team Army, pictured with ALTC Commandant Col Andrew Maclean (second from right, standing), brings some extra horsepower in the form of Armygeddon and Project Digger to the 2016 Formula One Grand Prix in Melbourne. Photo by Cpl Craig Barrett

In the driver's seat

Team Army wows crowds at Formula One Grand Prix, Sqn-Ldr Jaimie Abbott reports

TEAM Army was one of the main attractions in the industry and innovation precinct at the Formula One Grand Prix in Melbourne from March 16-20.

Thousands of people stopped by to look over the Team Army display vehicles and talk to members of the team who are based at the Army Logistics Training Centre in Bandiana, Victoria.

Team Army Project Manager Maj Scott Babington says participation in the Grand Prix allows engagement with like-minded spectators who might have an interest in Army's technical trades.

"This event attracts people from all over the world and provides us with the opportunity to showcase the quality of our vehicles on an international stage," he says.

"We were able to give racegoers an insight into the technical trade opportunities available in the Army, and they also had an opportunity to experience engine start-ups on the vehicles and pick up some Team Army posters."

Participation in Team Army is completely voluntary for staff and trainees from the Army Logistics Training Centre.

The majority of the team are trainees undertaking their technical trade

courses at the Army School of Electrical and Mechanical Engineering. The team conducts training, maintenance and cleaning activities on Wednesday nights when in-barracks to prepare the vehicles for attendance at events.

Maj Babington says members of the team are very passionate about putting on the best possible display.

"They are also passionate about showing the public the range of career opportunities available for people who are interested in a technical trade career in the ADF," he says.

Team Army attends numerous high-profile events around Australia, showcasing their vehicles.

In addition to the impressive display vehicles, Team Army is in the process of building a new third-generation vehicle based on a Mercedes-Benz G-Wagon 6x6, which is scheduled to be released in 2017 – the vehicle will be known as "TsunArmy".

The seven-piece Rising Suns rock band also entertained crowds during the four-day event.

Based at Simpson Barracks in Watsonia, the Australian Army Band – Melbourne promoted a positive image for Army and the ADF at the Grand Prix.

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“The detailed attention to managing these complex counterterrorism situations is always very inspiring, very impressive.”
 – Malcolm Turnbull, Prime Minister



‘World’s best’ in action

Special Forces earn praise during impressive capability demonstration, Capt Anna-Lise Rosendahl reports

A RMY’s Special Forces were praised as one of the “world’s best” for professionalism and commitment following a counterterrorism demonstration at Holsworthy Barracks on March 29.

Prime Minister Malcolm Turnbull and Defence Minister Marise Payne viewed the Socomd capability demonstration, which impressed the ministers.

The demonstration included siege scenarios where soldiers stormed buildings by foot and helicopter, a showcase of the precision drills and tactics used during a building assault and static displays of specialist equipment used by Socomd.

Mr Turnbull says he is impressed by the professionalism and commitment of the Socomd personnel he met.

“The precision shooting, the planning, the detailed attention to managing these complex counterterrorism situations is always very inspiring, very impressive,” Mr Turnbull says.

“The capabilities are the world’s best and the 2016 Defence White Paper and the plan behind it will ensure they become better still.”

The PM was reunited with explosives detection dog Trip, who he met while visiting Iraq in January.

“It was great to see Trip again,” Mr Turnbull says. “I’m notoriously fond of dogs generally and border



Main: Special Forces conduct a counterterrorism capability display at Holsworthy Barracks. Inset top/above: Prime Minister Malcolm Turnbull, Defence Minister Marise Payne and Minister Assisting the PM for Counterterrorism Michael Keenan at Holsworthy. Photos by Cpl Steve Duncan

collies in particular, but Trip was as cool, calm and collected as the soldiers that he works with.”

The PM says the visit had been arranged for months, but was topical in light of the attacks in Brussels and in Lahore over Easter.

“Our capabilities are the best in the world but we are far from

immune from terrorist incidents or terrorist activity,” he says. “But every aspect of government policy, every agency available to government, especially and including the ADF, is focused on ensuring we mitigate that threat and if an incident does occur we can deal with it as quickly and as safely possible.”

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Escaping daily stress

A trip to the bush can help ease stress, Capt Lucy Saaroni explains

AS A reservist with 1 MP Bn, Pte Marcus Nash is a driven man. Since 2014, his foundation – the Blue Green Crew – has been providing free 4WD expeditions to hundreds of ADF, police and emergency service members experiencing stress and difficulty in their lives.

“It all began when I met some Australian soldiers who had recently returned from service in Afghanistan,” Pte Nash says.

“Listening to them, I realised how stress and other hurdles can be easier to manage when we’re able to get away from the city, the barracks and our everyday surroundings.”

And so the Blue Green Crew was born. Pte Nash, who is posted to Simpson Barracks, Victoria, connected military members with the Victorian Police 4WD Club.

Supported by the Victorian and Federal police, the Blue Green Crew provides free day and overnight 4WD trips every month to help serving and former members of the ADF, police and emergency services.

“A simple trip to the outback is a great chance to relax and enjoy a short respite. It can give you the break you need to gain perspective and you’ll

A simple trip to the outback is a great chance to relax...

– Pte Marcus Nash, 1 MP Bn

make some awesome new friends at the same time,” Pte Nash says.

The value of this project has been recognised nationally. The Blue Green Crew has received endorsement from CA and CDF. And now, the RSL and Ambulance Victoria have come on board to provide funding and critical equipment like defibrillators.

Pte Nash says all referrals and participant details are kept confidential.

“It’s completely free and no equipment or even a vehicle is required,” he says. “If you don’t have a car, you’ll be given a seat in one of the 4WDs going and all the camping gear is supplied.”

For more information, email vicepresident@victoriapolice4wdclub.org.au

Members of the Blue Green Crew relax at the Billy Goat Bluff Track on the way to Dargo, Victoria. Photo by Pte Marcus Nash



The Blue Green Crew drive up Mt Skene in Victoria’s high country. Photo by Megg Palmer



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Building relationships

Army reaches out to Indigenous communities, Kloe Croker reports

ARMY has established a new network of Regional Indigenous Liaison Officers (RILO) to build relationships between units and Indigenous communities.

OIC RILO network Maj Jay Rasmussen says the team will work to develop sustainable and habitual relationships with Indigenous communities in their respective regions.

"The roll-out of the RILO network is a fantastic opportunity for Army to initiate, broaden or in some cases just strengthen Indigenous community engagement," Maj Rasmussen says.

"This reflects the shared association to our land and respects all serving and former serving Aboriginal and Torres Strait Islander soldiers."

