

# AIR FORCE



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No. 1 Squadron F/A-18F Super Hornet with a Bristol F.2B Fighter, which was flown by 1SQN in WWI.

Photo: David White



## SUPER SORTIE

**'Super Hornet of WWI' flies side-by-side with F/A-18F to celebrate 100 years of 1SQN**

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# Farewell to an Air Force icon

**CPL Bill Solomou and Lawrence Dutrieux**

ONE of Air Force's most decorated and highly respected WWII veterans – SQNLDR (retd) Robert Cowper – has died in his Adelaide home on June 19 aged 93.

SQNLDR Cowper, DFC & Bar, OAM, Legion of Honour (FR), who would have turned 94 on June 24, survived dozens of wartime sorties as a WWII fighter pilot.

AIRCDRE Noel Derwort, Director-General Engagement and Assessment, said SQNLDR Cowper was "an Air Force icon".

"He was a leader, a pilot and a gentleman. It's sad to lose him, he had a great life and we shall always remember him," AIRCDRE Derwort said.

"Bob Cowper was nothing short of an exceptional gentleman. He had humility, a quick wit, friendship and a warmth that exuded.

"He had a sparkle in his eye, especially if you talked to him about the RAAF."

AIRCDRE Derwort said he met SQNLDR Cowper on Friday, June 17 and spent about an hour with him.

"I hadn't seen him for a while. We talked about the old times. We talked about wartime experiences," he said.

"Bob was the last person I spoke to before I deployed. I received some great advice before I left."

AIRCDRE Derwort said he first met SQNLDR Cowper when he was the SADFO at RAAF Base Edinburgh South Australia about five years ago.

He said SQNLDR Cowper was trying to find a home for a Battle of Britain memorial that he was making.

"I am proud to say that now the Battle of Britain Honours Board hangs up on the base," he said.

SQNLDR Cowper was the leader of No. 456 Night Fighter Squadron, which was the RAAF's only dedicated night fighter squadron during WWII.

It has been reported that in 2014, SQNLDR Cowper said: "I remember

**Bob Cowper was nothing short of an exceptional gentleman. He was a leader, a pilot and a gentleman.**

**AIRCDRE Noel Derwort**

on the first night of D-Day (June 6) the squadron shot down four aircraft near Normandy.

"Altogether, I think we shot down about 35 aircraft over the beach and our squadron was proud to have been part of the entire operation that created history and helped end the war in Europe."

His medals included a Distinguished Flying Cross (with bar) for gallantry, the Medal of the Order of Australia (OAM) and the French Legion of Honour, for his part in the D-Day invasion at Normandy in June 1944.

Mr Cowper joined the RAAF on his 18th birthday in June 1940. His biography *Chasing Shadows* was released in 2007.

SQNLDR Cowper was married to his wife Katherine for 70 years and she passed away in 2014.

A funeral service will be held at 2pm on Friday, July 1 at Morphettville Racecourse, 79 Morphettville Road, Adelaide. In lieu of floral tributes, a donation to Legacy would be appreciated. Envelopes will be provided at the service.



SQNLDR (Retd) Robert Cowper in 2012; below, picture taken during his World War II service.



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# F-35 'undefeated'

Successful software trials are a 'capstone event' for USAF's IOC preparation

**Lawrence Dutrieux**

THE F-35A is another step closer to achieving initial operational capability after a successful deployment by the United States Air Force at Mountain Home Air Force Base, Idaho, ironed out known software bugs.

Commander 388th Fighter Wing COL David Lyons said the F-35 was undefeated in engagements over the range with fourth generation aircraft.

COL Lyons, who is also an F-35A pilot, said the deployment, held from June 6 to 17, was the USAF's capstone event in terms of IOC preparation.

"Based on our deployment, I'll be ready to recommend the F-35 for [USAF] IOC very soon," he said.

COL Lyons said the deployment proved the F-35 could successfully

operate away from its home base against a variety of threats.

MAJ Brad Matherne, an F-35A pilot from the 34th Fighter Squadron, said they cleared 88 of 88 sorties, and they were on time for 100 per cent of those sorties for the large force exercises.

"We had zero losses due to any software stability issues that were previously out there," he said.

MAJ Matherne said the aircraft were outfitted with the latest version of the software, 3ib6.21, for the deployment.

He said no shutdowns occurred on the ground or in flight due to software glitches.

"To my knowledge, we did not have any degradations due to software instability," he said. "From a mission systems and tactical employment, we met all of our tactical

objectives, which would have been very difficult if that software was an issue, which it was not."

CAPT Richard Palz, officer in charge of the 34th Aircraft Maintenance Unit, said spare F-35s were used twice due to minor hardware problems that kept aircraft grounded during takeoff.

In one incident, an internal battery failed and had to be removed and replaced. During the second event, the plane's initial navigation system failed, necessitating maintenance.

However, CAPT Palz said both aircraft were returned to service after undergoing repairs and exhibited no additional issues.

COL Lyons said utilising spare aircraft was not unusual, even during normal operations.

"We were able to make on-time

takeoffs to be a part of the mission and do what we needed to do," he said.

"Those are minor problems that you experience with any sort of aviation operation, and I was very, very impressed with the airplane from a reliability and stability perspective."

COL David Smith, commander of 419th Fighter Wing and an F-16 pilot, said the two F-35 ground aborts were an improvement when compared to the failure rates of the F-16 and other fourth generation aircraft.

Seven F-35As and a total of 160 pilots, maintainers and other personnel from USAF's Hill Air Force Base were sent to Mountain Home ahead of the USAF's F-35A's initial operational capability, which could come as early as August.

# At sea, with eyes on sky



From left, FLTLTs Dean Kremer, Mark Bignell, Danielle Redman and SQNLDR John Rozells on board HMAS Adelaide during Exercise Sea Explorer; and, left, an MRH-90 prepares to take off from Adelaide during the exercise.  
Photos: CPL Kyle Genner



## Airspace controllers put their skills to the amphibious test

### FLTLT Laretta Webster

FOUR joint battlefield airspace controllers (JBACs) donned their sea legs aboard HMAS Adelaide to provide air traffic support for Exercise Sea Explorer.

The Air Force JBACs, two of whom are posted to HMAS Adelaide, were joined by more than 800 ADF personnel on the newly commissioned landing helicopter dock to provide essential air support for the flying operations from the ship.

Daily sorties by MRH-90 Navy and Army helicopters were launched from the ship for training exercises, which included qualification flights for pilots as well as conducting ship-to-objective manoeuvre serials for soldiers from the 2nd Battalion, Royal Australian Regiment, who were on board as the landing force elements.

JBAC FLTLT Mark Bignell said it was the first time he had participated in an amphibious exercise and, although his job was not that different from on land, some obvious adaptations were needed when operating from a ship.

"In order to perform our job on HMAS Adelaide, myself and SQNLDR Rozells, who are posted to the ship, had to complete a number of Navy courses to enable us to assimilate to sea life," FLTLT Bignell said.

"There were a number of courses to complete, including fire fighting and flood simulations, survival

at sea, learning about the communications and combat management systems on board. They were quite extensive.

"The courses were critical for us to gain a familiarity with ship processes and procedures."

Seasoned JBAC SQNLDR John Rozells said life on the ship and being away at sea took some adjustment.

"Navy terminology is different, the culture is different, every day there is something new to learn and absorb," he said.

"Much of this is achieved by immersion into the environment and trying to understand what the Navy language means for us Air Force personnel.

"Being away from home for long periods of time took some getting used to. I think it always will."

While life on a ship was vastly different to living on an Air Force base, down time and recreational activities were still achievable.

"We played basketball, cricket or kicked a footy on the light vehicle deck," FLTLT Bignell said.

"PT was run almost daily, too, so there was plenty of opportunity to get active and have time away from work. The two gyms on the ship had suitable equipment.

"One thing I did miss, though, was being able to relax on a couch and just watch some TV.

"But that's the life of being at sea and I made the most of the experiences while I had the opportunity."

HMAS Adelaide also offered the chance for further exploration.

"The beauty about being aboard a ship is the travel you get to do. We did quite a few trips along the coast of Australia," FLTLT Bignell said.

Two of the JBACs controlled aircraft into and out of the carrier control zone, and the remaining two were attached as an amphibious airspace control element, working from the joint operations room.

The difference in their roles was based on the different airspace they controlled.

"There were effectively three stages of control. The flight controllers managed the aircraft movements around the flight deck, including take-offs and landings," FLTLT Bignell said.

"From there, myself and SQNLDR Rozells were responsible for segregating traffic and then coordinating with the AMACE (amphibious mobile airspace control cell), FLTLTs Dean Kremer and Danielle Redman, to ensure the safe and expeditious movement of aircraft within the amphibious operations area.

"What attracted me to this role was the amphibious element of controlling aircraft.

"It's not something everyone gets to experience but it's just another unique aspect of my job."

HMAS Adelaide participated in the exercise from May 25 to June 5 off the coast of North Queensland.



CAF AVM Leo Davies, left, farewells GPCAPT Fiona Dowse, with her husband, AVM Andrew Dowse.  
Photo: LACW Katharine Pearson

## An air movements pioneer moves on

### CPL Bill Solomou

AFTER a distinguished career spanning more than 40 years, GPCAPT Fiona Dowse has separated from the permanent Air Force (PAF).

GPCAPT Dowse's list of career highlights is long and suggests she was always going to be a high achiever.

She enlisted in the WRAAF in 1976 as a clerk supply and transferred 12 months later into the RAAF.

In 1977, she was the second female student on an air movements course, and subsequently became the first female to work in an air movements section.

GPCAPT Dowse, who left the PAF in May, said she always wanted to work in air movements.

