



Army

Special feature – Who we are

October 22, 2015

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The soldiers' newspaper

We strive to be an **ethical, inclusive and diverse** organisation.

Our total force is:

43,654  29,357 full-time
13,427 part-time
870 Army civilians



Women represent 12% of full-time personnel, 13.5% of part-time personnel and 44% of Army civilians.



444 full-time personnel, 358 part-time personnel and 13 Army civilians have identified as Indigenous.



Our Army is made up of 9266 officers and 33,518 other ranks.



Our Army is made up of 114 trades. The largest trades are rifleman, driver specialist and unit quartermaster.

We look after our people, because they deserve it.

Our people are located:



Our people are located in all major cities and regions of Australia and train in ten major training areas as well as many smaller locations.

Courage

moral and physical, to act in the best interests of the nation and the Army; including the moral strength and professionalism to balance the will to win with compassion, and mateship with duty.

Initiative

to explore opportunities and embrace innovation to improve Army and our service to our nation.

Respect

for ourselves, our colleagues, our community and our history of service to the nation; acknowledging that each one of us has earned the right to wear the Rising Sun badge and the responsibility to uphold the values and traditions it symbolises.

Teamwork

to support each other, our Australian community, our allies and our regional security partners in striving to achieve our mission; in a world connected by digital communication, such national and international 'communities' exist in both physical and online domains.

We are ready for operations, every day.

Our mission is to **fight and win the joint land battle**

In the future our three combat brigades will look like:



We innovate to meet the challenges of the future.

Who we are

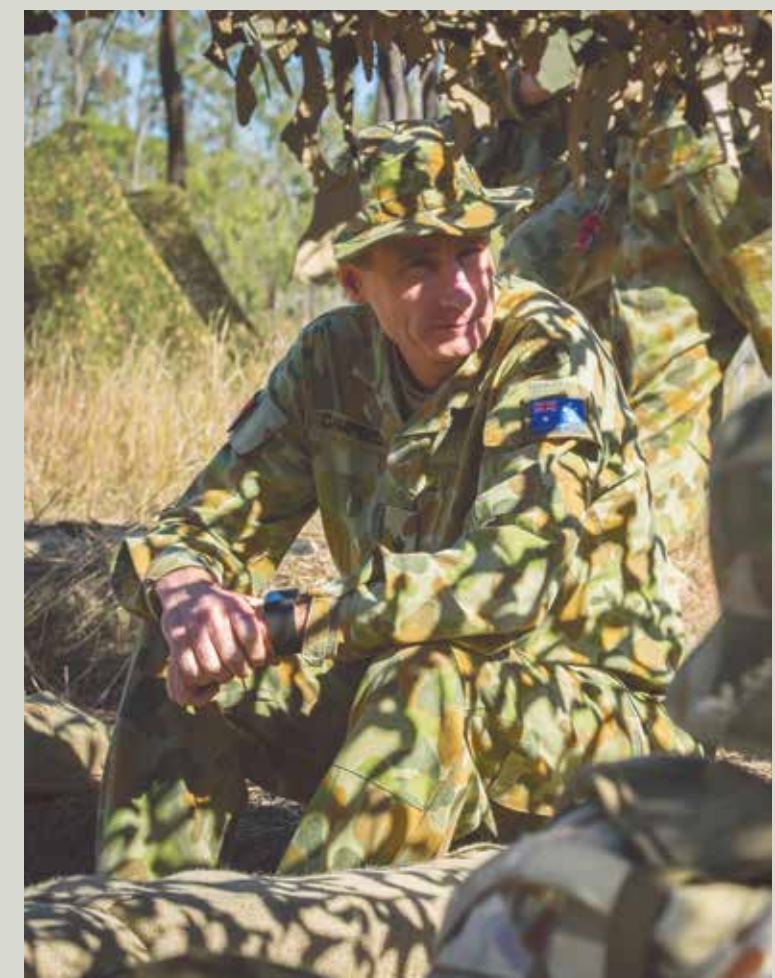
This feature tells the story of our Army. It summarises who we are, what we do and why we do it.

facebook.com/TheAustralianArmy @AustralianArmy #ImAnAustSoldier #GoodSoldiering army.gov.au

Serving our Nation

Serving our Nation

Message from the Chief of Army



OUR Army is a nationally respected and accomplished organisation comprised of talented and dedicated men and women. The Rising Sun and 114 years of service to our nation is our foundation; just as we who serve today are the custodians of our heritage for the next generation of the Australian Army.

Our Army exists to fight and win the joint land battle. This is a mission we can only achieve by being well led, well trained and well resourced.

We must continue to innovate to meet the demands of the future; be ethical and intelligent soldiers; build resilient and inclusive teams; be truly integrated with our Navy and Air Force partners; and be ready for any mission, any task, at the direction of our Government.

As members of our Army, we are to live our values, be experts at the profession of arms and to exceed any expectation or challenge given to us. For these reasons, I have outlined four priorities for our Army.

They are:

- To support operations because that's why we exist.
- To support our wounded, injured and ill because it's the right thing to do and they deserve our support.
- To continue the modernisation of our Army because I want us to have the best chance to win and for our people to come home safely.
- To continue a program of cultural renewal and development because ethical soldiers are our most powerful weapon. This feature tells the story of our Army. It summarises who we are, what we do and why we do it. It is your guide to our organisation and to my expectations of every Australian soldier.

Good soldiering.

Lt-Gen Angus J Campbell
Chief of Army

Our people, Australia's Army

Since 1901, the Australian Army has served our nation at home and abroad, promoting and protecting Australia's interests, deterring and defeating threats, and helping Australians and others in times of need.

OUR essential mission is to fight and win the joint land battle; however, much more is expected of us.

The size of Australia's population means our Army will be small compared to the armies of many other countries.

Our Army's strength, therefore, comes from our values, training, flexible organisation and advanced equipment.

Our Army is stronger working with the Royal Australian Navy and Royal Australian Air Force, and we are stronger still working with other government agencies, allies, coalition partners and non-government organisations.

We provide the Australian Government with the broadest range of

military options to deliver humanitarian assistance and disaster relief, conduct peacekeeping and stabilisation, deter aggression, and defend our nation and its interests – where and when necessary.

Although the threats will change, our Army will always have a vital, but not exclusive, role in providing security and stability, because people live on land.

The Australian Army of the future must be equipped, trained and structured to defeat threats that arise with little or no warning; in crowded, connected and challenging environments in which adversaries have access to more lethal weapons than ever before.

Building our future Army requires that:



We respect our heritage

WE ARE the custodians of more than a century of service and sacrifice for our nation. Inspired by our proud history, we continuously adapt and innovate to the unique demands of the time.

The Rising Sun unifies us – it links our past to our present to our future.

Our 'Contract with Australia' describes our individual obligations to our Army, and our Army's obligations to the nation.

We are the custodians of more than a century of service and sacrifice for our nation.



We place people at the centre of all our endeavours

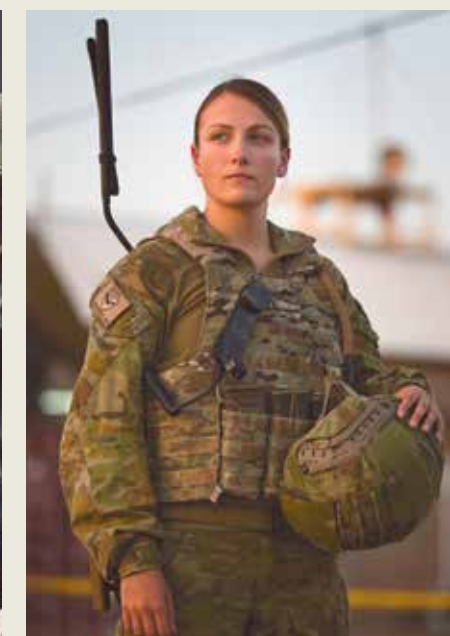
OUR values-based behaviours drive everything we do. Caring for our people is a command priority.

Should one of our people become wounded, injured or ill, we support them in rebuilding their lives to retention or transition, with dignity and honour.

We harness the full talent and potential of our single, integrated team of full-time, part-time and civilian members by embracing our cultural, social and workforce diversity.

We strive to offer the best conditions to support and retain our people in a competitive environment.

Through high quality training and education, our people develop world-class skills and knowledge to support Army's mission.



We develop superior knowledge, skills and technology through continuous innovation

WE BUILD and resource inclusive teams that are robust, resilient and adaptable, to survive and win in sustained close combat.

Within a network of information and with an understanding of environment, culture and patterns of behaviour, our commanders and soldiers are able to make superior decisions, to repeatedly outthink, outperform and outlast an adversary.

By being innovative in how we supply, move and maintain our forces, we increase our combat power and endurance.



We are ready for operations – this is our number one priority

WE ARE ready to defend Australia and its interests, influence regional security and contribute to global security as part of a joint Australian Defence Force.

Our tactical advantage comes from having well led, highly trained and ethical soldiers with advanced equipment, which enable us to apply measured and appropriate lethal force when necessary.

Our strategic advantage is enhanced through closer engagement with other nations, both within and beyond our region.

We remain committed to providing humanitarian assistance and disaster relief to Australians and others in times of need. We are compassionate and always do what is morally and ethically right.

Both our soldiers and our organisation possess the resilience to withstand and overcome challenging environments.



We are ready for our future

WE ARE able to deter and defeat unpredictable and unconventional threats.

We are expert at integrating with our Navy and Air Force, other parts of Government and other nations for any mission.

Our Army is a connected and technologically advanced force.

Through our values, training and equipment, our people meet our ethical and moral obligations to the Australian Government, the Australian people and our nation.

Our culturally attuned and disciplined soldiers work as a team, adapting to challenges and thriving in uncertainty, to lead and inspire.

Our Army continues to be central to our nation's identity, connected to the Australian people and supported by Government, to do what is uniquely required of us to fight and win the joint land battle.



Building our future Army requires that we respect our heritage, we place people at the centre of all our endeavours, we develop superior knowledge, skills and technology through continuous innovation, and we are ready for operations.

Our Army continues to be central to our nation's identity, connected to the Australian people and supported by Government, to do what is uniquely required of us to fight and win the joint land battle.



Army

Edition 1362

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The soldiers' newspaper

FUTURE FORCE

Soldiers will be more protected with 1100 Hawkei vehicles set to begin production

PAGES 2-3

The Hawkei during sea water and beach trials.



205 CAT END OF MISSION P4

TAJI 2 GOOD TO GO P5

Our vehicle of the future

► Hawkei to replace Army's Land Rover fleet as government approves 1100 vehicles

LS Jayson Tufrey

THE Army is set to replace the final portion of the aging fleet of Land Rovers with the state-of-the-art Hawkei light protected mobility vehicle.

The Project Land 121 Phase 4 contract for the delivery of 1100 vehicles and more than 1000 trailers was officially signed at Defence's Monegeetta Proving Ground near Melbourne on October 5.

Prime Minister Malcolm Turnbull, Defence Minister Senator Marise Payne, CA Lt-Gen Angus Campbell and other senior Defence leaders attended the event.

As a result of the \$1.3 billion agreement, the vehicles will be manufactured at Thales Australia's production line in Bendigo, creating 170 jobs in Bendigo, with additional jobs to be created in Thales's supply chain.

Senator Payne said the vehicle would also be supported and sustained over its lifetime in Australia.

"As Bushmaster production winds down, the start of pilot Hawkei vehicle production in early 2016 will allow the highly skilled Bendigo workforce to be retained for full-rate production of the Hawkei in 2018," she said.

"The Hawkei has been more than put through its paces here at Monegeetta. The Army, our technicians, engineers and leaders have given Thales a good run for taxpayer money in making sure this vehicle delivers what our soldiers need in the field.

"It will change the way in which combat brigades are able to work – it's a larger vehicle, with greater mobility and state-of-the-art-protections, which are adaptable as technology changes.

"Planning for the future with the capacity to innovate and to adopt new technologies as they come to hand is an important component of this and other projects currently under way within Defence."

The Hawkei will provide significantly improved protection for soldiers and increased mobility, which will enable it to operate in high-risk areas.

It is the only protected mobility vehicle in the ADF that is capable of being transported by ADF and coalition helicopters.

Lt-Gen Campbell said the Hawkei was a capable vehicle that would protect soldiers on operations in a high-threat environment and complement the Bushmaster and our fleet of larger protected logistics vehicles.

"I'm also pleased to continue the battle-proven relationship with Thales Australia," Lt-Gen Campbell said.

"Throughout the employment of the Bushmaster in Iraq and Afghanistan, Thales worked in partnership with Defence, particularly with Capability Acquisition and Sustainment Group and Defence Science and Technology Group.

"Together they progressively analysed IED and small-arms incidents to upgrade the protection levels and crew survivability characteristic of the Bushmaster.

"Many young Australians are alive

today because of this work."

Lt-Gen Campbell said the lessons of operational service were applied to the design of the Hawkei.

"Inside the hull of this vehicle there is a sophisticated array of digital technology that enables the Hawkei to be used as a command and control node with access to intelligence and joint planning information," he said.

"The Hawkei is a world-class, indeed world-leading, capability that further enables the Army to achieve our mission to fight and win the joint land battle, while providing the best support and protection to Australian men and women in service to our nation."

Mr Turnbull said the Hawkei was an outstanding vehicle.

"IEDs are more powerful, more deadly, much harder to detect and able to be operated remotely," Mr Turnbull said.

"It is absolutely critical that our troops are well protected and, of course, this was the need that gave rise to the innovation in the famous Australian Bushmaster," he said.

"The men and women of our armed services are entitled to the best equipment we can provide them with to faithfully defend our nation and our national interests – the Hawkei has met this mandate.

"The Hawkei was chosen after careful assessment of Australia's future transport needs. During a competitive tender and a rigorous testing process, including here at Monegeetta, it was judged to have the best balance of protection mobility and survivability."

He said attributes of the Hawkei drew on the heritage of the Bushmaster.

"While it is true that many Bushmasters were badly damaged by IEDs that characterised the war in Afghanistan, in a testament to Australian ingenuity no one in a Bushmaster died in those blasts," he said.

"The Hawkei will be able to be deployed alongside Bushmasters, but because it is smaller and lighter it can be used where larger vehicles can not. This is a vehicle for the 21st century – manoeuvrable and adaptable."

The Hawkei will pioneer a next generation communications management system to be developed in Australia by Thales.

As Bushmaster production winds down, the start of pilot vehicle production in early 2016 will allow the Bendigo workforce to be retained for full-rate production of the Hawkei in 2018.