Currently the network consists of seven Army Reserve appointments, which provide wide area coverage across each state and territory of Australia.

These reserve members will use their skills to assist Army to build cultural knowledge and establish or maintain enduring relationships with Indigenous communities and other support organisations in their regional area.

The network is supported by a cultural adviser who is able to establish links into and provide advice on

WHAT WE DON'T DO

- Recruit.
- Own the relationship between units and Indigenous communities.
- Write or enact the unit's community engagement plan.

Indigenous communities and regional cultural protocols.

"The RILOs will be a local resource on hand to support their Forcomd-appointed Formation Indigenous Liaison Officers and local unit commanders to generate effective Indigenous community engagement plans," Maj Rasmussen says.

In line with the Army Indigenous Strategy, RILOs have been directed to support the implementation of the strategy via three key functions.

This includes being a focal point for all Indigenous matters within a region, assist units to connect with and engage with Indigenous communities, and to provide support and assistance to local commanders.

This will enable local commanders to become custodians of enduring relationships with Indigenous communities.

Army's RILO Network.
Photo by Sgt Mick Davis



HOW WE CAN HELP

- Act as a regional point of contact for all local Indigenous communities seeking contact with Army.
- Provide advice and support to commanders on Indigenous communities.
- Coordinate introductions to key Indigenous points of contact such as elders, community leaders or traditional custodians.
- Connect units with Defence and other government support agency resources.
- Synchronising effort across the regions with other Defence organisations to avoid duplication that keeps unit commitments manageable.
- Provide mutual support to Defence Force Recruiting activities.

WHO TO CALL

■ **HQ RILO**
RILO.Army@defence.gov.au

■ **New South Wales**
RILO.NSW@defence.gov.au
Mob: 0409 318 627

■ **RMC-D**
RILO.RMC-D@defence.gov.au
Mob: 0458 749 501

■ **Victoria and Tasmania**
RILO.VICTAS@defence.gov.au
Mob: 0476 807 313

■ **Country Victoria**
RILO.VICTAS@defence.gov.au
Mob: 0476 808 945

■ **South Australia**
RILO.SA@defence.gov.au
Mob: 0476 801 056

■ **Western Australia**
RILO.WA@defence.gov.au
Mob: 0476 802 992

■ **Northern Territory**
RILO.NT@defence.gov.au
Mob: 0476 810 497

■ **North Queensland**
RILO.NQ@defence.gov.au
Mob: 0407 987 310

■ **South Queensland**
RILO.SQ@defence.gov.au
Mob: 0491 222 516

A South-East Queensland RILO, WO1 Geoff Frew, has been identified and will join the RILO Network from June 30.

Capt Brett Ferguson Victoria (Melbourne) and Tasmania

I JOINED the Army in January 1994 and served as a trooper in 1 Armd Regt. Serving through the ranks as a Leopard crewman, I was offered the opportunity to take a commission in 2007 and from there I fulfilled many appointments in the School of Armour, HQJOC, SCMA and DOTAM.

Complementing these appointments was an operational deployment in Afghanistan as the S02 Plans to the Comd ISAF Election Task Force in 2009.

After completing 18 years in the ARA I transferred to the reserve in 2012 and took up civilian employment as a firefighter in the Victoria Country Fire Authority.

As a part of this career I am heavily involved in many community organisation programs for fire safety education. A large part of the area I work in is in the north of Geelong – this area has an Indigenous population.

Working with this community and being involved in their programs has influenced my interest in Indigenous culture and encouraged me to learn more about their history, challenges and current issues.

In 2016 I was appointed to the role of RILO Victoria (Melbourne) and Tasmania. Army is seeking to enhance its capabilities through an increased representation of Indigenous people across all ranks and categories.

As the RILO for Melbourne and Tasmania I look forward to engaging with Indigenous communities and Army commanders in order to create a healthy relationship that will build trust and opportunities for Indigenous Australians for generations to come.



WO1 Edmund Schlegel South Australia

I ENLISTED in the ARA in February 1974. I was allocated to 2/4RAR after initial training. Throughout my career I have had postings to 3RAR and 8/9RAR as a CSM.

I have held a variety of officer training appointments, including postings to RMC-D in 1990 and ADFA from 1996-1998 as the WSM responsible for field training.

In 1999 I was promoted to WO1 and appointed as the RSM of 1/19RNSWR from 1999-2003.

I was also the RSM of the Pilbara Regiment, an Army Reserve/Integrated Regional Force Surveillance Unit based in Karratha, Western Australia, responsible for surveillance and reconnaissance operations across 1.3 million square kilometres – 1/6 of Australia's land mass.

During this period I developed a passion for encouraging Indigenous people to consider a career in the Pilbara Regiment.

In 2011, I transferred to the reserve and was allocated to 9 Bde. I worked in the brigade's recruiting team, which is where my interest in gaining further experiences within Indigenous engagement began.

I feel the ability to provide the next generation of young Indigenous men and women the opportunity to experience the lifestyle of the ADF guided me into nominating for the position of RILO for South Australia.

My goals are clear and simple: I want to enhance Army's capability through greater engagement with our Indigenous members and the wider Indigenous community.



Lee Smallwood North Queensland

MY ROLE is to provide cultural advice to Army RILOs working in regional locations with local units, focusing on community engagement. These are the frontline points of contact who give support to local commanders. My goal is to assist the Army to improve Indigenous participation rates within our organisation.

I am located at Lavarack Barracks in Townsville within the Army Personnel Support Centre and was appointed to

this role due to my extensive community engagement knowledge within the Aboriginal and Torres Strait Islander communities across most of Australia.

I belong to the Birri-Gubba and Wakka-Wakka clan from the north and central Queensland region. I have a proud family history of members serving in the ADF.

I have been in the APS for more than 16 years working in Indigenous affairs. I have also worked with the Directorate of Indigenous Affairs in Defence People Group.

I aim to continue to be an asset to enhance Army's capability through high-quality community engagement, building relationships with Indigenous communities so it becomes day-to-day business for Army.



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WO1 Jeffrey Murray
Western Australia

MY ARMY Reserve career spans 40 years. I began in artillery as a gunner, command post operator and a battery surveyor. I then transferred to the survey corps as cartographic technician and later to infantry as CSM, cadet officer coordinator, reserve response force training officer, soldier career adviser and finally as RSM.

I am also an avid adventurous training leader, supporting activities for the Army and youth.

Throughout my civilian cartographic career I support Aboriginal people through projects that benefit land tenure, protected sites and Aboriginal heritage across WA.