"No women had worked in air movements, so I didn't just lie down and say 'that's a shame' and wait for it to happen," she said.

"I harassed, badgered ... and, in the end, I think they got so sick of me that they just sent me there."

Commissioning in 1983 as a FLGOFF equipment officer, her career includes prestigious overseas postings.

In 1994 she posted as the Deputy Chief, Cargo Channel Operations Division, Airlift Control Centre, Headquarters Air Mobility Command, Scott Air Force Base, Illinois, US.

Nine years later, she became Head of Business Systems and Output Management, Air Launched Munitions Integrated Project Team, Defence Logistics Organisation, at RAF Wyton, Huntingdon, UK.

She has received several awards during her career. They include the US Meritorious Service Medal, the Conspicuous Service Cross, and an appointment as a Member of the Order of Australia, in 2015.

To top it off, she is the only woman in the Air Force to have received the Federation Star for her permanent service.

GPCAPT Dowse said she looked forward to doing reserve time and high on her list was to join a volunteer community organisation.

"I would like to give something back to the community," she said.

"Maybe as a Red Cross member or similar. I would love to do home visits."



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# Expecting the worst, doing their best

ACW Kyani Miechel, of No. 33 Squadron, sets off a signal flare during the Survival, Evasion, Resistance and Escape course with the Combat Survival Training School at Townsville.

Photos: CPL Mark Doran



## Resilience, tenacity and common sense carry students through the demands of a gruelling survival course

**CPL Mark Doran**

THE qualities of a survivor are knowledge, fitness, tenacity and common sense, according to the chief instructor of the Combat Survival Training School (CSTS).

FLTLT Dan Hamilton said passing the school's Survival, Evasion, Resistance and Escape (SERE) course takes a lot of resilience.

The school, at RAAF Base Townsville, conducts the training for ADF aircrew.

Air Force, Navy and Army instructors teach participants how to survive in permissive (peace time) and non-permissive (hostile) environments during the two-week course in the Townsville area.

FLTLT Hamilton said the school provided aircrew with specific training to assist recovery in multiple environments.

"The foundation of the training focuses on SERE principles, which we run through chronologically during the course," he said.

"Initially, we instruct students on how to survive a permissive environment, including core skills such as building a shelter, lighting a fire, locating and consuming water and food, all while working towards a plan for recovery.

"We then move into a non-permissive environment with a combat focus, taking into account current overseas operations. We want to be as operationally relevant as we can, and the combat phase is particularly relevant at present."

SERE student ACW Kyani Miechel, of No. 33 Squadron, is training as a crew attendant on the KC-30A multi-role tanker transport and is based at RAAF Base Amberley.

She recently finished her initial training at No. 1 Recruit Training Unit at RAAF Base Wagga.

ACW Miechel said she was

told to expect the worst on the SERE course on what was her first experience in the field.

"The environment was challenging and was something I had to adapt to, but the biggest challenge for me was mentally," she said.

"I found I just needed the tenacity to push on. I'm enjoying the course and loved learning how to use the signal flares and the solo jungle phase. We had to build a shelter, make a fire and find water to survive the night by ourselves."

ACW Miechel said most of the CSTS instructors had deployed on operations and shared their experiences with the students.

"It helps put into context why we do this type of training. There is also a wide range of ranks and military experience among the students, which means we can learn skills from each other," she said.

"I'm mostly looking forward to the escape and evasion phase, where we will practise all our new skills, but I am so tired."

CSTS holds an average of eight courses each year and every second year runs cold-weather survival training at Mt Hotham in Victoria.

The school also facilitates SERE refresher training and theatre-specific and platform-specific force preparation training for the aircrew deployed to the Middle East region on Operation Okra.

FLTLT Hamilton said CSTS had a permanent position on Operation Okra that provided ongoing SERE and joint personnel recovery training for deployed aircrew.

"We have had a few instructors rotate though the position who have brought operational insights and lessons learnt back to the school," he said.

"Additionally, our liaison and training with international SERE schools help us stay up to date and most recently some CSTS instruc-

tors attended the US Air Force initial SERE course in Spokane, Washington and the Arctic Survival Training Course in Alaska.

"We have also recently visited the UK's Defence Survival School, and will soon visit Germany for the same purpose. This allows us to benchmark our course with what coalition and allied partners are doing, while staying abreast of NATO SERE training standards.

"It's in our best interest for Australian aircrew to have SERE skills that are internationally recognised. If one of our members is in an isolating event they cannot rely purely on Australian aircrew to locate and recover them."

FLTLT Hamilton said during the evade, resist and escape components of the course they instructed students how to operate effectively in a combat environment and return to friendly control.

"We try to replicate the amount of stress that will occur in a real-time aircraft incident or isolating event," he said.

"From day one we start acclimatising students, so they are usually somewhat fatigued during the field phases, but it gives them a good understanding of what it's like to operate in a combat environment under duress.

"The qualities of a survivor were knowledge, fitness, tenacity and common sense. Passing the course takes a lot of resilience and a lot of aircrew haven't done any field work before."

FLTLT Hamilton said CSTS focused on combat search and rescue recovery, specifically for aircrew.

"The training will help reduce aircrews' time in isolation and risk of exploitation. The strategic effect of an Australian aircrew down or captured could change the course of a conflict."



Above, PLTOFF Nelson Mirus, of No. 2 Squadron, uses an emergency signal flare during the Survival, Evasion, Resistance and Escape course. Below, Air Force staff from the Combat Survival Training School demonstrate a combat search and rescue recovery during the course.



AC Christopher Tunbridge, of No. 65 Airfield Engineer Squadron, works with a Timor-Leste Army engineer in Dili.

# Forging right foundations

Engineers provide welcome level of support in East Timor

## SNQLDR Trevor Grant

A TEAM of 11 Air Force engineers, and three on-site medical staff, were “proud to be Aussies” when they took part in rebuilding a school house in East Timor during Exercise Pacific Partnership 2016.

The Air Force personnel, who have returned to Australia, were working alongside the US Navy’s “Seabees” and local Timor Army construction personnel to rebuild the school house at Manleuana School in Dili.

Engineers from No.65 Airfield Engineers Squadron, based at RAAF Base Richmond, worked diligently to reconstruct the three-room school building, which had been damaged by earthquakes.

Construction was not fair sailing. Weather conditions were, at times, extreme as torrential downpours, temperatures above 45 degrees and a relative humidity of 90 per cent hampered efforts.

FLTLT Aaron Swallow, the lead Australian project engineer, said all of the Australian engineers had stepped up to the challenge by working as a team.

“Managing a construction site at an active school with 100 children around was interesting,” FLTLT Swallow said.

“Materials and methods were adapted for the climate and conditions, however, the health and safety of our people and the children has been paramount.”

But it wasn’t all hard work. The

engineers had some fun interacting with the teachers and the children during their breaks, often playing soccer with the older children and helping serve lunch to the younger ones.

For their efforts, the children sang for them.

CPL Shane Watts, the building supervisor, and plumber by trade, said while it was challenging work in the hot and muggy climate, the rewards of seeing the smiling faces of the children and teachers made it all worthwhile.

“It’s a great feeling helping out and seeing the happy faces of the children as the building takes shape,” he said.

“It really makes you proud to be an Aussie.”



No. 65 Airfield Engineer Squadron personnel at the site of a new school house they helped build during Exercise Pacific Partnership in East Timor. Photos: SGT Pete Gammie

# V8 crowd feel the need for speed

## FLTLT Nick O'Connor

AN F/A-18A handling display thrilled the 35,000-strong crowd at the Darwin Triple Crown 2016 Supercars Championship at Hidden Valley from June 18 to 19.

The championship is the largest annual public event in the Northern Territory and provided Air Force with an opportunity to showcase its technical capabilities and highly trained personnel to the community.

CO RAAF Base Tindal’s No. 75 Squadron, WgCDR Michael Grant, said participating in the Supercars was a great opportunity for Air Force to engage with the community and demonstrate the Hornet’s capabilities.

“Taking part in this event is important as it allows the community to see how skilful our pilots are and how versatile the Hornet is,” WgCDR Grant said.

“The roar of the Hornet engines was a great prelude to the roar from the V8 Supercars that followed the handling display.”

In the lead up to the handling display a group of 75SQN technicians were treated to a tour of the DJR Team Penske pits and met Supercar driver Scott Pye.

CPL Aaron Purton said the tour was an opportunity to see first-hand a working pit area under race conditions.

“I’ve always been interested in the V8. To be able to have a close look at the cars and watch the pit crews in action was a great experience,” CPL Purton said.

Air Force’s involvement formed part of a broader ADF contribution with Team Navy participating in the Aussie Car Category races and Army providing a Tiger armed reconnaissance helicopter static display.



V8 Supercars driver Scott Pye gets into an F/A-18A Hornet guided by 75SQN pilot FLTLT Daniel during a visit to RAAF Base Darwin.

Photo: CPL Craig Barrett



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# Remote but in control

Dealing with language differences and distance are all in a day's work for the Aussie team in South Sudan

A DEDICATED team of three Australians continues to provide critical advice and expertise to the UN Mission in South Sudan (UNMISS) as part of Operation Aslan.

The three Australian officers – SQNLDR Claire Pearson, COL John Carey and MAJ Brian Willsher – work out of a remote UN patrol base in Bor, in the eastern half of the country.

They have a combined total of 17 previous deployments to Afghanistan, Iraq, Middle East, Timor Leste, Bougainville and Solomon Islands, and foreign service in Bosnia and Northern Ireland.

“This previous experience has greatly assisted us during our time on Operation Aslan,” MAJ Willsher said.

“During the past three months we have been responsible for a wide range of tasks spanning Jonglei State.”