The Hawkei's capabilities are demonstrated during a recent trial. Inset left, Sgt Daniel Halsall gets into a prototype Hawkei vehicle during 2013 trials in Townsville. Inset photo by Cpl Max Bree



Tpr Brendan Rinses (driving) and Tpr Joshua Hawkins inside the cabin of a prototype Hawkei vehicle during 2013 trials in north Queensland. Photo by Cpl Max Bree

FACTS AND STATS

Engine capacity: 6 cylinder, 3.2L, direct injection turbo diesel, health and usage monitoring system

Rated power: 200kW

Maximum torque: 610Nm at 2000rpm

Transmission type: 8-speed automatic

Suspension type: fully independent

External air transport mass: 7600kg

Gross vehicle mass: 10,400kg

Seating: 4-door vehicle – four

Utility vehicle – two

Payload: up to 2250kg depending on variant, utility can carry modules

with TRICON footprint

Range: 600km

Communications: commensurate with Bushmaster

Electrical power:

Exportable – 10kW at 240V AC
On-board systems – 15kW at 24V DC

Protection: IED, blast, ballistic and RPG threat protection

Deployability: CH-47, C-130, LCM-8, LHD and rail

Side slope: 30 per cent

Gradient: 60 per cent

Fording depth: 1200mm

Tyres: central tyre-inflation system and run-flat inserts

Cruising speed: 100km/h

Weapons: 5.56mm F89, 7.62mm MAG58, .50 cal machine gun or 40mm automatic grenade launcher

Defence Minister Marise Payne meets with soldiers at the Hawkei contract signing event. Below, the Hawkei with trailer during trials.

Photo by LS Jayson Tufrey



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RSM 205 Corps Advisory Team WO1 John Stonebridge stands at ease during the end of mission ceremony. Photo by Cpl Oliver Carter

The 205 Corps Advisory Team wraps up in Afghanistan after more than five years helping the 205 Hero Corps

Capt Fiona Bickerstaff

THE ADF has completed its advisory support to the Afghan National Army's 205 Hero Corps with the completion of the Australian-led 205 Corps Advisory Team's (205 CAT) mission in Kandahar province on October 1.

Since April 2010, 205 CAT has provided advice, training and assistance to the 205 Hero Corps' HQ staff at Camp Hero near Kandahar Airfield.

205 CAT Commander Col Mitchell Kent said the 205 Hero Corps had been successfully conducting security operations in southern Afghanistan with a reducing level of coalition force assistance for several years.

"The corps took over the lead for security responsibility in southern Afghanistan from the International Security Assistance Force in July, 2012," Col Kent said.

"With the ISAF transition to the NATO-led Resolute Support mission at the start of 2015 they have continued to secure southern Afghanistan against the insurgency."

Seven rotations of ADF advisers,

security elements and support personnel, with embedded staff from coalition nations, contributed to the achievements of the 205 CAT mission.

"Under an Australian lead, more than 650 Australian, US, Romanian and Bulgarian personnel have supported the 205 Hero Corps," Col Kent said.

"Each of the seven rotations, partnering with 205 Corps, has built on the efforts of the last to ensure the mission's success.

"Our success was also achieved through the support of the ADF force protection, force communication and force support elements, which have provided some of our crucial capabilities throughout the mission."

While the departure of 205 CAT represents a significant change to Australia's posture in Kandahar, Australia remains committed to supporting Afghanistan through the ongoing contribution to the Resolute Support mission.

About 250 ADF personnel will remain deployed to Afghanistan, mainly in Kabul, in a variety of roles on Operation Highroad, the Australian contribution to the NATO-led Resolute Support mission.

Under an Australian lead, more than 650 Australian, US, Romanian and Bulgarian personnel have supported the 205 Hero Corps.

- Col Mitchell Kent, 205 CAT Commander

Mission complete



The Australian national flag is lowered for the last time during the 205 Corps Advisory Team end of mission ceremony. Photo by Leut Andrew Ragless

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Personnel stand at ease on parade during the 205th Corps Advisory Team end of mission ceremony. Photo by Cpl Oliver Carter

We SPEAK the Defence lingo.

Taji 2 ready to roll

Reservists join Task Group Taji Rotation 2 as it finalises pre-deployment training for Iraq mission

Lt Mick Trainor

RESERVISTS from 2 Div will soon deploy to Iraq as part of Task Group Taji Rotation 2 (TGT-2), the ADF's contribution to the international Building Partner Capacity mission in Iraq.

Nearly 20 reservists will deploy to Iraq, with the majority coming from Battle Group Waratah composed of units from 5 and 8 Bdes. Under Plan Beersheba the battle group has a habitual relationship with 7 Bde.

The reservists will provide specialist medical support to the task group and work with Iraqi Security Forces as part of the Training Task Unit.

Commander TGT-2 Col Gavin Keating said the Army Reserve had always been able to provide highly qualified personnel to deploy in support of the ARA and the wider ADF throughout its history, and this deployment was no exception.

"Having reservists on deployment with us is a force enhancer," Col Keating said.

"A reservist can bring an enormous range of skills into the battlespace from their civilian employment and experience, which enhances the general skill set of the whole deployed force."

Army Reservists have some of the most demanding training requirements of any part-time military force in the world. They are required to be trained to the same standard as their regular counterparts and maintain their job proficiency and qualifications throughout their service career.

Commander 2 Div Maj-Gen Stephen Porter said he was immensely proud of his soldiers and the contribution they were making in the fight against international terrorism.

"Soldiers from 2 Div have a long and proud tradition of service to the nation," he said.

"Since pre-Federation, citizen soldiers have defended Australia's security and that of our allies.

"Nowadays we are increasingly an Army where the old roles of the reserve have been replaced by the need to deliver relevant capability to the combat brigades, whether that is with individual round-outs like these soldiers, or in the case of the reinforcing battle groups, which are being generated for those combat brigades.

"They are doing important work, right alongside their regular colleagues and I wish them well."

For members of 2 Div, the deployment to the Middle East is significant as this year marks the 100 years since 2 Div was raised in the Middle East for service in the Gallipoli campaign.



Reserve soldiers go through final preparations at Canungra before deploying to Iraq as part of the second rotation of Task Group Taji. Photos by Cpl Jake Sims

IRAQ INSIGHTS

IRAQ Defence Attaché Maj-Gen Sameer Alazraqi was just one of a number of guest presenters who visited the Task Group Taji Rotation 2 training camp at Kokoda Barracks, Canungra.

Maj Alazraqi, an orthopaedic surgeon and medical corps officer, took time from his schedule to provide TGT-2 personnel with a presentation on the Iraqi Security Forces.

Maj Alazraqi said he was honoured to speak to the TGT-2 personnel.

Col Iain Cruickshank, a former senior military adviser to the Special Representative to the Secretary General at the United Nations Assistance Mission in Iraq, shared his insights on training members of the Iraqi Army, while Dr David Matthews, the Head of DST Operations Support Centre, presented on the rise of Daesh.

Commander TGT-2 Col Keating said it was a privilege to have the presenters address the troops.

"They all have specialist knowledge that we found invaluable," he said.

"This sort of information is vital in ensuring we are as prepared as we can be prior to deploying."

Task group prepares to deploy

Capt Adrian Miller

MEMBERS of Task Group Taji Rotation 2 (TGT-2) have begun their deployment preparations in earnest, with a recent two-week training camp at Kokoda Barracks, Canungra.

The camp, which brought all elements of TGT-2 together for the first time, provided a range of training in the lead up to the mission rehearsal exercise.

Commander TGT-2 Col Gavin Keating said the training was vital preparation for the team before they deployed.

"This camp has been excellent in preparing the soldiers for

this operation," Col Keating said. "Basing ourselves at Canungra for two weeks allowed us to conduct the required collective training and afforded us an excellent opportunity to integrate all elements of the task group."

"Most importantly, it has allowed all personnel to start bonding as a team."

Broken into two phases, the camp enabled both task elements specific and task group consolidated training, culminating in a shake-out exercise as the final training component of the camp.

The training focused on a number of key areas including, shooting, medical, communications and physical components.

Added into the program were a number of presentations from visiting lecturers, including one from the Iraqi Defence Attaché, which were designed to increase the task group's situational awareness and history of the conflict in Iraq.

A number of TGT-2 New Zealand personnel, including the Chief of Staff and RSM, also visited the camp, which enabled the command team to further develop the integration plan for the NZ force elements.

CO Training Task Unit Lt-Col James Hammett said the two-week camp had proved invaluable in preparing his training teams.

"The intent of the training camp was more than achieved – to get the

whole contingent away from the distractions of barracks to focus solely on the forthcoming deployment," he said.

"It has resulted in the generation of task group identity, cohesion and unity of purpose far faster than is normally the case when deployments comprise personnel from a span of units that do not habitually work together.

"Being away from home locations has allowed for extended work hours, with the commensurate benefit to training and preparation."

TGT-2 will complete further training in barracks and take part in a farewell parade before deploying to Iraq.

A soldier from Task Group Taji Rotation 2 conducts a live-fire range practice during the task group's pre-deployment training camp at Canungra.

Posted to Canberra?

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Contact us via (02) 6257 7100 further information about our centre is available at www.majuraparkchildcare.com.au

Defence personnel participate in the ADF Mental Health Walk, a bridge-to-bridge lap around Lake Burley Griffin in Canberra, as part of Defence Mental Health month. Inset below, Commander Joint Health Command RAdm Robyn Walker and CDF ACM Mark Binskin lead the walk. Photos by Cpl Bill Solomou

GETTING SUPPORT

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

- speak to your chain of command
- All-hours support line – 1800 628 036
- Defence family helpline – 1800 624 608
- Veterans and Veterans' Families Counselling Service – 1800 011 046
- Lifeline – 13 11 14.

The bridge to health

Personnel raise awareness of mental illness

Capt Anna-Lise Rosendahl

CDF ACM Mark Binskin led about 300 Defence and APS personnel during a walk around Lake Burley Griffin in Canberra on October 9 to raise awareness of mental health.

The 5km bridge-to-bridge walk was one of several events held

during ADF mental health month to highlight the issue and support services available.

According to the CDF, about 20 per cent of ADF personnel have mental health issues.

"We know that leads to about eight to 10 per cent with PTSD," ACM Binskin said.

"What we're trying to do is address those issues early and look

to break down the stigma of mental health and seek recovery for our people as best as we can."

Army personnel operations officer Lt-Col Michael Webbe said there was a fantastic system of people who were there to support you when you needed it.

"We also have a number of support lines, the all-hours mental health support line and fair go

hotlines, and we also sometimes refer people to organisations like Beyond Blue," he said.

The mental health theme for this year is 'take action' and is about being positive and proactive.

"Mental health is everyone's responsibility," Lt-Col Webbe said.

"It's a responsibility for yourself and it's a responsibility for your mates."



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Elevation of the senses sculpture with Army and Air Force explosive detection dogs and handlers at the Australian War Memorial in Canberra. Photo by LS Jayson Tufrey

Man's best friend

▶ Paying tribute to explosive detection dogs and their handlers with a new national icon at the Australian War Memorial

LS Jayson Tufrey

EXPLOSIVE detection dogs (EDD) and their handlers have been immortalised in a bronze statue for all visitors to the Australian War Memorial (AWM) to gaze upon in wonderment.

Displayed in perpetuity in Poppy's café forecourt, the sculpture, which was unveiled on October 8, features an EDD elevated to the eye-level of its handler, staring into each other's eyes during a brief moment.

The EDD is on a plinth composed of a stylistic representation of the environment the dog worked in, including a tunnel and the rocky environment of the Middle East.

Behind the handler, through his legs and as seen through the tunnel, is the handler's kit bag and the dog's reward, a tennis ball.

Five EDDs have been killed while on active service in Afghanistan. The names Merlin, Razz, Nova and Andy are inscribed on the sculpture,

which also commemorates handler Spr Darren Smith, who was killed in Afghanistan in 2010 with his beloved dog Herbie.

The sculpture is titled *Elevation of the senses* and was created by sculptor Ewen Coates. The memorial was dedicated by celebrity vet Dr Harry Cooper.

"I'm blown away by the eyes of the dog and handler just staring," he said.

"The detail is amazing – I could not have done it better.

"As previous speakers have said, I believe this will become an icon of the AWM and people will travel from all over just to see this – a man and his dog."

Spr Dane Houghton, of ICER, attended the dedication with his EDD Matilda and said the sculpture was a good way to make the public aware of what they did.

"It's great to show an appreciation in this way and not for just us as handlers but for the dogs as well," Spr Houghton said.

"It's not just the soldiers out there doing their part, it's also the dogs. It's good to acknowledge them and this lets the public know what we do out there.

"The monument is very moving, especially with the eyes of both the handler and the dog at the same level, on an equal footing."

AWM Director Brendan Nelson said EDDs were one of the main reasons there were not more than 41 names on the Afghanistan Roll of Honour at the AWM.

"Life is precious and often it hung by a little more than a gossamer thread, but life has been protected, and indeed saved, by the work, skill, courage and devotion of these personnel and their dogs," Dr Nelson said.

"It's not a relationship we can necessarily understand – it is a bond between these members and their dogs.

"This sculpture is a gift to us as civilians as it gives us an understanding of the multiple layers of this bond

and the work done by soldiers and their dogs to protect us."

Veterinary officer Maj Kendall Crocker, of the School of Military Engineering, said the pinnacle of his dual careers as a veterinarian and Army reservist had been time spent working with EDDs and their handlers.

"I've worked with all our EDDs at one time or another," he said.

"I've been to Afghanistan and seen them work. I've heard many amazing, inspiring and humorous stories about our legendary dogs at war, first hand from the blokes who were there – it makes me proud to be associated with our EDD trade.

"No group of Australian diggers is more deserving of having their own statue at the AWM than the EDDs and their handlers of the Royal Australian Engineers (RAE).

"RAE EDDs and their handlers have given tremendous service to our country, not just in Afghanistan but also Somalia, Timor-Leste, Bougainville, Solomon Islands and

domestic search tasks such as the Olympic and Commonwealth games."

Maj Crocker said the circles he worked in made him aware of the increasing amount of monuments and memorials to military dogs around the world.

"Most of them feature dogs in the process of carrying out their military work, often in vigorous action," he said.

"By sculpting a dog and its handler in a moment of quiet connection, the artist has created a unique, evocative work of art I believe will quickly become Australia's, and perhaps one of the world's, most iconic working dog images.

"The statue of Simpson and his donkey Murphy now has some real competition for children's fascination and attention when they visit the AWM."

Elevation of the senses was funded by a generous donation from Doug Thompson and his late wife, Monique.