Using digital mapping techniques, I depict Aboriginal country pre-European settlement to show land when its traditional inhabitants lived their nomadic lifestyle.

My extensive involvement in Aboriginal projects has progressed to being selected as the RILO for Western Australia.

My aim is to introduce Indigenous culture to

Army to achieve the CA's intent of enhancing capability through increased Indigenous representation and effective engagement.

I am committed to developing networks between the Aboriginal communities, stakeholders and Army, which will contribute to effective personal, cultural and professional development.



Capt John Pini
Northern Territory

MY CAREER in the Army Reserve started as a Norforce patrolman in 1985.

A few years later I undertook officer training in Darwin and later at the Land Warfare Centre in Canungra.

I belong to infantry but my experience has been almost exclusively within the Regional Force Surveillance Unit environment.

I have returned to the active reserve after several years in the standby reserve to take up the posting as the RILO for the Northern Territory and Kimberley regions.

I have lived in the Northern Territory since my childhood and in my civilian employment as a police officer I have worked at a number of different locations in the 'Top End'.

The Indigenous population in the Northern Territory has a rich culture that survives to the present day and a proud history of service with the military in the part of Australia that has been most affected by war.

The Army has been a leader in the employment of Aboriginal soldiers resulting in mutual benefits and the Army Indigenous Strategy aims to build on the strong relationships that have been forged.

In my position I hope to see those relationships strengthened and expanded.



Maj John Roberts
Country Victoria

I HAVE a genuine interest in engaging with Indigenous communities as the RILO for Country Victoria.

In my ARA service I've had the opportunity to engage with a range of different multicultural backgrounds, which included the clearance of land mines in Mozambique during 2000-2001, a posting as the senior trainer for the Timorese military in 2004 and undertaking complex roles in Afghanistan and Africa.

Following my separation from the ARA in December 2005, I worked at Tarin Kot, Uruzgan province, Afghanistan, with contracts to upgrade and maintain the airfield and to manage the support operations for coalition forces.

Managing these contracts required me to deal daily with local contractors and a complex mix of cultures.

The experience and exposure I received from working with different multicultural backgrounds in my career led me to take up the role as the training material development officer for the Defence School of Languages.

As the RILO for Country Victoria I am excited and looking forward to the challenge of establishing, building and maintaining our regional Indigenous networks to be part of the Army Indigenous Strategy.



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Replica of the 1 SAS Coy Hut.
Left: The former company hut.

The contemporary members of the unit feel a strong affinity with these remarkable men.

– Lt-Col B,
CO SASR

SASR hut back to serve

A replica of 1 SAS Coy's accommodation is now part of an historical exhibit, Flt-Lt David Cusworth writes

THE Special Air Service Regiment has reclaimed part of its history in a replica 1 SAS Coy Hut unveiled in February.

Corrugated iron-clad huts made up the 1 SAS Coy lines at Campbell Barracks from 1957 until the formation of the regiment in 1964, but were removed in the mid-1990s, leaving a gap in the record.

"Clearly we have had to make some compromises," SAS Historical Foundation chairman Maj Greg Mawkes (Retd) told VIPs and guests at the opening of the exhibit, the latest addition to the SAS historical collection.

"The building standards applicable when the original buildings were constructed would not pass muster today.

Corrugated iron has been replaced by Colorbond sheeting with a specific colour range.

"If we painted the Colorbond to match the original buildings, the 10-year warranty is voided.

"Lighting of yesteryear will contribute to the deterioration of historically important objects."

Among the exhibits are mementos of the WWII-era Special Operations Australia, forerunner of today's Socomd, and original uniforms and equipment from 1 SAS Coy days.

"Importantly, we included access for visitors with a disability, which includes some of our own," Maj Mawkes added, reflecting on seven decades of SASR at Swanbourne.

The hut was officially opened by the Colonel Commandant of SASR,

Brig Jim Wallace, a former CO of the regiment.

Current CO Lt-Col B welcomed special guest Brig Brian Wade, one of five officers who marched in with the first contingent of SASR at Campbell Barracks, and was later OC 2 Sqn in Vietnam from 1968-69.

"Also with us today are 20 former members of the SAS Coy," Lt-Col B said. "I'd like to publicly thank you not only for coming, but for everything you have done to lay the foundations of today's regiment."

The CO traced SASR's heritage back to WWII Special Operations units featured in the exhibit.

"We draw significant heritage from the concepts, techniques and mindset they developed, and I know the contemporary members of the unit feel a

strong affinity with these remarkable men," Lt-Col B said.

"Indeed, the seed-corn funding for this project was provided by the Z Special Unit International, further solidifying these links."

The Z Special donation of \$100,000 in 2011 largely went towards the hut. In addition, five corporations were recognised for their contributions: McGrath Modular Homes (building the hut off-site and within budget); Ashburton Crane Hire (placed it on site, gratis); CPR Electrical Services (power connection and accessories, gratis); AirPro (provided air-conditioning units, gratis); and Lighting Options Australia (provided 50 per cent of museum-standard lights, gratis).

The CO also thanked donors to the

SASR Golden Jubilee Lottery – the family of Jack Sue for loan of WWII equipment – and John Burridge for the original medal miniatures of Lt-Col Joseph Campbell, whose name adorns the barracks.

Maj Mawkes commended architect Duncan Jordan, who has supported the SAS History and Research Centre from its start in 1987, and regular benefactor Bill Crowe.

"The Historical Foundation's next project is to extend the aircraft hangar another 90 feet to house the Chinook helicopter which is sitting on the regimental headquarters car park," Maj Mawkes said.

"This project has been costed at about \$850,000, which will require a massive fundraising effort."



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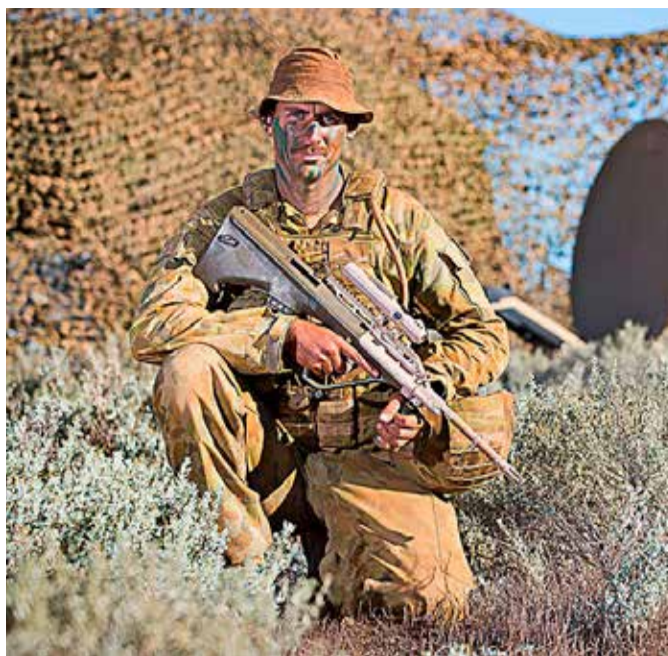


Curator WO2 Nigel Bennett shows visitors around the 1 SAS exhibit.