SQNLDR Pearson leads the intelligence staff for Headquarters Sector East. Maintaining an understanding of the complex relationships within South Sudan, she holds a close working relationship with the UN civilians and other contingent representatives.

“Operating in the UN environment creates unique challenges where the standard tools and networks of an intelligence cell are absent,” she said.

“We have a large area of responsibility and this makes us heavily reliant on interaction with NGOs and the limited Sector East patrols.

“MAJ Willsher and I are the only two Western and native English-



From left, Australians MAJ Brian Willsher, SQNLDR Claire Pearson and COL John Carey at a remote UN patrol base in Bor, South Sudan.

speaking staff in the Sector East Headquarters. The sector commander relies very heavily on us for support and training of other UN members in our respective teams who may not have specific background for their current appointment.”

SQNLDR Pearson has also been appointed as the Sector East gender adviser while deployed.

“This has been a fantastic experience which has allowed me to focus on improving the lives of women here by working on initiatives to increase female engagement and participation in the peace process,” she said.

MAJ Willsher said his focus was planning operations for the two infantry battalions from Ethiopia and India.

“I am also heavily engaged in

developing security contingency plans and coordinating enabler support,” he said.

“A key challenge is communication. Although English is the main language, the military appreciation process is even more difficult with so many people from non-English-speaking backgrounds.”

COL Carey is commander of the

Australian contingent as well as the senior military liaison officer operating out of Bor. He commands 25 international military officers, from Norway, Sweden, New Zealand, Canada, Yemen, Vietnam, Namibia, Moldova, Russia, Paraguay, Kenya, Rwanda, India, Nepal, Guatemala, Brazil and Germany.

“Military liaison officers plan and lead integrated team patrols, including force protection and UN agencies such as human rights, civil affairs and child protection,” COL Carey said.

“Many of these patrols are inserted and extracted via UN helicopters from Rwanda and Sri Lanka into remote parts of Jonglei State, including areas controlled by the South Sudan People's Liberation Army-in-Opposition.

“The patrols are generally up to four days in duration and assist with establishing relationships with military authorities, non-government organisations and the local community.”

The Bor team relies heavily on the UN logistic system and the ADF personnel located in Juba, about an hour away by helicopter.

“The wet season significantly impacts the roads, which often become impassable for vehicle convoys,” MAJ Willsher said.

“Even though Bor is only five hours' drive north of Juba during the dry season, in the wet season the UN cargo system can take between 48 hours to 28 days to be delivered.”

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Left: Jan-Maree Ball (centre), founder of Aussie Hero Quilts, with RAAF Base Richmond personnel and custom made quilts after a morning tea.

Below: FLTLT Darren Carruthers meets Jan-Maree Ball.  
Photos: CPL Oliver Carter



# Rallying to the cause

A fire fails to dampen the spirits of Aussie Hero Quilts founder, as Defence members set up a fund to help

Eamon Hamilton

THE FOUNDER of Aussie Hero Quilts has vowed her organisation will continue its work after a fire destroyed her home in Sydney's northwest.

In a pre-arranged visit to RAAF Base Richmond Chaplaincy Centre on June 17, Mrs Jan-Maree Ball had intended to speak about her organisation's volunteer work to create quilts and laundry bags for deployed Defence members.

But Mrs Ball also told personnel from Richmond of her gratitude for the support shown by Defence members, who swiftly set up fund-raising cam-

paigns following the fire on June 13.

Within a week of the fire, more than \$40,000 had been raised through a GoFundMe donation account for Aussie Hero Quilts to rebuild.

Other collections had been taken up by Defence personnel deployed in the Middle East region.

"My abiding memory of this experience is the support that I've received," Mrs Ball said.

Fortunately, Mrs Ball's family and their two dogs escaped the home unscathed, and the cause of the fire is still being investigated.

Among the items lost were 30 quilts and 100 laundry bags made for

deployed personnel, along with computers and files used to coordinate the workload between Aussie Hero Quilts volunteers.

The fire also claimed a \$15,000 quilt overlocker that had been purchased by Aussie Hero Quilts only weeks before, from funds donated by Defence personnel.

By luck, a number of quilts survived, loaded in Mrs Ball's car ahead of a Queen's Birthday function at the NSW Governor's house the following day.

Most of the quilts are intended for the military chapel in Kabul.

The visit to RAAF Base Richmond

was an opportunity for Mrs Ball to speak about the organisation's work, and why she began sewing quilts for Defence members.

An ex-Air Force and Navy member, Mrs Ball said she started Aussie Hero Quilts as a means of giving back to the Defence community.

Its genesis came when an Australian Army Warrant Officer in Afghanistan told Mrs Ball about needing personalised laundry bags that could stand out in a Tarin Kot laundry room.

"We made 15 laundry bags for each member of his team," Mrs Ball said.

"From there, we made 25 quilts,

and came up with a design that quilters couldn't fuss and fiddle over."

The volunteers were blown away by the positive response received from the recipients in theatre.

In January 2012, Mrs Ball launched Aussie Hero Quilts, a collection of volunteer quilters across Australia. It grew to 500 volunteers, and quilters wanted to know how recipients would like their quilts to be personalised.

A GoFundMe account has been created to accept donations to Aussie Hero Quilts. Visit [www.gofundme.com/28xyxwn2](http://www.gofundme.com/28xyxwn2)

## Brothers live the dream

FLG OFF Karyn Hinder and CPL Bill Solomou

BROTHERS FLTLT Daniel Kruger and SQNLDR Steven Kruger – who share the same birthday, but 13 years apart – have finally achieved the dream of flying together in military aircraft.

The brothers (pictured) participated in the graduation fly-past of No. 243 Pilot's Course at RAAF Base Pearce.

"This flight has definitely been a career highlight for both of us," FLTLT Kruger said.

The flight was also significant for Steven. "The chance to not only fly in an Air Force aircraft with my brother for the first time was fantastic, but also the fact that this could well be my last military flight after 28 years of military aviation also has deep significance for me," SQNLDR Kruger said.

FLTLT Kruger said they both



shared the flight.

"It was great, we both took turns at different times. The best thing was that Mum was in stands watching. It really was a special moment in our careers," he said.

FLTLT Kruger said his brother took him up for his first ever flight as a four-year-old boy on a private aircraft, and for him to take his older brother on his last flight in a military aircraft was very moving.

"I couldn't believe I was flying my bro. It gave us the chance to reminisce on the good times."

Both flew C-130s on their first tour and now Daniel is again following in his older

brother's footsteps as he re-looks to the Hawk 127 to commence training as a fighter pilot.

The graduation fly-past was significant to Daniel as it was his last mission as a PC-9/A Qualified Flying Instructor (QFI) at No. 2 Flying Training School (2FTS) RAAF Pearce.

His next task will be to commence Intro Fighter Course, just as older brother Steven did 18 years earlier when he too left 2FTS as a QFI to commence Macchi jet training at Number 25 Squadron before serving on F/A-18s at Number 75 Squadron RAAF Tindal.

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# Upgrade boosts Hornets

Air Force and Boeing Defence Australia on track to deliver industry capability milestone for F/A-18F

James Baker

AIR Force personnel and Boeing Defence Australia have passed the halfway mark in upgrading Australia's fleet of 24 Super Hornets at RAAF Base Amberley in Queensland.

The team is on track to complete the Increment 1 Modernisation Upgrade later this year and is providing an example of industry working as a fundamental input to capability.

SQNLDR Luke Warner manages the Increment 1 upgrade for 82 Wing and said it would provide important tactical improvements for aircrew on missions such as those being flown on Operation Okra.

"There are a number of software and hardware modifications as part of this spiral development upgrade," SQNLDR Warner said.

"One of the most significant is upgrading the software from H5 to H8, which means great advancements in targeting capability.

"Another is the addition of hardware for the distributed targeting system, with capacity for hundreds of gigabytes of onboard imagery. This will achieve even greater coordinated accuracy than our present system, which is already good."

SQNLDR Warner said the project highlighted the value of having BDA

aircraft technicians modifying the airframes, upgrading software and installing hardware.

It takes one month to upgrade each aircraft, with two aircraft in work at any one time.

Boeing's maintenance coordinator for the upgrade, Troy Williams, is proud to work alongside his Air Force counterparts to deliver the improved capability.

"When we think about the fact that Boeing is an important part of deploying the capability, it makes you want to work that much harder for the RAAF," Mr Williams said.

"Them needing us to put these upgraded aircraft in the air is a great incentive for us."

No. 6 Squadron avionics technician LAC Fletcher Moulton said he sees the benefits of the exchange of information between industry and the ADF.

"Boeing has a depth of knowledge in the aircraft and systems that we may not get in the RAAF," he said.

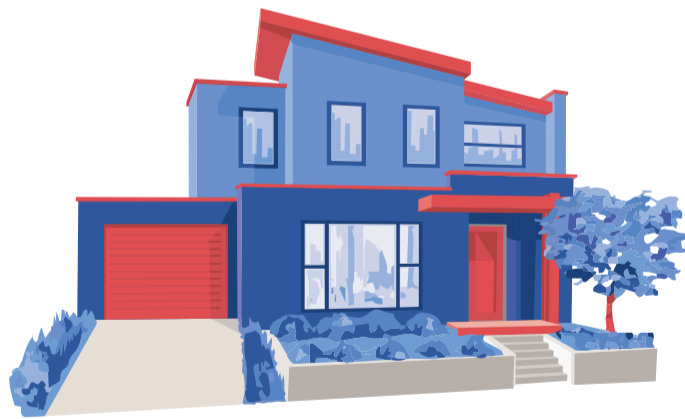
"So it's good to be able to bounce questions and answers off each other. It helps them and it helps us."

The Increment 1 Upgrade is scheduled for completion in November, with additional increment upgrades planned as new technology becomes available and older systems need replacing.