Soldiers and their explosive detection dogs honour Spr Darren Smith and his dog Herbie, who were both killed in Afghanistan in 2010, at the Last Post Ceremony at the AWM on October 8. Photo by Fiona Silsby/AWM



Explosive detection dog Matilda and her handler Spr Dane Houghton, of ICER, at the EDD sculpture dedication.

Photo by LS Jayson Tufrey

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Team Army with the Armygeddon Land Rover during the Bathurst 1000 motor race.
Photos by Cpl David Said

Revved for success

Team Army excites crowds on 'The Mountain'

Ben Wickham

MOTOR racing fans would have noticed plenty of green around Mount Panorama in Bathurst earlier this month, and not just because of recent rainfall.

Held from October 8-11, the 2015 Bathurst 1000 touring car race was the second-biggest in the event's 52-year history, attracting 201,416 attendees over the four days.

Army was out to entertain the huge crowd and show race goers some of the opportunities available in the uniform.

Reserves from 1/15RNSWR and 1/19RNSWR were on-site to show off infantry equipment, their biggest drawcard being a Bushmaster PMV, which cut an imposing profile above the crowd.

The Australian Army Band—Sydney performed each day, with the Rising Suns rock band on-stage near the entrance to the track,

and the Frontline brass ensemble serenading the crowd around the track.

Team Army brought its modified six-wheel Land Rover *Armygeddon* and 1978 Ford LTD street machine *Project Digger*, drawing admiration from the petrol-head faithful.

It was Team Army member WO2 Tim McDougall's third trip to what fans simply call "The Mountain".

WO2 McDougall took to the track on Friday in *Project Digger*, giving the Ford's blown V8 a workout as he performed burnouts for the appreciative crowd.

"It's always good fun to put on a show on-track, and to give the fans a chance to come and look at the cars up-close and chat with us back at our stand," WO2 McDougall said.

A planned Saturday run in the big block-powered Ford was unfortunately cancelled because of a change in the event schedule – qualifying for the V8 Supercars was carried over from Friday to Saturday

after Prodrive Racing Australia driver, and Team Navy member, Chaz Mostert crashed heavily while coming down from the top of the mountain towards Forrest's Elbow.

Based at Latchford Barracks, Team Army is a voluntary group of car enthusiasts who primarily work in and around the Army School of Electrical and Mechanical Engineering.

"Team Army is a great way for us to connect with car enthusiasts and increase awareness of technical trade job opportunities in Army," WO2 McDougall said.

While he couldn't give too much away, WO2 McDougall also said the team was working on a third custom vehicle, rumoured to be based on a prototype 6X6 Mercedes-Benz G-Wagon. The vehicle is expected to be unveiled around the middle of 2016, hopefully to be on show and burning rubber next October at the 2016 Bathurst 1000.



Musn Angie Currington, of the Australian Army Band, sings the Australian national anthem before the start of the race.

3RAR combat shooting trial

Maj Christopher Johnson

SOLDIERS from 3RAR will facilitate a trial of the Combat Centre of Excellence (CCE) from November 2-13 in Townsville.

The CCE is a concept that delivers high-quality combat shooting training via contemporary training methodologies.

The trial will include participants from 1RAR, 2RAR, 3RAR and 4 Regt RAA, as well as instructors and support staff from SASR who will work closely with representatives from the Defence Science and Technology Group and 1 Psych Unit to provide training to three standard infantry sections.

Trial coordinator Sgt Matthew Carlos, of 3RAR, said he was looking forward to the trial.

"The data collected during the trial will provide the metrics to shape a recommendation to Forcomd," he said.

"A control section will also be used throughout the trial to provide context to the results.

"Participants will undergo a suite of reality-based training and small-arms live-fire training.

"They will employ 9mm SLP MK3, F88 and EF88 in a variety of scenarios to improve decision making skills, develop resilience to combat stress, and increase lethality and survivability on the battlefield."

The performance, attitude and physical condition of all participants will be closely monitored throughout the trial to identify what effects the training has on soldiers.

Data will be collected to assess the viability of the CCE concept and measure any potential benefits for future training.

The CCE trial will also provide the Combined Arms Training Centre, the Forcomd lead on combat shooting, with data that will further support the development of combat shooting within the Army Training Continuum.

If the trial is successful, the CCE may be used to provide sub-units with an off-the-shelf training package that can be run within existing resources.



Soldiers in Townsville will trial combat shooting training as part of the Combat Centre of Excellence concept next month.

2015 RAR FOUNDATION & RAR ASSOCIATION (ACT) ANNUAL DINNER



The RAR Foundation & RAR Association (ACT) will celebrate the Regimental Birthday at the Canberra Institute of Technology Restaurant (1st Floor, Building K, Constitution Avenue, Reid) on Thu 19 Nov 15.

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Mission on track

Soldiers help Counter Terrorism Service secure complex objectives

WO2 Andrew Hetherington

THE hard work put in by soldiers from SOTG and Task Group Taji assisted in the coalition's mission to take the operational initiative from Daesh forces, Chief of Joint Operations VAdm David Johnston told a media briefing in Canberra on October 7.

VAdm Johnston said in conjunction with Air Force's Air Task Group beginning air operations over eastern Syria, the two task groups continued to contribute to the capacity of Iraq's Army and Counter Terrorism Service to operate independently.

"Both our advise, assist and building partner capacity missions continue to provide key support to the Iraqi security forces," VAdm Johnston said.

"Specifically, for our advise and assist mission the rotation of SOTG took place in the middle of September.

"From our national contingent size of about 200 special forces personnel, the advise and assist mission now has 80 personnel."

There has not been a change to the group's role as it continues to advise and assist the Iraqi Counter Terrorism Service.

"It continues to provide training and mission support and we've applied the lessons we've learned from the first two rotations to refine our core structure of the current SOTG and have achieved a number of efficiencies," VAdm Johnston said.



Cpl Benjamin Wallis demonstrates how to carry a wounded soldier correctly on the battlefield during a first aid lesson at the Taji Military Complex, Iraq.
Photo by Cpl Oliver Carter

"Elements of Australian-trained and supported Counter Terrorism Service teams have been, and continue to be, actively involved in the operation to retake Ramadi in Anbar province."

The mission to recapture the tactically important Anbar University, located in the southern parts of Ramadi, as part of the mission's isolation phase,

was assigned to counter-terrorism forces.

"They were successful in securing what was a complex objective," VAdm Johnston said.

"Despite significant Daesh opposition, the Counter Terrorism Service used skills acquired from the advise and assist training, supported by

Australian joint terminal attack controllers in a distant support role, to enable them to recapture that important objective.

"Our SOTG has now qualified about 800 Iraqi special operations force soldiers in a range of combat skills."

A highlight for Army's Task Group Taji since VAdm Johnston's last brief

CJOPS VAdm David Johnston provides an update on Australian operations in Iraq.
Photo by Lauren Larking



was the graduation of about 200 Iraqi Army junior leaders from a JNCO course.

"The six-week course focused on enhancing the skills of a large group of junior tactical commanders who were drawn from across the breadth of the Iraqi Army," he said.

"This course was different to some of the other training based on battalions or brigades, as it drew non-commissioned officers from right across the Iraqi Army.

"It was an invaluable opportunity to support the growing capability and resilience of the force that will be ultimately responsible for defeating the Daesh threat."

Task Group Taji has now also commenced training a group of about 900 soldiers and officers from the 71st Iraqi Army Bde.

"Task Group Taji has trained several contingents from the Iraqi Army, totalling about 2100 personnel," he said.

"Many of them are now involved in operations around Ramadi and elsewhere in Iraq."

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Beating our battles

Wounded, injured and ill personnel compete in Canadian half-marathon

Andrew Anderson

A TEAM of ADF wounded, injured and ill members proudly represented their nation in the Canadian Forces half-marathon in Ottawa on September 20.

Cpl Dan Miller, of the Army Recruit Training Centre, recently completed 12 months of rehabilitation following his second major knee surgery.

He said the Ottawa event was an opportunity to focus on a tough, but achievable goal.

“This was the longest distance I had attempted and I wasn’t really sure how I would go. I was aiming to beat two hours for the 21km,” he said.

“The race was an unbelievable experience. The support from the Canadian people along the way was amazing. Because of that, my time was much faster than expected. I finished in 1 hour 41 mins 30 sec.

“I would strongly recommend an event such as this as part of anyone’s rehabilitation program. It helps to push you to get the most from your rehab when you have such a challenging goal. And the sense of accomplishment at completing the race is a great confidence boost.”

Several former ADF wounded, injured or ill members also participated, with support from RSL NSW – many Aussies completing the half marathon and 5km courses in personal best times.



ADF Contingent Commander Air-Cdre Hayden Marshall said many of the Australians competing in Ottawa overcame big challenges just to get to the starting line.

“Some have been wounded on operations, some were injured or became ill while in Australia,” he said.

“I’m enormously proud of the spirit they displayed in preparing for this event and completing it.

“It will give them the confidence and motivation to continue their rehabilitation at home.”

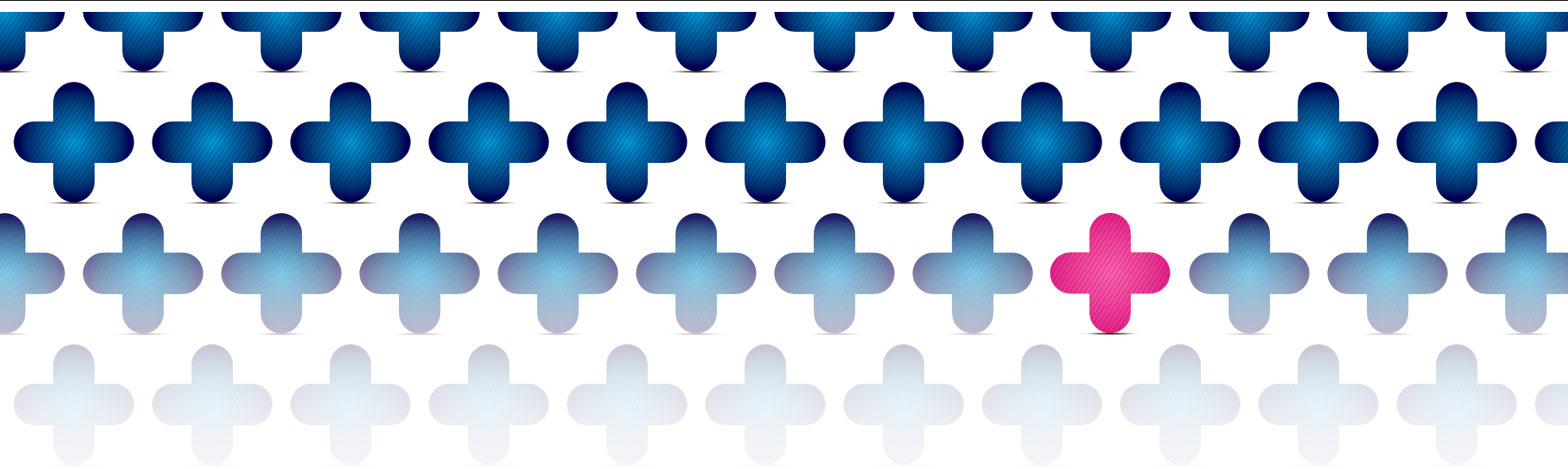
Participation in the half-marathon was part of the ADF’s broad program

that supports the rehabilitation of wounded, injured or ill people.

The program includes sending representatives to adaptive sports competitions like the Invictus Games, Canadian Forces Soldier Allied Winter Sports Camp and the US Marine Corps Trials.

Wounded, injured and ill personnel overcame great mental and physical barriers on their roads to recovery to compete in the Canadian Forces half-marathon.

Inset, Cpl Dan Miller in action.



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Fighting fit at ADFA

Officer cadets and midshipmen give their all during annual fitness competition

Flt-Lt Laretta Webster and WO2 Andrew Hetherington

ADFA officer cadets and midshipmen participated in a Fitness Excellence Challenge on the academy grounds from September 14-16. The activity combined a number of elements, including a pack run carrying 25 per cent of their body weight, tyre lifts, jerry can carry, leopard crawling, swimming and an obstacle course.

PTI LS Tara Riley said the challenge encouraged competition between the officer cadets and midshipmen and provided an opportunity to test their techniques.

"We wanted to find the top male and female here at ADFA," LS Riley said.

"We also wanted to see how well they have implemented their training and how well they conducted each individual component."

The lead-up training was conducted over a month to allow officer

cadets and midshipmen to focus on the different components of the course and to prepare them for this culmination activity.

"Fitness levels need to be at a relatively high standard," LS Riley said.

"The fastest recorded time was 25 minutes, but usually officer cadets and midshipmen complete it in about 45-50 minutes."

Winner of the challenge was Army's OCdt Fraser Jeavons, of 2 Div, A Sqn.

He's studying a Bachelor in Civil

Engineering and wants to be an engineering officer.

"As a first year this was my first time completing the FitEx course, however, during battle PT sessions throughout the year we conduct parts of the course as training," OCdt Jeavons said.

"I personally found the swim leg the toughest part of the race as it was the last activity on the course.

"By the time I got to the pool I was feeling fatigued, but because the swim was so close to the finish line

I was motivated to keep swimming aggressively and finish the event off in a competitive time of 36 minutes and 42 seconds."

Before the race he didn't really think he'd win.

"I just wanted to push myself to do the best I could," OCdt Jeavons said.

"I didn't expect to win due to the high level of fitness of other officer cadets and midshipmen around the academy and their general competitiveness."



OCdt Haiden Murphy crosses the finish line.



ADFA officer cadets do the leopard crawl component of the ADFA Fitness Excellence Challenge. Photos by Cpl Steve Duncan

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WO2 Graeme Reynolds, of ADFA, with Red Cross technician Mel Sharp as he donates blood for the 300th time at the Australian Red Cross Donor Centre in Canberra. Photo by Flt-Sgt Kev Berriman

Bloody good effort

300 donations made since 1980s

Michael Brooke

AN IMPRESSIVE milestone was reached on October 7 when WO2 Graeme Reynolds donated blood for the 300th time at the Australian Red Cross Donor Centre in Canberra.

The blood and plasma donations made by the ADFA bandmaster have potentially saved the lives of more than 900 Australians.

Starting with whole-blood donations in the 1980s, WO2 Reynolds now makes regular plasma donations, where a single donation creates as many as 18 life-saving treatments.

"I am dedicated to saving lives, not only as a blood donor, but as a bone marrow donor, too," WO2 Reynolds said.

"Initially, I gave whole-blood donations, but then I had the opportunity to donate each fortnight with plasma."