Change of command on Operation Aslan

Incoming Commander Australian Contingent Operation Aslan Col John Carey (right) farewells outgoing Commander, Col Michael Bond, from Bor, South Sudan. Operation Aslan is the deployment of ADF personnel to the United Nations Mission in South Sudan (UNMISS). Col Carey will also serve as the UNMISS Senior Military Liaison Officer for Jonglei State and is responsible for facilitating outreach, coordinating integrated patrolling and key leadership engagement. The ADF has contributed personnel to UNMISS since September 23, 2011. The commitment assists the UN to protect the people of the Republic of South Sudan by monitoring human rights and delivering humanitarian aid.



Cpl Matthew Gray, of 1CSR, during Exercise Predators Gallop at the Cultana Training Area. Photo by Sgt Janine Fabre



OC WONCO Academy Maj Ben Gallacher presents Cpl Scott Newman, of 2 Cav Regt, with the Chief Instructor's award for excellence on Subject One for Sergeant.



WO2 John Line presents Cpl Erin Tierney, of 2CHB, with the Trainee of Merit award for excellence on Subject One for Sergeant at Canungra, Queensland.



The Aboriginal and Torres Strait Islander flags are permanently hoisted alongside the Australian National Flag, ADF Ensign, Australian White Ensign and RAAF Ensign at Blamey Square, Russell Offices, Canberra.

Photo by Lauren Larking



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– Maj-Gen Rick Burr, DCA

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THIS year Army will roll out the new ADF Total Workforce Model (TWM), which provides a new service category structure.

The new model gives soldiers variety and options to support them to continue serving, while retaining experienced personnel to sustain Army capability.

The ADF TWM was developed over several years with research informed by more than 10,000 ADF members.

The research clearly identified permanent members want more flexibility and reservists are seeking more opportunities to serve.

Army recognises there will be times in every soldier's career where he or she may need to change their service commitment to better balance work and life responsibilities.

DCA Maj-Gen Rick Burr said the ADF TWM was about enhancing capability.

"Increased flexibility in our working arrangements helps us to retain competent

personnel and attract those who possess high-value skills," Maj-Gen Burr said.

"Our soldiers therefore require a service offer that is adaptable to their changing circumstances, enabling them to sustain long-term, rewarding military careers.

"The TWM gives our commanders and members broader options for service and career management, while also providing the flexibility required to manage the workforce through a range of full-time and part-time service arrangements."

The TWM encompasses a service spectrum that builds on and enhances existing ways of serving by introducing two additional service categories, updating others and promoting mobility between service categories.

The TWM will assist commanders in making decisions to balance the service needs and individuals' personal responsibilities, with tailored remuneration that reflects members' obligations and contributions.

WHAT DOES IT MEAN FOR YOU?

What does this mean for commanders?

THE ADF TWM provides commanders increased access to a wider pool of skilled personnel and workforce options to fill critical capability gaps.

It also provides commanders with greater options to support members requesting access to flexibility to balance personal and service commitments.

Does this change my pay and conditions?

The ADF TWM does not change the pay and condi-

tions for permanent Army members serving full-time or active reserve members.

Service in other categories may change some conditions in line with the amount of service undertaken.

For most Army members, the ADF TWM will be business as usual.

The model will assist members if they have a change in circumstances throughout their career.

Serving in a different category for a period, when approved, may assist you to balance work and personal responsibilities.

What does this mean for me?

Army has finalised the ADF TWM Implementation Directive (06/15), which details coming changes.

During 2016 you can expect to see some changes in PMKeyS showing the service category you belong in.

Want to know more?

For more information, visit <http://intranet.defence.gov.au/People/sites/SUAKIN/comweb.asp?page=155743&Title=News-and-Resources>, or email any questions to suakin.project@defence.gov.au

CATEGORIES AT A GLANCE

What are service categories?

SERVICE categories (SERCAT) group members together according to their approved availability to serve. These new categories will replace those currently in place.

Commanders and career managers will be responsible for recommending and approving a member's transfer between SERCATs. Throughout implementation this year, Army members will be transferred to a specific SERCAT based on their current service categorisation.

Types of service categories

SERCAT 1 – Defence Civilians – Defence APS employees who are 'force assigned' to provide specialist services on operations.

SERCAT 2 – Inactive Reserve – Members of the reserve who are listed but do not serve.

SERCAT 3 – Reserve – Members of the reserve (who previously worked under DA50) who are available to volunteer for service. The level of service the member provides is determined by Army.

SERCAT 4 – Reserve – High readiness reserve members who are available for voluntary service at short notice, when required by the services. This category will not be used initially by Army, but may be used in the future if needed.

SERCAT 5 – Reserve – Reserve members who agree to a specific pattern of

service. The level of service the member provides is determined by Army. **SERCAT 6 – Permanent** – Permanent Army members who receive approval to work flexibly. Service could be days a week, weeks a month or months a year. Service could be within a year period, or over a number of years as approved. Approval to transfer to SERCAT 6 is dependent on the unit's capability requirements.

SERCAT 7 – Permanent – Permanent Army members serving full-time. Permanent members rendering continuous full-time service.