Troy Williams, Boeing maintenance co-ordinator, explains his role on the F/A-18F Super Hornet to LAC Fletcher Moulton, avionics technician, of No. 6 Squadron.

Photo: CPL Casey Gaul



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## 95WG capabilities draw expo crowd

FLGOFF Daniel Judas

MORE than 12,000 people flocked to the ADF recruiting stand at the Careers and Employment Expo in Brisbane to see static displays of capabilities provided by No. 95 Wing.

No. 382 Squadron took the lead by organising the display on behalf of 95 Wing at the Defence Force Recruiting stand. The expo was held at the Brisbane Convention and Exhibition Centre from May 27-28.

FLTLT Vanessa Bennett, an airfield engineer with 382SQN, provided information on her role and the equipment utilised in the ADF. "The primary focus was to encourage interest and promote the ADF by displaying a selection of capabilities," FLTLT Bennett said.

No. 65 Squadron displayed a Talon medium-sized robot and a Explosive Ordnance Disposal (EOD) bomb suit.

CPL Jye Martyn, an EOD technician, helped educate the public on a capability that was not widely known. "It was a great opportunity to showcase the Air Force EOD capability as not many know it actually exists," CPL Martyn said.

Defence Force Recruiting was supported by 95WG personnel who provided further insight into the following job categories: communications, information and technology, security, airfield engineering, business and administration, logistics and explosive ordnance disposal. Personnel were also responsible for the establishment and operation of the static displays.

No. 1 Combat Communications Squadron set up Hawkeye. No. 2 Security Forces Squadron provided a Bushmaster Protected Mobility Vehicle (PMV). 382SQN provided a Mercedes-Benz G-Wagon and an Airfield Survey Kit.



No. 1 Combat Communications Squadron's CPL Simon Ackerman with the Hawkeye satellite system at the Brisbane Careers and Employment Expo.

Photo: SGT Christopher Simpson





LAC James Foster and LACW Mercedes Ford work at the Camp Baird medical centre in the Middle East region deployed as medics on their first overseas deployment. They plan to celebrate their Australian indigenous heritage during NAIDOC Week (July 3-10).

Photo: WO2 Andrew Hetherington

# Chance to reflect on heritage

Two deployed personnel in the Middle East connect with their indigenous culture through NAIDOC Week

## WO2 Andrew Hetherington

NAIDOC Week, from July 3-10, has given two Air Force personnel deployed to Camp Baird in the Middle East region cause to reflect on their Australian indigenous heritage.

LAC James Foster and LACW Mercedes Ford work at the Camp Baird medical centre as medics, and both are on their first overseas deployment.

LAC Foster, posted to RAAF Base Pearce in Perth, has been in the Air Force for six years and grew up in Nowra and Newcastle, NSW. His family is from the Dharawal tribe.

"The region we belong to is the south of Botany Bay in Sydney, all the way down to Nowra, and we were coastal people."

LAC Foster has fond memories of spending time with his Aunty Pat in Nowra, learning about his family history.

"She would take us down to one of the missions and tell us stories about our past," he said.

"We'd also go hunting and cook up red belly black snakes. I also know a bit of our language and the fact our tribe was one of the first to see a white person, as they were the first people Captain Cook had contact with and also the reason there are so few of our tribe left."

LACW Ford, from RAAF Base Tindal in the Northern Territory, grew up in Darwin and has been in the Air Force for almost eight years.

She found out 10 years ago she had an indigenous family history.

"I'm still learning about my his-

tory, but I know I have family in Arnhem Land at Barunga, just south of Katherine and at Oenpelli," she said.

"I have an aunty, Aunty Josephine, who lives in Barunga and who is studying to become a health care worker, similar to me."

LACW Ford has three children of her own and a year ago added some new members to her family.

"We have twin daughters who are 23, and a son who is 17," she said.

"A year ago, we began fostering two Aboriginal children, a brother and sister who are six and four, which has been a rewarding experience.

"We'll have them until they are 18 and they are excited to possibly be posting with us to Newcastle later in the year."

Both LAC Foster and LACW Ford believe NAIDOC Week plays an important role in educating Australians of all races and backgrounds on our indigenous culture and its history.

"For me, it celebrates the history, culture and achievements of Australia's indigenous people," LACW Ford said.

"It's important for all Australians to understand and be aware of indigenous culture."

LAC Foster said NAIDOC Week "allows me to reflect on what has happened in the past and ways we can move forward and bridge the gap for our indigenous people".

"During this year's NAIDOC Week, I will be in Canada on leave with my girlfriend and intend to do some research into their indigenous population, the Inuit and Métis people."

## Living narrative welcomed

EVERY year, the National Aboriginals and Torres Strait Islanders Day Observance Committee (NAIDOC) organises a week to celebrate Aboriginal and Torres Strait Islander history, culture and achievements.

For Defence, it is an opportunity to recognise the contributions that indigenous Australians make to Defence and the wider community and to demonstrate its commitment to increasing the participation of indigenous people in its workforce.

This year, NAIDOC Week runs from July 3-10 and it has the theme of "Songlines: The living narrative of our nation".

The observance committee has selected Darwin as the focus city for 2016. Defence will host two flagship events, one in Darwin to complement

the national NAIDOC program and one in Canberra as well as a series of supporting events in regional locations across Australia.

Darwin's flagship event will include an announcement and unveiling of signage and flags on Monday, July 4, at Larrakeyah Barracks.

In Canberra, a traditional NAIDOC ceremony will be held at Sir Thomas Blamey Square on July 5 at 1.30pm, with local Elder Matilda House delivering a Welcome to Country and Smoking Ceremony.

Members of the Navy Indigenous Dance Troupe will also perform a traditional dance followed by an indigenous fusion afternoon tea in the R1 foyer.

The event will close with a screening of an indigenous film *The Forgotten* in R1 Theatre. There

will be an opportunity to watch another indigenous film on Friday, July 8 at noon, with a screening of *Harry's War*, also in R1 Theatre.

An indigenous-themed Last Post ceremony will be held on Thursday, July 7, at 4.50pm at the Australian War Memorial with an ADF member playing the didgeridoo.

A Welcome to Country, Smoking Ceremony and an unveiling of an Acknowledgement of Country Plaque will be held at the Army Museum of Western Australia, Fremantle on Sunday, July 3 at 10.30am, with a morning tea, followed by a screening of *The Forgotten*.

For more information visit the official NAIDOC website at: <http://www.naidoc.org.au>.

## Award for 30 years of ADF service

THIRTY years of dedicated service to the ADF, in particular Air Force, has been recognised with the presentation of the Secretary of Defence's Award for long service to Mr Craig Edwards of the RAAF Museum.

Mr Edwards (pictured, right) was presented the award by CDR AFTG AIRCDRE Geoff Harland, CSC, (pictured, left) at a ceremony held at the RAAF Museum, Point Cook, Victoria.

The award formally recognises Mr Edwards' 30 years of Australian government service. He joined the public service on May 6, 1986 and initially worked in the cataloguing department for the Navy in Melbourne.

In 1988 he moved to Air Force's central drawing office in Melbourne where he completed his vocation in 1996 as a draughtsman.



office before it disbanded, due to the establishment of the weapons systems logistics management units,

was the digitisation from tube technology to solid state for the F-111.

He moved from the drawing office in 1996 to Central Photographic Establishment (CPE) at Laverton, to a job in video post production.

This role ended when CPE closed its doors in December 2000. This move saw all of Air Force's 3.5 million ground negatives moved to the RAAF Museum.

Mr Edwards then joined the museum as the manager for this element of RAAF Museum operations.

AIRCDRE Harland congratulated Mr Edwards for his long and dedicated service to the ADF and for his role in protecting the images that tell our story to present and future generations.



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# Squadron's blast from

A cruise down memory lane with a Bristol fighter tops off centenary celebrations, **FLGOFF Natalie Giles reports**



**T**HE Bristol is a living symbol of the generations of men and women upon whose shoulders we currently stand.”

That was how CO No.1 Squadron WgCDR Steve described a rare sortie involving a vintage WWI Bristol fighter and an F/A-18F Super Hornet to celebrate his squadron's centenary.

“We are honoured to host the Bristol here at RAAF Amberley and to have it take part in 1SQN's Centenary celebrations,” WgCDR Steve said.

“It really means a lot to the men and women of the squadron to see such a significant chapter of squadron history rejoin us in the skies.”

The vintage Bristol F.2B, which was one of the squadron's earliest aircraft, was ably flown by 85-year-old Jack McDonald, a pilot for No.77 Squadron during the Korean War.

During the sortie, F/A-18F Super Hornets flew in formation with the Bristol F.2B fighter over RAAF Amberley on June 8.

The event specifically commemorated the squadron's first operations, on June 12, 1916, in the Sinai Campaign in WWI.

The F/A-18F aircrew were excited to take up the rare opportunity of flying alongside the vintage aircraft.

However, the flight did pose significant challenges – most notably a major airspeed difference between the two aircraft.

F/A-18F pilot FLTLT Guy said it was a great opportunity to fly alongside an aircraft that his squadron was flying 100 years ago.

“It is incredible to think that 1SQN

personnel were flying wooden aircraft with open cockpits. The flight gave me some perspective as to what it may have been like for 1SQN airmen during WWI,” he said.

The Australian Vintage Aviation Society (TAVAS), which is based at Caboolture, Queensland, generously provided the Bristol.

It was specially painted in 1SQN markings for the occasion. The tail number – B1229 – was that of the aircraft flown by CAPT Ross Macpherson Smith during WWI. In this tail, he recorded 10 of his 11 victories.