WO2 Reynolds' milestone was celebrated by Red Cross Blood Service staff who decorated the donor centre in Garran, ACT.

Australian Red Cross NSW-ACT donor services manager Steve Eldridge praised WO2 Reynolds for reaching the milestone.

"Graeme's donations have made an

extraordinary impact on the lives of those who need blood," Mr Eldridge said.

"A blood donation gives a patient undergoing chemotherapy the extra strength they need to make it through treatment, anti-D donors give pregnant mums the chance to have a healthy baby, and bone marrow donors give patients another chance at life.

"Every donation helps to save three lives, but his contribution has stretched so much further.

"Graeme has given the families of many seriously ill patients extra time together."

WO2 Reynolds' frequent donations have been key to helping Army succeed in the annual Defence Blood Challenge, challenging Navy, Army and Air Force personnel, as well as APS and their families and former members to make donations.

His donation took Army's tally since September 1 to 879, which has them in the lead ahead of Air Force with 578, Defence civilians with 404 and Navy with 333. The challenge ends on December 8.

Defence is aiming for 6000 blood donations in 2015 to help the Australian Red Cross deliver life-saving blood products to the Australian community.

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Leadership in action

Have a conversation about influencing personnel, rather than giving directions

LCpl Kyle Genner

THE largest biannual CDF Leadership Forum was held in Canberra from September 29 to October 1, attracting 155 NCOs across the three services.

The three-day event had guest speakers lead interactive discussions on leadership perspectives, challenges and the wellbeing of ADF members.

Event organiser WOFF Darcy Henriksen, of the Australian Defence College, said the forum focused on the "how-to" of leadership for junior ranks.

"This was exemplified in a presentation about the Nias Island Sea King accident by Cmdr Adrian Capner, who spoke about the leadership responsibility and accountability at the junior level," he said.

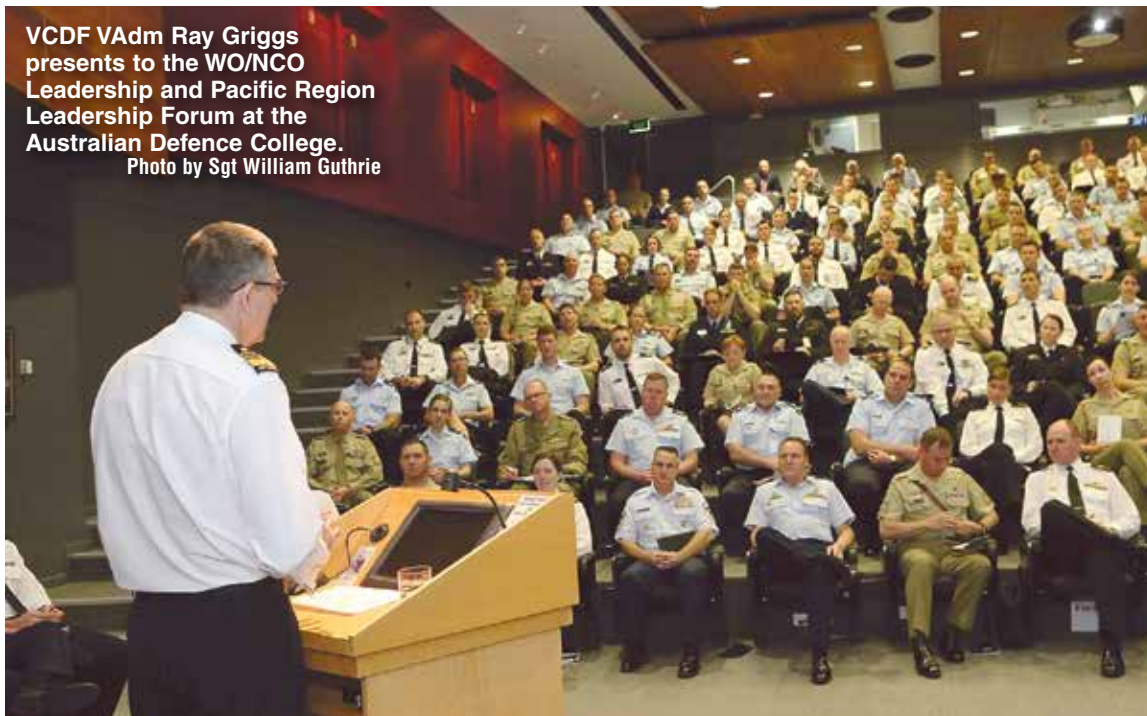
"Leadership influence, moral courage, joint warfighter and cultural challenges on operations were also key topics.

"The majority of the forum's participants were JNCOs and they were primarily selected for their achievements and potential for the future."

Cpl Brian Heilbronn, of 1RAR, said he walked away with a greater understanding of leadership in action.

"There was a great emphasis on joint capability and taking in the bigger picture," he said. "A lot of the conversation was aimed at being a leader both up and down the chain, learning more about influencing people as opposed to directing people."

VCDF VAdm Ray Griggs presents to the WO/NCO Leadership and Pacific Region Leadership Forum at the Australian Defence College.
Photo by Sgt William Guthrie



The interactive nature of the forum encouraged participants to openly discuss and debate issues drawing upon their own life experiences.

"Former RSM-A WO Dave Ashley spoke about cultural challenges on operations and some of those points really resonated with me," Cpl Heilbronn said.

"He didn't stand in front of the group and lecture, instead it was an

open floor and it was enlightening to hear about experiences from the other services."

WOFF Henriksen said these forums were often the first time JNCOs interacted in a joint environment.

"It's all about listening and engaging," he said.

"They realised that all three services have the same leadership challenges.

"The overwhelming feedback from the participants was positive and we are looking forward to the next event in April 2016 at RAAF Base Edinburgh.

"It's a great opportunity for juniors to talk to the senior leadership and we strongly encourage members to express their interest with their chain of command if they would like to be considered for attendance next time."

Looking to the past to guide the future

THE annual Chief of Army History Conference was held at the National Convention Centre in Canberra from September 30 until October 1.

Themed Geo-Strategy and War, the two-day conference featured scholars from the US, Canada, UK, New Zealand and Hong Kong, who spoke on topics such as climate change and conflict, and terrain and intelligence.

Head of the Australian Army's Modernisation and Strategic Planning Division Maj-Gen Gus McLachlan said the 20th conference was an important activity for the Army.

"The CA History Conference provides our Army with an opportunity to enhance our understanding of the military art, as practised by a variety of nations throughout a number of past conflicts," Maj-Gen McLachlan said.

"We were privileged to hear world-recognised experts in their fields speak on a range of relevant historical issues.

"We continue to learn as we face or observe varying experiences including culture, our geographic position and military reach, climate change, emerging terrain and amphibious environments, and the exploitation of local resources.

"The conference encouraged discussion around the geopolitical challenges facing our Army, which will better prepare and inform us in future operations."

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An air of safety

Aviators join with ADF for training

Sqn-Ldr Tony McDermott

AVIATION safety officers from around the world converged on Canberra last month, when the Directorate of Defence Aviation and Air Safety (DDAAFS) helped regional partners diversify their safety training regime.

The annual International Aviation Safety Officer Course, conducted this year on behalf of Defence Cooperation Liaison Office from September 14-25, began in 2008 after it was recognised that some regional partners, as well as those further afield, did not have the economies of scale or the resources to conduct their own aviation safety training, or were seeking to diversify their existing safety management.

Director DDAAFS Gp-Capt Paul Long said this year's course included participants from Bangladesh, China, India, Indonesia, Jordan, Lebanon, Malaysia, Pakistan, Philippines and Thailand.

"Although it may not be highly visible to most members of the ADF aviation community, DDAAFS plays an important role in promoting safety in international military aviation," he said.

Representing the ADF on this year's course were Maj Rob Mitchell, Leut Michael Cairncross and Flt-Lt Brendan Smith.

Maj Mitchell said sharing experiences with other nationalities was a great source of information.

DDAAFS plays an important role in promoting safety in international military aviation.

- Gp-Capt Paul Long, Director Defence Aviation and Air Safety

"The interaction between the eclectic mix of cultures was a worthy experience adding another level of knowledge that I did not expect," he said.

On the last day, members demonstrated their new investigation and risk management skills through presentations to Gp-Capt Long.

He said DDAAFS expected to conduct the course again in 2016, and would be seeking ADF course members through the usual ASO course nomination process.

"It has proven to be far more than a one-way transmission of information, as it has enriched ADF aviation safety management as much as it has educated the course members," Gp-Capt Long said.



The 2015 International Aviation Safety Officer Course at the Australian War Memorial. Photo by Sgt Murray Staff

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Careers on show

▶ Tasmania gets excited about life in the ADF

THE ADF Careers Expo – Tasmania was held in Hobart from September 18-19.

The expo provided an opportunity for students and people interested in careers in the ADF to speak to personnel and learn about the hundreds of exciting and rewarding pathways into the ADF.

More than 70 personnel from around Australia descended on Hobart to take part in the expo, which attracted more than 3700 visitors, including more than 500 students from 15 schools around Tasmania.

Deputy Director Military Recruitment Lt-Col Todd Everett opened the event and said Tasmanians turned out in force to support the expo.

"It was a great opportunity for Tasmanians to speak with personnel, and see some of the equipment in the ADF," he said.

"It made me very proud to see how our people interacted with the public and they all

represented the ADF to the highest standards.

"The displays of ADF equipment at the expo and the demonstrations gave the people of Tasmania a rare chance to see and speak to members of the ADF."

Col Ronald Ti, of HQ 6 Bde, was the spokesperson for medical recruitment and said the expo was a success.

"Attendance was high with the Friday being mainly for school groups and Saturday, the busiest day, being for the general public," he said.

"I received a number of enquiries from visitors and was able to point them in the right direction.

"Tasmania has traditionally been a steady source of recruitment for the ADF, in all three services, and it seems that this healthy trend will continue.

"I am not posted to Defence Force Recruiting (DFR), but I was impressed by the enthusiasm and professionalism of all DFR staff."

The two-day event featured demonstrations from the Navy dive teams and Australia's Federation Guard precision drill team, as well as physical fitness assessments.

Participants learned more about ADF capability with the Bushmasters, ASLAVs, Navy flight simulator and a G-Wagon vehicle on display.

Crowds were also entertained by performances from the Navy Cadet Band, Army Rising Suns and the Air Force Band.

A formation of Hawk 127 lead-in fighters from No. 79 Sqn at RAAF Base Pearce conducted a flypast and the end of the expo was marked by a Roulettes aerial display over the Salamanca waterfront.



Lt Tom Campbell, Cfn Amy Britten and OCdt Selwin Hagan attend the ADF Careers Expo 2015 in Tasmania to talk with students and the public about their experiences in the ADF. Inset, Cpl Joel Cockwood operates an AR Parrott UAV in front of students, Jayden, left, and Kai. Photos by Cpl Shannon McCarthy

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GOOD TO GO

The amphibious force has been tested in scenarios that reflect tasks the Australian Government may direct in response to local and regional emergencies.

— Maj-Gen Stuart Smith,
Commander 1 Div

The Sea Series of exercises has ended with success, as the ADF's Amphibious Ready Element achieves interim operational capability.

AUSTRALIA'S newest military capability, the Amphibious Ready Element, has demonstrated its capacity in waters off the north Queensland coast during the Sea Series of exercises.

Conducted by the Brisbane-based Deployable Joint Force Headquarters, under command of Maj-Gen Stuart Smith, the Sea Series enabled the amphibious force to achieve interim operational capability.

The Sea Series involved about 1100 embarked forces and crew on board HMAS Canberra, with medium-lift

helicopters, landing craft and small boats, trucks, troop carriers and other vehicles.

The embarked force included major elements from 2RAR and 5 Avn Regt, supported by HMAS Stuart, Air Force assets and other government agencies.

Maj-Gen Smith said the capability would enhance the defence of Australia and support our strategic interests in the region.

"The amphibious force has been tested in scenarios that reflect tasks the Australian Government may direct in response to local and regional emergencies," he said.

Commander of the Amphibious

Task Force Capt Jay Bannister, RAN, indicated the importance of the Sea Series.

"The training enabled a diverse and capable force embarked in Canberra to learn how to operate as an amphibious joint task force.

"The exercise also provided us with an opportunity to rehearse for future humanitarian assistance and disaster relief missions with the support of colleagues from the Department of Foreign Affairs and Trade and the Australian Federal Police," Capt Bannister said.

The Sea Series was conducted from August 17 to October 6.

Chance meeting for cousins

LS Helen Frank

WHEN cousins Leut Ben Stewart and Pte Nik Schoeffel-Weber joined the Navy and Army, they never thought they might one day turn up on the same ship together, but the Sea Series of exercises had them both on board HMAS Canberra.

Hailing from the Northern Beaches of Sydney, Leut Stewart is an officer-of-the-watch in Canberra and has been with the crew since before the ship commissioned.

His cousin, Pte Schoeffel-Weber, is with 2RAR in A Coy's manoeuvre support platoon, which provides direct fire support on operations using a range of weapons.

"I was on the bridge and saw Nik on the flight deck doing PT and I thought 'Hey I know that guy'," Leut Stewart said. "I knew Ben was in the ship, but I didn't know how to find him," Pte Schoeffel-Weber said.

"In the end it was our bosses who set up the meeting.

"The crew of Canberra was really friendly, showing us around and helping us out.

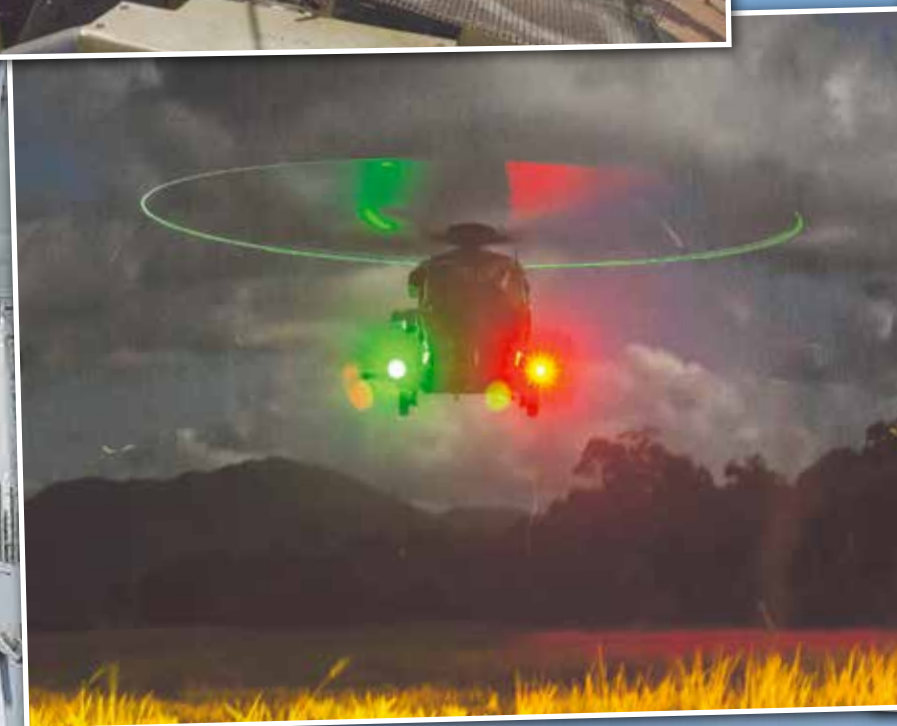
"It was good to learn the ship's routine over the few weeks we were on board.