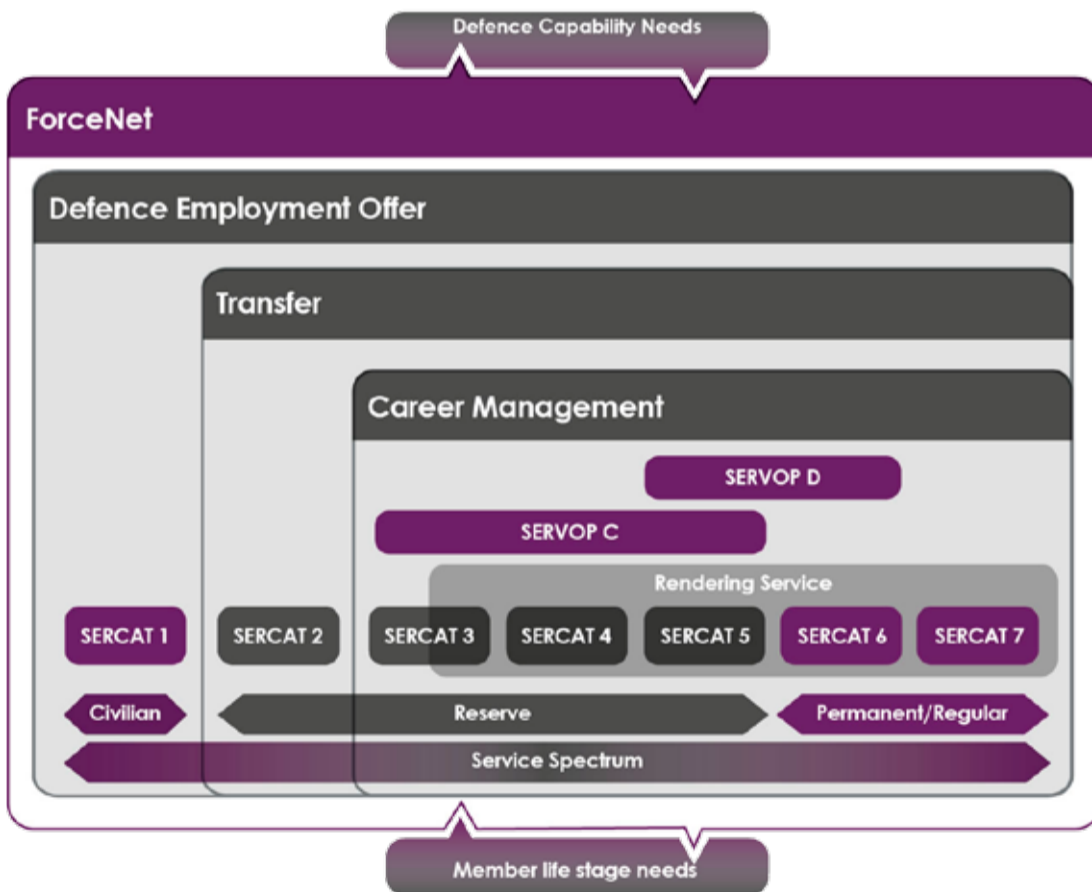
What are service options?

Service Options (SERVOP) are ways members from a variety of SERCATs may be approved to serve. They relate to specific SERCATs and are not applied independently of any SERCAT.

SERVOP C – Continuous Full-Time Service – This service option applies to reserve members from SERCAT 3, 4 or 5 who are approved to provide continuous full-time service. SERVOP C is available to reserve members at Army's discretion.

SERVOP D – Dual Employment – This applies to permanent members in SERCAT 6 or reserve members from SERCAT 5. This option allows members to serve in a part-time capacity, while also working part-time with a civilian employer under a formal shared service/employment arrangement.

ADF Total Workforce Model



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Staff urged to take action

THE Sexual Misconduct Prevention and Reporting Office (SeMPRO) will hold a series of presentations for Canberra-based ADF and APS staff throughout May and June. The presentations will provide an overview of the services available through SeMPRO, as well as advice and guidance on what you might do if you experience or witness sexual misconduct in the workplace. The timetable will be available shortly on the SeMPRO website. More information on SeMPRO is available at www.defence.gov.au/sempro



MARCH TRIAL RESULT

NON-COMMISSIONED OFFICER Defence Force Magistrate

1 x prejudicial conduct – DFDA s 60(1)
 The member was accused of prejudicing discipline by grappling a subordinate member. The member pleaded not guilty to the charge but was found guilty. The member was convicted without punishment.

All court martial and Defence Force Magistrate trial results are subject to command review and appeal. The results are of trials across the ADF.

A plan of attack pays

A little planning for your retirement can go a long way, Australian Securities and Investments Commission Chairman Greg Medcraft writes

UNDERSTANDING your superannuation is important because it is a key to realising your retirement dreams.

ASIC's MoneySmart retirement planner is a useful free calculator to help you work out what income you are likely to receive from super and the age pension after you retire.

You can also use it to see how contributions, investment options, fees and retirement age will affect your retirement income from super, and what you can do to boost your superannuation savings and retirement income.

Most ADF members will know that a new Defence superannuation arrangement takes effect from July 1.

It will be based on members' choice of superannuation and will include a new fund called ADF Super, into which members may choose to direct their employer contributions.

The Military Superannuation and Benefits Scheme (MSBS) will be closed to new members from July 1.

The MSBS is what is typically called a defined benefit fund, as distinct from the new arrangement, which is based on a defined contribution (also called an accumulation fund).

ASIC's MoneySmart tip is to stick with a defined benefit fund unless you're sure that you will be better off in another type.

If you are a member of MSBS, consider getting professional advice before changing to the new ADF arrangement. Remember that once you leave the fund you can't get back in.

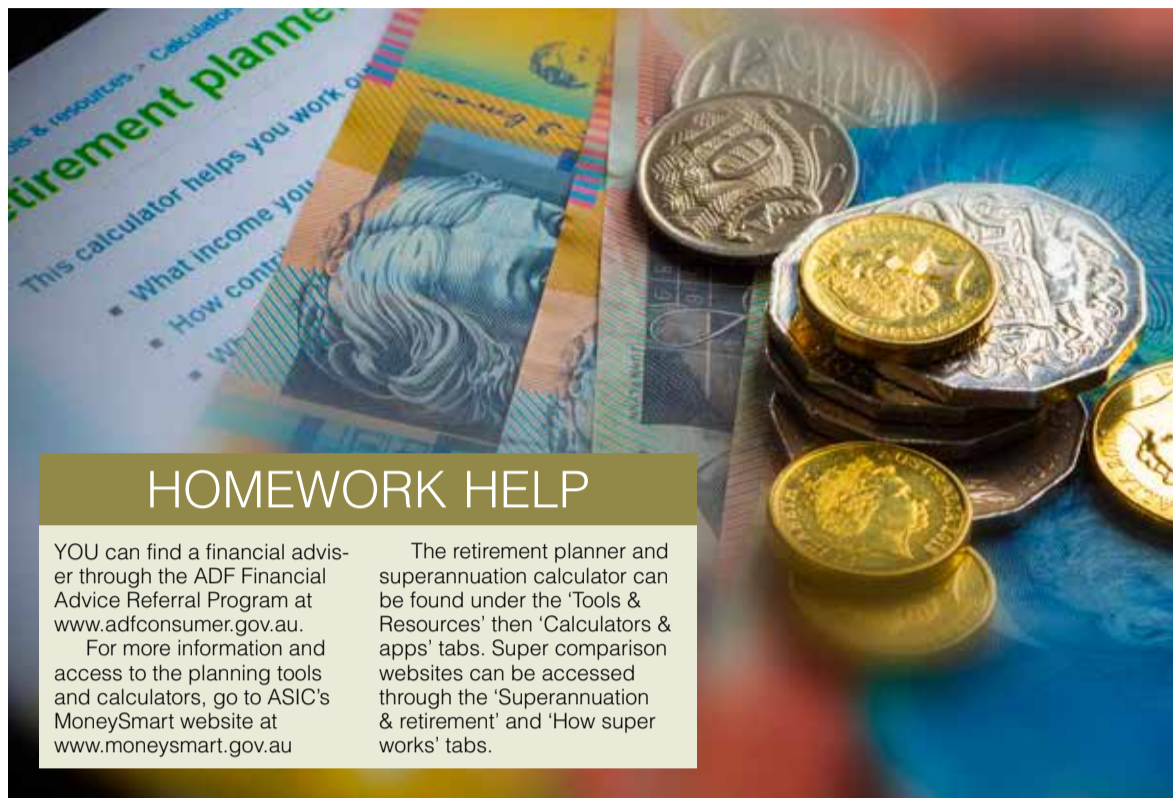
The new ADF arrangement will allow ADF members to join the superannuation fund of their choice.