“The Super Hornet of its time”, the Bristol was supplied to 1SQN to replace its obsolete fleet and it was flown by the squadron during the latter stages of WWI.

The aircraft came at the urgent request of the then commanding officer, MAJ Richard Williams, otherwise known as the “father of the RAAF”.

It was used in various roles during 1917 and 1918, including offensive patrols, bombing and reconnaissance.

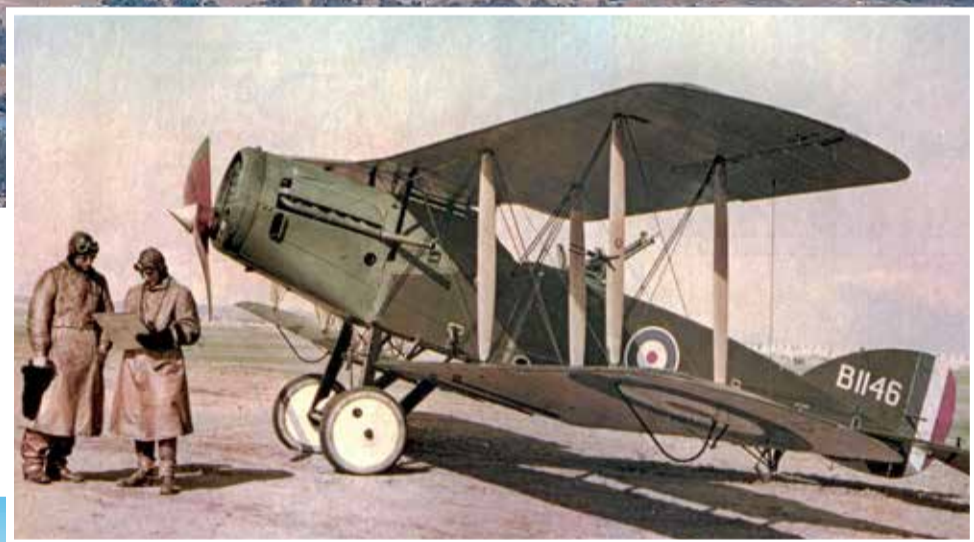
1SQN was formed at Point Cook in 1916 as the first squadron of the Australian Flying Corps.

Shortly after its formation, the squadron departed for Egypt for training and soon it was conducting operations throughout the Middle East. It flew a mix of fighter, bomber and reconnaissance aircraft throughout WWI.

So far in 2016, 1SQN has celebrated its centenary by leading the Brisbane Anzac Day parade and holding a squadron dining-in night.

It will continue its year-long celebrations with several more events and flights over the coming six months.

**CAPT Ross Macpherson Smith, left, with a Bristol fighter in Mejdal, Palestine, in 1918.**  
Photo: Frank Hurley (courtesy Mitchell Library, State Library of NSW)



**No. 1 Squadron with a Bristol F.2B fighter and the squadron's modern F/A-18F Super Hornet.**  
Photo: CPL Casey Gaul

# the past

No. 1 Squadron F/A-18F Super Hornets fly in formation with a Bristol F.2B Fighter (flown by 1SQN in WWI) to commemorate the squadron's centenary.  
Photo: David White



CO No. 1 Squadron WGCDR Steve and the squadron's youngest member, AC Rory Davis, cut the cake at the dining-in night to celebrate the squadron's centenary.  
Photo: CPL Ben Dempster

## Something to dine out on for the Fighting First

**FLGOFF Graham Orams**

ONE hundred years of aviation history was celebrated in style when No. 1 Squadron held a dining-in night on June 9.

About 160 of the squadron's members attended the event, marking the centenary of the squadron's formation, at the Amberley Heritage Centre aviation museum.

ISQN WOFF Engineering Rodney Knight said the night was the perfect way for squadron members to celebrate the milestone.

"Dining-in nights are a chance to get together and celebrate, and mingle with people you may not see in your day-to-day work," he said.

"The date was chosen because it was the closest available date to

the first day of operations for the squadron, which was June 12, and the commanding officer was keen to hold it on this date."

Members and guests enjoyed pre-dinner drinks before FLTLT Luke Anderson, the squadron's aviation medical officer, marched in the colours and formal proceedings got under way.

CO ISQN WGCDR Steve kept an eye on proceedings from the head table.

The dinner was one of his last official functions with the squadron before handing over command in the near future.

At the other end of the venue, WOFF Knight took on the role of Mr Vice and kept everyone on their

toes with his gavel, while members enjoyed a three-course meal and banter.

WOFF Knight said the dining-in night was just one of several events the squadron was taking part in to celebrate its centenary.

He said the squadron had posed for a centenary photograph in front of a historic Bristol aircraft – one of the first aircraft to be used by ISQN.

"This was quite significant because the owner, off his own bat, stripped the aircraft back and painted it in ISQN's colours," he said.

WOFF Knight said the squadron would be holding an open day in September for friends and family to take a closer look at the Fighting First.



FLTLT Trent Baldry gets into the spirit of No. 1 Squadron's centenary celebrations by wearing a historical aviation uniform to the dining-in night.  
Photo: CPL Ben Dempster



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# FINALE FOR PILOTS WITH FLARE

It might be a flashy finish to Hercules training but it isn't just for show, Eamon Hamilton writes

**T**HE spectacular sight of flares over RAAF Base Richmond on June 9 marked the final phase of training for a new batch of Hercules pilots.

The Airborne Operations training module conducted by No. 285 Squadron from June 9 to 17 was the finale for a six-month conversion course onto the Hercules.

After completing the course, the four pilots will move on to flying operations with No. 37 Squadron.

FLTLT Steve Andrews, a qualified flying instructor with 285SQN, said the students learnt to operate the Hercules in a simulated threat environment, performing various combat airlift roles.

"We expose our pilots to the countermeasure dispensing system, which is an opportunity for them to practise live dispensing of flares before deploying to Iraq and Afghanistan," FLTLT Andrews said.

"That training is very important because those countermeasure systems defeat surface-to-air infrared heat-seeking missiles from hitting the aircraft."

The spectacle of the flares contrasts with the "lights out" night-time flying conducted during the remainder of Airborne Operations training.

"The C-130J's best defence is the ability to fly at night unseen," FLTLT Andrews said.

"Flying on night vision goggles (NVGs) is absolutely important to 37SQN and its ability to deliver combat airlift capability."

During Airborne Operations training, the crews practise formation flying, airdrop, flying at low level and landing in complete darkness.

One of the biggest challenges, however, is getting the 70-tonne Hercules on to a dirt runway without any lights.

The crew does this with the aid of NVGs, guiding the aircraft to an airstrip that is unlit and unsealed.

Students begin Airborne Operations

training having flown approximately 120 hours in the C-130J full-flight mission simulator, and about 30 hours in the aircraft itself.

That includes airborne logistics training, regional flights and an international training task to Papua New Guinea.

One of the latest course graduates is FLTLT Eleanor Bradshaw, who came to the C-130J from flying King Airs with No. 32 Squadron.

"The biggest challenge with flying the C-130J is just the sheer amount of things that you need to know," FLTLT Bradshaw said.

"We are trained in a wide range of disciplines, and during Airborne Operations we have to use those skill sets rapidly through the course of a flight and be able to change between them."

A major challenge is landing the C-130J on a dirt runway with no lights.

To do this, pilots are immersed into the green-and-black view offered by NVGs.

"[The NVGs] are like you're looking through two toilet rolls, so your field of view is quite narrow," FLTLT Bradshaw said.

"You can't see left, right, or up and down without turning your head."

"You're coming down and looking for a runway that is unlit and unsealed, and could be as narrow as 18 metres."

The challenges become their own reward, however, when the new C-130J pilots get it right.

"The most enjoyable thing I've done so far has definitely been formation airdrop, and airdrop at night on NVGs," FLTLT Bradshaw said.

"You can't beat flying low level on goggles."



See footage at: <http://video.defence.gov.au/play/4721#>



A C-130J Hercules from No. 37 Squadron conducts low-level training and flare drops over RAAF Base Richmond and the Hawkesbury area north-west of Sydney.

Photo: CPL David Gibbs

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# Crete warms to our bond

Historic ties are reinforced after ADF commemorates the 75th anniversary of WWII battle, **CDR Paul Cottier** writes

**A**IR Force SGT Toby Roberts was given the honour of commanding a four-nation catafalque party for a commemorative service at Suda Bay War Cemetery to mark the 75th anniversary of the Battle of Crete.

The catafalque party consisted of one Australian and one New Zealand soldier, a Royal Air Force airman and a Greek Navy sailor.

Australian Ambassador to Greece John Griffin was joined by CN VADM Tim Barrett and a 10-member ADF ceremonial contingent in Crete for the anniversary, from May 16-24.

The WWII Battle of Crete began on the morning of May 20, 1941, when German forces began an airborne invasion of the island.

Greek and Allied forces, including Australians, British and New Zealanders, joined Cretan civilians to defend the island but were eventually overwhelmed by the enemy's massive advantage in logistic and air support.

It was the first battle where German paratroopers were used en masse and, due to the heavy casualties, Adolf Hitler forbade further large-scale airborne operations. In contrast, the Allies were impressed by the potential of paratroopers and formed airborne-assault and airfield-defence regiments.

The largest defended area in Crete was in the west, stretching from the airfield at Maleme to the ports at Canea and Suda. New Zealanders held this area, with Australian, British and Greek units in support.

In the centre of the north coast, mainly British units, with some Australian and Greek forces, held the capital of Heraklion.

Between these two forces, four Australian battalions and a field regiment (artillery) held the area from Georgiopolis to Rethymnon, supported by three battalion-strength Greek regiments and local police.

The British and Australian navies evacuated about 10,000 Allied soldiers from Sfakia and many ships were sunk or seriously damaged in the process.