"I hope to be back in the ship for future exercises. We were learning as much as we could so we are educated for when we embark again for a longer operation."

After completing the exercises, the cousins were planning to catch up again at Pte Schoeffel-Weber's family home in Macksville, NSW, as directed by their mums.



Cousins Leut Ben Stewart and Pte Nik Schoeffel-Weber on board HMAS Canberra. Photo by LS Helen Frank



ASLAVs from 2 Cav Regt conduct a live-fire shoot from HMAS Canberra's flight deck during Exercise Sea Raider. Inset top, from left, Cpl Kane Jones, Tpr Nathans Richards and LCpl Blake Simington, of 2 Cav Regt, in their ASLAV aboard the ship. Inset middle, an MRH90 from 5 Avn Regt approaches a landing zone for an aeromedical evacuation at Bramston Beach, north Queensland. Inset right, Ptes Brad Pumpa, left, and Ben Parkinson, of 2RAR, hold a defensive position at Mourilyan Harbour, North Queensland. Photos by Cpl David Cotton



To see more from the Sea Series, visit http://video.defence.gov.au/play/IN2d3Zwdzpqj2JyuvLY83ovA4Dc_QiPw0#

ENDURING PARTNERSHIP

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Following the legacy

Junior Legatees to connect with history on France-Belgium study tour, Flt-Lt Daniel Phillips reports.

NINETY Junior Legatees from across Australia will travel to France and Belgium on a Legacy-sponsored study tour in July 2016, visiting the Western Front battlefields and taking part in centenary commemorations at Pozières.

The "Pozières...Our Legacy" 2016 study tour, which was launched at the Australian War Memorial on September 25, is endorsed by CA Lt-Gen Angus Campbell and its patron is Cpl Mark Donaldson, VC.

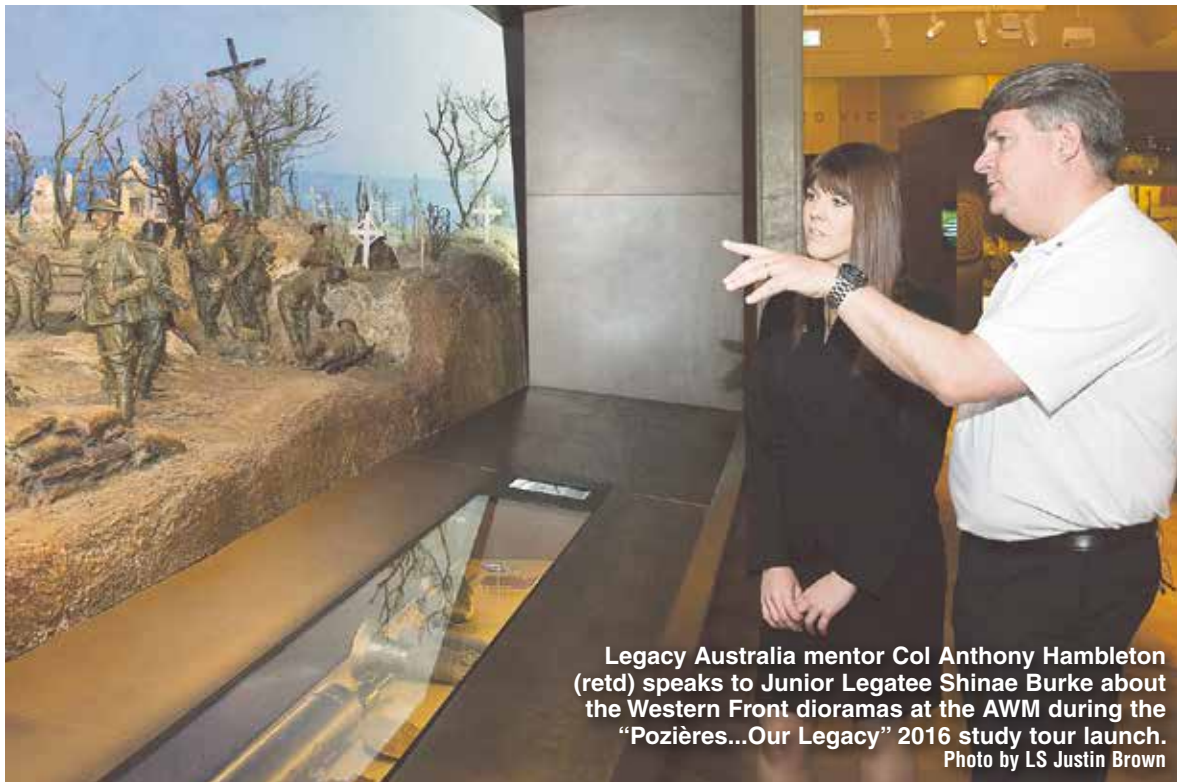
Each of the Junior Legatees undertaking the tour has lost a parent, or parents, who served in the ADF.

Junior Legatee Shinae Burke, step-daughter of 2 Cdo Regt's Pte Tim Aplin, who was killed in a helicopter crash in Afghanistan in 2010, said she was looking forward to discovering more about what happened to Australians during WWI.

"It's a once-in-a-lifetime opportunity to walk in the footsteps of those who fought on the Western Front," Miss Burke said.

"It has been amazing to read the journals and stories about the different people and backgrounds of the soldiers."

Former Legacy Australia chairman Charles Wright said the study tour was a great opportunity for the Junior Legatees, who are aged between 16 and 26.



Legacy Australia mentor Col Anthony Hambleton (ret'd) speaks to Junior Legatee Shinae Burke about the Western Front dioramas at the AWM during the "Pozières...Our Legacy" 2016 study tour launch. Photo by LS Justin Brown

"These young people have all gone through hell in their life and we felt it was extremely important that they get to see where Legacy started," Mr Wright said.

"We also wanted all the Junior

Legatees to know how much they mean to us. It's a dream come true that Legacy Australia has been able to pull the study tour together for them."

Mr Wright said Pozières was a natural choice for the study tour.

"We wanted to do something to commemorate the centenary of one of the battles on the Western Front," he said.

"Up to 23,000 Australians died at Pozières and during the tour the Junior

Legatees will gain an understanding of what their forefathers did and how much the French appreciate that."

During the 14-day tour the Junior Legatees will be guests of honour at a number of activities, including the Last Post ceremony at Menin Gate, a DVA-organised centenary commemorative service at Pozières and the eternal flame ceremony at the Arc de Triomphe in Paris.

Miss Burke said the tour would enable her to help other Legatees by sharing and passing on her experiences.

"There are no words to explain how grateful I am to be given this opportunity," she said.

"This experience will broaden my knowledge and understanding of the stories of other Legacy children.

"This doesn't happen to every kid and I'll have this story for the rest of my life. I'll be able to tell this story to people who don't have this opportunity and hopefully give them the strength to deal with anything life throws at them."

Legacy Australia is a charity providing services to Australian families suffering financially and socially after the incapacitation or death of a spouse or parent, during or after their ADF service. Legacy currently cares for about 90,000 widows and 1900 children and disabled dependents throughout Australia.

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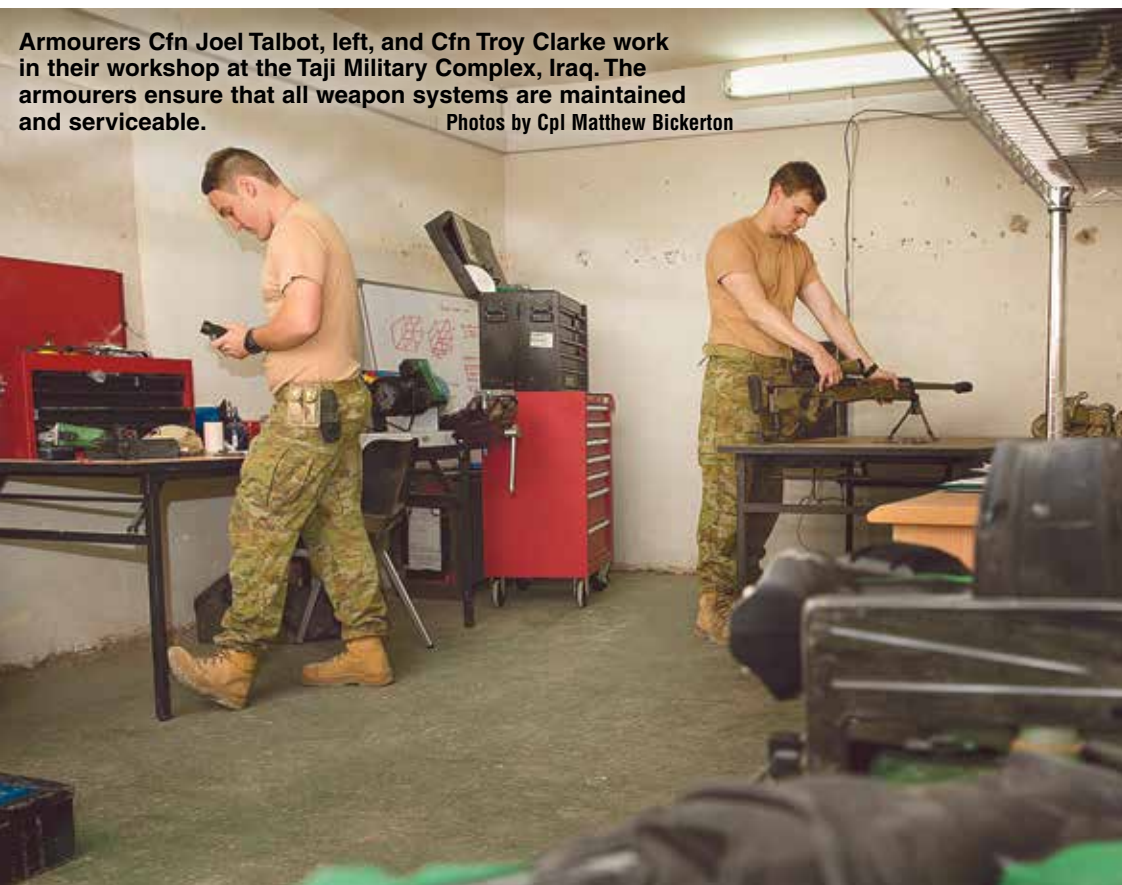
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Iraq's success in their sights



Armouers Cfn Joel Talbot, left, and Cfn Troy Clarke work in their workshop at the Taji Military Complex, Iraq. The armouers ensure that all weapon systems are maintained and serviceable.
Photos by Cpl Matthew Bickerton

Armouers share weapons expertise with

AUSTRALIAN and New Zealand armouers are showing their versatility in Iraq, becoming mentors and assistants to their Iraqi colleagues and their range of different weapons.

Based at Taji Military Complex north of Baghdad, the armouers are serving with Task Group Taji, the combined Australian and New Zealand training force for the Iraqi Security Services.

Cfn Troy Clarke said the Iraqi

soldiers were so enthusiastic about weapons repairs that they wanted to help the specialists fix problems with troublesome firearms.

"The Iraqis really want to get in there with you and help out when you're trying to find the problem with their guns," he said.

Cfn Clarke and his fellow armouers travel to the range to visually check Iraqi weapons and make sure they are ready for live-firing practices, however, faults still sometimes occur.

"If something breaks

Iraqi colleagues, Cpl Max Bree reports.

the Iraqis will bring it over and we'll inspect it," he said.

"Then we'll tell them what's wrong, how to fix it and give them any mechanical advice."

Cfn Clarke works alongside another Australian and a New Zealand armouer, attending to a mixed bag of weapon designs. Among the firearms are Soviet-era machine guns like the PKM and Dushka, along with the Iraqi-made Tabuk sniper rifle.

"The Tabuk is basically an AK-47, firing 7.62 rounds from a

10-round magazine, with a long barrel and a big sight," Cfn Clarke said.

"It is pretty impressive – everyone wanted to have a look.

"The Dushka is amazing as well, that's their .50 calibre machine gun and it's massive."

Cfn Clarke will leave a legacy for the next rotation of armouers, having helped to establish cutting and welding workspaces, along with a weapon repair facility.

"I had a big say in how we've set things up," he said.

"I'm being called on as a subject matter expert in my job, which is great. It's been fantastic to take all the good ideas from back home and incorporate them into this workshop."

When not setting up gear or helping Iraqis, the armouers keep busy looking after Australian and New Zealand weapons.

"My favourite Australian weapon is the .50 calibre sniper rifle," Cfn Clarke said. "It's a simple bolt-action weapon, but it's big and impressive."



Cfn Troy Clarke inspects an AW50F sniper rifle at the Taji Military Complex.



Cfn Troy Clarke grinds away some rough edges on a post bracket.

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Ray Simpson served in World War 2, Korea, and Malaya, as well as five decorated years in Vietnam. He was also a foundation member of the Australian SAS in 1957.

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In their footsteps

Nursing officer pays homage to forebears on Anzac journey, Sgt Dave Morley reports.

AN ARMY nursing officer recently returned from an eight-day eastern Mediterranean cruise where she followed in the footsteps of Anzac nurses.

Nursing officer Lt Eva Ballai, of 1HSC at Randwick Barracks, said the cruise started in Athens on August 31 and ended in Istanbul on September 7.

"There were more than 80 people on the trip including ex-Army nurses, current-serving RAANC, RNZANC and Air Force nurses, nurse academics, civilian nurses, retired nurses and family members related to Anzac nursing sisters from both New Zealand and Australia," she said.

"I felt privileged to be on this trip with people who had real links with the Anzacs.

"We also had actress Antonia Prebble on board, who played the part of a NZ nurse in the TV series *Anzac Girls*.