One of those choices will be a self-managed superannuation fund. Some people want the control that comes with managing their own super, but this comes with greater responsibility, time and effort.

Self-managed funds can be suitable for people with skills in financial and legal matters as they are personally liable for all the decisions made about the fund.

You should be aware of the costs of accounting and auditing. You should also consider whether the investments you choose will outperform a standard super fund.

If you're managing your own fund, you will typically need a large amount of money in the fund to make set-up and yearly running costs worthwhile.



HOMEWORK HELP

YOU can find a financial adviser through the ADF Financial Advice Referral Program at www.adfconsumer.gov.au.

For more information and access to the planning tools and calculators, go to ASIC's MoneySmart website at www.moneysmart.gov.au

The retirement planner and superannuation calculator can be found under the 'Tools & Resources' then 'Calculators & apps' tabs. Super comparison websites can be accessed through the 'Superannuation & retirement' and 'How super works' tabs.

You will also need to budget for ongoing expenses, such as professional accounting, tax, auditing, legal and financial advice fees.

Make sure you have enough time to research investments and manage the fund and, importantly, that you have the financial experience and skills to make sound investment decisions.

Use ASIC's MoneySmart superannuation calculator to compare super funds. This will help you work out how much super you'll have when you retire and how fees can affect your final payout.

Super comparison websites can also help you weigh up super funds, but don't take their ratings as gospel.

Before making a decision about leaving or joining a super fund, evaluate all the options.

You might even consider getting professional advice from a licensed financial adviser who specialises in superannuation, especially military superannuation.



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Quitting cigarettes would be such a breath of fresh air.

Photo by LS Jayson Tufrey

Smoking is a drag, so how do I quit?

In the first of a series on his quest to stop smoking, **Cpl Sebastian Beurich** tells of his battle to get started

ANYONE who has been in my shoes would know how difficult it is to give up smoking. As a bit of background, I have been smoking for roughly eight years now.

I started at the tender age of 16, the way that I'm sure a lot of smokers took up the habit. I thought it was cool and by extension, I was cool.

Fast forward a few years to when I joined the Army. At that stage, I was probably smoking between five and 10 cigarettes a day.

After my first year in, that number turned to 25-30 a day.

Why, I hear you asking? There were a number of factors, downtime being the primary one. If we had some cigarettes, the smokers would excuse themselves for a break.

The extension of that is when one of the smokers went out for a break they would invite the rest of us out as well.

As they say, smoking is a very social thing.

Let's fast forward again, to the present. When people ask me why I smoke, my common answer is "I don't know actually. I've been quitting for the past five years."

And that's true. I've been at one stage or another of quitting throughout those five years. In 2014, I quit for a month and a half, and then fell back onto the bandwagon when I went out into the field.

I've tried patches, e-cigarettes and even replacing smoking with eating trail mix. Unfortunately, none of them stuck for a variety of reasons.

Smoking isn't even a social thing

anymore. None of my co-workers smoke, nor do any of my friends.

It has reached the point where I need to give it up.

The first thing I need to figure out is how I am going to quit smoking. I've gone cold turkey for various amounts of time in the past, but it doesn't seem to stick.

For this part, I need to visit my local ADF health centre and see what options are available.

I know the common methods – nicotine replacement therapy using patches, gums and mints – but I've heard both good and bad things about Champix.

A great resource to get some facts and information is the government-run Quit Smoking website, which has all the information you could want about quitting smoking.

The first thing I deduced from the website was that I needed a personal reason for quitting.

Now this reason isn't something which came to me overnight. It's something I've thought about in the back of my mind for the last few months.

I want to be as fit as I was before I started smoking. I used to be able to run 2km in eight minutes, now I can barely run 2km in 10 minutes.

I'll leave off here until my next report, in which I will cover the advice given to me by a medical officer.

If anyone has any tips or tricks they would like to share to aid me in my quest for better health, feel free to email me at sebastian.beurich@defencenews.gov.au.

For more information, visit your local health centre or www.quit.org.au



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Played in 'great spirit'

Pucka cricketers impress at Kapooka

Sgt Dave Morley

THE inaugural Commandant's Cricket Shield match played at Kapooka on April 2 ended in a win for the Puckapunyal Cricket Club (PCC).

PCC batted first and were all out for 103, which included an outstanding 44 runs from PCC's civilian player Luke Marshall, who has been playing for PCC for 10 years.

While the Commandant's 1st XI were all out for 93 runs, their bowling and fielding was outstanding with team captain 1RTB OPSWO WO2 Maurice Hall taking two catches and two wickets early in the game.

PCC captain Cpl Albert Davey said he had been captaining PCC on and off for the past three years.

"I was quite happy with the way the blokes performed, although I would have liked more runs on the board, however, with the condition of the ground I think it was a fairly decent result," he said.

"Our best player was Luke Marshall – he carried his bat for almost the entire match and was a solid rock for us.

"I can't fault our bowling or

fielding, but if a few of us had been able to bat like Luke and hold our wickets a bit longer we'd have done better."

WO2 Hall said it was a privilege to captain the Commandant's 1st XI.

"The team did well considering they were scraped together only a few weeks ago," he said.

"I was pretty happy with their competitiveness and the way the game was played.

"Our best player was Cpl Eamon Hale. He opened the batting, holding up one end and took two valuable wickets when we needed them, and he played some nice shots."