A large number of English, New Zealand and Australian soldiers had to remain on the island because they had no means of getting away.

The Allied troops left behind either became prisoners of war or escaped to the mountains, where they were given shelter at the Monastery of Preveli and the neighbouring villages.

It is estimated that, in an assault force of more than 22,000 men, the Germans had at least 6500 casualties, more than 4000 of whom were killed or missing. Of the 32,000

Allied troops in Crete, about 18,000 were evacuated, 12,000 were taken prisoner and 2000 died.

The ADF ceremonial contingent from Australia's Federation Guard travelled to Crete to support commemorative services at the Australian Private Memorial at Stavrominos, the Greek-Australian Memorial Rethymno, the Preveli Monastery, the official flag raising ceremony at Chania, the New Zealand-led service at Galatas, an inauguration of a new memorial on 42nd Street, the Commonwealth Service at Suda Bay War Cemetery, the German-led service at Maleme and the closing ceremony at Maleme Airport.

The contingent then moved to Athens, where it accompanied the Australian Ambassador to a British-led service at the coastal city of Kalamata.

VADM Barrett said the Battle of Crete was still fresh in the minds of the people of Crete.

"They are very appreciative that the ADF were able to attend this significant anniversary and pay respect to those brave servicemen who paid the ultimate sacrifice while protecting their homeland," VADM Barrett said.

"There is certainly a very strong bond between the people of Crete and Australia."



Above: SGT Toby Roberts at the Suda Bay War Cemetery. He was chosen to command a four-nation catafalque party for the 75th anniversary of the Battle of Crete. Photos: LSIS Justin Brown



Federation Guardsman LACW Elena Lipcan walks among the many Australian headstones at Suda Bay War Cemetery, Crete.

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# Reliving the Western Front

Attending the 100-year commemoration of Fromelles will have special meaning for LAC David Darnell, **Shelley Daws** writes

**F**OR Federation Guard LAC David Darnell, the 100th anniversary of the Battle of Fromelles in July will become a personal journey of remembrance.

"This is a really important occasion as I will be standing in the exact location where my great-grandfather was wounded in action exactly 100 years to the day," LAC Darnell said.

LAC Darnell will be part of an ADF contingent that is heading to France in July for 100-year commemorations of the battles of Fromelles and Pozieres.

During the Battle of Fromelles, LAC Darnell's great-grandfather, CPL Harold J. Keable, who served in the 56th Battalion, 5th Division of the Australian Imperial Force, was wounded in action.

"Incredibly my great-grandfather survived despite enduring a severe gunshot wound to the chest. I have his medals, rising suns, shoulder flashes, portrait and personalised identification tag," LAC Darnell said.

While LAC Darnell's great-grandfather was recuperating from his injury

in a hospital in England, he carved an intricate pattern of tulips into an empty WWI cannon shell, and engraved his details on the bottom of it.

LAC Darnell's mother donated the artwork to the Australian War Memorial in Canberra and it is held in a collection of other "trench art" from this period.

"I have another great-grandfather who served on the Western Front and several great uncles who served in the same area, but I do not have their details," LAC Darnell said.

Australians arrived on the Western Front in March 1916, but their first major battle took place at Fromelles from July 19 to 20, 1916.

It was considered Australia's bloodiest 24 hours when almost 2000 troops died and more than 5500 were wounded.

LAC Darnell said he felt honoured to be part of the contingent, which comprises 160 ADF members, incorporating Australia's Federation Guard, the Australian Army Band and 107 Army personnel. It will travel to France to commemorate two of the

most decisive battles of the First World War.

"We'll be in France to bring a military spirit and to remember the service and sacrifice of the men and women who came before us," LAC Darnell said.

"It is a huge honour to be a part of a catafalque party. We will be there to honour those who paid the ultimate sacrifice for Australia, and for the freedoms we have today."

LAC Darnell has held similar roles since joining Air Force in 2008, including attending Anzac Day in Belgium in 2014 and the 75th anniversary of Operation Oboe landings in Borneo in 2015 as part of Australia's Federation Guard.

Australia's most significant contribution to the Allied victory in the First World War was on the Western Front, which saw our country's greatest achievements and most substantial losses.

The commemorative services in France are part of Australia's official program for the Centenary of Anzac.



LAC David Darnell, of Australia's Federation Guard, with a framed photo of his great-grandfather CPL Harold J. Keable and his First World War medals at the Australian War Memorial. Photo: SGT Mick Davis



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# Gym crossover is fitting



RAAF Base Tindal CO WgCdr Andrew Tatnell, right, cuts the ribbon with CPL Anna Cernaz, Air Force PTI and the driving force behind the new Crossfit Tindal room. Photo: SGT Andrew Eddie

Tindal gives the thumbs up for personnel to establish their own CrossFit gym

## CPL Bill Solomou

**A**IR Force personnel and their families at RAAF Base Tindal have no excuse for not keeping fit, as it has officially joined the CrossFit bandwagon.

Dedicated Air Force PTI and CrossFit instructor CPL Anna Cernaz and her team instigated the idea to replace one of the squash courts with a CrossFit purpose room in February.

The room was officially opened for fitness on June 14.

CPL Cernaz said the interest in the new training room and CrossFit in general was amazing.

"For the next two weeks, we will be running introductory courses," CPL Cernaz said.

"At this stage classes will be run during lunch and after work, which will allow dependants to come along."

CPL Cernaz said CrossFit training was a great way for ADF members to improve and maintain their fitness.

"CrossFit helps members stay fit, it assists in the preparation for their BFA," she said.

"This new facility provides a new

positive alternative to gym training for all."

CPL Cernaz said the training room was set up with new equipment, including a pull-up frame, Olympic bars, pumper plates, rings and wall balls.

"We have a fully functional room, with all the equipment that you would need," CPL Cernaz said.

SADFO RAAF Tindal CO 17SQN WgCdr Andrew Tatnell gave the new training facility the thumbs up.

WgCdr Tatnell said personnel now had another option at the gym.

"The focus is on providing options that increase participation, make training both challenging and fun at the same time, and this does that," WgCdr Tatnell said.

WgCdr Tatnell said he was looking forward to participating in the CrossFit classes.

"The idea is to get stuck into the new program, which offers a high intensity short duration workout," he said.

"This will mean I have no excuse not attend and benefit from the program."

## Super arrangements come into play

THE ADF's new military superannuation arrangement starts on July 1.

Under the new arrangement, ADF Super will become the default employer superannuation fund for new members joining the ADF.

For the first time, ADF members will also be able to choose their own superannuation fund.

In addition, ADF members in the new arrangement will no longer be required to make personal superannuation contributions and can roll over their accumulated superannuation benefits to another complying superannuation fund on retirement, or at any other time.

The new military superannuation arrangement also includes ADF Cover – a statutory death and invalidity scheme that provides

benefits consistent with the death and invalidity cover in the Military Superannuation and Benefits Scheme (MSBS).

All ADF members who fall under the new arrangement will receive superannuation contributions from Defence of 16.4 per cent of ordinary time earnings and be covered under ADF Cover.

This includes those members who choose a superannuation fund other than the default fund, ADF Super.

More information is available from the following websites:

- PACMAN: [www.defence.gov.au/dpe/pac](http://www.defence.gov.au/dpe/pac)
- ADF Consumer Centre: [www.adfconsumer.gov.au](http://www.adfconsumer.gov.au)
- ADF Super: [www.adfsuper.gov.au](http://www.adfsuper.gov.au)
- ADF Cover: [www.adfcover.gov.au](http://www.adfcover.gov.au)

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# Carved with pride



Finely-crafted brevet is a fitting tribute to fighter controllers, **Jaimie Abbott** writes

**H**AND carved from a solid piece of mahogany over more than 180 hours, a brevet offering long-overdue recognition of Air Force fighter controllers now hangs at No. 1 Flying Training School.

OC 41 Wing GPCAPT Peter (Spike) Davies attended the ceremony at RAAF Base East Sale to hang the brevet in mid-May.

He was one of the pioneers who once wore the half-wing brevet on the Air Force uniform when the air combat officers (air battle managers) were known as fighter controllers (FCs), from 1996 to 2005.

Originally qualifying as air defence officers, a few were selected to undertake aircrew training to operate airborne early warning and control platforms from the UK and US.

"For many years, the carved-wood airborne electronics officer and navigator brevets have held pride of place alongside the air combat officer (ACO) wings on the wall here at East Sale," GPCAPT Davies said.

"Finally, with the help of the Gippsland Woodcraft Group, the fighter controller brevet now completes the set and reinforces to all IFTS students, particularly those who will become air battle managers (ABMs), that there is a proud aircrew history behind their ABM training."

The Gippsland Woodcraft Group

carved the brevet by hand. Its president, Graeme Turner, and "master carver" Chris Lewis attended the ceremony along with some of the original fighter controllers, who travelled to East Sale on an E-7A Wedgetail.

The mahogany brevet was presented to CO IFTS WGCDR Craig Stallard.

"The air battle managers of today and future graduates that will operate the E-7A Wedgetail stand on the shoulders of the fighter controllers who went before them," WGCDR Stallard said.

"FCs developed the knowledge and experience that is the foundation for training every ACO (ABM) that passes through here and on to Surveillance and Control Training Unit.

"The FC wing that sits among the legacy brevets on the wall will be a constant reminder to all that undertake ACO training of the genesis of Australia's air battle management capability and the place it has in our history."

AIRCDRE Antony Martin, former OC 42 Wing and FC himself, said it was fitting the brevet would now sit on the wall so new ACO students could appreciate the diverse range of roles they now undertook.