"The academic nurses, Clare Ashton from Australia and NZ and Christine Hallet from Manchester in the UK, provided us with enrichment lectures on a regular basis."

Lt Ballai said she was a lover of history and had a deep fascination with her nursing predecessors.

"Having read a number of books and articles and watched documentaries, I was fascinated by the hardship, struggles, sacrifice and ultimate success in times which were unkind to women going out on their own," she said.

"So, to visit the Florence Nightingale Museum, located in the fortress of the Turkish Army Barracks in Istanbul, was fascinating.

"To actually go where they went and to smell and hear these places, it was like going back in time and spirit, and being at one with the former military nurses.

"I felt like I was paying respect and homage, not only for

myself, but also on behalf of the whole Australian Army."

Lt Ballai said she found the trip to be a humbling and motivational experience.

"It will live with me for the rest of my life and it will encourage me to serve above self for the benefit of the people under my care," she said.

"Everybody should know about the fantastic job they did and the sacrifices they made for our country.

"Having come to Australia from another country and culture, the trip has helped me to understand the Australian way of life."

Lt Ballai also visited the grave of AIF nursing sister Gertrude Munro at the Mikra British Cemetery in Kalamaria, Greece.

Sister Munro, who is the only Australian service person commemorated in this cemetery, died of pneumonia and malaria, aged 36, in the 43rd General Hospital, Salonika, on September 10, 1918.



Lt Eva Ballai, of 1HSC, visited the grave of WWI nursing sister Sister Gertrude Evelyn Munro during a trip to follow in the footsteps of Anzac nurses.

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Ian Coate is a former Royal Australian Survey Corps illustrator-reprographic, military photographer, current artist-in-residence for the SAS Historical Foundation, and an ambassador for the Army Art organisation.

Art of a quiet mind

Personnel in the west find solace through new creative outlets, Sgt Dave Morley reports.

A MILITARY art program developed specifically for serving and former military veterans now living in Western Australia started this month.

The Military Art Program's facilities and services, together with time from the program's artists, are donated to provide an opportunity for veterans to learn and participate in art classes in Perth.

According to Military Art Program director Leza Howie, many of the program's artists were well known and many shared a military background.

"The free program is widely endorsed and supported within the Defence community and other organisations, enabling regular monthly art activities, developed to provide an exploratory experience," she said.

"Those proudly supporting and endorsing the program include CO SASR, SASR Association WA Branch, RSLWA, Karrakatta Community House, Cottesloe Surf Lifesaving Club and Army Art."

Among artists donating their time are Maj Ian Young (ret), who served nine of his 22 years of Army service with SASR; Stan, a serving soldier with SASR; and Travis, who served 13 years full-time with the Army and remains an active reserve SASR soldier.

Maj Young said throughout his

Army service he found having a creative outlet of great benefit.

"It was a way I could relax, unwind and get a tangible result that I felt good about," he said.

"I think it's fantastic the Military Art Program is providing this wonderful service to our servicemen and women, particularly those who are suffering as a result of their service to our country.

"Military life has few opportunities to be artistic or creative and I believe it's important to have a balance in all aspects of life. So pursuing a creative outlet helped me achieve this balance."

Stan, on the other hand, did not think of himself as an artist, saying he didn't really know anything about art, but that he did enjoy creating things.

"I have drawn cartoons since an early age and on a lot of my early deployments and trips I drew cartoons of things that were happening around the place," he said.

"It was something to make the fellas laugh while we were all away from home.

"While I paint, I find that my mind stops running around and just focuses on one brush stroke at a time.

"So for me it is a good tool for focusing on the present moment and nothing else, plus I enjoy seeing the artworks take shape and eventually come into focus."

After qualifying as an SASR sniper in 2007, Travis was

deployed to Afghanistan where, during a vehicle-mounted patrol, he was wounded when his patrol's LRPV struck an IED.

During his rehabilitation back in Perth, he roused his love of drawing by sketching images from his recent deployment.

Travis said he didn't see design as being limited to canvas and constantly sought to express his ideas through a number of mediums, including drawing, painting, laser-cut metal, construction and landscape design.

In 2014, his painting 'Sniper Overwatch' was part of the SASR's Out of the Shadows exhibition held at the WA Museum.

He said art had helped him in many ways throughout his life.

"The most obvious is the fact that being able to express ideas and concepts visually expands your options for communication," he said.

"I think of the practice of art and design, not as a unique talent that people either have or haven't got, but as a form of communication, just as spoken and written language is.

"Art and design has also opened up my options for work beyond the Army, as I am now studying architecture and working within the field of drafting and design."

For more information on the program contact militaryartprogram@hotmail.com



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Celebrating brilliance

Army historian believes he has the best job in the world and wants soldiers to understand and appreciate their history.

KEEPING Army history alive is a labour of love for Sebastian Spencer, a curator at the Australian Army Museum of Military Engineering at Holsworthy, NSW.

Beginning with Army in May 2011, he is responsible for the presentation, conservation and promotion of the RAE and RASvy collections.

"Before I moved to Army I was working as a curator for the Naval Heritage Collection, but the role with the Australian Army History Unit (AAHU) allowed me a significant promotion and the chance to expand my skill base," he said.

"As excited as I was to take on the role with Army, I was a little nervous as my experience working as a civilian with the Navy had not been great.

"From my first day with both the AAHU and the RAE, I've never looked back and I don't think I've ever enjoyed work as much as I do in my current role.

"All of the staff I work with, ADF and civilian, are a truly dedicated, passionate and committed group of men and women and I consider myself so fortunate to be doing what I'm doing."

During the past four years, Mr Spencer has assisted with the development and movement of the old museum and the collection from Steele Barracks to the new world-class facil-

ity at Holsworthy. He said the biggest challenge of his role was engaging members of the corps to take an active interest in their history.

"The work soldiers do today are the stories and artefacts I will be displaying and caring for in the next 20 years," he said.

"The new museum has already gone a long way to reinvigorating the interest and contribution to the corps history and I will continue to promote the collection and museum until everybody knows what a sapper is."

AAHU staff are specialists, comprising academic historians, researchers and curators.

"Very few people join the services with a view to being a historian or curator," Mr Spencer said.

"We provide the skills required to ensure that Army's history is promoted, protected and conserved.

"Most units have either physical objects, photographs and records that have been kept over the years – we are able to assist with practical advice on storage and display.

"In our individual museums we have the added bonus of focusing on a particular corps or trade."

He said he had one of the best jobs in the world.

"I get to discover the rich and extraordinary history of the RAE and RASvy collections, develop engaging displays for both Army and the

I get to discover the rich and extraordinary history of the RAE and RASvy collections ...

– Sebastian Spencer,
Australia Army Museum of
Military Engineering

public, conduct research and conserve and preserve the past for the future," he said.

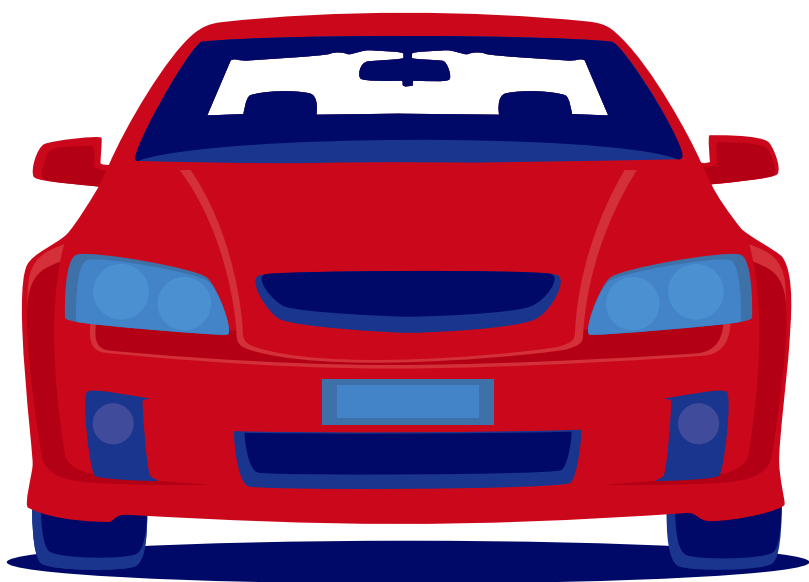
"The people I work with in AAHU and the RAE are incredible, the environment is awesome – I wouldn't want to be anywhere else. Promoting the corps history and Army's history to the public is easily one of the best perks of the role – I want people to see Army in a new light and not only think of memorials when they think of service.

"Our contribution and accomplishments across the world over the past 100 years are nothing less than extraordinary and it's time to celebrate our brilliance."



Army historian Sebastian Spencer is a curator at the Australian Army Museum of Military Engineering, Holsworthy. Photo by W01 Michele Russell

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SEPTEMBER TRIAL RESULTS

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

OTHER RANK
Defence Force Magistrate
1 x Assaulting Another Person on Service Land – DFDA s 33(a)
1 x Prejudicial Conduct (Doing an Act) – DFDA s 60(1)

The member was accused of assaulting another person on service land. The member was also accused of making certain statements that were likely to bring discredit on a part of the ADF. The member pleaded guilty to the charges and was found guilty of the charges. The member was severely reprimanded and sentenced to 35 days detention (with seven days of it suspended).

Off and running

ADF personnel are on their way to America to race against the best the US Marines have to offer in the Marine Corps Marathon on October 25. The 15-person team includes wounded, injured and ill soldiers who will run a gruelling course that passes the Arlington National Cemetery, US Capitol Building and crosses the Potomac River that flows next to Washington DC. This year is the 40th anniversary of the marathon.

Keeping well

Assistance at the ready for reserves

Maj Ruth Higgins

THE Reserve Assistance Program (RAP) provides reservists who are actively serving, and their immediate families, access to mental health and wellbeing support.

It is an initiative of the ADF Total Workforce Model and is an extension of Defence's Employee Assistance Program (EAP).

The RAP includes a confidential, free, professional counselling service that can provide practical assistance to address both service-related or personal challenges experienced by reservists or their family members.

Experienced, qualified psychologists or social workers provide counselling face-to-face, by telephone, email or over the internet if the appropriate equipment is available.

Under the RAP, Defence funds up to four counselling sessions for a reserve member, or an immediate family member to discuss an issue.

Defence may approve an additional four sessions, if necessary, to support the resolution of an issue.

Reserve members may attend the first counselling session when on duty, if they so choose. Any remaining sessions they attend will be in their own time and will not be remunerable.

For more information about the Reserve Assistance Program, visit <http://intranet.defence.gov.au/People/sites/EAP/ComWeb.asp?page=123970>



Photo by AB Jake Badior

ASK FOR ASSISTANCE

<p>Reserve Assistance Program: 1300 361 008</p> <p>After-hours crisis counselling support: 1800 451 138</p> <p>Manager's Hotline: 1300 361 008</p> <p>Veterans' Families Counselling Service: 1800 011 046</p>	<p>Enhancing team wellbeing</p> <p>MANAGERS and supervisors can arrange awareness programs or 'springboard sessions' that cover personal, professional and psychological topics developed by qualified psychologists to meet specific team needs.</p> <p>Sessions require 30 days notice to arrange and require a minimum of 15 attendees.</p> <p>To organise a session for your staff, email WHS.CO@defence.gov.au</p>
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Get your gear online

Alan Beasley

MORE than 7500 soldiers have used the Clothing Orders Online (COOL) system to order uniforms and it is now even easier with the system available on mobile devices.

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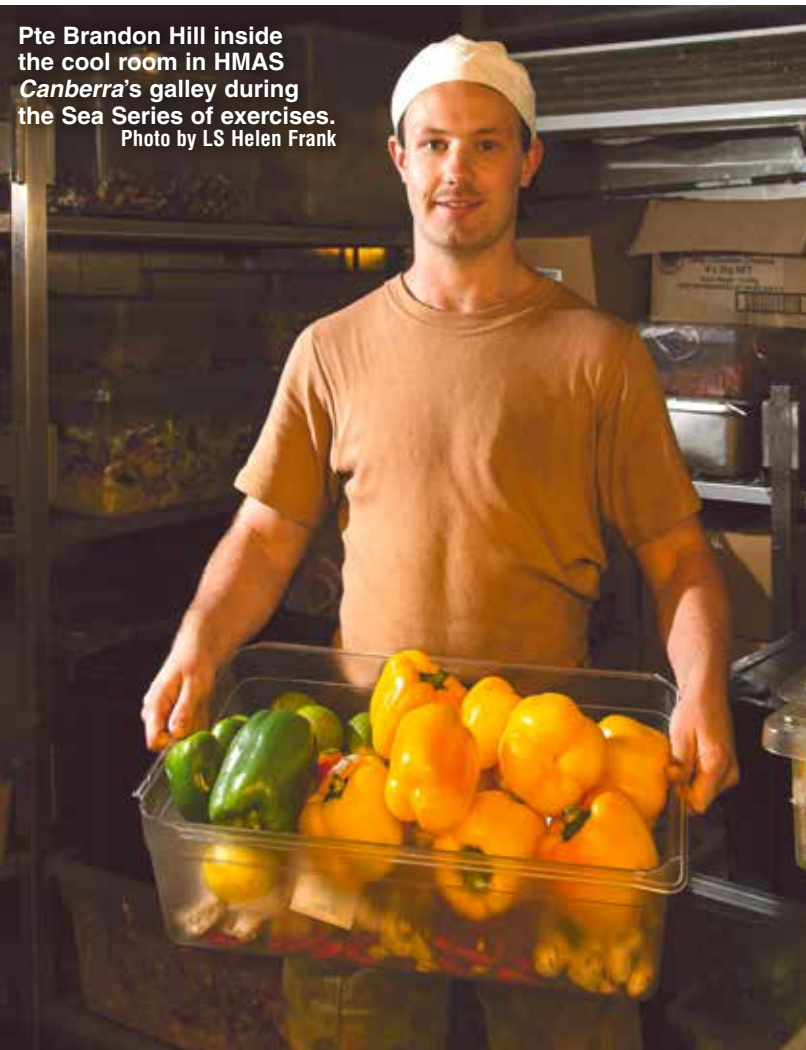
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Pte Brandon Hill inside the cool room in HMAS Canberra's galley during the Sea Series of exercises. Photo by LS Helen Frank