WO2 Hall said with the time put in at work by the recruit instructors it was hard to get time for a training session.

"So for the training we did get, I think we did pretty well," he said.

"Overall, the game was played in great spirit."

Commandant ARTC Col Steve Jobson said he appreciated the efforts so many people had made to ensure the day was a success.

"PCC's win has set the stage for the Commandant's 1st XI to visit Puckapunyal and reclaim the shield," he said.



Lt Jayden Lee, of the ARTC team, bowls to Cpl Albert Davey, of the Puckapunyal Cricket Club, during the inaugural Commandant's Cricket Shield match played at Kapooka.

Photo by Sgt Dave Morley

PCC man of the match awards went to Luke Marshall, first, Lachie Deeble, second, and Cpl Dwight Coombes, third.

Commandant's 1st XI man of the

match awards went to Cpl Eamon Hale, first, Lt Mick Reynolds, second, and WO2 Maurice Hall, third.

Cpl Hale was also named overall man of the match.

A pre-season match at Puckapunyal in September will give the Commandant's 1st XI an opportunity to bring the shield back to Kapooka.



Lt-Col Iain Addinell crosses the finish line in the World Triathlon event on the Gold Coast.

Narrow second to seasoned triathlete

TRIATHLETE Lt-Col Iain Addinell ran second in his age group during a World Triathlon event on the Gold Coast on April 10.

Lt-Col Addinell, of HQJOC, narrowly missed out on victory in the 45-49 age group and placed 42nd overall against about 1000 competitors in the event, with a time of 1hr 2min 12sec.

"I lost the age group win by six seconds to an athlete from Singapore who ran 17min 33sec off the bike," Lt-Col Addinell said.

"I didn't see him in the field until he passed me in the last 400m.

"It was a good race and you never know who is in the field."

Army athletes dominated the ADF team, with 10 of the 12 ADF Triathlon Club members competing coming from Army.

The race was a sprint distance event with a 750m swim, 20km bike course and 5km run.

Capt Denna Fryer, of 1 Int Bn, was the best of the newcomers, placing 19th in the 25-29 age group with a time of 1hr 21min 15sec.

Though the competition was fierce, Lt-Col Addinell said there were a few things going for and against him.

"The swim was fast as it was partly tide assisted," he said.

"Two swimmers from my wave exited the water with me but I soon

dropped them on the bike, but the wind on the outwards portion of the course was quite strong.

"I averaged just over 40km/h for the bike portion and ran a 19min 16sec off the bike, but didn't have the legs for a sprint finish."

The ADF Triathlon Club will next race in the Noosa Olympic Distance event in October.

They are open for any member of Defence to join, with a number of different distance races offered in each state and territory.

For more information, email defence.triathlon@defence.gov.au or visit <http://drnet.defence.gov.au/vcdf/Sports-ADFSportsCouncil/Sports/Pages/Triathlon.aspx>

Skaters take to the ice for camp

Fit-Lt Kirstie Winter

WHILE many people gorged on chocolate during the Easter holidays, 13 women from all three services were sweating it out with the ADF Ice Hockey Association (ADFIHA) in Newcastle.

The inaugural week-long development camp held by the ADFIHA was aimed at increasing female participation within the association.

Lt Sue Green, of the Randwick Health Centre, said she learnt a lot about conditioning for hockey.

"From fumbling around on the ice to being able to do turns with reasonable confidence and speed in one week is just amazing," she said.

Participants spent up to 12 hours each day in training and development. This consisted of strength and conditioning education and training sessions, two on-ice training sessions, as well as theoretical hockey development.

Head ADFIHA coach Maj David Johnson structured the camp with a format that provided valuable training aids and coaching to encourage more women into the sport. Strength and conditioning was provided by Cpl Jason Colquhoun.

Maj Johnson also enlisted Canadian power skating coach Debbie Strome to put the women through their paces.

ADFIHA, while only 12 months old, has come a long way and continues to improve and recruit new members.

For more information on ADF Ice hockey or to join the association, email adf.icehockey@defence.gov.au

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Five titles on the trot

Soldiers smash Air Force and Navy in interservice Aussie Rules carnival

Maj Felicity Hamblin

IT WAS a case of deja vu for the women of Army footy, with another victory clocked up at this year's ADF Aussie Rules (ADFAR) national carnival in Melbourne from April 2-9.

While rain made it difficult on their first day of play against Air Force, not a drop fell on the final and deciding game of the series against Navy, resulting in a fifth-year-straight-win for the Army women's team, who have again held onto the coveted Geoff Ledger Cup.

In her second year captaining the women's side to victory, Cpl Rhiannon Busch, of 10FSB, said she was happy to see an Air Force women's team come along again this year.

"They played a hard game in wet conditions," she said.

"While they didn't manage to score, they really gave it a great effort and it was good to see them back at the national carnival."

Their first game at Whitten Oval saw Army finish up 19.16.130 against Air Force 0.0.00. The deciding match at Moorabbin against Navy was a little closer - 12.9.81 to Navy's 1.0.6.

"This is my seventh year of playing Army footy and we've developed a new game plan and a new structure, and just managed to have more legs than the Navy this year," Cpl Busch said.

The best player award went to Pte Kate Lutkins, who was key to the Army women's success on the ground.

For the men, the disappointing loss against Navy last year was all but forgotten as they sailed through their games and snatched back the Jim Smail trophy this year, with impressive victories over both Air Force and Navy.

Army team captain Capt Rob Frankland said the Army men changed up their tactics from last year, resulting in a focused approach to each game.

"We had a very deliberate approach with our coach, Sgt James Debono. When we came in to camp we were introduced to a specific game plan and we worked to that plan the whole time," he said.

The new approach clearly worked for the team, with a comfortable victory over Air Force at Whitten Oval. Final scores were 16.13.109 to 5.8.38.

The decider against Navy at Moorabbin Oval looked like it was heading in the same direction, until



Pte Kate Lutkins kicks for goal.



Sig Daniel Russell, of 1CSR, takes a mark. Photos by Cpl Nunu Campos

REACHING FOR THE STARS

Army players named in the All Stars squad:

Women

- Pte Kate Lutkins
- Pte Brooke Curren
- Pte Lauren Mullane
- Pte Louella McCarthy
- Pte Caitlyn Elleray
- Pte Cassandra Cushing
- LCpl Elizabeth Drake
- LCpl Natasha Sant
- Cpl Rhiannon Busch
- Lt Katelyn Thorne
- Capt Jessica McKinnon

Men

- Pte Craig Marshall
- Pte Sam Tonkes
- Cfn Stuart Jefferies
- Gnr Travis Thone-Kain
- Sig Matt Hood
- Sig Daniel Russell
- LCpl Trent Lenehan
- LCpl Cameron Andriske
- Cpl Daniel Harper
- Capt Brett Edmonds

Navy managed a last quarter burst of energy that had the Army team worried.