He said Air Force FCs flew thousands of hours in Royal Air Force E3-D Sentry AEW Mk1, US Air Force



From left, WGCDR Craig Stallard, Peter Krieg, Graham Turner of the Gippsland Woodcraft Group, WGCDR Mike Bowen, GPCAPT Antony Martin, Chris Lewis of the Gippsland Woodcraft Group, WGCDR Jason Brown, WGCDR John Hurrell and GPCAPT Peter Davies with memorabilia at No. 1 Flying Training School.

E3-A Sentry AWACS and US Navy E2-C Hawkeye aircraft to gain experience before the delivery of the E-7A Wedgetail.

"Significantly, a number of these FCs flew combat sorties over Bosnia with the RAF. Therefore they have

made a significant contribution to development of the ACO (ABM) capability that we have today, which is coordinating air operations over Iraq and Syria as part of the E-7A role in Operation Okra," he said.

About a dozen of the original

FCs contributed to the carving cost. GPCAPT Davies said they all jumped at the opportunity to ensure the contribution of those who proudly wore the FC brevet, and the role they played in shaping Air Force's Wedgetail capability would be remembered.

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**CHAPLAINCY  
PRINCIPLES OF  
CONFIDENTIALITY**

# Guide to ensure privacy

## Pastoral counselling is confidential

**Confidentiality:** The principle of confidentiality is to be respected and protected at all times.

**Entitlement:** Members have the right to “absolute confidentiality”.

**Autonomy:** Members have the sole right to self-determine the dissemination of their confidential information.

**Boundaries:** Members are to determine the boundaries of confidentiality that may require explicit consent.

**Collaboration:** Explanation needs to be provided to members about chaplains working in teamwork and/or with other professionals.

**Disclosure:** The release of confidential information to a third party is not acceptable unless given explicit consent or under specific circumstances.

**Vulnerability:** For those not capable of consent, chaplains can advocate (on the grounds of necessity) to ensure that any disclosure of information is in accordance with a member’s beliefs and values.

PRIVACY and confidentiality can mean different things to different people, and this can cause confusion when a member trusts a chaplain with something very personal and meaningful.

Chaplains are bound by principles of privacy and confidentiality, so members naturally expect to have their confidentially respected.

On the other hand, they also expect that their chaplain will do everything possible to help them within the legislative requirements of the Australian Information Privacy Principles.

To allay confusion, a brochure – *Your Guide to Privacy and Confidentiality* – has been developed to explain the principles and sets out what must take place if members wish a chaplain to be their advocate.

The brochure, available from Air Force chaplains, reveals how confidentiality works, the legal restrictions

of confidentiality, when and how the bond of confidentiality changes, and when obligations for confidentiality cease.

Director-General Chaplaincy – Air Force Chaplain AIRCDRE Kevin Russell said the chaplains “were concerned that there seemed to be a lot of misunderstanding about privacy and confidentiality”.

“We have a bond of trust with Air Force members and their families, and we wish to affirm that pastoral counselling is confidential. But there are times when the best course of action involves the disclosure of an issue to another person as defined in the Information Privacy Principles,” he said.

“We need the member’s permission for disclosure to take place and so the new brochure has been developed to clear up any misunderstanding.”



A new brochure explains the relationship between chaplains and members who need help in a crisis. Photo: LACW Katharine Pearson

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# Embracing the family spirit

Family members welcome chance to reunite while deployed in the Middle East, **SGT William Guthrie** writes

**D**EPLOYMENT usually means time away from families but, for some Air Force members serving in the Middle East, it has been a chance to catch up with loved ones.

Several family reunions took place in the Middle East as Australia celebrated National Families Week, from May 15-21.

This year's families week theme was "Stronger families, stronger communities", encouraging people to spend time with their families, make contact with extended family and take part in family activities in the wider community.

Air Task Group WOFF Adam McDonald was fortunate enough to catch up briefly with his partner, WOFF Michelle Foley, the Air Command Warrant Officer who was accompanying ACAUST AVM Gavin Turnbull on a visit to the Air Task Group.

WOFF McDonald said he was

happy to have the opportunity to spend some time with his partner.

"Being in a Defence family, deploying is becoming more of the norm," he said.

"It was great being able to see her and spend what little time we could have together. I felt very privileged."

Another family reunion took place at Australia's main support base in the Middle East, where FLTLT Eamon Hamilton caught up with his sister, SQNLDR Catherine Plenty.

FLTLT Hamilton was deployed with the Air Task Group, while SQNLDR Plenty serves with Headquarters Joint Task Force 633, where she is responsible for planning force elements in the Middle East region, and for women in peace and security.

"We were pretty thrilled to see each other," FLTLT Hamilton said.

"My sister has been away since January, so I was the first family member she'd seen in 4½ months. Her

reaction made me realise how much we take seeing our families for granted when we're at home.

"I felt fortunate to have this opportunity and I think she enjoyed playing big sister to me when I arrived."

CPL Bradley McGarrity has regular contact with his brother, LAC Troy McGarrity, as both work at Australia's main air operating base.

CPL McGarrity is deployed as part of Operation Okra as an aeronautical life support fitter, and LAC McGarrity works as an electrician with the air field engineering section as part of Operation Accordion.

"It's great being deployed with my brother and being able to share so many of our different experiences," CPL McGarrity said.

"It is nice to be able to catch up and not feel as far from home."

Defence supports National Families Week each year by recognising the important role ADF families play in supporting members.



Deployed siblings, SQNLDR Catherine Plenty and FLTLT Eamon Hamilton, have a quick chat during operations in the Middle East.



## DCO hosts range of fun activities

EVERY year Defence supports National Families Week in recognition of the important role ADF families play in supporting members and the work they do in serving our nation.

This year's theme "Stronger families, stronger communities" encouraged people to spend time with their families, make contact with extended family and take part in family activities in the wider community.

The Defence Community Organisation (DCO) hosted family events around the country during the week (May 15-21) with a wide range of activities designed to bring Defence families together to celebrate.

Families from Richmond joined ADF members and their families from all around the Sydney area for a day of colonial fun at historic Gledswood Homestead in Catherine Fields.

RAAF Base Williamtown families went to Richley Recreation Reserve where they enjoyed the playgrounds,

nature trails and recreational facilities as well as the opportunity to get up close and personal with some local wildlife.

Meanwhile, Amberley families enjoyed perfect Queensland weather at the Workshops Rail Museum in Ipswich. Australia's biggest rail museum offered loads of fun for the whole family with interactive and static exhibits.

Families enjoyed the opportunity to take time out to catch up with other Defence families, have fun and celebrate together. It was also a chance to meet the area's local DCO support team, who provide programs and services to help Defence families manage the military way of life.

Visit [www.defence.gov.au/dco](http://www.defence.gov.au/dco) for more about family-based activities in your area or call the all-hours Defence Family Helpline on 1800 624 608 for information about DCO and its range of support services.



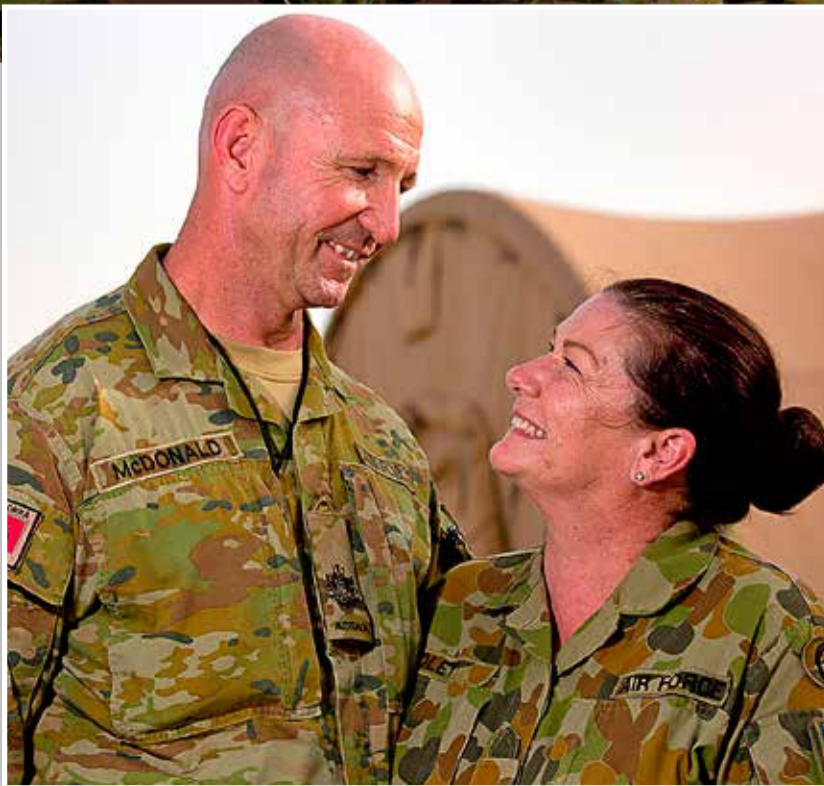
Ryan, Blake and their mother, Jackie Williams, at the colonial-themed family fun day for Sydney/Liverpool and Richmond families at Gledswood Homestead.

Photo: CPL Veronica O'Hara

Above: CPL Brad McGarrity, aeronautical life support fitter, left, meets his brother, LAC Troy McGarrity, electrician, at Australia's main air operating base.

Right: ATG WOFF Adam McDonald, and his partner, Air Command WOFF Michelle Foley, catch up.