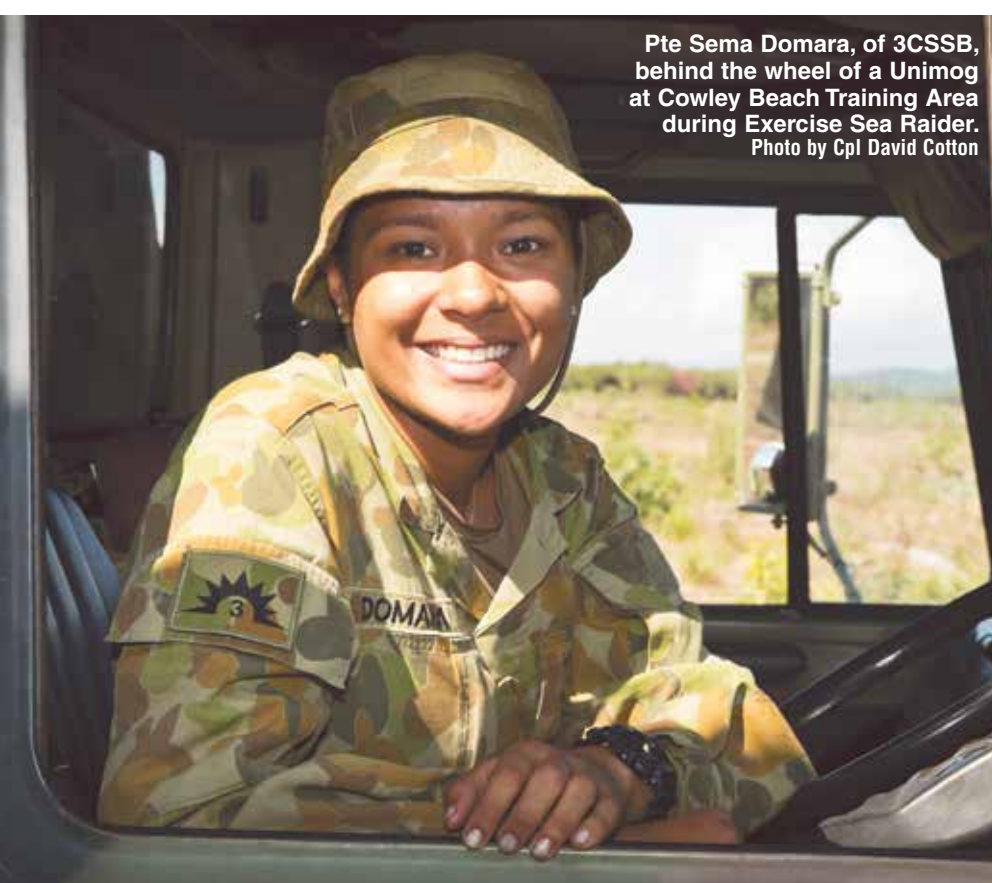
Pte Joshua Bowman, of 1CHSB, at an evacuation assembly area in Atherton, north Queensland, during Exercise Sea Raider. Photo by Cpl David Cotton



Cpl Mia Van Baar, of 2RAR, at Cowley Beach Training Area during Exercise Sea Raider. Photo by Cpl David Cotton



The commander of the Australian contingent deployed on Operation Aslan, Col Michael Bond, presents WO2 Stuart Clancy with the Australian Service Medal and UN Mission in South Sudan (UNMISS) medal during a parade at Australia House on September 19. The parade recognised members' efforts as part of UNMISS from March 18 to October 5.



Pte Sema Domara, of 3CSSB, behind the wheel of a Unimog at Cowley Beach Training Area during Exercise Sea Raider. Photo by Cpl David Cotton



Cpl Mitchell Thomson, of 1 Avn Regt, shows an ARH Tiger to Lachlan, Imogen and Amelia at the Exercise Northern Shield open day in Darwin. Photo by Cpl Janine Fabre



Sig Matthew Dickson (left) and Chinese People's Liberation Army soldier Sgt Xiang Wei congratulate each other after completing a kayaking trip around Sydney Harbour during Exercise Pandaroo. Photo by LCpl Kyle Genner

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ARH Tiger pilot Capt Daniel O'Donnell and Flt-Lt Robert Cousland performed aerial displays over Brisbane as part of Riverfire on September 26. Photo by Cpl Glen McCarthy

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20 years for two days

A long time in the making, Cdre Toz Dadswell (retd) says his first novel – about WWI signallers – is worth the wait.

The Two Days In Your Life

By Cdre Toz Dadswell (retd)
478 pages, tozdadswell@westnet.com.au or
(02) 4442 1476, \$38.50, ebook \$7.95.

FORMER Fleet Air Arm pilot Cdre Toz Dadswell (retd) has realised a long dream and self published his first novel.

“Twenty years ago I picked up my pen and *The Two Days in Your Life* is the result,” Cdre Dadswell said.

Although Cdre Dadswell spent 40 years in the RAN, he chose an Army setting for his writing, partly inspired by the story of his father who was a signaller in WWI.

“The book is centred on a team of Army signallers challenged by not only their battlefield foe, but also by living a disordered life in strange lands, far from home,” he said.

Cdre Dadswell grew up in the Victorian grape-growing community of Red Cliffs, which was also a major soldier settlement for those who had survived the horrors of WWI.

“Growing up among former soldiers inevitably meant I heard stories throughout my childhood,” he said.

“My father also eventually wrote in detail of his experiences, recording life from the day of his enlistment to the time of returning to the community back in Australia.”

These stories led to Cdre Dadswell writing a work of fiction that tells something of the life of Australian signallers in the 1914-18 conflict.

“Just like my father I didn’t use a typewriter but laboured with pen and pad over 20 years deciding on the elements that would tell the stories of the ordinary people who were called on to do extraordinary things – live the life of a signaller in the days before wireless communications.

“These were soldiers who ran telephone lines between Australian units, often over open country in full view of enemy soldiers, including snipers.

“It was extraordinarily dangerous work and many paid the ultimate price of losing their lives.”

The dangers and the critical need for communications led to mateship among the soldiers that was tested to the limits of human endurance.

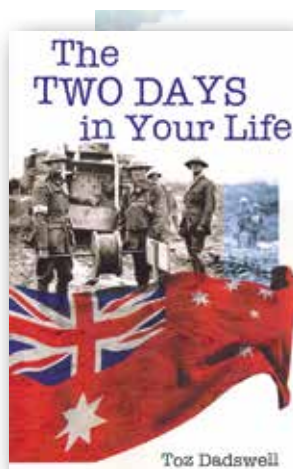
“It also led to the soldiers learning about ‘the two days’ which is reflected in the book’s title,” he said.

“The ‘two days’ philosophy would help them face each day in battle, even when they feared it might be their last.”

The book is a dramatic re-telling of some of the war’s dramas, dangers and despairs.

It is also about the personal concerns of men far from home and loved ones. Above all, it is a story about human decency.

To see vision of Cdre Dadswell making a record landing on a Navy ship in 1970 go to www.awm.gov.au/collection/F11270



Cdre Toz Dadswell (retd) wrote a book about WWI signallers after he was inspired to research his father’s role in the war.
Photo by AB Chantell Bianchi

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Smart phone apps can help keep you and your family safe by providing emergency services with urgent medical information. Photos by LS Jayson Tufrey

Help in hand

Keep you and your loved ones safe with emergency contact and medical information apps on your smart phone, LS Jayson Tufrey reports.

IMAGINE your loved ones sitting at home waiting for your arrival, oblivious to the fact you are unconscious and unidentified lying in hospital or in the back of an ambulance – this can be avoided through ICE.

While accidents and injuries are a sad fact of life, in case of emergency (ICE) details can be easily added to mobile devices carried by most people these days.

In the first instance you should place your emergency contact in your phone list with the contact name, eg: **ICE – Mum 0412 345 678.**

Emergency service first responders and doctors are trained to look for this.

Because most people lock their phones for security reasons, this information can be displayed on the lock-screen if you set it up beforehand by accessing the ‘user information’ menu.

On most phones it is found here: **Settings/security/lock screen/user information**, where you can input your emergency contact details along with your own name, eg: **My**

Name is Jane Doe ICE – Mum 0412345678. This will scroll across your lock screen every time it is displayed.

For iPhone users this information option is available by activating the ‘Health’ app that comes installed on your phone.

The first responder needs only swipe the lock screen, push the emergency button (which will also allow 000 to be dialled) and then click the ‘Medical ID’ button to locate an emergency contact list, as well as other details such as blood type and known allergies.

For Android the ‘ICE: In Case of Emergency’ app can be purchased from the play store for a couple of dollars and allows access to medical data and emergency contacts from the lock screen.

There are a number of other apps that allow emergency services and doctors access to a wealth of information should they require it.

Some of these apps, such as ICEcard, even have alarm button functionality and can send an emergency SMS to your nominated contact, along with your GPS coor-

dinates. For more details, check the app store for iPhone or play store for android.

Experienced Ambulance Victoria paramedic Simone Grixti said this was a fantastic idea.

“With the proliferation of mobile phones and smart phones these days, apps like this are great for finding a patient’s name and next of kin details,” she said.

“These apps can provide emergency services with extra information such as a patient’s existing conditions and relevant allergies, which is important to know before we administer any medication.

“In the past we have also had to rely on police to assist us with unidentified patients before we could find out who they were. This can take some time and often cannot be resolved while we have the patient in our care.

“The apps that are available not only assist in alerting a patient’s loved ones, they actually save lives.

“This is great for us as paramedics and assists us to deliver better outcomes for our patients.”



These apps can provide emergency services with extra information such as a patient’s existing conditions, and relevant allergies...

– Paramedic Simone Grixti, Ambulance Victoria

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- Women's AFL: Army 26 – 6 JCU
- Women's Rugby: JCU 24 – 5 Army
- Men's Rugby: Army 27 – 5 JCU



The Army women's soccer team takes on JCU in Townsville. Photo courtesy of Northern Services Courier

Triathlete takes on the world

Sgt Dave Morley

THE Army was well represented during the International Triathlon Union (ITU) World Triathlon Age Group World Championships held in Chicago from September 15-19.

Deputy Comdt ARTC Lt-Col Iain Addinell, who has elite athlete status from Army, was the sole Army representative in the Triathlon Australia age group team.

After competing around Australia he qualified in aquathlon, sprint and Olympic distance events.

With a last minute change of schedule, he chose to compete in just the sprint, comprising a 750m swim, 20km bike ride and 5km run, and Olympic, involving a 1500m swim, 40km bike ride and 10km run.

"It was a good experience to represent Australia at an international event and the standard was high," he said.

"It was hard coming from winter where I hadn't competed for a few months, when the northern hemisphere athletes were coming off a race season.

"My start time was scheduled for three hours after the first wave of competitors set off, by which time it was 28 degrees and windy."

The wind, choppy waves and a close inshore current made for a slow swim, but the bike ride was fast on the undulating three-lap course.

"The road surface proved to be pretty average, so there was a lot of equipment jettisoned from bikes and I took to bunny-hopping some of the larger obstacles, which is something you don't often do at 40km/h on a time trial bike," Lt-Col Addinell said.

After a slower than planned run in the heat, Lt-Col Addinell finished 16th from 119 in his age group.

He said it was a tough run and one of the few times he'd had to take on water at aid stations during a sprint.

"After a tornado warning on Friday evening, the Olympic distance event was almost changed to a duathlon for safety, but conditions settled down, other than gusting winds," he said.

"The mooring jetty and pontoon detached, meaning the last few waves swam only the half-distance. The shortened distance put me at a disadvantage as a strong swimmer, but you just need to focus on what you can control and be adaptable."

After a delay to the swim start, Lt-Col Addinell swam the 750m two minutes faster than the Thursday.

The technical, two-lap bike course was conducted on three levels of Chicago roads in the town centre.

"It was disconcerting going from bright light to near darkness in tunnels at times, but it was a good road surface," Lt-Col Addinell said.

"The only issue was when you came out of the tunnels, you had to brace for the gusts of wind."

After a good bike ride, the run course was flat and fast, with Lt-Col Addinell overtaking a number of competitors to finish 33rd out of 132 competitors.

Lt-Col Addinell said he had a few problems with his left hamstring at the 9km mark, which slowed him down and cost him three places.

"But overall it was a good race and for this competition my focus was on the sprint, although I was the first Australian home in both events, which was a surprise," he said.

Lt-Col Addinell is now focusing on the Noosa Olympic Distance and Ballarat 70.3 as part of the Defence triathlon team.



Lt-Col Iain Addinell competes at the ITU World Triathlon Championships Chicago.

Icons win battle

Army defeats James Cook University in Townsville tournament

LCpl Kyle Genner

ARMY defeated James Cook University (JCU) in the Battle of the Icons sports tournament held in Townsville from September 10-13.

The annual competition between 3 Bde and neighbouring JCU saw Army establish a lead in five of the eight events.

Beginning in 2001, the competition started with just men's rugby union and was known as the Chancellor's Cup. Additional sports were added in 2005 and the event was re-named the Battle of the Icons.

By 2014 women's rugby union, basketball, netball, soccer and Aussie rules were being contested.

JCU sports coordinator Teisha Condie said the Battle of the Icons was a great example

of cooperation between two of Townsville's largest organisations.

"JCU students and Army soldiers are very competitive," Ms Condie said.

"It's a great structured way for these two organisations to get together and exercise healthy competition."

In soccer Army came out on top, defeating JCU in both the men's and women's games.

Coach of the men's soccer team Maj Mark Strickland, of 10FSB, said they were highly contested games, with JCU fielding three Townsville Premier League players in the men's.

"Both the men's and women's teams played with great organisation, skill and ability," Maj Strickland said.

"Conceding no goals in both games proves how well

organised they were. Achieving that after just one week of training is pretty good!"

The most anticipated events of the tournament were the Commander's and Chancellor's Cup rugby union matches.

Unfortunately for Army, in the women's rugby union Commander's Cup, it was the strong JCU side that inflicted the wounds, winning 24-5.

Team coach Cpl Georgia Smith, of 2RAR, said the team was formed at short notice and the majority of her players had never played rugby union before.

"There was no selection process to join the 24-strong team, it was all about preparation and spreading awareness of women's rugby," Cpl Smith said.

"At the start of the game we were just finding our feet, but after a try by Pte Stephanie Summers, of 2 Cav Regt, we

showed much more aggression in the second half."

It was a different story in the men's rugby union where Army defeated JCU 27-5 in the Chancellor's Cup.

Pte Joshua Belik, of 2RAR, who played inside centre during the game, said he always looked forward to playing in the cup.

"They got us last year so it was great to get ahead this year," Pte Belik said.

"We basically controlled the whole game, but JCU still put up a good fight."

The men's rugby union team will continue to train hard and face off against the undefeated Townsville representative team, the Brolgas, on Remembrance Day.

The event will raised funds for charity organisation Mates4Mates.