"Navy kicked the first three goals in the last quarter and I became a little bit nervous then, but Pte Sean Penski kicked the sealer and from there I was pretty happy," he said.

Army managed to hold on for a 15-point victory, with scores finishing up 11.6.72 to Navy's 8.9.57.

Best player went to Sig Stephen Ott, with the Army coach describing him as a key ruck player who allowed Army to assist the ball in every contest.

"Stephen's command and direction with the midfield group showed excellent leadership that extended across all players regarding their preparations prior to the carnival," Sgt Debono said.

ADFAR chairman Brig Matt Hall said this year's carnival, which again saw ADF's Indigenous players take to the field, had yielded excellent results across the board.

"Every single player involved in the competition has represented their side to an extremely impressive standard," he said.

A new addition to the competition

this year saw adaptive sports teams, primarily from 1 Bde, take on other state-based teams and RSL NSW veterans in the new game of Wheelchair Aussie Rules, played at the Melbourne Sports and Aquatic Centre.

"It was fantastic to take to a chair and test our footy skills in a different way," Brig Hall said.

"Partnering with Disability Sports Australia to introduce a national Wheelchair Aussie Rules competition for the first time was a great opportunity for everyone involved. A highlight was legend Ron Barrassi meeting

soldiers undergoing recovery and rehabilitation during the wheelchair carnival."

With the ADFAR nationals now over, top players from each service have been selected to represent the ADF in All Stars matches played in both Melbourne and Adelaide.

The women's team will take on the tough players of the Victorian Women's Football League, and the men's team will play at Adelaide Oval against a team from Combined Emergency Services, as a curtain raiser to a major AFL game.

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LCpl Jake Cooper, of 6 Avn Regt, evades a tackle by a member of the Socomd side. Photos by Sharp Shots Wagga



Back-to-back

▶ Socomd goes down to aviators

Sgt Dave Morley

BOTH players and organisers enjoyed a spirited day of Rugby 10s at the Kapooka K-Series on March 19, with 6 Avn Regt defeating Socomd 17-10 in a hard-fought game between two top sides.

In the Plate final CATC North defeated the Pucka Boars 25-5, while ADFA defeated the Riverina Army Rugby Club 12-10 in the Bowl final.

K-Series organiser WO2 Mark Fisher, of ARTC, said he was happy with how the event ran.

“Some great rugby was played, and in the right spirit of the game,” he said.

“The teams that got down for the knockout did well to get their teams together on short notice.

“Having the women there for the first time was important so we could promote the women’s rugby as well.”

Captain of the 6 Avn Regt team Cfn Logan Chin said they were quietly confident going into the weekend with the game plan and the players they had.

“It was great to play Socomd in the final again as I know there were a few rivalries between friends from the different sides, plus they really wanted it after we beat them last year,” he said.

“It was the most physical and fun game for us and a great way to finish the day.”

Cfn Chin said despite winning on the day his team could have done better if their communication hadn’t occasionally broken down leading to their patterns losing shape and efficiency.

“Because of this I believe we could have improved communication to maintain our patterns, but this breakdown was expected due to the limited time players had together practising before playing. As the day went on fatigue obviously played a factor,” he said.

Cfn Marley Broad was 6 Avn Regt’s best player for the series.

According to Cfn Chin, although Cfn Broad had only been playing for two years, he had managed to pick up the skills really well.

“He’s reliable in making his tackles as he puts his body on the line and commits to each and every tackle,” he said.

“He played the majority of every game and was in the right place at the right time supporting his team mates, which resulted in a few tries for him.”

WO2 Fisher said planning for next year had already started and there would be ample notice given for the K10s in March 2017.

Women take on rugby at Kapooka

Sgt Dave Morley

WOMEN graced Kapooka’s rugby fields for the first time during the K-Series Rugby 10s on March 19.

ADF Rugby Union (ADFRU) player Cpl Mollie Gray, of DFR – Parramatta, said women didn’t have a strong presence at the Kapooka 10s, but they were trying to change that.

“ADFA brought a women’s team along to K10s and we hustled up some extra women from Kapooka, the School of Infantry (SOI) and a few other units,” she said.

“They were all grouped together and we split the teams evenly, making sure there was a mixture of new and old players.

“We held a quick training session before the game and refreshed the players on the basic rules of rugby.

“It’s fantastic how quickly new

players can pick up the rules of rugby.”

Cpl Gray said the most exciting thing for her was watching new players come along and get right into a sport she loves so much.

“When we took to the field for a game of sevens I was amazed at how they performed,” she said.

“I took control of one team and Capt Erica Hansch, of SOI, took control of the other team.

“The ADFA players were split between both teams and the competitiveness that came out between them was unbelievable.

“The game was broken into two seven-minute halves and it was on.”

Cpl Gray said having just come back from an eight-month injury it was a great game for her to ease herself back onto the field.

“My fitness is definitely not what it was before my injury, but it was such

a great feeling to get back out on the park and do what I love,” she said.

“ARTC PTI Cpl Alicia Bloom was awarded player of the match and rightly so. She displayed huge potential and is about to come away to the interbrigade rugby competition in May as part of 16 Bde, which will give her a chance to vie for a spot in the Army women’s team.

“Every woman who took the field that day played their absolute heart out and put on a great show for the crowd.”

According to Cpl Gray, women’s rugby is growing fast.

“It would be amazing to see a sevens competition running alongside the K10s series next year,” she said.

“Rugby season is the best time of year and the more exposure women get to it the more competitive selection will be for Australian Army Rugby Union and ADFRU,” she said.



Cpl Mollie Gray in action at Kapooka.

HAVE YOUR SAY

Army welcomes letters from readers. To increase the likelihood of having a letter published, please note:

- Preference is given to letters under 250 words.
- Letters may be edited for space and grammar.
- Letters must include author’s name, unit, and location.
- Letters might be rejected if they are too long, abusive or can be answered by the author’s unit.

Email letters to armynews@defencenews.gov.au

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SPORT

April 21, 2016

Lt Jennifer Cooper, of HQ 1 Bde, gets a kick away from Smn Amanda Doyle during a match against Navy.

Photo by Cpl Nunu Campos



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CLEAN SWEEP

Army blitzes ADF Aussie Rules Championships in Melbourne

- P30



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