Photos: CPL Nicci Freeman





FLTLT Robert Couslan (left) and LAC Vanessa McNeil show Matildas football team players Katrina Gorry (front) and Clare Polkinghorne an F/A-18F Super Hornet during their visit to RAAF Base Amberley before heading to the Rio Olympics. Photo: CPL Ben Dempster



Right: No. 22 Squadron firefighters ACW Sarah Lewis and CPL Michael Carr introduce work experience student Caitlin Wilkinson to a Panther fire truck at RAAF Base Richmond. Photo: CPL Veronica O'Hara



Above: FSGT Christine Williams gives Billy the Blood Drop a high five as she donates plasma during National Blood Donor Week at the Australian Red Cross donor centre in Canberra. Photo: CPL Bill Solomon

Left: LAC Nathan Samulski, of No. 35 Squadron, removes a panel from the undercarriage of a C-27J Spartan during a trial fit of the aircraft at RAAF Base Richmond on June 14, when maintenance docking of the C-27J was handed over to the squadron. Photo: CPL Veronica O'Hara



Medic ACW Kathryn McAulay replenishes medical kits inside the deployable hospital during No. 383 Squadron's operational readiness exercise at Townsville in late May. Photo: CPL Glen McCarthy



## Hardy band of visitors

MORE than 500 enthusiastic people made the trek out to RAAF Base Amberley for the heritage centre's open day on Sunday June 19, despite warnings from the bureau of meteorology of severe thunderstorms.

The Air Force Cadet band (left) entertained the crowds as they dodged the heavy rain.

Amberley Heritage Centre OC WGCDR Clive Wells said the flow of visitors was constant throughout the day.

"The Super Hornet and C-17A Globemaster were the most popular attraction," WGCDR Wells said.

"Visitors were waiting up to an hour to sit in the C-17 cockpit."

Photo: CPL Casey Gaul



Antioxidant supplements or extracts should not be needed if you have a balanced diet.

# Mind your miracle molecules

Antioxidants in isolation may do more harm than good, **CPL Max Bree** writes

**T**HEY'RE billed as miracle molecules that reduce the risk of disease and increase your general wellbeing, but loading up on antioxidant supplements might not be the best idea.

Oxidants, or "free radicals", are produced by the body when immune cells kill pathogens and pave the way for repair mechanisms to kick in.

But an overproduction of free radicals can result in inflammation that damages tissues. Antioxidants balance out the process.

They can be found in things such as green tea, fruits, vegetables and some nuts. But many products are offered as antioxidant supplements or extracts.

Prof Manohar Garg, the co-director of the Clinical Nutrition Research Centre at the University of Newcastle, said these may not have the same effect.

"Antioxidants in purified form are chemically identical to those present in whole foods but may not be effective when consumed in isolation," he said.

"Consumption in the form of supplements or extracts raises serious concerns about their bioavailability, toxicity and,

in some cases, suppressing the immune system.

"Proper absorption and utilisation of antioxidants may require other factors [nutrients and non-nutrients] that can only be obtained from eating whole foods.

"If supplements or extracts are to be taken to obtain antioxidants, these must be taken with meals in order to optimise their bioavailability and utilisation in the body."

Prof Garg said people shouldn't need antioxidant supplements or extracts if their diet is balanced with nutrients.

Nor should they worry about seeking out products marketed as "rich in antioxidants".

"Concrete evidence of the role of antioxidants in the prevention of chronic disease is lacking in the scientific literature," he said.

"In fact, 'antioxidant' is an outdated term unless a specific function in biochemical and metabolic pathways is associated with it."

It is believed antioxidants from vegetables, legumes and fruit must be consumed regularly to be most effective.

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### Some dietary sources of antioxidants:

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**Copper** – seafood, lean meat, milk and nuts

**Polyphenols** – thyme and oregano

**Vitamin C** – oranges, blackcurrants, kiwifruit, mangoes, broccoli, spinach, capsicum and strawberries

**Zoo chemicals** – red meat, offal and fish (also derived from the plants that animals eat)

**Lignans** – sesame seeds, bran, whole grains and vegetables

**Lutein** – green, leafy vegetables such as spinach, and corn

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# Triathletes test their mettle

MEMBERS of the ADF Triathlon Club, including seven Air Force personnel, competed in the Asia Pacific Ironman Championship in Cairns, Queensland, on June 12.

The triathlon consisted of a 3.8km swim, a 180km cycling leg, followed by a 42.2km marathon.

After a beautiful week leading up race day, the team woke up to gusty overcast conditions. With a number of first time ironman competitors, there were a few nerves among the group.

FLTLT Simone Marks (pictured), a joint battlefield air-space controller, was competing in her third ironman race and this was her first time racing at Cairns.

"It was a tough day, much longer than I anticipated. The swim is my strongest leg and I was glad I made it out of the swim in a reasonable time given the conditions," she said.

"I ran into a few problems on the bike which was made worse given the gusty and wet conditions.

"Once I hit the run, my least favourite leg, I just couldn't recover and found that it was a mental battle to not give up. I am still proud having finished another ironman. I learnt a lot, so hopefully I can improve for my next ironman in December."



FLTLT Ben Shepherd was the fastest Air Force member of the group and he earned a well deserved spot in the Ironman World Championships in Kona, Hawaii in October.

Conditions throughout the swim were bad enough for it to be cancelled part way through, with those competitors still left in the water being pulled out by boats.

# 'It's a bit of a game of survival'

CPL Max Bree

WHEN FLTLT Dave Carroll discovered there was something harder than an ironman event, he realised it was time to adjust his goals.

"I saw a competitor in a New Zealand ironman event wearing an Ultraman T-shirt," he said.

"I thought then ironman's not that hard, I could go harder."

Ultraman is a gruelling three-day event that includes a 10km swim and a 145km cycle on day one, 273km cycle the next day and a double marathon of 84.3km on the last day.

FLTLT Carroll, of 92 Wing, competed in his second Ultraman event at Noosa in mid-May and backed-up with a regular ironman on June 15 at the Asia-Pacific championships in Cairns.

"It's a challenge and a catch-22 when you back-up like that," he said.

"I knew I was fit enough to get through it, but I don't know if I'd be recovered enough.

"You're not going to lose your fitness over four weeks, but your legs might not have recovered and you can't push yourself as hard as you'd like to.

"Last year six people backed-up but only three made it through."

Though he didn't smash any records, FLTLT Carroll finished the Cairns ironman in 14 hours and 40 minutes.

He finished this year's Ultraman in a total time of 32 hours and 16 minutes, about 2.5 hours faster than last year.

FLTLT Carroll was about an hour faster on the swim and about two hours quicker during the run.

"Last year, finishing was all I was worried about," he said.

"I didn't know if I was going to get through each day within the 12 hour cut-off, but I just managed to scrape through.

"This year wasn't such an issue, I finished halfway through the field on the last day and I was able to sit back and watch everyone else finish."

He moved up from 35th of 35 finishers last year to 30th of 38 finishers this year.

"In some ways Ultramans are a bit easier than ironman because you get to sleep before you run," FLTLT Carroll said.

FLTLT Carroll is aiming to compete at the Ultraman World Championships in Hawaii, but has set a goal of finishing each day in 10 hours or less before he goes.

"The last thing I want to do is get to Hawaii and not get through the course quickly enough," he said.

"I only managed to achieve my swim and run targets, next year I will be back to achieve the bike targets, so will be focussing on the bike until then."

Competing in vast distances can result in some strange looks when people find out about FLTLT Carroll's sporting interests.

"People that do ironmans tell me I'm a bit out there doing Ultraman, I'd say I agree," he said.

"Normal people think if you're just doing an ironman you're crazy though I like to test myself over crazy distances.

"It's a bit of a game of survival as well; within reason anyone can do an ironman but with Ultraman it pushes you to the next level, you don't know if you're going to get there or not."

# ADF and police vie for trophy

## Two forces will collide in an inaugural union match

LEUT Kirsti Burtenshaw

THEY work side by side in peacetime and on operations both domestically and abroad.

However, on July 1 the Australian Defence Force and a national police team representing all state and territory police forces will be on opposing sides as they battle it out for rugby union supremacy.

Coming off the back of their respective rugby championships, both teams will be in prime condition for an inaugural game in Canberra that is not to be missed.

A friendly, but fierce rivalry is expected both on the field and the sidelines with fans and VIP representatives supporting their respective teams.

Governor-General GEN (retd) Sir Peter Cosgrove is scheduled to attend

and will be presenting the Victors trophy.

The coaches of the teams are excited about their team's prospects, but are not leaving anything to chance in a game that promises to offer a lot to the players and the community.

Being the inaugural match, both teams are determined to get their hands on the trophy first.

"I expect the game to be very physical taking into account the physically demanding roles undertaken by both Defence and Australian police members," ADF head coach, Sapper Keli Fukofuka said.

"It will be a tightly contested match and provides a positive step in continuing to build a strong relationship between both services that play a vital role within the Australian community."

Australian Police Rugby Union

(APRU) president Sergeant Brett Howard said everyone within the APRU was excited to play against such a high quality side.

"We expect it to be a great challenge for our guys and hope it is a first step in building a strong relationship between police and our armed services colleagues," Sergeant Brett Howard said.

"We have seen these guys play before and are ready for a stern test."

Kick off is at 3pm at Portsea Oval, RMC Canberra and entry is free. This will leave enough time to make it a double header and catch the Brumbies play the Reds afterwards at GIO Stadium.

Keep up-to-date with both teams on Facebook /ADFRugby and /AustPoliceRugbyUnion.



LAC Jarred Playford (fourth from left) and the ASRU (now ADF Rugby) men's team prepare for a match against the French National Military rugby team in 2015.  
Photo: CPL Janine Fabre

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# SPORT



Two forces set to collide

P23



June 30, 2016

FLTLT Dave Carroll, of 92 Wing, competes in his second Ultraman event at Noosa.



# ULTRA TEST OF STAMINA

One man's Ultraman quest  
Page 23



James Dallas  
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Peter Hartung  
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