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Pedaling success

➤ Soldiers push hard to bring home trophies in Australian Defence Cycling Club Championships

WO2 Andrew Hetherington

ARMY's cyclists put in an outstanding effort to come second in the winners and placegetters list at the 2015 Australian Defence Cycling Club (ADCC) championships held at Mount Stromlo, Canberra.

More than 85 ADF personnel competed in nine road and mountain bike off-road riding events from October 5-11.

Army finished the event with 27 points coming second to Air Force on 36 points and ahead of Navy with 21.

Points were allotted to riders from each service who won and placed in the men's and women's elite and overall categories for each of the events.

President of the ADCC LCdr Andrew Willett said this year there was no overall winning service or service placegetter trophies presented, but there would be changes to next year's competition.

"Next year we intend to increase inter-service competition by reinvigorating the championship through the inclusion of some new events," LCdr Willett said.

"We intend to introduce BMX, cycle-cross and track cycling to expand the competition and we will then introduce overall service first, second and third trophies.

"We hope to also increase our club member numbers and the extra events should aid in achieving this."

LCdr Willett said he was happy to see the ADCC members get on a bike and compete against each other.

"During the races everyone gave their events a red hot go and pushed themselves to a win, or to just better themselves as cyclists," LCdr Willett said.

"From my perspective, everyone improved their skills and performance, be it riding with other members, undertaking skills courses, or through their races."

Two of Army's most outstanding performers were Maj Jeremy Ross, of AHQ, and Pte Danielle Lissing, of 3CER.

In only his second time competing in the championships, Maj Ross won every one of the four events he entered, doing one better than his 2014 efforts when he won three of the four events he entered.

"I entered the road criterium, cross-country Olympic mountain bike race, the road race and the road individual time trial" Maj Ross said.

"Leading into the championships I was quietly confident I'd ride strongly if I stayed free from illness within the final eight weeks leading into competition, which was

difficult to achieve with two kids in childcare during a Canberra winter.

"I placed a lot of pressure on myself to achieve four wins and the overall road championship, which I missed out on last year. Early this year I set myself an extensive 12-week training program to achieve this goal."

In his road criterium race he put in an astonishing performance, lapping the whole field, but said this was not the highlight of the championships.

"For me it was definitely winning the road race and individual time trial, which was run as part of the ACT championships," he said.

"I managed to win both and take out the state championships, too, which was unexpected.

"The road race unfolded to plan with a strong bunch of local riders making an early break and I held back in the peloton and didn't burn too much energy until the final lap of 18km when I started attacking the climbs.

"I managed to bridge across to the leading five riders just before the final pinch and attacked with everything I had left in the tank. I then rode clear and took the win."

Pte Lissing flew the flag for Army women during the whole competition.

"I was the only Army women competing in the championships and this was the second time I've come here," Pte Lissing said.

"However, I had a better time this year. Last year I had a misadventure during the downhill event breaking my left collarbone in two places earning myself a titanium plate and eight pins.

"I was still able to finish and come second."

This year she entered four events and got no worse than third place in all of them.

"I got first in the downhill, second in the Super D and I came third in my age group in the cross-country Olympic and in the cross-country short course," Pte Lissing said.

"Leading up to the championships I supplemented my training by competing in my local Townsville gravity and endurance events, where I got fourth in the season and I'm currently in the lead for women's elite cross-country category.

"I was confident coming into the championships this year as

I've had more experience riding downhill, which I live for and is always the highlight for me when I ride."

ARMY'S TOP

Sgt Shane Groves won the overall men's downhill and the under 30s young guns category.

Maj Mark Vroomans came first in the road race men's masters 1 and in the men's masters 3 road time trial.

Chap Philip Anderson came first in grand masters category in Super D, cross-country Olympic and first in the men's masters 7 categories in the road time trial and road race.

Sgt Roger Derrick won the super masters category of the Super D.

Sgt Josh White came first in the veterans cross-country short course.

Maj Jeremy Ross won all four events he entered. Inset below, Pte Danielle Lissing was the only Army woman to compete and she came second. Photos by WO2 Andrew Hetherington



WE REMEMBER AND HONOUR

WO2 Andrew Hetherington

A MEMORIAL service was held for a former Australian Defence Cycling Club member who died near Canberra on October 11, 2013.

CPO Kane Vandenberg was tragically killed during a registration event for the World Solo 24-hour Mountain Bike Championships.

His wife Margaret and more than 80 ADCC competitors held a short service around CPO Vandenberg's memorial rock before the Super D race on October 8.

"The memorial is very special and Kane would be very humbled by it," Mrs Vandenberg said.

"It's somewhere where people can visit and can think of him.



"It's important to me he is not forgotten."

Mrs Vandenberg said he was sorely missed by a lot of people.

"He was a wonderful husband

and great dad to our three boys," she said.

"He had a real passion for mountain biking and liked any sport.

"He died doing what he loved."



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ASRU makes quarter finals in IDRC

► Australia's convincing win over Canadians puts them in finals

Cpl Janine Fabre and Lt-Col Adam Boyd

A WIN over the Canadians and French at the International Defence Rugby Competition (IDRC) lifted the Australian Services Rugby Union (ASRU) team after a demoralising loss to the British Army in their first match.

ASRU's massive 145-7 win against the Canadians on October 15, combined with France's unexpected win over the British Army 24-23, put Australia into the quarter finals in eighth position where they were scheduled to meet the Republic of Fiji Military Force at Portsmouth on October 19.

Twelve teams from 10 nations are competing in the IDRC being held in the UK from October 5-29 – British Army, Royal Navy, Royal Air Force, French Armed Forces, Georgian Armed Forces, Canadian Armed Forces, Japan Self-Defense Force, South African National Defence Force, Republic of Fiji Military Forces, His Majesty's Armed Forces (Tonga), New Zealand Defence Force and ASRU.

The ASRU team left Australia on October 1 and picked up teams from Tonga and Fiji en route, arriving at Royal Air Force Brize Norton, UK, on October 2.

The teams were greeted by the Tongan High Commissioner Sione Sonata Tupou, President of RAF Rugby Air-Cdre Steve Lushington, as well as members of the RAF rugby team. This was followed by the Tongan rugby team performing their traditional challenge, the 'Sipi Tau'.

The opening ceremony of the IDRC was held at Portsmouth Guild Hall on October 5.

President of British Army Rugby Union Lt-Gen John Lorimer said the event promised to be an exciting showcase of rugby.

"There have already been some terrific games to watch during the Rugby World Cup and I know the IDRC will add some more," he said.

"Rugby supporters have never had it so good."

Drawing comparisons between the skills required of rugby union

and being in the armed forces, Lt-Gen Lorimer said many of the characteristics required on the rugby field mirrored the attributes required in battle.

"Rugby builds teams," he said. "To play the game well, you require discipline and self-motivation."

"Rugby fosters the will to win. These are all prerequisite attributes and qualities that are invaluable to any soldier, sailor, airman, air-woman or marine."

ASRU's campaign is based at Aldershot Army Barracks, with the finals being played at Twickenham Stoop in London.

Round 1

The first round pool match between ASRU and the British Army on October 8 was an eagerly anticipated replay of the 2011 final.

The match was played at the Aldershot Garrison under fine conditions and on a lush green pitch, in front of vocal home crowd.

The British team left no stone unturned with their preparation over the past year, anticipating to take on an ASRU team fired up after the 2011 final loss.

As was the case in 2011, ASRU was outclassed with the British Army running in eight tries to nil. The final score was 62-0 with all tries coming from the back row or wing. One of those wingers, Semesa Rokoduguni, was capped for England in 2014.

British Army ran away with the game in the second half, after ASRU had displayed plenty of steel in the first half, restricting the tournament favourites to 19 points at half-time.

ASRU had only a few genuine scoring opportunities, with their most positive period of play occurring midway through the first half when they were camped just short of British Army's try line for several minutes. ASRU threw everything at the opposition during that period, hopeful of eventually finding a crack in their armour. That crack never appeared.

ASRU captain LCpl Luke Miles was generally happy with his team's composure during the first half,

but he felt they took their foot off pedal in the second half.

"The application of individual skills did not meet our own high expectations. We missed too many first-up tackles," LCpl Miles said.

France defeated the Canadian Armed Forces 82-10, so ASRU players knew they faced a tough day on the field in the next round.

Looking ahead to ASRU's next match versus the French National Military Team, LCpl Miles said his team needed to improve its ability to adapt under sustained pressure and apply the correct defensive structure.

Round 2

ASRU's campaign was back on track after a victory against the French National Military team at Aldershot, 15-11, on October 12.

ASRU chairman Maj-Gen John Frewen was on hand to witness the victory, along with the president of Australian Rugby Union John Coolican and CEO Australian Rugby Union Bill Pulver.

The win was desperately needed by the ASRU team in order to keep their quarter final aspirations alive.

Outside centre Cpl Blake Hart scored the winning try in the 76th minute, but the team had to withstand a barrage of attacking raids by the French in the final four minutes of play.

The French team was the first to score in the match, crossing the try line in the fifth minute of the first half.

They extended their lead 10 minutes later with a penalty goal before ASRU responded with a brilliant team try, scored by Cpl Jeremy Nelson, and a penalty goal by LS Damien House.

The teams were locked at 8-8 at half-time.

For the first time in many matches, ASRU was able to produce 80 minutes of high quality, consistent and disciplined rugby.

Sgt Scott Ashurst was man of the match.

Capt Jason Squires said

the game against France was a good opportunity for the team to solidify the training and the squad preparation.

"We had a good opportunity to hit it out against the French. We knew it was going to be a tough match," he said.

"We didn't think it was going to be that close but the fact that it was meant we all had to get together and put our bodies on the line for a good physical game."

"To see all the boys pull together, the whole team or squad of 30, the guys on the sideline, the guys who started, the guys who played off the bench. It was pretty good."

"We play Canada in two days so we will do our preparation and training as we would normally and I don't think we will treat this game any differently. We are going in there prepared to play our structures and treat them as an opposition like we would any others."

"We play Canada in two days so we will do our preparation and training as we would normally and I don't think we will treat this game any differently. We are going in there prepared to play our structures and treat them as an opposition like we would any others."

Round 3

ASRU played its final pool match on October 15 against the Canadian Armed Forces, beating them convincingly, 145-7. (See the next edition of *Army* for the match report.)

This is the second IDRC, with the inaugural competition held in Australia and New Zealand in 2011 where the British Army beat ASRU in the final eight tries to nil for a 62-0 thumping.

With this year's competition running alongside the Rugby World Cup in the UK, the Royal Navy, Army and Royal Air Force are each hosting a four-team league, after which teams will progress through to the knockout stages.

The final will hold at Twickenham Stoop during the same week as the Rugby World Cup final on October 29.



To see all the boys pull together, the whole team or squad of 30, the guys on the sideline, the guys who started, the guys who played off the bench. It was pretty good.

– Capt Jason Squires, ASRU

Sgt Scott Ashurst is tackled during the match against the French National Military rugby team at Aldershot. Below left, ASRU captain LCpl Luke Miles scores a try during the match against the Canadian Armed Forces. Photos by Cpl Janine Fabre

HONOURING THE ANZAC LEGACY

Cpl Janine Fabre

THE jersey presentation for ASRU'S second game against France was held in a farmer's field in Codford where a Rising Sun badge sits high on the hillside.

The badge was the idea of an Australian WWI brigade commander who wanted to leave a memento of the thousands of Australian and New Zealanders who served in the training and transfer camps in the Salisbury Plain area before going to the Western Front.

The 53x45m Rising Sun was created in 1916 by the AIF soldiers who carved the shape into the grass and then embedded empty beer bottles to give the appearance of a bronze badge.

The AIF soldiers maintained the badge as a form of punishment so the site became known as 'Misery Hill'.

Nowadays the underlying chalk is still clearly visible to create the shape and the badge is maintained by the local community in honour of all who served and gave their lives.



Aussies no match in wheelchair friendly

Cpl Janine Fabre

ASRU was no match against a vastly superior team from Tedworth House in a friendly game of wheelchair rugby before their first match at the IDRC.

The ASRU team was dominated from the start during their visit to the Help for Heroes recovery centre on October 2.

The three-man and one-woman team from Tedworth House steered their wheelchairs quickly and nimbly around the clumsy Australians who were often left behind.

The referee, taking pity on the Australians, allowed nine players, but they were still beaten by the team of four veterans.

Capt Jason Squires said it was great to see the camaraderie, teamwork and facilities the British Forces had for their returned and wounded servicemen and women.

"I think it was a good link with what we have in Australia with Mates4Mates," he said. "It was a privilege to see how well they get treated and how they are integrated back into normal life."

The ASRU team were also taken on a tour of the facilities at Tedworth House recovery centre.

The centre is run by Help for Heroes, a UK charity that provides support for wounded, injured and sick veterans and servicemen and women, as well as their loved ones.

They work closely with the Ministry of Defence to ensure that the veterans obtain the best possible support for their rehabilitation.

Help for Heroes director of recovery David Richmond, himself wounded in Afghanistan, knows personally the long road that recovering veterans face.

"We are not out of conflict, we are in between conflicts," Mr Richmond said.

"We want to make sure that when the next batch of casualties come there is something in place for them, so we need to make sure that support is always available."



LCpl Blake Hart fends off the opposition during the match against the French National Military rugby team at Aldershot.

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IN BRIEF

Sea kayaking in Tassie

THE Army Whitewater Association is conducting Exercise Tasman Advance from January 5-13. The sea kayaking activity in Tasmania is aimed at novice and intermediate paddlers and is open to ADF personnel. Expressions of interest can be sent to peter.amarica@defence.gov.au and additional information is available at <http://drnet.defence.gov.au/Army/AAWA/SeaKayaking/Pages/Planned%20Activities1.aspx>

White Ribbon golf day

ADCU and White Ribbon Australia will host the annual charity golf day on November 6 at the RMC Duntroon golf course in Canberra. Players should arrive at 7.30am for an 8am tee-off. Cost is a \$50 donation to the ADCU White Ribbon Golf Day and lunch will be provided. RSVP by October 30 to the ADCU regional manager Andrew Moebus on 0419 560 511 or email amoebus@adcu.com.au

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SPORT

October 22, 2015

Cfn Jeremy Nelson, of 6 Avn Regt, scores a try against the French National Military rugby team at Aldershot on October 12.
Photo by Cpl Janine Fabre

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Soldiers head to Mt Stromlo for 2015 Australian Defence Cycling Club Championships

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ASRU into quarter finals of IDRC after smashing Canadians 145-7

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KEEPING HOPE ALIVE



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